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Jubilee Raised Nearly **\$1 Million** *Thank you!*



GLENNA BEYER

Chief Regional
Development Officer
Southwest Region
Intermountain Healthcare

The Jubilee of Trees is a long-held annual tradition hosted by Dixie Regional Medical Center. As a community and as a hospital we host the Jubilee so that we can impact local patient care in positive ways.

This year we raised funds to advance women and newborn services.

It was special to focus

on families and the medical services that Dixie Regional provides for them. We are so grateful to

CONTINUED ON PAGE 9



UPBEAT CHANGES IN HEART CARE

By Krissia Beatty

With February being National Heart Health Awareness Month, there is no better time to focus on the organ so vital to existence.

"Recent medical literature reports that one in 10 of us will develop aortic valve stenosis over the course of our life," said cardiologist Dr. Blake Gardner. "For many, this is a certain fatal condition whereby one of the heart valves becomes excessively restrictive to blood flow trying to leave the heart."

Gardner continued, "Until recently, the only way to fix the valve was to open the patient's chest. While this procedure has been extremely successful, it has required a prolonged recovery period for the patient. Rapid advancements in technology have no longer made this the case."

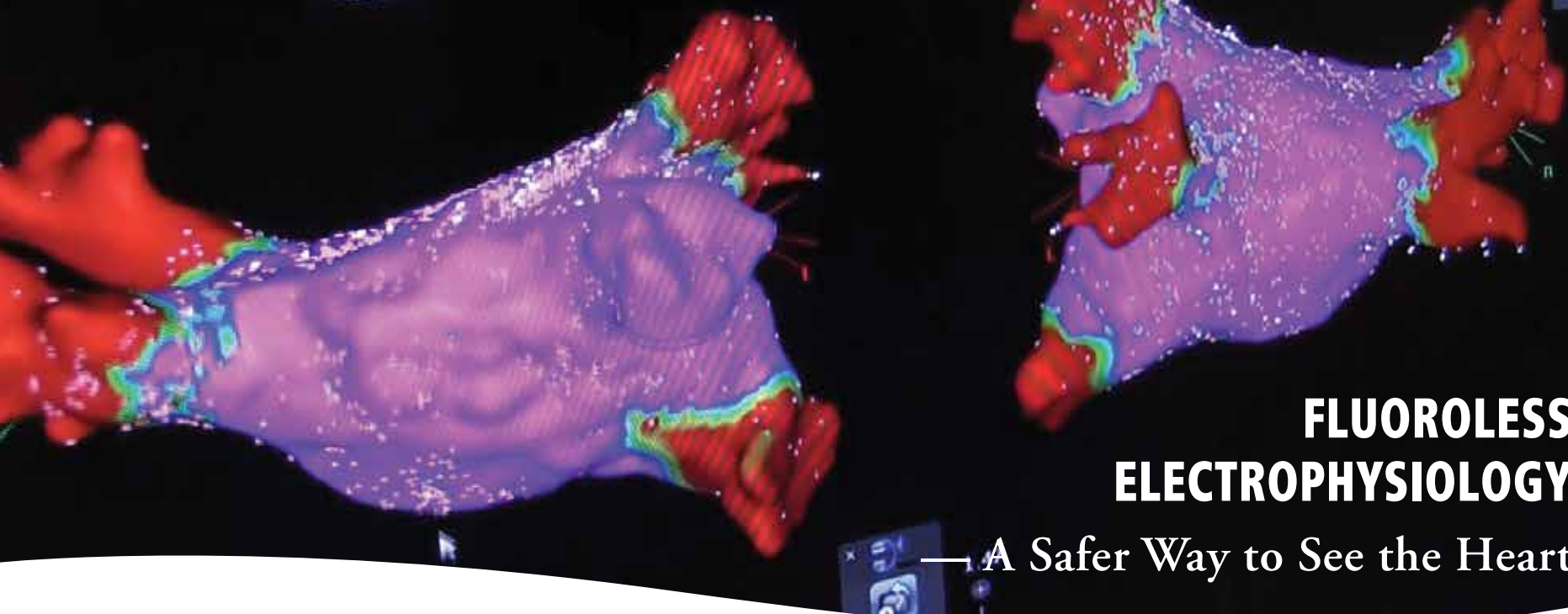
Gardner sees patients who have limited knowledge on the treatment options available, but are eager to receive the

best care. They come with many questions regarding new advancements and possibilities in heart care.

"A new technique termed 'Transcatheter Aortic Valve Replacement,' or TAVR, allows us to place a new heart valve without open-heart surgery. In the appropriate patient, this technique has shown to be of benefit in terms of living longer and experiencing an accelerated recovery," he said. "TAVR is generally a procedure that is performed at large medical centers; however, the structural heart team at Dixie Regional Medical Center will be able to provide this service to our community later this year!"

Dr. Gardner, Dr. Ray Grams (a neurologist) and TJ Peterson (an exercise physiologist) will be presenting at the Heart Health Education Seminar on March 2. Gardner encourages people to attend and promises an informative educational experience

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FLUOROLESS ELECTROPHYSIOLOGY

— A Safer Way to See the Heart

By McKoye Mecham

Caregivers at Dixie Regional are working to provide safer heart imaging with an exciting new process called fluoroless electrophysiology.

