

## The Green Scene

St. Patrick's Day is this month, so how about celebrating by eating your greens? These vegetables are top-notch when it comes to vitamins:

- **Spinach** – high in calcium, vitamin A and beta carotene; when cooked, it provides folate, which is important for expectant mothers
- **Kale** – high in calcium, vitamin A and beta carotene
- **Broccoli** – high vitamin C content; contains B complex vitamins
- **Artichokes** – high in fiber; also contain vitamin C and iron
- **Red and green-leaf lettuce** – the rule of thumb is generally the darker the lettuce, the more nutritious it is. Most dark greens are sources of high vitamin C.



And worry not! You can still sample typical Irish fare without ruining your diet:

Instead of...	Try...
Corned beef hash	Corned beef with vegetables
Cabbage and leeks in cream sauce	Cabbage soup
Dublin Coddle (stew with bacon and sausage links)	Irish stew
Boxty (potato griddle cakes)	Baked parsnips
Irish soda bread	Baked cabbage with apples

## Best Practices



In recent years, consumers have been provided more access to data regarding hospital quality, so it is easier to do your homework. When choosing a hospital, consider the following:

- Do you prefer a teaching hospital? Usually patients in these facilities are sicker, but the error rates are lower than at other hospitals.
- Are doctors available in a wide range of specialties? This would be important if you need a complex operation or have a serious condition.
- Does a pharmacist participate in daily rounds in at least the intensive care unit? A recent study showed that this reduced medication errors by two-thirds.
- How many of the physicians are board-certified? This may be more of a concern in smaller rural areas.
- What percentage of the nurses are registered nurses (RNs)? RNs have significantly more training than licensed practical nurses (LPNs). Typically, around 85% of a hospital's nursing staff are RNs.

*Source: Consumers Union of U.S., Inc.*

Visit the following websites for more information on hospital comparisons:

- [www.hospitalcompare.hhs.gov](http://www.hospitalcompare.hhs.gov);
- [www.qualitycheck.org](http://www.qualitycheck.org); and
- [www.leapfroggroup.org](http://www.leapfroggroup.org).



### Go Green!

Green isn't just for St. Patrick's Day – the Earth loves it too! Remember to be eco-friendly not just at home, but at work as well. Here are a few easy things you can do:

- Turn off the lights if you plan to leave a room for longer than 15 minutes.
- Send e-mails instead of mailing out letters whenever possible.
- Bring reusable dishes and utensils with your lunch – and pack them in a reusable sack rather than a brown bag.

### Back It Up!

You probably store a lot of valuable information on your computer... but what if there is some sort of incident in which you lose it all? You cannot predict when a spill, power surge, flood, or lightning strike may occur, but you can avoid a lot of unneeded stress by protecting your precious files.



#### What Should I Back Up?

- Digital photos
- Bank records/financial information
- Anything purchased and downloaded from the Internet, such as music or software
- Important projects
- Your e-mail address book
- Anything else you would not want to lose

#### How Do I Back up my Information?

All you need to do is to use any sort of external storage, which refers to any

storage formats that are not connected to your computer. Those include:

- External drives, such as a Zip drive
- CD-RW (a compact disc that you burn information onto; this can only be done if you have a CD-RW drive. The "RW" stands for "read-write.")
- DVD-RW (a DVD that you burn information onto; again, you must have a DVD-RW drive.)
- USB flash drive – this plugs into your computer through a USB port
- Online backup/storage – If you have the Internet, you can store your files online for a fee.

It is recommended that you back up your files at least once a week.



### Celebrate St. Patrick's Day the Healthy Way!

#### Colcannon (*cál ceannan*)

**2 medium potatoes, washed and scrubbed**

**1 cup coarsely chopped kale with stems removed**

**2/3 cup low-fat soy milk**

**3 tablespoons thinly sliced scallions**

**Salt and pepper**

Cut potatoes into big chunks. Put into a pot with enough water to cover the potatoes; bring to a boil. Reduce heat, and cook until tender when pierced with a fork (usually about 20 minutes.) In the meantime, add 1 inch of water to another saucepan. Insert a steamer basket, bring to a boil, and then reduce heat to simmer. Add the kale, cover the pan, and steam for about 4 minutes. Remove the kale and put into a mixing bowl. Peel the cooked potatoes and then add to kale. In a small skillet, heat the soy milk and scallions, simmering 5 minutes. Combine with the potato mixture and mash. Add salt and pepper to taste, and serve hot.

*Nutrition information for a 2/3 cup serving:*

*87 calories, 0.5g fat, 0 mg cholesterol*

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