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BestHealth.
Wake Forest University Baptist Medical Center

June 2008 Events

Events are held at BestHealth in Hanes Mall or other locations, as noted.

☞ = registration required. Call Health On-Call® at 336-716-2255 or visit www.besthealth.com.

To become a BestHealth member, call 336-765-8804 or visit our web site.

2 MON - Choosing the Right Words

11 a.m. Retired minister and BestHealth member Claxton Hall presents ways to communicate with those who have experienced a loss and are grieving. ☞

2 MON - Ask the Dietitian

6 p.m. Bring your food-related questions for a fun, informative hour of questions and answers with BestHealth registered dietitian Dayle Fuentes. ☞

4 WED - Retirement Income: Where to Put It and How to Spend It

11 a.m. Certified financial planner Forrest Childers presents strategies for successfully investing and spending your hard-earned dollars. ☞

4 WED - Multiple Sclerosis: Who, When & Why?

2 p.m. WFUBMC neurologist Dr. Douglas Jeffery explains what is known about the causes, diagnosis, symptoms and treatments for multiple sclerosis (MS). ☞

5 THU - Macular Degeneration

11:30 a.m. Join WFUBMC ophthalmologist Dr. Paul Dickinson to learn the signs, symptoms, diagnosis and treatments for this debilitating vision disorder. For BestHealth members only. ☞

5 THU - Better Body Works

6:00 p.m. WFUBMC plastic surgeon Dr. James Thompson discusses various surgical procedures to enhance and rejuvenate the breast, abdomen and thighs. ☞

6 FRI - SilverSneakers®: Muscular Strength & Range of Movement

11 a.m. Learn exercises designed to increase muscular strength and range of movement using hand-held weights, elastic tubing with handles, a ball for resistance and a chair for support. ☞

9 MON - Reiki: An Introduction to Healing & Relaxing Touch

6 to 7:30 p.m. Andy Moretz, licensed professional counselor and Reiki master teacher/practitioner, introduces this Japanese tradition of healing touch which can increase relaxation and enhance your natural healing process. ☞

11 WED - Free Depression & Anxiety Screenings

10:30 a.m. to 7 p.m. Free, confidential and professional screening provided by the Mental Health Assoc. in Forsyth County. Appt. recommended, but walk-ins welcome.

12 THU - Low Country Cooking

6 to 7:30 p.m. Barry Moody takes wholesome dishes and transforms them into healthy and creative new varieties. Recipes and samples provided. ☞

13 FRI - Look Good, Feel Better

11 a.m. to 1 p.m. Women undergoing cancer treatment will learn ways to enhance their appearance and receive a free make-up kit valued at over \$150. Sponsored by the American Cancer Society. ☞

18 WED - Help from Horses

12 p.m. Riverwood Therapeutic Riding Center in Tobaccoville provides children and adults who have a variety of physical and developmental limitations with quality, professional equine-assisted activities in an effort to improve muscle tone, balance, coordination, and emotional well being. Come learn more about this unique form of therapy. ☞

18 WED - Entertaining Health Nuts

3 to 4:30 p.m. Do you have health-conscious friends you'd like to impress with your culinary magic? Chef Ernest Knight has some simple treats for you to sample and try at home. ☞

18 WED - Living with Lymphedema

6 p.m. WFUBMC occupational therapist Anne Fleischer discusses the causes of lymphedema and offers practical tips on how to manage it. ☞

19 THU - PAD: Source of Leg & Back Pain

11 a.m. WFUBMC general surgeon Dr. Pavel Levy discusses the diagnosis and treatment of peripheral arterial disease (PAD), a common and under-diagnosed cardiovascular disease that often involves pain in the legs and back. For BestHealth members only. ☞

20 FRI - Passion for Picnics

12 to 1:30 p.m. Chef Nikki Miller-Ka presents great recipes for your picnic basket. Samples included. ☞

24 TUE - Maintaining a Healthy Uterus

11 a.m. Endometriosis is a painful disease of the uterus that impacts more than just reproductive health. Hear from WFUBMC gynecologist Dr. Leslie Kammire about the causes, symptoms and treatments. ☞

24 TUE - Cooking in the Season

3 to 4:30 p.m. Join Chef Nikki Miller-Ka for recipes and samples that highlight the splendor of healthy, seasonal fare. Recipes and samples provided. ☞

24 TUE - Save that Spine!

3 p.m. Balloon kyphoplasty is a minimally invasive treatment to repair vertebral compression fractures caused by osteoporosis, cancer or benign lesions. WFUBMC radiologist Dr. Joseph Ciacci explains how the procedure makes it easier for patients to return to everyday activities with significantly less pain than they had before. ☞

25 WED - Celiac Disease: Digest the Facts

6 p.m. People who eat gluten and other proteins in wheat, barley and rye may develop this inherited autoimmune disorder anytime from infancy to adulthood. WFUBMC gastroenterologist Dr. John Baillie explains how it affects the absorption of nutrients and function of other organs. ☞

26 THU - Advance Directives

6 p.m. Advance directives such as a living will can ensure your wishes will be met. Learn the terminology and procedures involved. Documents notarized free of charge. ☞