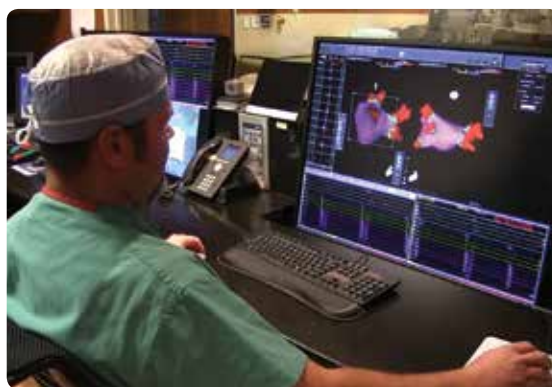
Steve Taysom, Dixie Regional Cath Lab Clinical Coordinator, has been leading this project. “Our overall goal was to minimize radiation,” Taysom said. “We found with this 3D mapping technology we were able to manipulate the system and maximize its ability to perform these studies without using radiation.”

The mapping system is based off a catheter that has a chip in it. In the cath lab, patches are placed on the patient’s back and front — and there’s a magnet that sits under them. “It basically triangulates where this catheter goes and it leaves a trail, so it allows us to create geometry of the specific chamber of the heart that we’re working in,” Taysom said. “It gives us a very accurate idea of where that catheter is in relation to the heart and where we are touching in the heart.”

The success of fluoroless electrophysiology at Dixie Regional has been shared throughout the Intermountain

Healthcare system. Dr. Donald Lappe, Intermountain Cardiovascular Clinical Program Director, praised Taysom and his team’s work.

“We can image inside the body using very sophisticated imaging techniques like localized GPS —



so just like you have the satellites providing the signal, we can create images of the heart and blood vessels so that the operator can advance catheters without having

to use X-rays,” Lappe said. “Thanks to the inspiration of the group in St. George, we are doing these procedures in Intermountain’s four heart hub hospitals with nearly no radiation. We are so grateful for the pioneering work that the physicians and staff have done to reduce total radiation on the patients we are caring for.”

The fluoroless electrophysiology process at Dixie Regional started in 2011, and it’s now evolved to the point where it’s not only being used in Intermountain facilities, but also shared at other healthcare facilities across the country. “For me it’s really exciting that we were able to do that,” Taysom said. “I feel like we’re helping provide better medicine in electrophysiology. It’s a great opportunity to minimize harm to our patients and staff.”

Taysom credits the success to his team at Dixie Regional. “Everyone is invested in what we’re doing. We have ownership in it and work hard to find new ways to improve what we do,” he said. “Our process is evolving, and it continues to get better and better.”

UPBEAT CHANGES, continued from page 1 — discussing exciting new treatment options and changes.

“Heart care is too important to brush aside,” Gardner said. “The seminar will be an exciting opportunity for people to learn

about the advancements and changes taking place. There are many options available and it is our goal to educate patients on what can be done for them.”

The Heart Health Education Seminar will be held on March

2 from 10 a.m. to noon in the SelectHealth Auditorium at 1424 E. Foremaster Drive, St. George. It is **FREE** to the general public. Please RSVP before February 22 if you plan to attend, by calling (435) 251-1992.

Human Capital

By Amber Rich

One of the great opportunities that comes from being a not-for-profit hospital is that the key stock holders who benefit from our financial returns are the community members we serve. These contributions support the health and well-being of our most important assets — our patients, friends and families.

The last two years, Intermountain and Dixie Regional Medical Center were able to make contributions to several important community health partners including Dixie State University. The university received a contribution to support nursing diversity scholarships. These students are now nearing graduation and their stock is soaring.

“From time to time Intermountain Healthcare provides community contributions beyond those budgeted as a part of its ongoing community benefit program to not-for-profit partners,” said Mikelle Moore, Intermountain Community Benefit Vice President. Local projects and preventive initiatives are identified and prioritized based on Intermountain’s identified health priorities.

These health priorities are determined by an in-depth community health needs assessment, and the scholarship contribution is given without any obligation on the part of the student to return as an employee or repay Intermountain in any form.

“We see this contribution as part of the big picture of improving healthcare,” said Vicki Wilson, who directs human resources for Intermountain Healthcare in southern Utah. “The hope is these outstanding nursing students consider us a viable candidate when seeking employment, but overall there is a need to diversify the workforce. RNs with a wide cultural background can better serve an increasingly diverse patient population, and they come uniquely qualified with their own personal strengths and experiences.”

One recipient of the nursing diversity scholarship was Lizette Vigil who was going to school and working full-time. With the

scholarship she was able to cut back her work to part-time and concentrate more on her studies. She felt that being selected as a recipient was a vote of confidence in her and her goals. “This scholarship will greatly assist me, and I look forward to giving back to the community through nursing.”

Since Carlos Serrano was awarded the scholarship, he has passed his NCLEX and become a registered nurse with a job on the orthopedic unit at Dixie Regional. He also was accepted into the bachelor of science program for nursing (BSN) and is pulling straight A’s. “It has been surreal to have an opportunity to give back to my community. I’ve been able to serve people who come from a wide variety of cultural backgrounds, including people similar to my own,” said Serrano.

He said that his work has been in stark contrast to the uproar over race our country is currently experiencing. “One thing that is clear to me is there are good people in every culture. I believe the most important race that we belong to is the human race. I’m thankful for the generosity that enables me to contribute to our society, and also thanks to God for this great country we live in.”

Gratitude and giving back were a common theme among scholarship recipients.

