

“This event is just one way the HealthPartners team can extend a helping hand to an organization that provides essential services in the community”

HealthPartners Supports Catholic Charities Benefit

A meal, clothes or a warm home. They seem simple. But for many Central Minnesotans, they would be out of reach without the help and emergency assistance of Catholic Charities in St. Cloud.

HealthPartners Central Minnesota Clinics (HPCMC) help raise awareness and dollars to help Catholic Charities meet the basic needs of a rising number of people in Central Minnesota through its annual Mardi Gras event at the St. Cloud Civic Center. HealthPartners sponsored the event for the fourth consecutive year.

“We know that there are people in our community that are struggling and even suffering during these times,” said Andy Vinson, executive director of HPCMC. “This event is just one way the HealthPartners team can extend a helping hand to an organization that provides essential services in this community.”

The Mardi Gras event supports Catholic Charities’ Emergency Services and DOMUS Transitional Housing.

“Catholic Charities really stretches the donations it receives to care for people in need in this community,” Vinson said. “Catholic Charities can feed a family for a week for only \$25 through its partnership with Second Harvest.”

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Preventing Chickenpox New Law Changes Vaccination

A new Minnesota law now requires children to receive certain immunizations before going to school next fall – including chickenpox – unless they have a legal exemption.

What changed?

For children enrolling in kindergarten and seventh grade after Sept. 1, Minnesota schools no longer can accept a parent or guardian’s signature as proof that a child has had the chickenpox. Instead, a doctor will need to sign a form saying that the child does not need to get varicella shot because of one of these reasons:

- They are immune because they had chickenpox disease that was either laboratory confirmed, medically diagnosed, or described well enough to the doctor by the parent or guardian to clearly indicate disease, or
- They have a medical reason for not getting the shot(s), or
- They have had a lab test showing they are already immune to chickenpox.

As with all immunizations required for school, children whose parents are conscientiously opposed to immunization may also receive an exemption.

What if my child already has had chickenpox?

Children who have had the chickenpox, also known as varicella disease, are immune to it and don’t need to have varicella shots to attend school this fall, according to new guidelines from the Minnesota Department of Health. But they still need documentation from their health care provider.



New law requires children entering kindergarten or seventh grade in the fall to get Chickenpox vaccine

Why did it change?

The law change stems from a desire to protect children and prevent the spread of chickenpox. Medical knowledge of a doctor is needed to make sure a child has had the chickenpox – and not some other disease – so they are truly immune, according to the Minnesota Department of Health.

Learn More

For information about chickenpox, immunizations, and Minnesota’s School Immunization Law, ask your HealthPartners provider at your next visit or go to www.health.state.mn/immunize.

