



BayView
Neighbors

Neighborhood News

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Welcome From Dr. Larry Lake



Dr. Larry Lake is a licensed psychotherapist and the CEO of BayView Healthcare, as well as its parent organization, the St. Johns Welfare Federation, which was founded in 1920. Lake says “as a local non-profit healthcare provider, we are excited about how BayView Neighbors can help “leverage” the knowledge and expertise of the more than 288 health-care professionals at BayView and across our continuum of care.

In each issue of this newsletter and on our website, we will address areas of interest to help consumers be even more informed about their health, wellness and how to live well longer, and at home.” “As the ‘gray tsunami’ of the baby-boomer demographic begins,” Lake continues, “healthcare continues to be more expensive. Everyone wants the *quality* of life to be high, not just a long *quantity* of life. It is possible to live life well and long, and BayView Neighbors is dedicated to helping people do this in their own homes.”

All of us at BayView Neighbors appreciate your support. Gives us your ideas. Help by volunteering. Together we can live well, live long and at home.

WHAT IS BAYVIEW NEIGHBORS?

BayView Neighbors is an innovative membership-based program for community residents over the age of 50 designed to help you remain in your home as you grow older. For the many people who want to remain in their homes and stay part of the community they love, **BayView Neighbors** becomes a “caring and support” village without walls -- a way to easily take care of the tasks of day-to-day living, while staying connected with others. We do this by providing access to educational activities, health and wellness programs and services, assistance with practical day-to-day tasks, as well as provide a network of discounted services.

Benefits of BayView Neighbors

Benefits of BayView Neighbors

include but are not limited to:

- A Concierge Service
- One phone number to call for assistance or for help in coordinating services
- Prompt, friendly and professional customer service from dedicated BayView Neighbors staff
- Discounted Community Services

- Updated Health & Wellness Information
- Bi Monthly Newsletter
- Safety net
- Peace of mind

We encourage you to join today.

**Information is power...
challenge your mind, body and spirit!!**



BayView Neighbors Business Members

The following long-standing St. Augustine businesses have been selected to become our first 50 Preferred Business Members and were chosen on the basis of their good reputation, pricing, and service. A special service or discount has been arranged for you as a BayView Neighbors individual member when you present your membership card to them. You will see more information on each of these fine businesses, including the discounts for you, in the 2011 Business Directory. Many have websites giving you even more information about their specific services, products and pricing. We will be adding new businesses monthly and will keep you abreast of these additions. Please contact us if you have a new category or specific business you would to see in this list. We have done our best in choosing these businesses, but cannot guarantee their service or products.

Anastasia Athletic Club	Hamblen Hardware	Ripley's Believe It or Not
Anastasia Auto Repair	Hampton Inn at the Beach	Ripley's Sightseeing Trains
Anastasia Bowling Lanes	Hilton Garden Inn	Saltwater Property Group
Anastasia Storage Center	at the Beach	Shape Up With Gina
Andy's Taylor Rental	Hilton St. Augustine	Showboat Carwash
Arnett Inc.	Historic Bayfront	Smoothie King
B and D Limousine	Holiday Isle	Scotty Auto Body
Joseph L. Boles Jr., Attorney	Oceanfront Resort	South Beach Grill
Carmelo's Pizzeria	Home Instead Senior Care	Stewart's Market
Century 21 St.	Home Sweet	St. Augustine Taxi
Augustine Properties	Accessible Home	St. Augustine Team Realty
Cowan Financial Group	Horizon Design Service	Thibaults Electric
Courtyard by Marriott	Jacalone and Sons	Paul Thomas Concrete
Dennis Shepherd	Mango Mango's	Pirate Ship Black Raven
Electric, Inc.	M. Plum Home Improvements	Thompson Baker
Devil's Elbow Fishing Resort	Palmer Homes LLC	Ward Medical Services
Fairfield Inn and Suites	Pat Hamilton Construction	White Lion Pub
Florida O & P Services	Pirate and Treasure Museum	Yellow Cab
1st Coast Fitness Equipment	Present Moment Café	Zhanra's
	The Raintree	

Surprising Food Safety Facts

by *Spry Contributor*

Newsflash: Beef and poultry aren't the biggest culprits behind the 76 million cases of food-borne illnesses and 5,000 deaths reported annually. In fact, the supreme offender is something you should actually try to (safely) eat more of: produce.



That's right: "Fresh fruits and vegetables are the most significant source of food-borne illness in North America today and have been for the last decade," says Dr. Doug Powell, associate professor of food safety at Kansas State University and creator of barfblog.com. That's just one of the surprising food facts we've unearthed. Read on for the rest, and for tips on safely enjoying your next meal.

