

## Eat well, be well on vacation

Tips for making  
safe, nutritious  
choices on the road



**TAKING** it easy is one of the best parts about a vacation. But while the rest and scenery may do you some good, the same can't always be said of the food — especially when you're driving to your destination. Think empty-calorie, gas station munchies.

And that could spell trouble when you're watching your waistline or trying to eat a healthy diet. Also, the risk of food poisoning — a would-be vacation spoiler — rises in summertime. So you'll also want to keep foods safe while you travel.

### Five to remember

Before you hit the road, take these tips in tow:

- 1 Pack some healthy snacks.** Nutritious, portable foods include whole-grain crackers, fresh fruit (washed ahead of time), peanut butter sandwiches, precut veggies, wasabi peas, dried mixed fruit, unsalted nuts or popcorn, and even canned or packaged tuna.
- 2 Cool it.** If you bring a cooler, pack plenty of ice or a frozen pack. Try to keep the cooler out of the hot trunk. Put a refrigerator thermometer in the cooler to make sure the temperature inside stays below 40 degrees — the safe zone for foods.
- 3 Choose wisely.** If you do stop for a bite, eye the menu for

healthier options. Good choices include low-fat smoothies, grilled chicken breast sandwiches and salads, baked potatoes, and veggie-based dishes.

- 4 Wash up.** Remember to scrub your hands with soap and water before preparing and eating food. Don't forget to pack some sanitizer for when you can't get to a sink.
- 5 Know when to toss it.** You might picnic at parks, grill at campgrounds or take restaurant food to-go. If you do, don't eat anything that's been sitting out for more than two hours — or one hour on a 90-degree or hotter day.

Source: American Academy of Nutrition and Dietetics

Nonprofit Org.  
U.S. Postage  
PAID  
Walla Walla, WA  
Permit No. 44  
Walla Walla  
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# A clean canvas

Walla Walla's INK-OUT program brings a fresh start

**FORMER** gang member Adrian Castillo got his first tattoo when he was 15 years old. "Everyone in the gang had ink," says Adrian, who was brought into gang life in Walla Walla through friends and family. Although he chose not to have the tattoos inked on his face like many of the others, Adrian did have them placed low on his arms — "where they would always be seen."

## Gang life

The majority of Adrian's teenage years were spent on the run and in and out of jail. "We stole a lot and broke into houses," Adrian says. "We didn't have any money. We sold drugs and carried guns to protect our turf." Then one day, Adrian found out that he was going to have a little girl. The reality of fatherhood would change his life completely. "I knew I couldn't live that life if I was going to have a family," Adrian left the gang and turned his life around.

If you met Adrian today, you might think that he is the type of man who goes home after a day's work, walks his dog, helps his kids with their homework, does the laundry and then holds his 18-month-old baby — and you'd be right. That's who Adrian is. With a home of his own, a beautiful wife, four kids and a



“ I knew I couldn't live that life if I was going to have a family. ”

— Adrian Castillo

job he loves, Adrian's story is one of tremendous transformation.

Until recently, Adrian's gang tattoos had remained an ever-present reminder of who he'd been. Adrian says people used to stare at and ask about the markings. "What really bothered me though," he says, "was when my kids started asking questions about my tattoos."

## A fresh start

Nearly two years ago, INK-OUT, a program in Walla Walla offering free tattoo removal to qualifying individuals, gave Adrian the opportunity to erase those marks from his past. As a result of the funding and

support from Walla Walla General Hospital and many other organizations in the valley, in combination with the gift of volunteer time, 40 qualifying candidates are either in the process or have already had their tattoos removed.

"Getting rid of the ink was a big project and the doctors were amazed that I could stand the pain," Adrian says as he looks down at his arm where a large tattoo of a devilish-looking clown used to be. "But the pain was worth it to have them gone." For Adrian and all those who are benefiting from INK-OUT services, the program serves as a tangible expression of grace — literally, a clean canvas. A fresh start.

For more information about the INK-OUT program, contact The Health Center at **509-525-0704**.



**INK-OUT**

**To learn more  
about INK-OUT, call  
509-525-0704.**

# F.A.S.T.

AN EASY WAY TO REMEMBER THE SUDDEN SIGNS OF STROKE



## FACE

Does one side of the face droop? Is it numb? Can they smile? Is the smile uneven?



