

It's Getting Easier To Go With The Grain

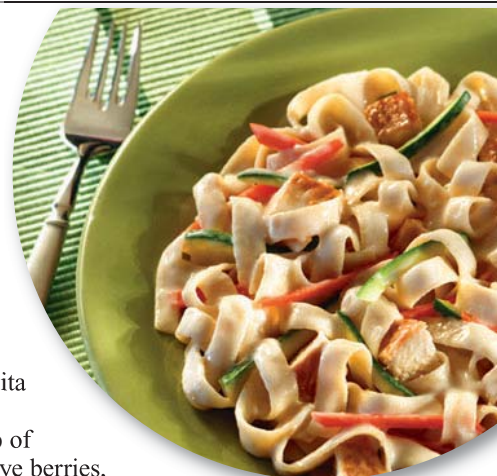
There's good news for those who want to incorporate more whole grains into their diet.

Thanks to innovative menu planning and a growing number of products, it's getting easier for consumers to include whole grains on a regular basis. The U.S. Department of Agriculture (USDA) food pyramid recommends that adults consume at least three servings of whole grains per day. That's the same as three ounce equivalents. But according to a recent survey by the Whole Grains Council and Knorr/E-Lipton/E Sides™ Made with Whole Grains, 68 percent of adults are unaware that they should consume at least three daily servings of whole grains. USDA research has indicated

that the majority of whole grain servings are consumed at breakfast, followed by snacks. Whole grain intake drops at lunch and dinner as each of these meals account for only 15 percent of daily whole grain consumption. Fortunately, with a little creativity, it's possible to find a number of ways to add whole grains to a family's diet. Here are 10 quick tips:

- Buy quick-cooking whole grain pasta or rice side dishes for dinner.
- Make risottos and pilafs with whole grains such as barley, brown rice, bulgur, millet, quinoa or sorghum.
- Enjoy whole grain salads like tabbouleh.

- Try whole grain breads. Kids especially like whole grain pita bread.
- Add half a cup of cooked wheat or rye berries, wild rice, brown rice, sorghum or barley to your favorite canned or home-made soup.
- Substitute half the white flour with whole-wheat flour in your regular recipes for cookies, muffins, quick breads and pancakes.
- Add half a cup of cooked bulgur, wild rice or barley to bread stuffing.
- Use whole corn meal for corn cakes, corn breads and corn muffins.
- Look for cereals made with



grains such as kamut, kasha (buckwheat) or grano.

- Snack on multigrain chips and crackers or air-popped popcorn.

To learn more, visit www.wholegrainscouncil.org and www.LetsMakeKnorr.com. Eating whole grain rice and pasta side dishes can be an excellent way to get more whole grains into your diet.

NAPSI

NEW YEAR, NEW PLAN?

Make Sure You Know The Rules

One goal you may want to set this year is to understand your health plan rules, especially those for prescription medicines.

Even if you didn't change health plans, your plan's rules may change at any time and in ways that impact your access to medicines and how much you'll have to pay for them. While most people have a sense of how to use their insurance for doctor's visits, many overlook the benefits that cover prescription medicines. These benefits can work differently and have different rules than those for office visits. This may become a problem when you go to the pharmacy to pick up a new prescription and find that you're having a hard time getting your plan to pay for it.

"A conversation with your pharmacist about the medications you take can be an invaluable resource in making the best use of your health insurance plan's prescription drug coverage," said

Bruce Roberts, R.Ph., executive vice president and CEO of the National Community Pharmacists Association. A new Web resource, called www.YourPharmacyBenefit.org, helps consumers troubleshoot common problems, including situations where:

- The information your pharmacy has about your plan doesn't match what is on your pharmacy benefit ID card.
- It's too early to refill the prescription.
- A particular medication may react badly with another medication you're on or with another medical condition you have.
- The medicine your doctor prescribed requires your plan's approval.
- The medication is not covered by your health plan, or is not on the "formulary," the list of medicines covered.

The Web resource explains all of these situations and provides tips on how to deal with these problems, how to translate "insurance-speak," and who to contact when questions arise. It also explains how to file an appeal with your insurance company if the plan refuses to cover a medicine you need. "Many consumers don't realize that they don't have to take a simple 'no' for an answer," says Bill McLin, executive director of the Asthma and Allergy Foundation of America. "Asking the right questions may reveal that the problem isn't difficult to fix. It's smart to know how to navigate your insurance plan's rules so you can deal with coverage problems." With the right information in hand, you can be sure you're getting the full value of your health coverage and that you receive the benefits to which you are entitled. For more information, go to www.YourPharmacyBenefit.org.