Bagged lettuces are riskier than the unbagged variety.

Cutting the leaves during the harvesting process makes them more susceptible to bacteria, and the large volume of greens handled together means a higher risk for cross-contamination. Still, bagged lettuces can be safe—and leafy greens remain one of the most nutritious foods you can eat. Refrigerate both bagged and whole-head lettuces within two hours of buying them, soak the

leaves in cold water, use a salad spinner to remove most of the water, then blot dry with a clean, dry cloth before using. Wash your hands and chop the greens, if necessary, on a clean cutting board. Use within a week of purchase.

Sampling cookie dough can make you sick.

We know—you've been sneaking fingerfuls for years and nothing's happened. But cookie dough contains raw eggs, which, along with other egg products, were responsible for more than 11,000 reported illnesses in 2008, according to data gathered by the Center for Science in the Public Interest (CSPI). Eggs are a great source for essential amino acids and vitamins A, B and D, though, so keep them safe by buying clean, uncracked eggs sold from a refrigerated case.



Store them in their original carton and use within three weeks of buying. Cook eggs until both the yolk and white are firm (sorry, sunny-side-up fans), cook dishes and casseroles that contain eggs to 160F and reheat them to 165F.

Raw oysters are risky, no matter what month they're harvested.

Despite the old wives' tale, 40 percent of food borne illnesses

from eating raw oysters occurs in months that contain the letter "r," according to the U.S. Food and Drug Administration (FDA). Oysters are a low-calorie source of minerals zinc and selenium—and, unfortunately, for the bacteria *Vibrio vulnificus* and *Vibrio Parahaemolyticus*, the likely culprits behind nearly 3,500 reported illnesses in 2008. Ask to see the tag



when buying live shellfish (and tap the shell before buying—live oysters will close their shells)—the FDA requires harvesters to label containers of fresh oysters, clams and mussels with a processor number, which certifies the shellfish was processed safely. Cook your oysters until the shells pop open.

Potatoes caused nearly 3,700 cases of illness in 2008.

Because they're grown in the ground and often eaten with other foods, the blame for food-borne sickness likely goes to the bacteria in the dirt at the farm or to cross-contamination from other foods. If you plan to peel the potatoes before cooking, first scrub them with a produce brush under cold running water to prevent spreading bacteria to your knife, cutting board or hands. Wash all three with soap and water after slicing or peeling potatoes.

Source: spryliving.com

Cucumber-Tuna Salad Pockets



Ingredients: 1 pouch (about 7 oz.) albacore tuna
1/4 cup reduced-fat mayonnaise or salad dressing
1/4 cup plain fat-free yogurt
1/2 cup chopped cucumber
2 Tbsp. chopped red onion
2 Tbsp. chopped fresh or 1 tsp. dried dill weed
1 tsp. salt-free seasoning blend
2 whole wheat pita rounds (8 in.)
1 cup shredded lettuce
1 small tomato, chopped (1/2 cup)

Preparation:

In medium bowl, mix tuna, reduced-fat mayonnaise, yogurt, cucumber, onion, dill weed and seasoning blend. Cut pita rounds in half crosswise to form pockets. Spoon 1/4 mixture into each half of pita. Add lettuce and tomato. Makes 4 servings.

Nutritional Analysis: Calories per serving: 220; (Calories from Fat 60); Total Fat: 7g (Saturated Fat 1g, Trans Fat 0g); Cholesterol: 20mg; Sodium: 470mg; Total Carbohydrate: 23g (Dietary Fiber 3g, Sugars 3g); Protein: 18g

Source: Blue Cross Blue Shield of Florida/
Better You From Blue Newsletter/WebMD

Distributed to us from The Bailey Group

**YOUR HOUSE, YOUR TOWN. YOUR FRIENDS ARE HERE, ITS HOME.
BAYVIEW NEIGHBORS IS A NEW MEMBERSHIP SERVICE THAT GIVES YOU THE
HELP AND SUPPORT YOU NEED RIGHT IN YOUR HOME.**

Join Us

For those who want to remain in the homes they love, BayView Neighbors is a way to easily take care of the tasks of day-to-day living, while staying connected with others and involved in the community.

Your AT HOME membership gives you all this and more:

- Trusted service providers to assist with practical, day-to-day tasks
 - Discounts on local services and providers
 - Health & wellness programs
- Social, cultural, and educational activities
 - Volunteer opportunities

**Contact us today and see how BayView Neighbors
can make a difference in your life or the life of someone you love.**

Call: 904-808-9919

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