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February 9, 2010

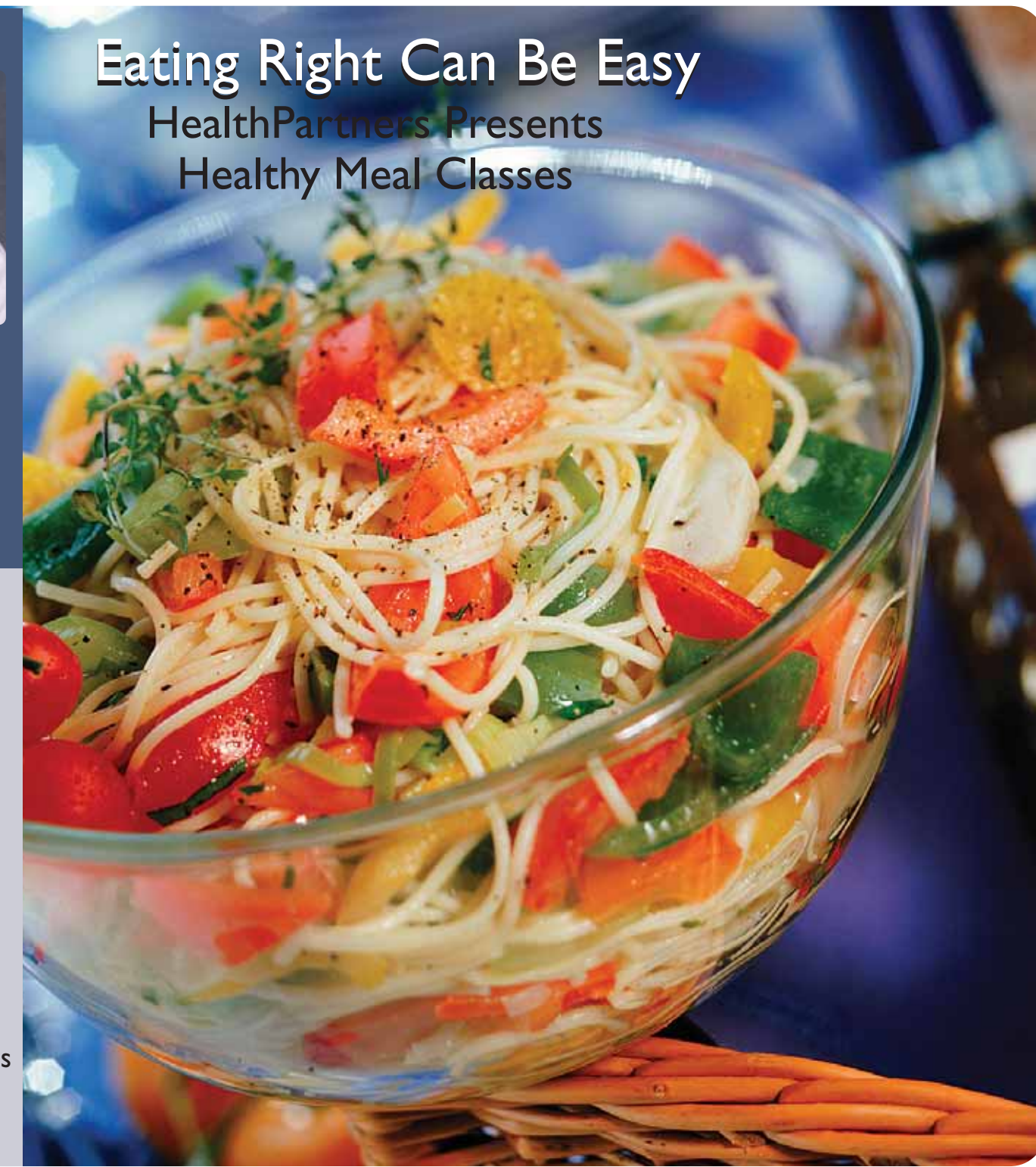
Eating Right Can Be Easy HealthPartners Presents Healthy Meal Classes



Local Chef
Shares Healthy
Alternatives

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- HealthPartners Helps Needy at Catholic Charities



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“We see the “To Your Health” food presentations as a way to give people the knowledge and tools to make good tasting meals that promote health and family.”

Poached Orange Roughy or Grouper Pomodoro

Here's a look at the dish Mi Famiglia's Ray Cook will prepare at an upcoming "To Your Health" food demonstration. Join him at 4 p.m. on Feb. 17 to learn how to bring this dish and others to our table.

Nutritional Information:
Calories: 1376
Saturated Fat: 12 grams

**Calculated by HealthPartners Dietician Karen Marschel*

Ingredients:

- 6 oz. Fresh fish (grouper / orange roughy)
- 3 oz. Extra virgin olive oil
- 1 Whole tomato or 1 cup fresh diced
- 2 oz. White wine - Pinot Grigio, preferred (Can substitute stock)
- 2 oz. Fresh chopped garlic
- 1/8 tsp. Salt
- 1/ 8 tsp. Black pepper
- 4 Whole fresh basil leaves

Directions:

In sauté pan, place garlic, olive oil, and tomatoes and seasoned fish. Let fish cook for 4 minutes on medium flame or heat with covered lid. After 4 minutes, flip fish and add wine or stock and finish cooking for another 4 minutes with cover slightly off. Fish should be poached to a medium temperature, the fish will have absorbed almost 1/4 of the poaching liquid.

Eating Right Can Be Easy

HealthPartners HealthStations® Present Healthy Food Classes

We'd all love to cook good tasting meals that are good for us. But there is always something that stands in our way – time, money, the right recipe or even the skillfulness.

HealthPartners HealthStation® Clinics is helping families break down those barriers through free food demonstrations called "To Your Health." HealthPartners is partnering with Coborn's and renowned chef Ray Cook of Mi Famiglia Ristorante and Market to offer demonstrations every Wednesday at Coborn's Superstore in Sauk Rapids.



