

Senior Circle News

A publication of the SoHum Healthy Living Club • February 2022

IN THIS EDITION...

- The Big Picture of Wellness
- Dr. Emily's Minestrone Soup
- Free Restorative Movement Classes
- A Toast to Better Health
- Pansy's Life Well Lived in Garberville

CONTACT US

(707) 923-3921 • sohumhealth.org

Clinic • ext. 221 • M-F 8:30–5:00

SoHum Healthy Living Club • ext. 246

Radiology • ext. 249 • M-F 8:00–5:00

Laboratory • ext. 239 • M-F 8:00–5:00, S-S 8:00–3:30

Garberville Pharmacy • (707) 921-7078 • M-F 9:30–6:00

COVID-19

Testing & Vaccines

SoHum Health is offers

COVID-19 vaccinations.

Appointments can be scheduled at myturn.ca.gov.

Rapid COVID-19 testing is

available at Jerold Phelps

Community Hospital everyday

from 8:30 am-3:00 pm.

Call (707) 613-0055 to schedule.



STAYING ACTIVE IN THE WINTER

Restorative movement classes are a great way to stay fit and healthy in the winter. If you can't get outside for walking or gardening or other fair-weather forms of exercise, tune in to SoHum Health's Restorative Movement zoom classes to keep you active. Offered 4 times a week and suitable for all ages and fitness levels, you will build strength, refresh and mobilize your joints, and even strengthen your bones in these 1-hour classes.

Free Restorative Movement Classes:
Tuesdays and Thursdays at 10:30 am & 2:00 pm
via Zoom

Independence-preserving skills such as balance, spinal range of motion, and getting down to the floor and back up again with ease, are also practiced. Every class includes relaxation and breath work and students are encouraged to avoid any kind of pain or strain during the sessions. This strategy is proven to reset the nervous system to avoid habitual pain patterns.

Gentle modalities such as Feldenkrais and Yoga encourage practitioners to relearn how to enjoy movement despite whatever limitations you may have. The classes frequently introduce new exercises and postures, addressing the cognitive benefits of novel movement.

Ann Constantino has been teaching restorative movement in the community since 2015, and has 30 years of local experience in fitness, sports and yoga instruction. **Please contact her at annconstantino@gmail.com or 707-923-7227 to join.**



SoHum Health

733 Cedar Street

Garberville, CA 95542

sohumhealth.org

Is Your Picture of Wellness Complete?

THE BIG PICTURE OF HEALTHY LIVING

The big picture of wellness includes much more than medical care alone. Being proactive in each of these areas will contribute to feeling great everyday.

Is your picture of wellness complete?

If you need assistance or additional support in any of these areas, SoHum's Healthy Living Club can help! By joining the Healthy Living Club, you can receive extra support in accessing community resources and medical care, at no additional cost to you.

Contact Patient Navigator, Jessica Gardner Marino at 707-923-3921 ext. 246 or patientsupport@shchd.org to find out more.



2022 WELLNESS RESOLUTION

A toast to better health

Each year we hope that next, will be better than the last – especially these past two years. Receiving medical services in our rural area has always had its obstacles, and with the arrival of Covid in 2020, these obstacles have become much more apparent. The quote “prevention is always better than a cure” couldn’t ring truer in the world of today. Hospitals are full and some specialists are scheduling six months out (if they’re accepting new patients).

Therefore, we are once again reminding you to schedule your Annual Medicare Wellness visit. Meet with your medical provider to set up your plan for the year. Discuss what needs to happen now, and what can be scheduled months out. It’s much easier to stay patient with your healthcare when you’re feeling well, as opposed to when you’re ill. And remember, Medicare offers this visit to you at no cost!

To schedule your Medicare Annual Wellness visit call 707-923-3921 ext. 221



DR. EMILY'S MINISTRONE SOUP WITH TORTELLINI

Ingredients:

Small amount of olive oil
1 small to medium onion
2 carrots, diced
1 stalk of celery, diced
3 Tbsp minced garlic
4 cups of stock or broth
1 6 oz can tomato paste
2 14.5 oz cans of diced tomatoes (*preferably fire roasted*)

2 cups of boiled or canned red kidney beans
2 diced zucchini
1 Tbsp Italian seasoning
2 cups of dried or refrigerated cheese tortellini (*if you use dried, then add a bit more stock to the soup*)
2 handfuls of fresh spinach
Parmesan cheese

Instructions:

1. Heat the olive oil and saute the onion, carrots, and celery for 3-5 minutes. Add the garlic and saute for another few minutes.
2. Add the stock, canned tomatoes and paste, kidney beans, zucchini, and seasoning. Turn the heat to medium low and simmer for about 15 minutes.
3. Stir in the spinach and tortellini. Cook until the tortellini is al dente.
4. Season with salt and pepper and served topped with parmesan cheese.

Makes enough for a large family and freezes well if you have leftovers. This can also be made in the crockpot – just don't add the tortellini and spinach until the end.

Emily Marshall, DO lives in Garberville and is a medical provider at SoHum Health Community Clinic.



ZOOM ROOM

Need an appointment with your out of area specialist but can't travel to their office? Need to have a video/telehealth appointment but don't have the internet capabilities?

Call Jessica Gardner Marino, Patient Navigator to discuss on-site options at SoHum Health Community Clinic at 707-923-3921 x246. She may be able to schedule your Primary Care Provider to be at the video visit with you, as well!



PANSY AGNES KING

Pansy King lives at Jerold Phelps Community Hospital's Skilled Nursing Facility and has seen 99 years on this green Earth. She was born at "The Outlet" rail stop just North of Willits and moved to Trinidad when she was in the 7th grade due to her father's work as a Highway Foreman. She arrived in Garberville in the mid-1930s. She has clear memories of the Highway being built, and then being re-built after the '64 Flood. She has had 3 children. One who passed away of a heart attack, a daughter who lives in Indiana, and her youngest lives in the Bay Area. She came to stay with us last year after losing her beloved Jim of more than 30 years.

Pansy became a certified hairdresser not long after graduating from South Fork High School and continued in that trade all her life. She was married several times, finding jobs wherever her husband's work took her, including many hospitals in the Bay Area where she worked as a Certified Nursing Assistant and Central Supply Technician. She even spent some time working at Redwood Memorial in Fortuna.

Pansy is a sharp woman who loves to offer candies, dessert, and anything else she thinks you could use. She has become a prolific artist, coloring pages of birds, flowers, animals, and holiday sentiments that decorate our halls. If you ask about her artwork, she will tell you, "I just stay in the lines."

Overall, Pansy is the sort of person who thinks of others and tries to help where she can. She will brook no nonsense, unless it is good fun, in which case, she will laugh about it for days. She even keeps up on her politics, always staying in touch with her local Senators. We are fortunate to have this sharp and funny woman who shares history in ways that only those who have experienced it can. Listening to her stories has become a real treat, and we look forward to many more.

By Joe Rial, Skilled Nursing Activities Coordinator & Jessica Gardner Marino, Patient Navigator