NAPSI

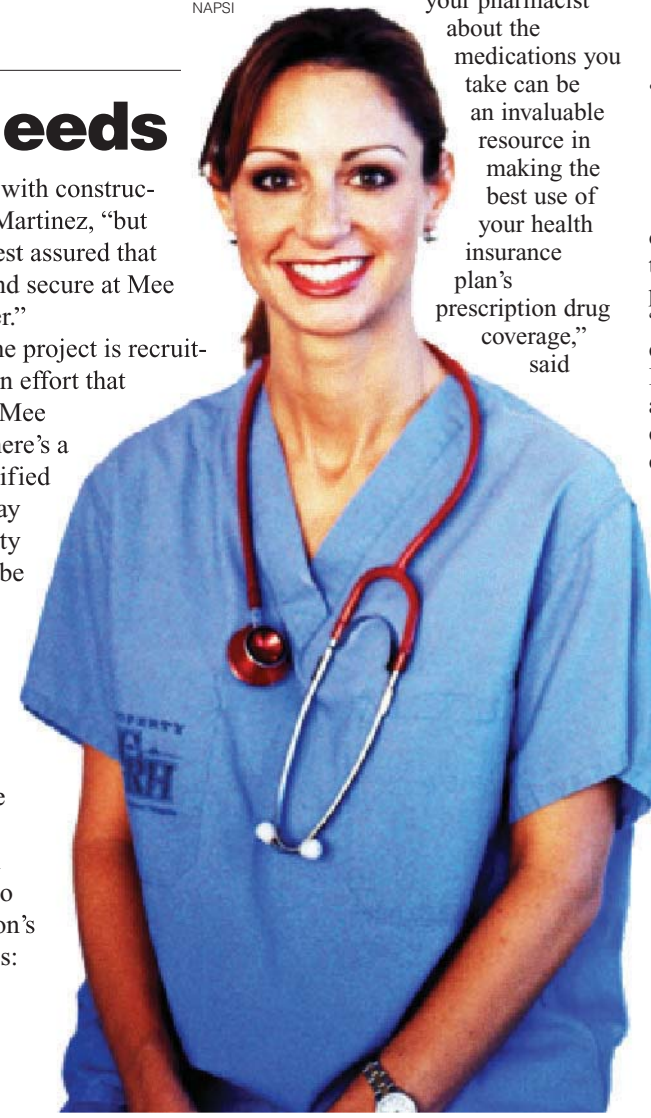
Hospital Grows to Meet County Needs

Mee Memorial Hospital broke ground last month on Phase One of a major expansion project at its home base in King City.

When the project is complete late this summer, the hospital will have nearly doubled in patient capacity to a total of 130 beds. Since its beginnings as a small, rural hospital in the early 1940's, the not-for-profit Mee Memorial has grown and changed dramatically. The first modern hospital building was constructed in the 1960's, when rancher Tom Mee put a community fundraising drive over the top with a large donation. The present hospital, adjacent to the 1960's facility, was completed in 2001. The hospital's executive staff and Board of Trustees planned the 2001 hospital on Canal Street with a forward-thinking vision. Recognizing the ever-changing needs of the county, the planning team decided to build to meet immediate needs and to provide a smooth path for future expansion. Thus,

when the new hospital was constructed two floors were built. The first floor has been in use since the doors opened five years ago; the second floor has been waiting its turn to be outfitted for patient care. That day has now come. In mid-January, workers, trucks and heavy equipment began to appear again at Mee Memorial as Phase One of the second floor "build-out," as hospital employees call it, began. And not a moment too soon to suit Joyce Martinez, Mee Memorial's COO and head of the comprehensive building program. "I've been just amazed at how full the hospital has been in recent times," Martinez remarks. "Phase One of the build-out will open up several dozen new beds which we'll use for acute care and/or long-term care as needs dictate." There are many aspects of the project to attend to aside from the building itself. The most important requirement in managing the build-out is to maintain the everyday high standards of patient safety. Martinez explains that barriers and other precautions are put in place, and that construction workers may be inconvenienced as necessary. "It's a

bit more challenging with construction going on," says Martinez, "but the community can rest assured that patients are as safe and secure at Mee Memorial now as ever." Another piece of the project is recruiting additional staff, an effort that has already begun at Mee Memorial. In fact, there's a training class for certified nurses' aides underway right now. Community members who might be interested in job opportunities can contact Mee Memorial's Human Resources Department at (831) 385-7182. Growth and change are constant facts of life at Mee Memorial Hospital. That's due to one of the organization's most important values: its commitment to serve the needs of its communities. ■



THERE'S A NEW STORY AT MEE!



Come see our progress!
Second floor build-out project underway

- 130 total beds by late summer
- Expanding acute and long-term care capacity
- New specialty services



MEE MEMORIAL HOSPITAL
300 CANAL STREET • KING CITY, CA 93930
385.6000

