



Catherine's Health Center

April 2020 Newsletter



Programs During COVID-19: In light of the coronavirus pandemic, all events and classes at or affiliated with Catherine's are temporarily on hold. We are still committed to assisting you live a healthier lifestyle. Check out some ways you can still keep you and family healthy as you shelter-in-place and/or social distance yourself.

Update on Catherine's during COVID-19

We are still here and working to provide healthcare for our patients! Here's what we are doing to meet the needs of our community during the pandemic

- **Nurse triage by phone.** Patients are encouraged to call if they have COVID-19 or other health concerns.
- **Provider visits via telehealth.** Catherine's has implemented telehealth in order to safely meet the needs of clients.
- **Lab and office visits for urgent medical concerns and labs.** We have had to limit number of clients present in the clinic to keep clients safe. We are, however, seeing patients in-clinic for provider approved appointments.
- **Ongoing Health coaching through the WISEWOMAN program.** We are continuing to reach out to patients via telephone for health coaching services and health check-ins.

If you are interested in scheduling an appointment or receiving any of these services, call the number below.



Staying Fit at Home

Free and no equipment needed!

Light stretching or warm-up before workout is encouraged. You may also time yourself or modify sets/repetitions as needed.

- 12 jumping jacks
- 12 squats
- 12 forward or backward lunges
- 12 side lunges (per leg)
- 12 pushups
- 12 bicycle crunches
- 20 seconds plank

Did you know? Tips to boost and support your immune function

- Stress management is essential key for strong immunity.
- Exercise is a good way to relieve stress even as little as a 30 minutes brisk walk.
- Limit consumption of processed foods and sugar laden drinks or creamers in coffee.
- Don't forget to drink up: water that is. Water is a good flush for your system and immunity.
- Good food: the closer to earth, the better. The more colorful the better. More protein, even better.
- Meditation and light to moderate stretching, yoga exercises: deep breathing, hot bath, massage are all acceptable forms of relaxation and a great anxiety/stress release.

Live Heart Smart funding provided by

1211 Lafayette Ave NE, Grand Rapids, MI 49505- 616.336.880.

Resources during COVID-19

- **United Way's Website on Food Access during COVID-19:** <https://www.hwmuw.org/coronavirus-updates>
- **Interactive online map of food pantries:** <https://www.feedwm.org/findfood/>
 - **GRPS Meal Program:** <https://www.grps.org/all-grps-news-events/977-grps-opening-7-meal-sites>
- **YMCA Free Fitness Videos:** <https://www.grymca.org/keeping-healthy-at-home>
- **Stress and Coping (plus lots of info on COVID-19):** <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- **COVID-19 updates on Kent County:** <https://www.accesskent.com/Health/coronavirus.htm>

April Recipe of the Month Easy White Bean Soup

Try this comforting soup using pantry-friendly (and good-for you) dried beans as you shelter-in-place

Ingredients

2-3 tablespoons olive oil
2 large onions chopped
3 carrots peeled and chopped
1 head celery including leaves, chopped (10-14 stalks)
2 cloves garlic minced
1/4 cup tomato sauce
500 grams or 1 lb dried & rinsed white or navy beans
2 bay leaves
2 cups vegetable stock
12 cups water
fresh or dried herbs
salt and pepper to taste
olive oil
lemon juice



Instructions

- Drizzle olive oil in a large stockpot. Add all the vegetables and garlic; saute for a couple of minutes over medium high heat.
- Combine the rest of the ingredients except salt and pepper.
- Bring to a boil, then reduce heat to medium, cover and simmer for 2- 2½ hours or until beans are tender and the soup is thick, stirring occasionally. Add more water if soup becomes too thick.
- Season with salt and pepper, serve, and finish with a drizzle of olive oil and lemon

Symptoms of COVID-19

Please call us at (616) 336-8800 if you are experiencing the following, especially if you have come into contact with someone who has tested positive for COVID-19, have traveled recently, or have a respiratory illness:

Fever

Cough

Shortness of breath

For your safety, our waiting room is closed. If you have an appointment or need to come into the office, please call us ahead of time. Learn what to expect during your visit here.

Check the Catherine's Facebook Page and the CDC website for ongoing updates about COVID-19, updates on Catherine's and resources to stay healthy



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