For Justin Gomez that stems from having a career that his immigrant parents could never dream of pursuing. His father emigrated from Panama and his mother was a first generation American after her

family emigrated from Italy. “Both of them had to manage raising a family without those doors of opportunity opened to them, but that didn’t discourage them from working hard to give me the best life possible,” he said.

Now that he has a family of his own, Justin sees his ethnic diversity as an advantage as he faces the challenge of completing his RN degree in the spring and then setting his sights on a BSN and eventually a doctorate of nursing. “I embrace it whole-heartedly. I know this road is a long one that will demand many sacrifices from not only me, but my family. The culture and family values instilled in me make this challenge manageable. It is a catalyst to help me achieve my goals.”



Justin Gomez, shown here with his family Ashley, Wyatt and baby boy on the way, is a nursing student at Dixie State University and currently works as a critical care tech in the hospital’s ER. He was a recipient of Dixie State’s nursing diversity scholarship, which was contributed by Intermountain Healthcare.

Thank you!

Doctors Day: Celebrating a Culture of Excellent Care



By Krissia Beatty



STEVEN VAN NORMAN, MD
Chief Medical Officer
Dixie Regional Medical Center

Doctors Day — a day nationally reserved to recognize and show appreciation for physicians — is a time to reflect on the care they administer, treatment they provide, and knowledge they possess. Valued for skills ranging from performing surgical

procedures to delivering babies, physicians work to treat patients and enhance quality of life.

Doctors do more than diagnose; they create. Establishing connections from community to medical personnel, building new programs, and launching innovative ideas are just a few examples. The list is endless. Doctors create many things, one being legacy. This year the doctors at Dixie Regional Medical Center have done just that by creating a lasting impression on the culture within medicine. They are leaving their mark and changing the world.

“One way our exceptional doctors are doing this is through producing outstanding training programs,” said Dr. Steven Van Norman, Chief Medical Officer for Dixie Regional Medical Center.

“The doctors here have helped to develop great services for our community. The spine surgery and stroke programs are exceptional services. The most recent trauma II survey came back with zero findings, which is outstanding! That speaks volumes of the doctors we having working with us.”

Along with the development of programs, October brought about a national expectation for a new integrated electronic medical record system. Called iCentra, it is a fully integrated electronic health record, practice management, and revenue cycle system Intermountain Healthcare has configured.

iCentra uses a common platform for data and information, which allows nurses and physicians to know more about their patients and their clinical outcomes. It is also designed to connect users, patients, and associates with their care teams by sharing appropriate clinical data and helping them manage their medical conditions. Through the patient portal in iCentra, consumers can share their goals with our teams as they work to achieve them.

“This may be the biggest practice change for many physicians,” said Van Norman. “While transitioning to the new system has been time consuming and at times vexing, our doctors came through with fewer glitches than anywhere in the system. Their dedication to learning the program is supreme.”

Brilliant doctors transmitting knowledge and


“

The scope and breadth of our programs in a place the size of southwestern Utah is remarkable

STEVEN VAN NORMAN, MD

treating illness are common sights while walking the halls of a hospital. It is expected and ordinary. What is less conventional is the dedication and care exhibited by the physicians at Dixie Regional Medical Center.

“I hope the community recognizes how rare it is to have this level of service. The scope and breadth of our programs in a place the size of southwestern Utah is remarkable,” said Van Norman. “We are top notch in open-heart surgeries, and are ranked in the top 15% nationally — being the only Utah hospital to achieve such ranking.”

Doctors Day is an opportunity to recognize the tremendous work our doctors are doing. Along with patient care, the physicians at Dixie Regional Medical Center are creating outstanding programs and efficiently transitioning to new systems. They make a positive contribution to our community and the individuals they care for. Doctors Day provides a chance to show support for the legacy being created by expressing gratitude to a doctor that has helped promote a culture of excellence within our community. 

VOLUNTEERS

the heart of jubilee

By Lisa Larson

Strings of holiday music compete with the voices of dozens of volunteers gathered in the Dixie Convention Center in mid-November, some wielding power tools, others sprinkled with glitter, but all with the common goal to make the 2016 Jubilee of Trees a success.

"Jubilee wouldn't happen without volunteers. It just wouldn't," said Tomie Johnson, Foundation Relations Manager for Intermountain Foundation in the Southwest Region. And this flurry of activity on set-up day at the Jubilee is just the tip of the iceberg when it comes to the thousands of hours and numerous volunteers who have been working all year — volunteers like Betsy Simmons, who has been with the Jubilee for 10 years.

"I wanted to do something that served the whole community, rather than an individual cause," Simmons said. She answered an ad in the newspaper to help with the wreaths, eventually working her way up to chairwoman of the wreath display.


Then, one year a tree decorator canceled and, "the rest is history," Simmons said. Although her involvement over the years includes multiple trees of each size and a few table settings, she still calls herself "the wreath lady" with roughly 30 wreaths every year on her Jubilee resume.

"I think it's an honor to be part of the Jubilee and I take that seriously," Simmons said. "We care about the cause and we care about the product."

Rosalie Scholes is another person who knows all about dedication to the Jubilee cause, decorating a tree each year for 30 years, and designing and building the decorative facades several times.

Over the years the decorations have increased from filling one storage room to five semi truck loads, and that's just the backdrops and structural ambiance used to set the stage for the trees, wreaths, gingerbread houses, table settings and other areas. "It gets in your blood," Scholes says. "It's always been a great cause."

