

SPEAKERS' BUREAU

HEALTH TOPICS

A Series of Preventing Illness and Promoting
Wellness through Education



Holy Name Medical Center 
THIS PLACE IS DIFFERENT



STAYING HEALTHY 101

The Center for Healthy Living at Holy Name Medical Center offers a wide range of activities designed to help you, your employees, your church or organization members and your loved ones stay well. Holy Name physicians, advanced practice nurses, and other healthcare professionals partner with the Medical Center's Healthy Living staff to offer screening events, lectures, health fairs, support groups, workshops and health counseling on site at the Teaneck campus, as well as at community-based venues.

The Center's Stay Healthy 101 is a speaker series aimed at preventing illness and promoting wellness through education. To arrange for a talk at your organization by one of Holy Name's healthcare experts, please contact Hilda Ventimiglia, MSN, RN, Manager of the Center for Healthy Living call [201-833-3000, ext. 7332](tel:201-833-3000) or email hventimiglia@holyname.org.

MEET THE TEAM



Hilda Ventimiglia, MSN, RN

Hilda Ventimiglia is the manager for Holy Name's Center for Healthy Living (CfHL) and coordinates the Speakers Bureau. She is a master's prepared registered nurse with many years of experience in nursing leadership, education, public health, home care, cardiology and oncology. She leads seminars and workshops on issues concerning health and wellness to community groups.



Gendzyl Dalton, MSN, RN

Gendzyl Dalton is a master's prepared registered nurse and a Community Health Nurse Educator at Holy Name. For more than 15 years, she has worked in various clinical settings, including the emergency department, intensive care unit, orthopedic/medical-surgical unit, cardiographics, endoscopy, and in a geriatric care facility.



Linda Lohsen, RN

Linda Lohsen is a registered nurse and life coach who is focused on helping individuals achieve their personal wellness goals. She speaks at many of the events, after retiring as director of the program.

PROGRAM TOPICS AVAILABLE

A WOMAN'S HEART

Heart disease is the #1 killer of women, but many do not know they are at risk. Learn about risk factors and symptoms unique to women and lifestyle changes that you can make to improve your health.

ADVANCE DIRECTIVES

Although we don't want to think about it, there may come a time when we are no longer able to communicate our decisions concerning our care. Learn more about advance directives and how to start the conversation with your loved ones.

ANTIBIOTICS: FRIEND OR FOE

Antibiotic overuse has caused drug resistant superbugs and often leads to the elimination of the body's good bacteria. This can trigger diseases that are difficult to treat and may be life threatening. Learn more about this emerging health crisis and what you can do to protect yourself.

ARE YOU GETTING YOUR ZZZZZZ'S?

A good night's sleep is essential to your health. Sleep disturbances can cause more than just fatigue, and some, like sleep apnea, can have serious health consequences. Learn more about sleep problems and how good sleep hygiene can help.

BRAIN FITNESS

We need to exercise our bodies and our minds to keep them fit. Research has shown that brain stimulation can help prevent cognitive decline and improve normal function. Learn ways to engage all of your senses daily.

CHOCOLATE: DIVINE FOOD, FATTENING JUNK OR NUTRITIOUS TREAT?

Originally known as Theobroma cacao (food of the gods), chocolate dates back to ancient civilizations. Learn its history and explore potential health benefits.

COFFEE, TEA AND YOU

Ninety percent of American adults consume caffeine daily, making it America's most popular stimulant. Learn more about how caffeine affects you.

COMPLAINT-FREE LIVING

When we complain, we are using words to focus on negativity. As we notice our words, we then notice our thoughts. By noticing our thoughts, we can change and reshape our lives. Learn what you can do to become an optimist instead of a complainer.

HOW HAPPY ARE YOU?

Are you truly happy or just getting by? Learn how discovering and applying your best qualities to your daily life can help you travel the path to fulfillment.

KNOW YOUR NUMBERS

Risk factors for heart disease fall into two categories: those that can be changed and those that can't. Learn about the tests that measure the controllable risk factors including blood pressure, cholesterol and BMI, as well as lifestyle changes to lower your risk.

PREVENTION OF FOOD-BORNE ILLNESSES

More than 48 million cases of food-borne illnesses are reported annually in the U.S. Everyone is susceptible. Learn about food-borne organisms that cause disease and how they can affect you.

REMINISCING

Reminiscing is indulging in enjoyable recollections of the past. Conducting this "life review" can increase a sense of personal identity and meaning. Take a trip down memory lane and learn how reminiscing can be good for your health.

SKIN CANCER – PREVENTION AND SCREENING RECOMMENDATIONS

Each year, more than one million Americans develop skin cancer. Fair-skinned people are particularly at risk. Learn about the types of skin cancer, what to look for with self-examination and how to protect yourself from UV light.

STROKE – ACT F.A.S.T.

A stroke is a medical emergency and immediate treatment can enhance chances for a successful recovery. Learn about a simple tool – F.A.S.T. – and how remembering it can help you take action for a loved one.

TAKE A VACATION FROM STRESS

If you can't vacation away from home, it is still important to diminish daily stresses. Although some stress is necessary and even good for you, unrelieved or excess stress can harm many body systems. Learn simple ways to refresh your mind and find relaxation.

THE MEDICINE OF LAUGHTER

One of the signs of overall well-being is the ability to maintain a sense of humor. Laughing has many benefits: produces hormones that elevate mood and promote healing, gets us through tough times, and helps us find more joy in life.

THE ROAD TO WELLNESS

Wellness is more than just an absence of disease and remaining healthy requires effort. Learn steps you can take to maximize your health.

The following topics may be provided, depending on availability of speakers:

- Diabetes
- Cancer risk
- Fall prevention
- Psychological effects of cancer