27 FRI - Yoga & Meditation

11 a.m. Valerie Kiser, RYT, of Sunrise Yoga, leads you in simple yoga poses and breathing practices to help prepare you for meditation. For all experience levels. Dress comfortably to participate. ☞

30 MON - Become a Grandparenting Great

1 p.m. Learn from the professionals of Winston-Salem State University's Grandparenting Program how to make the most of every interaction with your beloved grandchildren. ☞

Other Locations

2 MON - Sibling Rivalry

9:30 a.m. Learn the complexities of sibling relationships, developmental challenges, preparing for new siblings and behavior management strategies from WFUBMC clinical psychologist Sebastian Kaplan, Ph.D. Held at the Children's Museum of Winston-Salem, 390 S. Liberty St. Free babysitting offered. ☞

12 THU - Knee Pain

1 p.m. Learn the causes of and treatments for knee pain from chief physician's assistant Frank Caruso of WFUBMC Orthopaedic Surgery. Held at CompRehab Plaza, 131 Miller St. ☞

12 THU - Staying Healthy: A Woman's Perspective on Women's Health

6 p.m. Learn from Dr. Oona O'Neill of WFUBMC Obstetrics and Gynecology what to do to stay healthy and pre-

serve your quality of life. Held at the new Gateway YWCA, 1300 S. Main St., Winston-Salem. ☞

18 WED - Lowering Cholesterol the Natural Way

11 a.m. WFUBMC cardiologist Dr. Renato Santos offers possible ways to lower cholesterol with diet and supplements. Held at Senior Services Center, Shorefair Dr. ☞



Nadiyah Quander stands in front of O Baby Organics.

Black-owned boutique first of its kind in city

BY LAYLA FARMER
THE CHRONICLE

You won't find traditional plastic bottles in Nadiyah Quander's store. Nor will you find pampers or plastic toys or any of the array of other items that line the shelves of traditional baby departments. Even the flooring in O Baby Organics boutique on Miller Street is made from recycled fibers, the festive sage and cream colored paint that covers the walls is eco safe.

"This stuff isn't just arbitrary; everything is specific," Quander said, gesturing to the organic clothing and environmentally friendly toys that line the walls of her store. "Everything you pick up in this store is gold - I promise you."

Among the items available at the boutique are organic crib mattresses, which are made of natural fibers "from cotton to coil," as Quander puts it; cloth diapers, wooden toys and Amish furniture that is devoid of all glues and chemical stains. Baby bags, made from recycled bottles, books printed with "eco friendly" ink and stationary printed on recycled paper can also be found there.

The clothing and bedding and even the diapers she stocks are made of organic cotton, which is grown by farmers who use natural alternatives to pesticides in the growing process. Quander knows the owners of most of the companies whose products she stocks by name, and even includes the wares of a few local merchants in her inventory.

"I've tried to stock things in the store that people, even if they don't know about organics or really understand it, they will still find something unique and special here," she said.

The products are healthier for babies and better for the environment, Quander added.

"We're causing hazards to our own selves and our environment. In trying to simplify our lives, we've complicated them and become so dependent

on things that aren't good for us," she asserted. "Our landfills are overrun ... eventually we're going to pay the cost for that."

Quander, an alumna of North Carolina School of the Arts, did a stint in New York City, picking up jobs as an actress and traveling with regional theater companies. She married local attorney James Quander and gave birth to a daughter, Ailanni, in 2005. The fast paced, transient life of an actress wasn't conducive to her new roles as a mother and wife, she says.

"I realized I just couldn't keep up the pace of that life," she remarked. "I wondered what I could do that I could feel good about that would be a reflection of my creativity."

Quander says she had begun to develop an interest in organic products for her own child. She often scoured the internet in search of some hard-to-find, earth conscious items.

Yet she never considered opening a store until her mother, Darlene Miller took her to an organic boutique in her native Pittsburg, Penn. The store was closed, but Quander remembers pressing her face against the glass and hearing her mother say: "I think this is the perfect thing for you to do."

Miller has since moved to Winston-Salem to help her daughter at the store, which opened late last year.

"I sleep really good at night; it makes me feel good," she said. "There's nothing else in my life where the hours go by and I don't know it besides acting."

Now the actress-turned-entrepreneur who described herself as being a "militant" youth at one time says she has found her calling, and her home, nestled beside Whole Foods on Miller Street.

"I feel like this is my revolution; this is what I love," she declared. "One little kid at a time, we're going to change things."

St. Paul United Methodist Church invites YOU to join us in celebrating our 137th Church Anniversary Sunday, May 25, 2008 11:00 AM Worship Service Our Theme "A People Becoming Like Jesus" A celebration of GOD's goodness.

Our Speaker will be Reverend Donald Jenkins St. Paul United Methodist Church

Come experience our spirit-filled celebration in worship

"St. Paul where helping people mature in faith IS our business"

☞ To register for events, receive general health care information, or to schedule a physician appointment, call: Health On-Call® at 716-2255 or 800-446-2255.

Unless otherwise stated, BestHealth programs are for adults; no children under age 12, please.



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MEDICAL CENTER