## ARM

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



## SPEECH

Can they correctly repeat a simple sentence? Is it slurred or hard to understand?



## TIME

Call 911 immediately, even if the signs go away. Note the time when the first signs appeared. It will help with treatment options.

## OTHER STROKE SIGNS

- Sudden numbness or weakness of a leg.
- Sudden confusion or trouble understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, or loss of balance or coordination.
- Sudden severe headache with no known cause.

**If someone shows any of these signs, call 911 right away.**

Source: American Stroke Association

# When minutes matter

There's no time to waste during a stroke

## A stroke is always an emergency.

During a stroke, the flow of blood to the brain is disrupted. That might be due to a blood clot. Or it could be the result of a broken blood vessel.

Either way, you need to get help fast.

Brain cells that are deprived of blood and oxygen essentially die of starvation, according to the National Institute of Neurological Disorders and Stroke (NINDS).

## Time lost becomes brain lost.

A drug called tissue plasminogen activator (TPA) can break through the blood clots that cause most strokes. However, TPA must be given within three hours of a stroke's onset, notes the NINDS.

If you or anyone around you has any of the symptoms listed at left, it could be a stroke. Call 911 immediately for medical help.

**Want to learn more? Come to LivingWell Wednesday on Sept. 2 for information about stroke awareness. See page 4 for more details.**



## Stroke: What's your risk?

To learn your risk, answer the following questions from the American Stroke Association. Put a check in the box by each question if the answer is yes. The more you check, the higher your risk for stroke.

- |   |   |
|---|---|
| <input type="checkbox"/> Do you smoke?  | <input type="checkbox"/> Has a parent, sibling or grandparent had a stroke?   |
| <input type="checkbox"/> Do you have high blood pressure?   | <input type="checkbox"/> Has your father or your brother had a heart attack before age 55?  |
| <input type="checkbox"/> Do you have high cholesterol?  | <input type="checkbox"/> Has your mother or your sister had a heart attack before age 65?   |
| <input type="checkbox"/> Do you have atrial fibrillation (your heart beats rapidly and unevenly)? | <input type="checkbox"/> Have you ever been told you have any of the following: carotid artery disease, disease of the leg arteries, high red blood cell count or sickle cell anemia? |
| <input type="checkbox"/> Do you have diabetes?  | <input type="checkbox"/> Have you had a stroke or transient ischemic attack?  |
| <input type="checkbox"/> Are you African American?  |   |
| <input type="checkbox"/> Are you older than 50?   |   |
| <input type="checkbox"/> Are you overweight?  |   |
| <input type="checkbox"/> Do you exercise fewer than three times a week?                           |   |
| <input type="checkbox"/> Do you often eat fried, greasy or salty foods?                           |   |

*Now, take the completed quiz to your doctor to discuss a plan for reducing your stroke risk.*

Clip and save

# Living Well Opportunities

Classes and Events for Your Healthy Lifestyle



For more information, call 509-707-8847 or visit [wwgh.com/classes](http://wwgh.com/classes).

All classes and events are held at WWGH unless otherwise noted.

## We're here for you

### AARP Driver Safety Program

Two-day class.

► Tuesday and Wednesday,  
Aug. 25 and 26, from 1 to 5 p.m.

► Tuesday and Wednesday,  
Sept. 29 and 30, from 1 to 5 p.m.

Learn new traffic laws, rules of the road and how to compensate for age-related changes. Completion of course may reduce insurance costs. Fee: \$15 for AARP members and \$20 for nonmembers.

### Alzheimer's Support Group

Meets the second and fourth Tuesday of each month at 1:30 p.m.

For family and caregivers of people with dementia.

### Diabetes Support Group

First Thursday of each month at 1:30 p.m.

Learn current information, and get ideas from others with diabetes on how to manage and live with diabetes. A registered dietitian will be at each meeting. Family members and caregivers welcome. Group meets in a conference room at the hospital. For more information, call 509-527-8045.

### Gluten Intolerance

Third Monday of each month at 7 p.m.

For anyone struggling with the major life changes needed to cope with this condition.

### Overeaters Anonymous

Meets every Thursday at 7 p.m. in the Vineyard Room.

A program of recovery from compulsive eating that uses the 12-step program and other tools.

## What to Expect When You're Expecting

Sunday, Aug. 16,  
from 1 to 3 p.m.