This year's event raised significant funds for the expansion of Dixie Regional Medical Center's River Road hospital campus, including the new women and newborn area, thanks to the generosity of the Jubilee sponsors, donors and the general public. The community support for the Jubilee has been invaluable to Dixie Regional's progress.

Cleo Atkin, who has been with the Jubilee since its inception, has dabbled in a little bit of everything at the Jubilee, currently serving as the chairwoman of the holiday dining area. Her love for the Jubilee is so great; she wouldn't even let a recent heart procedure keep her away from setup day. "My people are so good. I didn't want to let them down," said Atkin. "I really believe the Jubilee is a gift to the community." 



Rosalie Scholes has decorated a tree each year for the past 30 years.

● BECOME A VOLUNTEER

It's only February, but the 2017 Jubilee of Trees volunteers are already at work planning and organizing. Their inspiration? A truly exciting vision for the future of healthcare in southern Utah. Their enthusiasm for this annual event is infectious, and they are joined by a community that steps up generously to support this event. To learn the ways you can be involved, call (435) 251-2480 or email drmcfoundation@imail.org.

● MARK YOUR CALENDARS!

2017 Jubilee of Trees — November 16-20!



A PERSONAL TOUCH FROM THE IPSONS

By Lisa Larson

Standing outside the Dixie Convention Center in November, not everyone was expecting to see Utah State Representative Don Ipson, and his sons Dale and David, personally hauling equipment and decorations from the recent Jubilee of Trees and loading it into the DATS Trucking trucks. It's the kind of project the company president and CEO might normally assign to an employee, but when it comes to being involved in a charitable cause, the Ipsons prefer a hands-on relationship.

"We want to give the kind of care the Jubilee needs," said Dale Ipson, vice president of compliance for DATS. "We donate the day to move the décor in and out so it gets done correctly." It's the kind of personal touch the Ipson family has been giving the Jubilee of Trees for nearly 30 years.

The family business started as Don's milk route in Garfield County when Dale was just 10 years old. It eventually morphed into a partnership with Stan Snow and his family to form DATS Trucking, and

a total of five business lines that include wholesale and retail fuel distribution, eight convenience stores, fuel transport company and some real estate and transportation holdings.


Back in 1988, the same year Carmen Snow was in charge of the Jubilee of Trees, DATS Trucking got involved as a sponsor, and they've never wavered in their support of the hospital since. "The community has been very good to us. We have a responsibility to give back," Don said.

Supporting the Jubilee of Trees, and by extension Dixie Regional Medical Center, DATS has been involved in raising money for the Life Flight helicopter, newborn intensive care unit, various oncology-related causes, the building of the hospital on River Road and now the expansion of the River Road campus, and more.

"Dixie Regional is a real hub for not only the city but the county," said Danny Ipson, CFO for DATS. "It's a way we can touch everyone's life within the

community because one way or another, everyone's life is going to be touched by the services performed at Dixie Regional Medical Center."

Dale said he agrees with Danny, but has a more "selfish" view on the topic as well. "My father-in-law was one of the first open-heart surgery patients at Dixie Regional. It was nice to have a facility here to keep him close to home so we could take care of him," Dale said. "To see those kinds of services expand to all the medical field, to keep families together and keep them home is fantastic."

In addition to donating trucks to haul the decorations for the Jubilee, DATS Trucking also donates the storage trailers where all the Jubilee items have been housed for roughly 15 years. And while DATS does get some exposure as a result of their sponsorship, Dale said the main reason for their continued involvement is the satisfaction they receive knowing the community's medical needs are being addressed, thanks to "such a fine hospital." 



THE HANDS OF PHILANTHROPY

Because of your charitable giving to Intermountain Foundation at Dixie Regional Medical Center, in 2016, more than \$2.1 million was provided to support Dixie Regional's long history of giving back to the community.



\$1,000,000

To help the hospital meet the health needs of our community by caring for those who cannot afford to pay.



\$426,964

Awarded to Intermountain Precision Genomics to boost capabilities and expedite sequencing results for quicker treatment and better outcomes in the fight against cancer.



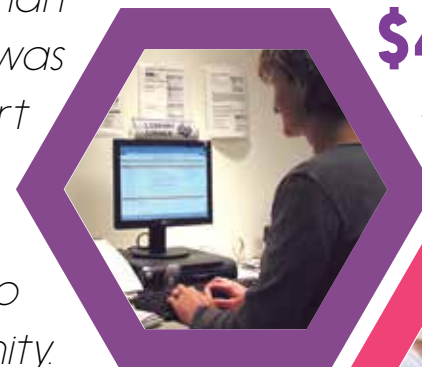
\$231,557

Provided for premier rehabilitation equipment to enhance patient healing after treatment and release from the hospital, and to promote optimal recovery toward the healthiest life possible.



\$402,033

Funded for state-of-the-art imaging, endoscopy and diagnostic equipment and technology, to continually improve efficiencies and patient experiences.



\$42,410

Awarded for caregiver education and program enhancements to advance the expertise of those that directly interact with patients and their family.



\$12,377

Provided for patient services, including free mammograms for those unable to afford the screening, and replacement clothes for emergency room patients.