HealthPartners HealthStation® Clinics present "To Your Health" food demonstrations every Wednesday, starting Feb. 17

"This really is an extension of our mission at HealthPartners Central Minnesota Clinics to help people live healthier lives," said Andy Vinson, executive director of HPCMC. "We know healthy living starts at home – and most often in the kitchen. We see the "To Your Health" food presentations as a way to give people the knowledge and tools to make good tasting meals that promote health and family."

Each week, Cook and HealthPartners Registered Dietician Karen Marschel will choose a healthy, great tasting recipe. Cook will share his tips as he prepares the meal in Coborn's Learning Center.

"I think there are a lot of perceptions that it is hard to cook healthy especially in the fine dining atmosphere," said Cook, owner of Mi Famiglia Ristorante and Market in downtown St. Cloud. "I am really looking forward to having a genuine great time while hopefully giving people options for healthy alternatives."

People who attend the demonstrations can taste Cook's fine cuisine and then pick up the recipes and ingredients to prepare the dishes at home. "What a great way to serve our customers who want great tasting, easy to prepare and nutritious meals they can afford," said Steve Gottwalt, spokesman for Coborn's.



About the Chef

Growing up in a full-blooded Italian family, the significance of a family recipe is more than just good food for Ray Cook- it is his history. Some of Ray's first memories of cooking spring from spontaneous trips into the garden where it was his job to pick fresh basil and leaf lettuces. When he was old enough to see over the counter, he started helping in his family's Italian market and restaurant.

"Everyone asks me, 'Who taught you how to cook?' Truth is, one person cannot be singled out - the influences come from all sides of my family," said Ray, a native of western Pennsylvania.

Over the years, he sharpened his food product knowledge and operational skills by working for a casino management company first as a manager, then to director of food service operations and finally, to vice president of food and beverage.

Looking to slow the pace, he moved to St. Cloud and began working for two well-respected food distribution companies for nearly a decade. Before opening his true passion – Mi Famiglia Ristorante and Market - he co-owned a casual dining restaurant in Central Minnesota.

Today, Mi Famiglia is a translation of his family's native cuisine and, at the heart of it, a respectful tribute to his beloved Italian heritage.



RAY COOK

Free Guilt-Free Cooking Classes

What: "To Your Health" Food Demonstrations
Presented by HealthPartners HealthStation® Clinics

- Taste dishes prepared by gourmet chef Ray Cook of Mi Famiglia Ristorante and Market.
- Learn tips to cooking great tasting healthy meals.
- Take home easy, economical recipes.

When: 4 p.m. Wednesdays, beginning Feb. 17

Where: Learning Center in Coborn's Superstore
110 First Street South
Sauk Rapids

Information:

Call (320)253-5220 or visit hpcmc.com.
Our Partners: Coborn's, coborns.com; Mi Famiglia, mifamiglia.com
No registration necessary.



HealthPartners® Medical & Dental Central Minnesota Clinics

Clinic Hours

M–F: 8:00 a.m.–5:00 p.m.
Sat: 8:30 a.m.–12 noon

Dental Clinic Hours

M–T: 7:00 a.m.–6:00 p.m.
W–F: 7:00 a.m.–5:00 p.m.

Pharmacy

M–F: 8:30 a.m.–6:00 p.m.
Sat: 8:30 a.m.–12 noon



Appointments

Medical: (320) 253-5220
(800) 370-0570
Dental: (320) 253-5824

1245 15th Street North
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HealthPartners HealthStation®

Now welcoming
12 Months and Older

Clinic Hours

Visit one of our three convenient locations:

Cash Wise–Waite Park

Mon.–Fri.: 8:00 a.m.–7:30 p.m.
Saturday: 9:00 a.m.–4:30 p.m.
Sunday: 10:00 a.m.–3:30 p.m.

Coborn's–Sauk Rapids

Mon.–Fri.: 8:00 a.m.–7:30 p.m.
Saturday: 9:00 a.m.–4:30 p.m.
Sunday: 10:00 a.m.–2:30 p.m.

Coborn's Pine Cone–Sartell

Mon.–Fri.: 9:00 a.m.–7:30 p.m.
Saturday: 9:00 a.m.–4:30 p.m.
Sunday: 9:00 a.m.–3:30 p.m.

*Closed from 1:30-2:30pm
Monday-Saturday*

All Major Insurance Plans Welcomed.

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