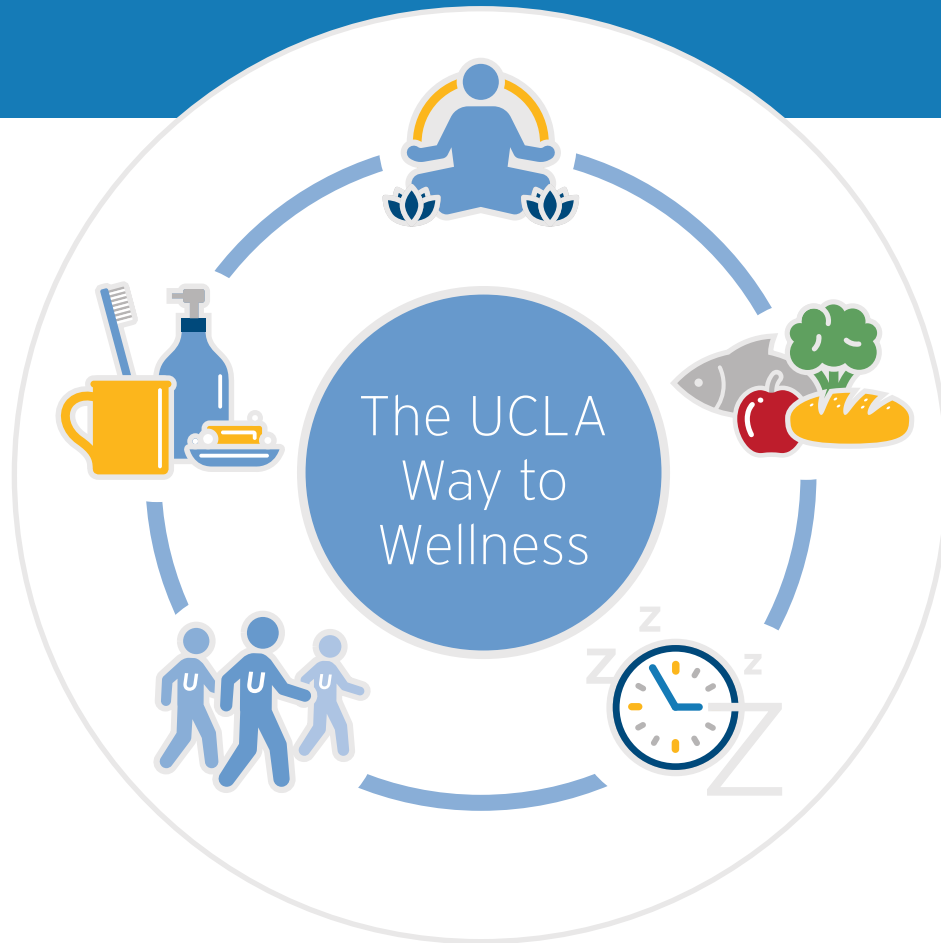


Wellness



Comfort

We understand that you need comfort to be well. Here are some ways you can find more comfort while you are with us.

- Spiritual care — someone to pray or talk with, and who can provide your holy scriptures.
- Massage therapy — relax tight muscles.
- People Animal Connection — enjoy a visit from a furry canine friend.
- Guided meditation — quiet your mind.
- Art cart — creative activities for your enjoyment.
- Music at the bedside — entertainment.
- Integrative therapy — relaxation sessions.
- Heart Touch Project — gentle touch massage for pediatric patients.
- You may be more comfortable with your own pillow and pajamas from home.

Please ask your health care provider if you are interested in receiving any of these services.

Wellness



Nutrition

“Let food be thy medicine and thy medicine be thy food” (Hippocrates, 400BC).

Food is important and eating the right kinds of foods can help you heal. Good nutrition can help your body fight an infection and heal itself.

While you are here, we want to provide you with healthy, delicious foods that meet your nutrition needs.

- Our menu items are made from scratch.
- We use many plant-based recipes.
- We are proud to serve local and/or organic produce.
- Our meat and poultry is raised without the routine use of antibiotics.
- Our beef is grass fed and grass finished.
- Our whole fresh eggs are cage free.
- Our tofu is organic.

Here are some mealtime tips for good nutrition.

- Eat a variety of foods: vegetables, fruits, proteins, whole grains, and healthy fats.
- Drink enough water.
- Sit up in a chair for your meals, if you can. Sitting up is the best position for eating.
- If you miss a meal, the nursing or nutrition staff can help you get a replacement meal.
- If you need help to open packages on your meal tray, let the nursing staff know and they will help you.

If you cannot eat, you will get your nutrition another way. One way is tube feeding and the other is intravenous (IV) feeding. Both ways give your body the nutrition it needs when you can't eat.

If you have questions, please have your nurse contact your dietitian.



Sleep

You need rest and good sleep to heal and be well.

Because sleep is so important, we will do everything we can to help you get it!

To help you sleep we will:

- Keep the area as quiet as possible during the night.
- Turn down the hall lights.
- Let you sleep as much as possible, and only bother you if we have to.
- Keep alarms as quiet as possible.
- Offer you earplugs and eye shades.
- Offer you essential oils to help you relax.

If you need more help getting sleep, please let your nurse know!



Mobility

Keep moving! Mobility is important for your recovery. While you are in the hospital try to stay active. Your nurse or care partner can help you with all of these activities.

- Change your position in bed often.
- Sit up in a chair for your meals if you can.
- Get up and use the restroom instead of a bedpan or urinal.
- Try to walk three times a day in your room or in the hallway.

Be Safe – Ask for help before you get up. Use your call light.

Wellness



Hygiene

- Brush your teeth twice a day for two minutes each time. Use fluoride toothpaste.
- This is vital for your overall health.

Wash your hands often!

- Washing your hands with soap and water or using a hand sanitizer will help prevent infection.
- Your health care staff should clean their hands when they enter your room and after they remove gloves.

Like we said before...wash your hands often!

- Always wash your hands or use hand sanitizer after using the restroom, blowing your nose, coughing or sneezing. Remind your visitors to use hand sanitizer too.

Your skin provides a shield against infection!

To keep your skin healthy, it is important to bathe every day and use antiseptic cloths to kill bacteria on your skin that can cause infections. Your nursing team can assist you with this care each day.

Remember, wellness begins with U!