THANK YOU! The areas of greatest need in technology, equipment and hospital services received unprecedented support because of you. ✎



*Advancing Life-Saving Services
Across Southern Utah*

**Please join us for two
days of great golfing
for a great cause!**

Thursday, May 18, 2017

Entrada at Snow Canyon Country Club
7:30 a.m. — Breakfast and Practice Range
8:30 a.m. — Start

Friday, May 19, 2017

Entrada at Snow Canyon Country Club
7:30 a.m. — Breakfast and Practice Range
8:30 a.m. — Start

For more information on sponsorships
or to purchase a team —
Please call 435.251.2480
drmcfoundation@imail.org



Intermountain Foundation*

dixieregional.org/foundation

WOODBURY LEGACY OF GENEROSITY LIVES ON IN JUBILEE CLASSIC CHARITY GOLF TOURNAMENT

Vibrant spirit, benevolence and devotion to southern Utah define the legacy of Rulan and Lois Woodbury. Their legacy lives on in the 2017 Rulan D. Woodbury Jubilee Classic charity golf tournament benefiting advancements in healthcare at both Dixie Regional Medical Center and Cedar City Hospital.

In 2010, Lois Urie Woodbury wished to honor her late husband Rulan by providing generous philanthropic support to the hospital's charity golf tournament. The spark she provided to the event that inaugural year has led, seven years later, to more than \$800,000 raised to advance healthcare throughout southern Utah.

Lois Woodbury, who passed away five years ago on February 9, 2012, has left a legacy of compassion and caring across southern Utah. Whether as a wife, mother, grandmother, volunteer, cancer survivor, or philanthropist — she lived a life of service and caring to ensure

others' pathways through life might be eased and comforted.

Her legacy clearly lives on. From gifting her time and resources to advance cancer services, newborn intensive care and Life Flight helicopter service, to her support of Cedar City's cancer center and Jubilee Home charitable lodging facility, Lois lived selflessly and gave generously for the welfare of others. As both of her children — Dr. Kory U. Woodbury, and Cyndi W. Gilbert, Attorney-at-Law — attest, "Mom was an original. When it came to helping people, she never, never gave up."

The hospital foundations of both Dixie Regional Medical Center and Cedar City Hospital are deeply grateful to Rulan and Lois Woodbury for their legacy of caring and for the many lives that have been touched and saved because of their generosity. **Please join us in support of the Rulan D. Woodbury Jubilee Classic Charity Golf Tournament this May 18-19 at Entrada at Snow Canyon Country Club.** ☪



*Above: Lois Urie Woodbury
Right: Rulan D. Woodbury*





QUALITY AWARD FOR EXCELLENCE IN HEALTHCARE

At the recent Utah Hospital Association’s Annual Awards Dinner, Dixie Regional Medical Center was presented with the HealthInsight Quality Award for demonstrating high-quality patient care and a commitment to improving healthcare. The award was presented by HealthInsight, a nonprofit, community-based collaborative working to improve health and healthcare for patients and providers.

HealthInsight recognized three southern

Utah hospitals — Dixie Regional Medical Center, Cedar City Hospital and Garfield Memorial Hospital — for demonstrating high-quality healthcare and excellence in performance on a combination of publicly reported Centers for Medicare & Medicaid Services inpatient and outpatient process of care measures, patients’ perception of care measures and 30-day hospital-wide readmissions.

“The physicians, staff and volunteers in our hospitals are all focused on reaching out

to our patients with the highest quality and compassion,” said Terri Kane, Vice President of Intermountain Healthcare’s Southwest Region, where the three hospitals are located. “I am so grateful for the heartfelt care I see day-to-day in our local hospitals. This recognition truly belongs to each person who gives so much to heal those we serve.”

“We are pleased to recognize these outstanding hospitals that continue to improve their quality of care year after year,” said Juliana

Preston, Executive Director, HealthInsight Utah. “Continuing to include patients’ perception of care in the award criteria allows us to reward a more complete picture of ‘quality’ healthcare at large and small hospitals throughout the state.”

“We are dedicated to providing the very best in patient care and our efforts have been enhanced through our quality improvement collaborations with HealthInsight,” Kane said. “We are proud to be a recipient of this distinguished award.”

AWARDS AND RECOGNITIONS



- Dixie was recognized as the Dimension Award winner for Coordination of Care at the 22nd Annual NRC Picker Patient-Centered Symposium in San Diego.
- Becker’s Hospital Review ranked Dixie 12th best in the nation for heart failure readmission rates and listed Dixie on their list of the 34 highest-rated hospitals in the U. S. for hip replacement surgery.
- Consumer Reports listed Dixie as one of the top 34 hospitals in America to receive a hip replacement.
- U.S. News & World Report ranked Dixie 3rd in state for best hospital care (behind U of U and I-Med) and ranked Dixie high performing in COPD, heart, hip and knee care.
- Dixie received a 3-Star Rating in Isolated CABG from the Society of Thoracic Surgery, which means we ranked in the top 10% of the nation. This will be published in the upcoming Consumer Reports. CABG readmission rates are currently 1/3 of the national average.
- Dixie Regional was recognized by the American Heart Association and the American Stroke Association with the Gold-Plus Award for Stroke Care.
- Dixie was named to Women’s Certified List of America’s Best Hospitals for Bariatrics, Stroke, Patient Safety, Orthopedics, and Patient Experience. Women’s Certified named Garfield to America’s Best for Care in the ER.
- Dixie’s ortho/spine program was recertified with the Disease Specific Certification for Knee and Hip replacements through The Joint Commission. They designated Dixie as a Center of Excellence for Spine Care.
- Dixie was designated as a “Community Value Five-Star” hospital by Cleverley + Associates.
- The Centers for Medicare and Medicaid listed Dixie as a 4-Star Hospital.

