



Eating in a hurry

Many consumers are faced with the fact that they must choose easy and on-the-go methods for meals by stopping in or driving through fast-food and quick-serve restaurants.

If you find yourself visiting such establishments frequently, try some of the options below:

Avoid "empty calories."

These are foods high in calories with little or no nutrients. No soda or french fries; these can be substituted with water or low-fat milk and many restaurants have fresh fruit and steamed vegetables.

Remember that pepperoni and sausage are not the only pizza toppings available. Load up your pizza with veggies and fruit like peppers, mushrooms, tomatoes and pineapple.

Leave off the mayo on burgers or chicken sandwiches. Try seasoned mustards as they have little or no calories.

Although a hamburger once in awhile is not the end of the world, try to choose chicken and fish entrees. Grilled or blackened chicken sandwiches, salads, or grilled or blackened salmon sandwiches are great selections.

Eating healthy and keeping well hydrated can drastically improve your energy levels and help you maintain a healthy body composition.

Aaron Colestock is an exercise physiologist and the owner of Fitness Together. He can be reached by calling 303-271-1449.

Mom's medical research leads to new business

Plato's saying, "necessity is the mother of invention," is certainly true for Sharon Feder's new health care advocacy business.

Ten years ago, Feder's middle son, who now goes by the name Ry, was born with a rare condition that made him unable to swallow. The problem was corrected with a series of surgeries but he later developed other complex respiratory and neurological conditions.

Thanks in large part to Feder's persistent medical research and motherly support, Ry is doing well today. In fact, he's a card-carrying member of the Screen Actors Guild. Ry has appeared in TV commercials and in three seasons of *A Christmas Carol* at the Denver Center for Performing Arts where he played the part of Tiny Tim last year.

Long before her son's hospitalizations, Feder was familiar with the world of stethoscopes and medical terms, having worked as an emergency medical technician in the town of Ourey, Colo.

Later, as a result of Ry's serious health issues, Feder devoted untold hours to learning about her son's condition, and being the go-between as he saw up to 10 specialists at a time. In the process, she realized that other patients with complex conditions could benefit from a service that provides research consulting and medical advocacy.

Last year, Feder founded LYNX Collaborative Care

St. Anthony Hospitals sponsors Benefits CheckUp Colorado

Many older people face the challenges of paying for prescription drugs, health care, food, utilities and other needs. For many, there are benefits that can help, but they simply are not aware of them.

Now there is help. St. Anthony Hospitals was recently introduced as the new sponsor of BenefitsCheckUp Colorado by the Colorado Trust. This free community service for older Coloradoans is a program designed to assist Colorado elders in accessing federal, state and local public benefits, while promoting education, advocacy and assistance.

For the past four years, BenefitsCheckUp Colorado has been sponsored directly by the National Council on Aging and its Access to Benefits Coalition. When the Colorado coalition sought local sponsorship, St. Anthony Hospitals and Jane Barnes, manager of St. Anthony Hospitals Senior Services, stepped up and offered to take the program.

In the eight-county Denver metro area, there are approximately 12,700 older adults living at or below the poverty level. This number is expected to double in the next 10 years. The BenefitsCheckUp program will reach out to people through community programs, home care agencies, churches and governmental agencies serving



LAURIE DiBATTISTA

Sharon Feder outside her office overlooking Evergreen.

Network, based in her home, which hugs the mountainside above Evergreen. She's the director of the new business, which uses independent contractors including physician consultants, medical researchers, nurse advocates and support staff.

A centerpiece of LYNX's service is the highly organized health summary, which lays out patients' medical histories so they can interact more effectively with their doctors.

"Our service is a huge gift to doctors. It facilitates care and takes a huge load off the caretaker or family members," Feder says. "And because our advocates are doctors and nurses there's been a great response from the medial community."

In addition to working with conventional approaches to health problems, Feder says that LYNX can also work in the fields of alternative and complementary healing so that clients have ample information upon which to base decisions.

To learn more, visit lynxcare.net. — LD



seniors. Volunteers located throughout Colorado will be trained to evaluate eligibility, advise and, when necessary, help enroll seniors and disabled people into appropriate benefit programs.

Most of the evaluations can be done by telephone by calling St. Anthony Hospitals Senior Benefits Program at 303-899-5582, or toll-free in Colorado, 1-866-550-2752. Trained staff members are available to answer questions. Staff can also help callers complete applications for assistance. Information is available statewide at benefitscheckup.or/link/CO.