



The Healing Hands

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www.marianashealth.com

WATER - Great taste, No Calories

Call it the world's oldest health drink. Water is essential for good health, good skin tone, and most of the body's functions. While the average person should drink eight glasses of water each day, large or active people should drink more if they need it.

If you live in a hot climate or your work is physically demanding, you may need more than eight glasses of liquids daily.

Drinking water could actually improve your health. People who drink too little water may be at risk of developing kidney stones. They may also suffer more often from headaches, fatigue, and lack of mental alertness. Continued under-hydration can put stress on the heart, as well as on the vascular and digestive systems.

What is TAMURE AEROBICS?

Tamure Aerobics involves a combination of a traditional form of Polynesian dancing with modern day aerobic elements that get the heart pumping. Not only are you exercising but you will also find yourself dancing to fast-paced Tahitian music that consist of fast drum beats. Tamure Aerobics incorporates a lot of hand and hip movements. Tamure Aerobics is currently being offered at the Pacific Wellness Center every Monday at 5:00 PM and Saturday at 9:45 AM. For any inquiries regarding classes or class schedules, please call Melissa, Pam, or Andrea at 233 - 4646.

EMPLOYEE FEATURE

Evelyn DeBelen, BPT, Billing Specialist

Evelyn DeBelen better known as "Belen" is no stranger to Marianas Health in which she has loyally served the agency as a Billing Specialist since 2006. Belen has seen the company grow immensely over the past 7 years. Born and raised in Valenzuela City, Philippines, Belen is the youngest of 8 children. In 1993, she graduated from Meycauayan College with her high school diploma. From there, Belen went on to further her education when she attended Our Lady of Fatima University and graduated with her Bachelor's Degree in Physical Therapy in 1998. She is now a happily married and the mother of two very energetic little boys. During her free time, she enjoys cooking and spending time with her family. Belen expresses that she enjoys working for Marianas Health because she has the opportunity to embrace diversity in the workplace, continues to learn new things as a Billing Specialist, and builds new and existing relationships with colleagues.



Reasons to Choose Home Care

1 Home Care is delivered at home. Our home is our castle, our refuge from the storm. When we are happy, we go home to celebrate. When we are not feeling well, we seek the sanctity of our home and the comfort of being with loved ones.

2 Home Care keeps families together. There is no important social value. It is particularly important in time of illness.

3 Home Care helps the elderly maintain their independence. None of us wants to be totally dependent and helpless. With some assistance, seniors can continue to function as viable members of society.

Homemade Vanilla Ice Cream

Ingredients: 1 can of coconut milk or 13.5 oz. of fresh coconut milk, 1/6 cup of honey, 2 egg yolks, 2 tsp. vanilla extract.

Directions: Heat the coconut milk, honey, and vanilla extract in a medium saucepan over low heat. Whisk egg yolks in a separate bowl. Temper the egg yolks by adding a small ladle of the warm mixture at a time, and stirring continuously until all coconut milk is combined with the egg mixture until cool. Follow the directions on your ice cream maker and enjoy your homemade vanilla ice cream!