JUBILEE THANK YOU, continued from page 1 — all the committed donors that give to the hospital, and ultimately back to the community, to show appreciation for services received at the hospital.

This event is made possible by literally thousands of volunteers. From tree designers, ticket-takers, greeters, to those who set up and take down the Jubilee

village, and to those that organize each of the booths and events — it takes a small army of community volunteers to put on a successful Jubilee. It is put together by the community for the community.

At the 2016 Jubilee we reached our goal, and are approaching \$1 million raised. These funds will help the hospital go above and beyond in supporting the

expansion of women and newborn services in the new tower being built on the northwest corner of the River Road campus.

The Intermountain Foundation at Dixie Regional would like to express gratitude to the community for all the generous gifts of time, talent, and financial support that have been given. Thank you!

This Month Intermountain Healthcare is Making a Change

It's National Nutrition Month, and as of March 1, Intermountain Healthcare facilities will be replacing sugary beverages and candy with healthier choices. The move furthers Intermountain's mission of helping people live the healthiest lives possible.

Ending the sales of sugar-added beverages, candy, and less-healthy snacks will take place at Intermountain's cafeterias, gift shops, vending machines and pharmacies. Intermountain will increase the availability of healthier options at those venues based on evidence in nutrition research and dietary guidelines.

While the organization won't be selling sugary beverages, candy, or less-healthy snacks at its facilities, people can choose to bring their own. For nearly a decade, Intermountain's LiVe Well message has been about eating healthier and being active. Following evidence-based research, Intermountain's Food and Nutrition Services teams will continue to systematically evaluate menu and snack options, increasing the healthy options available and offering fewer foods that contain added sugar, salt, and saturated fats. Intermountain began offering "Healthy Plates" at its cafeterias in 2014. In 2016 nearly 150,000 Healthy Plates were sold.


Healthy eating environments with good nutrition play a vital role in health. Excessive sugar consumption can contribute to obesity and a host of adverse health conditions. An alarming number of people are living with prediabetes, whose blood glucose is elevated, with approximately 114,000 people in Utah and southern Idaho affected. Around 90 percent don't know they have prediabetes, which can lead to type 2 diabetes and increased heart attack and stroke risks.

While sugar is part of the daily calorie intake, most do not realize that added sugar is used in numerous foods, such as breakfast cereals, salad dressings, pasta sauces, and crackers.

"We are trying to make people aware of where these added sugars are and how to best avoid them. The two biggest ways to reduce added sugars is with sodas and candy," said Robin Aufdenkampe, Director of Food and Nutrition Services

at Intermountain.

With this change, Intermountain joins more than 30 health systems nationwide such as Mayo Clinic and Kaiser Permanente that have adopted similar policies.

Intermountain Healthcare is a not-for-profit health system based in Salt Lake City. Recognized for its excellent clinical care and low costs, Intermountain strives to help people live the healthiest lives possible. For more information, visit <https://intermountainhealthcare.org/services/wellness-preventive-medicine/live-well/eat-well/healthy-eating-environments/>. 

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The two biggest ways to reduce added sugars is with sodas and candy

ROBIN AUFDENKAMPE,
MS, RDN, CD

Eat Well and Include Physical Activity in Your Daily Routine

Each March and throughout the year, the Academy of Nutrition and Dietetics encourages everyone to return to the basics of healthy eating by adopting a healthy lifestyle focused on consuming fewer calories, making informed food choices and getting daily exercise. The goal is to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

Daily physical activity is a crucial part of everyone's healthy lifestyle, but unfortunately most of us don't include enough movement in our daily routines. Regular physical activity strengthens bones and muscles, reduces the risk of chronic illness and fosters overall well-being.

REGULAR PHYSICAL ACTIVITY IS A MUST

According to the American College of Sports Medicine, significant health benefits come from getting at least 150 minutes a week of moderately intense physical activity, with added advantages from increased exercise and intensity. Endurance and muscle-strengthening activities like lifting weights, working with a resistance band or doing pushups are also beneficial.

A physically active lifestyle offers many rewards, from a leaner body to a healthy heart. These physical benefits are only the beginning. Additional advantages include stress relief, better sleep and even a more positive mental outlook.

EVERYDAY WAYS TO GET MOVING

Physical activity is important at every age. The key is to find activities that are both sustainable and enjoyable. For some, this may mean a light yoga class, while for others it may mean training for a marathon. Bottom line: Find activities enjoyable to you that promote moving more.

The LiVe Well Center at Dixie Regional Medical Center can help you get well, stay well and live well for the rest of your life.


Here are some ideas to get moving:

