

ST. VINCENT IPA NEWS

Welcome to St. Vincent. IPA News. This is your quarterly check-up for health tips, facts, and all you need to know from your Los Angeles Medical Group.



ANNUAL WELLNESS EXAM REMINDER

Don't forget to schedule your annual wellness visit as the year ends! Call your doctor's office and ask to schedule your yearly annual wellness visit if you haven't already. Make sure it's been at least 12 months since your last wellness visit.

PREVENTATIVE CARE FOR A HEALTHY YOU

- **Flu shots.** Flu shots protect you and the people around you. Most people age 6 months or older should get a flu shot this fall. Flu shots are safe and covered by your health plan.
- **Regular/annual health-care visits.** Stay healthy by staying current with:
 - o Eye exams
 - o Mammograms
 - o Annual physicals
 - o Vaccinations
- **Mental health.** It's important to check in with family and friends. But don't forget about yourself. If you are struggling, know that you are not alone.



The 4 Principles of Hand Awareness

The power is in your hands to prevent COVID-19 and the Flu!

The 4 Principles of Hand Awareness:

1. **WASH** your hands when they are dirty and BEFORE eating.
2. **DO NOT** cough into your hands.
3. **DO NOT** sneeze into your hands.
4. Above all, **DO NOT** put your fingers into your eyes, nose, or mouth.

Practicing the 4 Principles of Hand Awareness behaviors will ensure you "stay well."

Holiday Recipe- Roasted Brussels Sprouts

Ingredients

- 1 1/2 pounds Brussels sprouts (ends trimmed and yellow leaves removed)
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Directions

1. Preheat the oven to 400 degrees F (205 degrees C).
2. Place Brussels sprouts, olive oil, salt, and pepper into a large Ziploc bag. Seal the bag and start shaking until the Brussels sprouts are well-coated.
3. Transfer the Brussels sprouts onto a baking sheet and place it in the center rack of the oven. To ensure the brussels sprouts caramelize, make sure the cut-side (flat-side) is facing down. Also, don't overcrowd the baking pan. Leave a little space in between so they're not touching.
4. Roast the Brussels sprouts for 20 to 30 minutes, until the outer leaves are lightly charred. They should be crisp on the outside and tender in the center. Cooking time can vary based on your oven and the size of your sprouts.
5. Season with more salt and pepper to taste (if needed).
6. Enjoy!

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Los Angeles Farmers Markets

Sherman Oaks

14006 Riverside Dr., Sherman Oaks, 91324
Tuesdays 2pm-7pm

Lomita

24300 Narbonne Ave. (City Hall), Lomita, 90717
Sundays 10am-2pm

We wish you and your family a very safe and fun holiday season!