Understand and prepare for the physical and emotional changes you can expect in the first three months of your pregnancy. We'll discuss common discomforts and remedies, what kind of birth you'd like to have, as well as tips for eating well, staying active, and keeping you and your baby healthy. Take this class early in your first trimester.



## Preparing for Childbirth & Parenting

Four-class series,  
Wednesdays,  
Sept. 2, 9, 16 and  
23, at 6 p.m.

Prepare expectant parents for a positive labor and delivery experience. Learn what to expect, breathing and relaxation techniques, pain management, newborn needs, breastfeeding basics, emotional and lifestyle changes, and more.

# Living Well Opportunities

Classes and Events for Your Healthy Lifestyle



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All classes and events are held at WWGH unless otherwise noted.

## Safe Sitter®

Sunday, Aug. 2, from 9:30 a.m. to 4 p.m.

Class for young teens (ages 11 to 14) to learn everything they need to know to be safe when they're home alone, watching younger siblings or babysitting.

Students learn lifesaving skills, such as how to rescue someone who's choking, and receive helpful information like what to do if there's severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use manikins to practice CPR and choking rescue.

## How to Maximize Your Pharmacy Services

Wednesday, Sept. 9, at 6:30 p.m.

Looking to stretch your health care pharmacy and immunization dollars? Learn how to navigate through Medicare Part D open enrollment, and get tips on safely using and managing your medications. Presented by Leigh Moore, PharmD, Adventist Health Community Pharmacy, in partnership with Adventist Health Home Care Services.

AN EMERGENCY CAN OCCUR ANYTIME

## Be Prepared!

Class dates vary, 6:30 p.m.

Take one of our American Heart Association CPR/AED or First Aid classes and learn to recognize signs of an emergency and how to respond quickly and appropriately. The life you save could be the life of a loved one. Visit [wwgh.com/classes](http://wwgh.com/classes) for dates and to register.



## LivingWell Wednesday

First Wednesday  
of each month,  
12:30 to 1 p.m., FREE



### AUGUST 5 Tips to Manage Anxiety and Stress

Presented by Cynthia Wallace, LICSW

### SEPTEMBER 2 Stroke Awareness, Symptoms, Treatment and Prevention

Presented by Linda Givens, RN



# Health at your fingertips

Connect to our place from yours with MyAdventistHealth

**WITH** your busy life, it can be hard to stay on top of your family's health care — even though it's the most important thing of all. Earlier this summer, Adventist Health Medical Group launched an online patient portal, MyAdventistHealth, which allows you to access your medical information easily and safely according to your schedule. With MyAdventistHealth, you can:

- ▶ Access all of your Adventist Health records in one place, including

- procedures, lab results, immunizations and allergies
  - ▶ Email your doctor with our secure messaging tool if you have questions after a visit
  - ▶ Request, cancel or reschedule an appointment with your doctor via the portal rather than by phone
  - ▶ Receive reminders for upcoming appointments
- It's easy to sign up! At your next visit to any of our Adventist Health Medical Group clinics, let our staff



know that you would like to register for MyAdventistHealth. Very shortly you'll receive a confirmation email requesting completion of your registration with a secure, individualized login. To log in to your portal, visit [myadventisthealth.org](http://myadventisthealth.org).

## Walla Walla General Hospital

1025 S. Second Ave., Walla Walla  
509-525-0480

## Adventist Health Medical Group

### CARDIOLOGY

19 Southpoint Lane  
509-527-8154

### COMMUNITY PHARMACY

1111 S. Second Ave.  
509-527-8100

### FAMILY & INTERNAL MEDICINE

1111 S. Second Ave.  
509-527-8151

### NEUROLOGY & SLEEP MEDICINE

1111 S. Second Ave.  
509-527-8055

### OBSTETRICS & GYNECOLOGY

19 Southpoint Lane  
509-527-8153

### ORTHOPEDICS

1017 S. Second Ave. #1  
509-525-4900

### PEDIATRICS

1025 S. Second Ave.  
509-527-8152

### PLASTIC SURGERY

19 Southpoint Lane  
509-527-8153

## Home Care Services

### HOME HEALTH CARE

830 S. Second Ave.  
509-525-9006

### HOME MEDICAL SUPPLY

826 S. Second Ave.  
509-529-2649

### PERSONAL CARE

830 S. Second Ave.  
509-525-3825

Get hours and directions at [WWGH.COM](http://WWGH.COM)  
Hablamos español