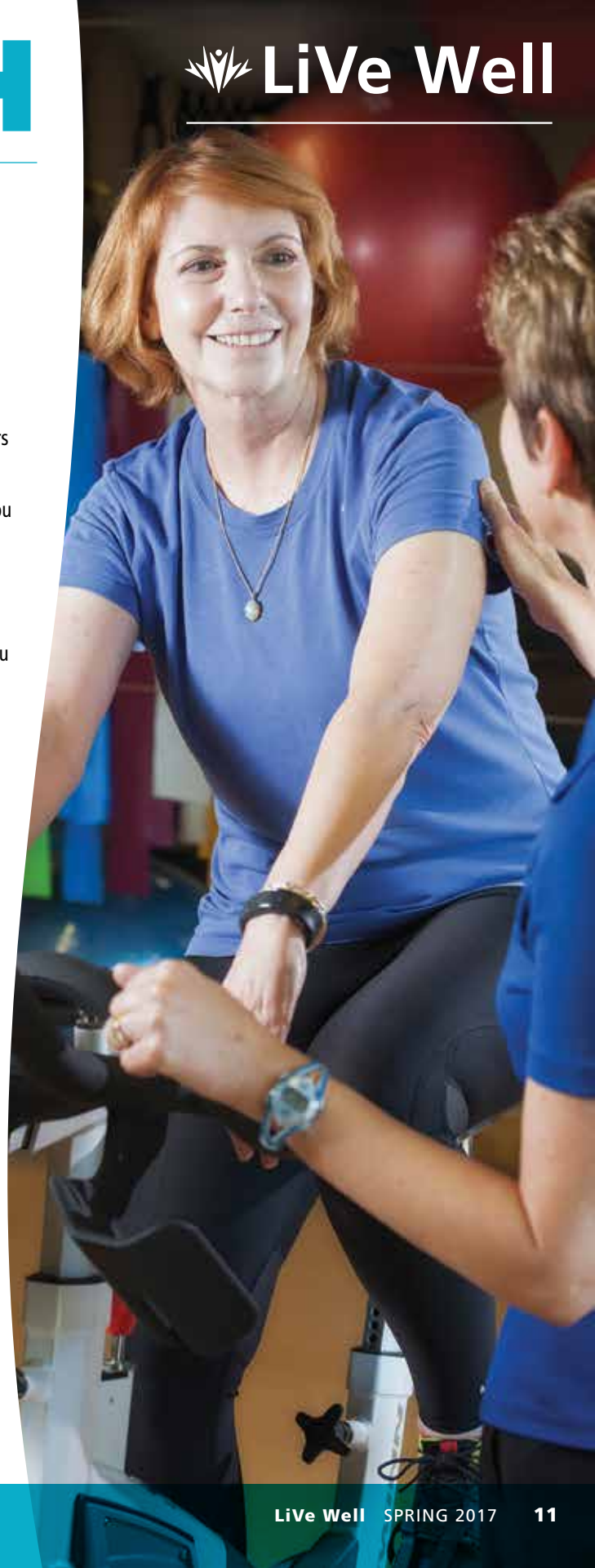
- Join a walking group or attend fitness classes.
- Set personal, realistic goals — i.e. take the stairs instead of the elevator three times a week.
- Park farther away. A few extra stalls will give you more steps!
- Sign up for a 5k run/walk with friends or family.
- Sneak in exercise at your desk like leg lifts and calf raises — or even buy a desk that allows you to stand while working.
- Take a walk on your lunch break (or walk up and down the stairs when weather is bad).
- Keep track of your activity with interactive fitness apps or gadgets.

FOOD IS VITAL FOR ENERGY

To maintain a physically active and healthy lifestyle, stay nourished before, during and after exercise. Before exercise, look for foods high in carbohydrates, adequate in protein and moderate in fat and fiber, like oatmeal with bananas, almonds and milk.

Drink water before, during and after physical activity since dehydration can cause fatigue and impair performance.

Bottom line is this: find ways to get moving and be healthy. The goal is to become the healthiest you possible. 



Health-Related Events & Educational Programs

Sponsored by Dixie Regional Medical Center

EVENTS

HEART HEALTH EDUCATION SEMINAR

MARCH 2 • 10 a.m. to noon

Come join us for the annual Heart Health Education Seminar and hear from three of Dixie Regional's specialists. The seminar is held in the SelectHealth Auditorium at 1424 E. Foremaster Drive. Admission is FREE! RSVP to (435) 251-1992.

CLASSES AND SUPPORT GROUPS

ACTIVE AGING LECTURE SERIES

(435) 251-3793 — Weekly educational lectures are presented every Fri. of the month (except fifth Fridays) at 10 a.m. in the SelectHealth Auditorium at 1424 E. Foremaster Drive. Admission is FREE!

BALANCE AND MOBILITY

(435) 251-3793 — Tues. and Thurs. or Mon. and Wed., at 10:15 a.m. or 1 p.m. Classes will be in the LiVe Well Center in the Health & Performance Center. Cost is \$65 per month with a one-time assessment fee of \$45.

BEREAVEMENT SUPPORT GROUP

(435) 688-4426 — A group for parents who have lost a pregnancy or an infant. The group is free of charge. It meets the second Thurs. of the month at 11 a.m. to 1 p.m. in the Sky View Conference Room at 544 S. 400 East, level three.

BREAST FRIENDS-BREAST AND OVARIAN SUPPORT GROUP

(435) 688-5092 — This group meets the third Thurs. of each month at 11:30 a.m. in the Radiation Oncology Conference Room at 544 S. 400 East.

BUILD ME UP

(435) 251-3793 — Class is held on Mon. and Wed. at 1:30 a.m. to 12:30 p.m. at the LiVe Well Center gym. This group based program is for individuals currently using assistive walking devices. Cost is \$65 per month for two classes per week.

CANCER TRANSITIONS™

(435) 688-5092 — Supported by The Foundation of Dixie Regional Medical Center. This six-week course begins on various dates. Call to enroll.

CARING FOR YOURSELF AND YOUR BABY

(435) 688-5343 — Breastfeeding is the "Gold Standard." The cost is included with Prepared Childbirth, Teen Childbirth and Hypnobirthing. Or cost alone is \$15 per couple. This class is taught on Wednesday evenings from 6-9 p.m.

