

On the *MOVE*

A newsletter from the OICM

VOLUME XII, SPRING 2016

Bring your social life *back* to life

We've made it through another Maine winter. Now that spring is here, we have thoughts of getting outside and feeling sunshine on our faces. Mother Nature doesn't always move as fast as we'd like. So, while we are waiting for her to catch up with us, start making plans to get your social life out of the winter doldrums.

We all like staying home sometimes, especially when it's cold and blustery. But how much alone time do we really need? It's different for everybody and winter can turn some people into hermits. It's time to break out of that mold and do something — anything — that doesn't involve a remote control and a sofa.



Make plans with your friends and family that are centered around activities that allow you to move and be social. Being around people can be energizing and just the thing to bring us through to warmer weather. Here are a few ideas to get you out of the house and having some fun together:

- **Bowling.** Bowling is great exercise — especially with regulation size balls. Maybe you haven't been in a while; it's more fun than you remember, especially with friends or family to compete against. Check out your local lanes for hours and events. One thing we've seen is glow bowling that uses glow-in-the-dark balls and pins.
- **Window shopping/walking.** If you have access to an area that has many retail shops in a row, grab a friend and go window shopping. Just make one agreement, to keep moving — at least until you've walked steadily for 30 minutes. Then maybe afterward, circle back and browse in some of the stores as a reward. This can be done inside at a mall as well. You will be combining exercise and retail therapy.
- **Hula-hooping.** It's a rediscovered trend and a great way to burn some calories. Check the local paper or go online to find lessons and classes. Hoops are relatively inexpensive to buy. Grab a friend, put some music on and have a hooping party. Once you get the rhythm going time will pass by very quickly.
- **Movie night.** Meet friends out for a movie, but, may we suggest a brisk walk beforehand? This way, you have time to talk and catch up and get a little exercise before sitting in the dark and having popcorn.

Whatever you decide to do, make it something fun that you'll look forward to doing. You'll be glad you did.



Easy-to-make guacamole

Makes 4 ½ cup servings.

Host game night at your house, and serve up some healthy snacks, including this guacamole, a fan favorite.

INGREDIENTS

- 2 large, ripe avocados
- 1 lime
- 1 small tomato (optional), diced
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- Salt & pepper to taste

DIRECTIONS

Halve avocados and remove pits. Scoop out flesh into a medium-sized bowl. Mash avocados with a potato masher, it's okay to leave a few chunks. Add tomato, if desired. Halve the lime, cutting across the middle. Squeeze all the juice from both halves over the avocado mixture. Add cumin, garlic powder, and salt and pepper. Stir together and then taste. Adjust with more spices as needed. Serve with tortilla chips and salsa.

NUTRITIONAL FACTS

1 ½ cup serving equals about: 130 calories, 12g fat (mostly monounsaturated), and 6g fiber.

Tip of the day:

Feel like baking a cake, but want to lower the calorie count? In most cases replacing equal parts unsweetened applesauce for the oil in a recipe or box mix will make a very moist, but low fat cake. Try it!



oicm.cmmc.org



Grow something!

We are sure some of you are already seasoned Maine gardeners and have been perusing seed catalogs all winter long. Meanwhile, others may be thinking about getting your hands in the dirt this spring for the very first time.

Whether you want flowers or vegetables or both, there are many varieties of each that do well in our state.

Planting a small salad garden is a good place to start — with a few varieties of

greens and a tomato plant or two. Nothing is more satisfying than eating a salad made with ingredients grown in your own back yard or a container on your deck.

Need advice? Ask a friend with a green thumb or check out the University of Maine's Cooperative Extension's site for all things gardening: umaine.edu/gardening. Good luck!

Outside the OR

Dr. Matthew Bush



Dr. Matt Bush is a fellowship-trained orthopaedic surgeon, specializing in hand and upper extremity surgeries. He understands how much we use our hands, arms and shoulders throughout our day and how debilitating it can be when you are experiencing pain; how even the simplest tasks seem insurmountable.

"Most of my patients tell me 'Dr. Bush, I wish I hadn't waited so long to see you.' So that is what one of my recommendations would be — don't wait if you are in pain! Also, not all of my patients require surgery; often it is just a bit of therapy they need to get back on track, and we can set that up for you, too."

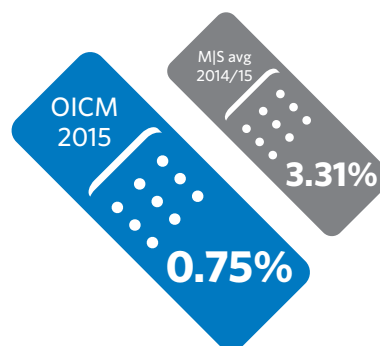
If you or a loved one is experiencing pain, either prolonged or from a recent injury, don't wait. Give Dr. Bush a call at 207.344.2288.

Hip Fracture Program

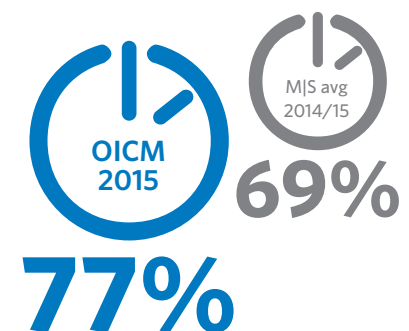
The OICM Hip Fracture Program is giving senior hip fracture patients an improved quality of life. And, patient experience and outcomes are shown to be better at the OICM when compared to other national hospitals.

Go to oicm.cmmc.org for full list of outcomes.

COMPLICATION RATE



ER TO SURGERY < 24 HOURS



*As reported by Marshall|Steele™, participating orthopedic centers throughout the US during the same three month period.

AT THE OICM, PATIENTS ARE OUR PRIMARY FOCUS. While we are ready to treat you with the most advanced surgical procedures, we put emphasis on wellness, prevention, and self-care.