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DECEMBER 2009

Connecting you to everything healthy from Westside Family Healthcare

Please Consider Westside in Your Charitable Giving this Season

Every day, Westside's competent, compassionate care improves the lives of families all over New Castle County. Even in tough economic times, healthcare needs do not go away. Westside plays a crucial role in maintaining access to quality healthcare. Your tax-deductible donation will help us in achieving our mission for the days to come. Please consider visiting www.westsidehealth.org (or click the "Donate Today" button above) to make an online donation and read more about the services that we provide. Thank you very much, in advance, for your consideration.



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Avoid Holiday Weight Gain with Dr. Stephen's Common Sense Tips

How much do you think most people gain during the holidays? 5 pounds? 10 pounds? A study from the New England Journal of Medicine found that the average weight gained during the winter holiday season is probably only about a pound...HOWEVER, this extra weight accumulates throughout the years and may contribute to obesity. So, how do we avoid "putting on the Ritz"? There are lots of strategies, but all of them seem to center around a few core ideas and a little common sense.



Plan ahead: Don't go to a holiday party hungry. Just before going to a party eat a healthy snack. That way when you get to the party, you won't be ready to "eat an arm off"...or an entire turkey. Also, make sure that you eat a substantial breakfast.

You are what you eat ("now bring us some figgy pudding"): Make conscious decisions about your food choices. Here are some helpful hints.

- Choose a small plate. You won't take as much or eat as quickly.
- Don't hover over the buffet. Get your food and move away from the buffet to eat. Take your time eating. Enjoy the company of those around you while you eat.
- Choose healthier options. Even though the holidays are known for lots of high-calorie foods, there are often some healthier choices too, mainly fruits and vegetables.
- Concentrate on quality, not quantity. It's okay to have some of those "bad for me foods", but just limit how much.
- Limit to one-a-day. Allow yourself one small serving of a cookie or similar indulgence daily. But, if you have a day when you aren't tempted, don't double up the next day!
- Stop when you're full. If you took more at the buffet than you should have, don't feel compelled to eat it. If someone offers you more food when you are full, simply say "no thank you, I've had enough."
- Try to plan healthy meals when you're not going to parties or holiday functions.

You are what you drink: It's easy to rack up lots of calories quickly with festive holiday beverages. Some high-calories choices that you should try to avoid include eggnog and liquor. Wine and beer tend to have lower calories so if you're going to imbibe, these are likely better choices. But remember, everything in moderation! (And of course water has no calories, so it is best of all.)

Focus on socializing: During parties, focus on having good conversation with your friends and family, not on having "seconds".

Don't forget the exercise: The holidays are a busy time and it's certainly easy to let exercise get lost in the shuffle. It's especially important to try to make time for exercise during the holidays, however this is not the time to start a new and intensive exercise program. Go for walks with family, park further from the mall, these little things add up.

Lastly, don't give up!: We all make mistakes. If you overindulge, don't feel like you've lost the holiday battle. Don't feel guilty—enjoy the holidays, and just get back to working on the basics listed above.

Now bring ME some figgy pudding...but not too much!

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Students at Wilmington Montessori School Learn the Importance of Giving, Year Round

Over the past several years, the Wilmington Montessori School has participated in several donation drives for Westside patients. With 2009 being a year where our patient's personal needs were greater than ever, students from Kindergarten to Sixth Grade learned the importance of generosity and thinking of others in this time of need. Wilmington Montessori students and their families collected coats, books, toys, games, canned goods, and baby care items for Westside families in need. Students created posters requesting donations which are placed throughout the school and families from the school provide donations throughout the month. As Wilmington Montessori School student Xander, age six, aptly stated, "we collect coats and bring them to Westside to give to people who need coats. At Westside, people can get the stuff they need." On behalf of Westside and the patients that we serve, we sincerely thank the Wilmington Montessori School, the students, and families, for brightening the lives of our patients, year round.



Pictured: Wilmington Montessori Students working on publicity for the "Westside Project"