DIABETES EDUCATION CLASSES

(435) 251-2888 — Preregistration and physician referral is required. Class is held every fourth Mon., Tues. and Wed. at 1 p.m. Call for more information.

DIABETES SUPPORT GROUP

(435) 251-3793 — Learn from others who live with Diabetes. Groups are held every third Wed. of the month from 1-2:30 p.m.

EARLY PREGNANCY

(435) 688-5343 — This course is for pregnant couples in the first trimester. The class is taught from 7-9 p.m. on Apr. 21 or Jul. 21 or Oct. 20. Cost is \$15 per couple.

HURRICANE LECTURE SERIES

(435) 251-3793 — The second Mon. of the month from noon to 1:30 p.m. in the Hurricane Senior Citizens Center, 95 N. 300 West. (435) 635-2089. Admission is FREE!

HYPNOBIRTHING® (THE MONGAN METHOD)

(435) 688-5343 — Class size is small to allow one-on-one time with instructors. Cost is \$250 per couple, (register a month in advance for a \$75 discount). Five sessions occur on Thursdays from 4-6:30 p.m.

INFANT AND CHILD SAFETY

(435) 688-5343 — This course offers an overview of preparing your home for your new addition and car-seat inspection by a certified car-seat technician. Classes are Tuesdays from 6-8:30 p.m. and cost is \$15 per couple.

LIVE FIT

(435) 251-3793 — Hour-long fitness classes at various times in the LiVe Well Center gym inside the Dixie Regional Health & Performance Center. Cost is \$65 per month with a one-time assessment fee of \$45. Optional LiveFit Flex open gym every Fri. for an additional \$25 per month.

LIVE WELL CULINARY COOKING CLASSES

(435) 251-3793 — Come expand your culinary skills and have fun as you join the LiVe Well Dietitians in preparing healthy, great tasting food! Classes are held the second Thursday of the month inside the Dixie Regional Health & Performance Center. Cost is \$10 per person. Call to register today!

LOOK GOOD FEEL BETTER

(435) 688-5092 — Free service providing make-up and tips for cancer patients. The schedule varies throughout the year. Call early to reserve your spot.

LOW INTERVENTION CHILDBIRTH TECHNIQUES

(435) 688-5343 — This class is designed for couples desiring a less "medical" birth experience. Cost is \$15 per couple. The class is taught from 6-8 p.m. on May 19 or Aug. 18 or Nov. 17.

MEDITATION AND STRESS BUSTERS FOR CANCER SURVIVORS

(435) 688-5092 — Every Mon. from 11-11:30 a.m. excluding holidays. In the Radiation Conference Room (DRMC 400 East Campus — Use Cancer Center entrance on 400 East). Admission is FREE!

NEW BEGINNINGS SUPPORT GROUP (BARIATRIC SUPPORT GROUP)

(435) 251-1632 — First Thurs. of each month from 6:30-8:30 p.m. in the Dixie Regional Health & Performance Center, 652 S. Medical Center Drive in St. George.

OPEN CANCER SUPPORT

(435) 688-5092 — Held on the third Mon. at 11:30 a.m. in the Radiation Oncology Conference Room.

OSTOMY SUPPORT GROUP

(435) 251-3793 — The group meets the third Wed. of every month at 4 p.m. at the River Road Campus on the lower level in the cafeteria conference room.

PARKINSONS SUPPORT GROUP

(435) 251-3793 — The support group meets each third Wed. of the month at 10:30 a.m. at the Senior Citizen Center, located at 245 N. 200 West.

PRENATAL YOGA

(435) 688-5343 — Modifications are provided for all stages of pregnancy. Classes are Thursdays from 7-9 pm. Cost is \$6 per class or 10 classes for \$50.

PREPARED CHILDBIRTH

(435) 688-5343 — Class is taught on Saturdays from 9 a.m. to 3:30 p.m. The cost is \$50 per couple and the cost is covered by Medicaid and some private insurance.

SIBLING CLASS

(435) 688-5343 — Big brothers and big sisters, ages 4 to 8, are invited to prepare them for their new family role. This class is free, but registering is required. This class is taught on the second Thursday of every other month from 4-5 p.m.

SURGICAL WEIGHT LOSS SEMINAR

(435) 251-1632 — The seminar is the first Mon. and third Wed. of each month from 6-7 p.m. at 1424 E. Foremaster Drive, SelectHealth Auditorium. Admission is free.

TEEN PREGNANCY

(435) 688-5343 — This course is taught in two six-hour classes over two months. The cost of the class is \$50 and the cost of the class may be covered by Medicaid.

TOTAL BODY CONDITIONING

(435) 251-3793 — Tues. and Thurs. from 5:45-6:45 p.m. The course is good for people of any fitness level. Space is limited and registration is required. Cost is \$65 per month.

Follow Dixie Regional Medical Center on Facebook and Twitter.



BECOME A VOLUNTEER

Dixie Regional Medical Center needs volunteers to further the mission of providing excellent medical care to all members of the community, regardless of ability to pay. Share your time and spirit with others. Help by serving in the gift shop, handcrafter's guild, emergency department, at reception or information centers, and more. Call **(435) 688-4047** for more info.



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Information included in LiVe Well is provided by local and national experts. Questions about this publication may be directed to (435) 251-2156. Other questions about the healthcare content and its relation to your health should be directed to your physician.

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