



JANUARY 2012

WISH YOU WELL

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. (NKJV)

Setting New Year's Resolutions

Many of us try to set New Year's Resolutions each year, and fail. It's usually because we don't set realistic goals. Set a goal that you know you are more likely to achieve.

Also take into consideration your family, work and home demands while setting these goals.

Take baby steps. Set your main goal and then add small goals within that goal to help keep you motivated.

There are several resolutions that people make each year. Here are a few:

- Quit an unhealthy habit such as drinking or smoking.
- Lose weight and exercise

- Spend more time with family/friends
- Get out of debt
- Help out more/volunteer with organizations in your community

As you sit down and think about what you would like to accomplish in 2012, remember to keep it realistic. Don't set your goals where you know you might fail and get discouraged.



Glory to God in highest heaven,
Who unto man His Son hath given;
While angels sing with tender mirth,
A glad new year to all the earth.

~Martin Luther

Upcoming Support Groups at Twin County Regional Hospital (TCRH)

JANUARY:

Childbirth Education Class

2nd, 11th, 18th & 24th from 6-8 pm in the Twin County Room

Diabetes Support Group

17th from 6-9 pm in the Twin County Room

Healing Hearts Grief Support

23rd 11 am at Pizza Plus in Independence

24th 10 am at Shoney's

FEBRUARY:

Cardiac Support

21st in Cardiac Rehab starting at 3 pm

Bariatric Support

16th from 6-9 pm in the Twin County Room

Newborn Care Class

22nd from 6-9 pm in the Twin County Room

Healing Hearts Grief Support

27th 11 am at Pizza Plus in Independence

28th 10 am at Shoney's

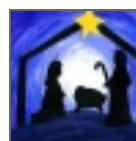
Walk To Bethlehem A Success!

As you know, in September we began our journey to Bethlehem through the "Walk To Bethlehem" program with the Faith Community Churches, Twin County Regional Hospital employees and Cardiac Rehab patients.

About half way through the 12 week period together, we had walked to Bethlehem and back and were on our way again. This event was a huge success and we thank each and every person who contributed their "miles" to

help us reach our goal. Total miles walked all together:

34,104



WOMEN'S HEALTH

Pap Smear Guidelines

A pap smear, also called a cervical cytology screening, is a simple test to detect abnormal cervical cells. There are a few guidelines to help you determine if you are in need of your check-up.

- Any woman younger than 30 needs a pap every 2 years.
- Women 30 and over, every 2 years but after 3 normal results you may ask your doctor to start doing them every 3 years only if:
 1. No history of moderate to severe dysplasia
 2. Not infected with human immunodeficiency virus (HIV)
 3. Immune system is not weakened (i.e. organ transplant)

Source: American College of Obstetricians and Gynecologist.

Twin County Regional Hospital (TCRH) in conjunction with the Free Clinic of Twin Counties, recently received a grant from the Susan G. Komen for the Cure® to provide FREE mammograms for uninsured woman ages 40 to 64. If you are insured and would like a free mammogram, please contact the Free Clinic at (276) 236-0421 or TCRH Diagnosis Imaging at (276) 236-1680. This offer is available through March 31, 2012. Mammograms will be performed at TCRH.

For more information, please contact Diagnostic Imaging at (276) 236-1680.

The Faith Community Nursing program began in October of 2008 as an outreach of Twin County Regional Healthcare (TCRH) in Galax. The Faith Community Nurse program is just one way TCRH fulfills its mission to promote, preserve and restore the health of our community. For more information, please call (276) 233-5231, visit www.tcrh.org or find TCRH on Facebook.

For more information on Twin County Regional Healthcare or its services, please visit www.tcrh.org



Did you know?

January is National Blood Donor Month

The next blood drive at Twin County Regional Hospital will be on February 22nd, 10 am to 3 pm.

Basil Chicken over Angel Hair

Prep Time: 15 Min
Cook Time: 20 Min
Ready In: 35 Min

Ingredients

- 1 (8 ounce) package angel hair pasta
- 2 teaspoons olive oil
- 1/2 cup finely chopped onion
- 1 clove garlic, chopped
- 2 1/2 cups chopped tomatoes
- 2 cups boneless chicken breast halves, cooked and cubed
- 1/4 cup chopped fresh basil
- 1/2 teaspoon salt
- 1/8 teaspoon hot pepper sauce
- 1/4 cup Parmesan cheese

Directions

1. In a large pot of salted boiling water, cook angel hair pasta until it is al dente, about 8 to 10 minutes. Drain and set aside.
2. In a large skillet, heat oil over medium-high heat. Sauté the onions and garlic. Stir in the tomatoes, chicken, basil, salt and hot pepper sauce. Reduce heat to medium and cover skillet. Simmer for about 5 minutes, stirring frequently, until mixture is hot and tomatoes are soft.
3. Toss sauce with hot cooked angel hair pasta to coat. Serve with Parmesan cheese.

Nutritional Information

Amount Per Serving: Calories: 362

Total Fat: 10.8g

Cholesterol: 57mg

Source: allrecipes.com