

# CHEC Matters

DEDICATED TO HEALTH EDUCATION, RESEARCH AND EVENTS IN THE SALEM HEALTH COMMUNITY.

## Chef Showcase: Healthy cooking in September



### **Culinary Passports dinner: Best of late summer's bounty**

Join CHEC culinary educator Gayle Jolley as she demonstrates new ways to prepare fresh vegetables from late summer gardens. Menu includes: creamy carrot and red pepper soup; garden lettuces and arugula with summer beans and hazelnuts; fresh corn timbale with summer squash salsa; and summer galette with spinach, pine nuts, golden raisins and fig.

Friday, Sept. 16, 6–8:30 p.m., \$24.

### **Creative Cooking: Healthy Lebanese Cooking with Ron George**

Join registered dietitian Ron George for a Lebanese feast. You won't want to miss this class filled with easy techniques and delicious food.

Wednesday, Sept. 21, 6–8 p.m. \$20.

### **Culinary Passports dinner: Mediterranean small dishes**

Join CHEC culinary educator Gayle Jolley as she prepares the best in Mediterranean small dishes. Menu includes: grilled country bread with Spanish ham and tomato; crostini with creamy fava bean puree and wild greens; marinated artichokes with lemon and fresh herbs; and Moroccan lamb brochettes with harissa (a type of hot chili sauce) and dried cherry-pistachio orzo.

Don't miss these delicious, healthy cooking classes—with tastings and recipes provided, of course!

Wednesday, Sept. 28, 6–8:30 p.m. \$24.

***Thanks to everyone who completed the CHEC Matters survey. The results are on Page 3. We'll let you know about any changes we may make to the newsletter in future issues. Again, thank you!***



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**You can register for classes anytime online. Go to [salemhealth.org/chec](http://salemhealth.org/chec) then select **Classes and Events**.**

## Recipe: Watermelon Sorbet

### Ingredients

4 cups diced, seedless watermelon (about 3 pounds, including rind)

1/4 cup water

1/4 cup sugar

1 cup low-fat vanilla yogurt

1 tablespoon lime juice

### Directions

Cut watermelon into 1-inch cubes and freeze for several hours on a baking sheet.

Heat water on stove top, add sugar, and stir until sugar is completely dissolved. Transfer to a glass measuring cup and let cool slightly.

Puree frozen watermelon cubes in a food processor or blender. Add sugar, water, lime juice and yogurt.

Scoop 1/2 cup serving into bowls and freeze until ready to serve.

### Nutrition

Eight servings, 1/2 cup each. Per serving: 75 calories, 1 g fat, 2 mg cholesterol, 16 g total carbohydrates, 0 g fiber, 2 g protein, 21 mg sodium.



## Calendar of Events

### Brain boosters: Using technology, food and fitness

Rehabilitation week, Sept. 12–16. For details, call 503-814-2432 or visit [www.salemhospital.org/chec](http://www.salemhospital.org/chec)

### Tai chi

Mondays and Wednesdays, Sept. 12–Oct. 24, 3–4 p.m. \$48.

### Lunch & Learn: Breast health basics

Wednesday, Sept. 14  
12:15–1 p.m. Free (includes box lunch).

### Brain agility

Thursdays, Sept. 15–Oct. 27  
2–3 p.m. \$35.

Two locations: On site at the CHEC and by videoconference at West Valley Hospital

### Tea with an MD: Fertility and the healthy lifestyle

Saturday, Sept. 24, 2–3:30 p.m. Free.

## We heard you!

### Survey results for *CHEC Matters*

As we continually look for ways to better serve our community, the *CHEC Matters* team asked for your opinions about this newsletter. We included a readers' survey in the last two issues of the newsletter. Here's an overview of what we heard:

#### 1. What topics do you enjoy reading about?

Description of upcoming classes: 90 percent.

Information about healthy cooking classes and recipes: 87 percent.

Specific health topics (such as heart health, diabetes, etc.): 77 percent.

Other: 20 percent.

#### 2. How often do you register for a CHEC class or event after reading this newsletter?

Frequently: 3 percent

Occasionally: 87 percent

Never: 10 percent

#### 3. How easy is it to register – whether online or by phone – for a CHEC class or event?

Very easy or somewhat easy (online): 76 percent

Difficult or very difficult (online): 24 percent

Very easy or somewhat easy (by phone): 95 percent

Difficult or very difficult (by phone): 5 percent

#### 4. How often would you like to receive the CHEC Matters newsletter?

Twice a month: 27 percent

Monthly: 73 percent

Quarterly: 0 percent

Never: 0 percent

#### 5. How do you feel about the CHEC website:

Great: 48 percent

It's OK: 24 percent

Difficult to use: 3 percent

Don't know/never use it: 24 percent

#### Other comments we received as part of the survey include:

- Would like additional topics covered such as: preventive/alternative care, men's health, mental health, exercise tips, calcium requirements, meditation for beginners and aging gracefully.
- "Too hard to register online."
- "Thank you for providing helpful information!"
- Monitor monthly cholesterol checks more closely, so that those with specific appointment times are given first priority.
- Offer the kids' wellness class to adults also.
- Offer more yoga, tai chi, Zumba and NIA classes in the evenings.
- "Keep up the good work. I've gone to two cooking classes, and they were great."