

## Calendar

**Nov. 21**

Bergan Mercy Candlelight Ball  
6:00 p.m.

Site: Embassy Suites, LaVista

**Nov. 22**

[Charity Art Tour](#)

1:00-7:00 p.m.

Galleries:

Anderson O'Brien Fine Art

Lewis Art Gallery

Anderson Interiors

Studio|Gallery

Gloria's Custom Framing &  
Sports Additions

Blue Pomegranate Gallery

J D Gerber Photography

Leonardo's Art & Prints

Dundee Gallery

**Dec. 2**

[Heart Healthy Cooking](#)

Hearty Holiday Brunch

6:00-7:30 p.m.

Site: Lakeside Hospital

**Dec. 9**

[Heart & Sole Seminar](#)

Keep Life in Balance

6:00 p.m.

Site: Lakeside Hospital

**How to hold off the extra weight during the holidays**

Thanksgiving is just around the corner and we are getting ready to officially kick off the holiday season - and a full month of holiday eating. Though most people only need 1,500-2,800 calories a day, the average Thanksgiving meal is around 4,000 calories. According to Alegent Health dietician Caryn Kusleika, R.D., people of normal weight usually gain 1-2 pounds during the holidays while those who are overweight have a tendency to gain more, some up to five pounds. She recommends several calorie-reducing tricks, like using smaller plates - they fill up faster. For more information please contact [Jodi Hoatson](#) in the Public Relations department.

**Winter weather = dry skin**

When winter arrives, what comes to mind? Snow? Ice? For many people, it is a side effect of winter - dry skin. Sometimes it seems that no amount of lotion can help. Alegent Health Dermatologist [Jim Shehan, M.D.](#), says that's because lotions aren't made to add moisture to your skin, they are designed to lock it in. He says to "use moisturizers frequently, but try to apply them to skin that is pre-moistened." Dr. Shehan recommends using products that are alcohol free with some amount of petroleum jelly. For further information, please contact [Kelly Grinnell](#) in Public Relations.

**Breastfeeding and the flu**

While pregnant women are encouraged to get their flu shots, babies under six months of age are too young to get the flu vaccine. How can they be protected? By breastfeeding. Approximately two weeks after vaccination, antibodies that provide flu protection develop in a mother's body. According to lactation consultant Cheryl Hruska, R.N., I.B.C.L.C., the CDC recommends breastfeeding to help protect a baby's health. Breast milk can pass some of the protective antibodies to a baby, helping them avoid infections like the flu. For more information please contact [Jodi Hoatson](#) in the Public Relations department.

**Colds - myth vs. fact**

As we enter the traditional cold and flu season, it is important to brush up on the facts. **MYTH:** cold weather causes colds. **FACT:** there is no evidence that you get a cold from exposure to cold weather. **MYTH:** taking a large quantity of Vitamin C will prevent colds. **FACT:** studies have not shown that large doses of Vitamin C prevent colds, in fact - they show over a long period of time, large doses can be harmful. For more information on colds and when to contact a doctor, please contact [Jen Homann](#) in the Public Relations department.

**Residential Treatment Center benefits from Omaha art gallery tour**

A tour featuring eight Omaha galleries is raising money for the Alegent Health Residential Treatment Center on Sunday, Nov. 22<sup>nd</sup>. The center is located at the Immanuel Medical Center and is dedicated to meeting the mental health needs of area youth. The tour will have a silent art auction, door prizes and a handmade gift from the children at the center. Tickets are \$45 and can be purchased on-line at [www.Alegent.com/charityart](http://www.Alegent.com/charityart) or in person at any of the participating galleries. For more information please contact [Jodi Hoatson](#) in the Public Relations department.

## Tip of the Month

During the holidays, remember to drink water. H<sub>2</sub>O not only keeps you hydrated, but drinking water during your many holiday parties can also help you cut calories.