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# Caring for Your Mental and Physical Health

Around 1 in 5 Americans and 1 in 8 people worldwide experience some type of mental health condition in any given year. Unfortunately, mental illness still comes with a stigma, preventing people from getting the help they need. However, living a full, productive life depends on both your physical and mental health. That's why providing mental health care to patients in the Lodi community is a priority for the hospital. Working in conjunction with Lodi Hospital's primary care providers, Beena Persaud, PsyD, is addressing patients' mental health concerns.

"Mental health matters just as much as your physical health," says Dr. Persaud. "The first step toward overall well-being is becoming aware of your mental health and talking about it with your doctor."

Mental health refers to your overall psychological well-being and the state of your emotional, cognitive and social functioning. It impacts many parts of life, from relationships with others to what makes us feel fulfilled and how we deal with challenges.

Dr. Persaud explains why it's important to take care of your mental health and what to expect at an appointment.

## Why mental health is important.

It's easy to think of mental health as separate from physical health, but your brain is part of your body. Mental illness is the root cause of many physical symptoms. If you're experiencing sleep disturbances, fatigue, insomnia, headaches or heart palpitations, your doctor will want to rule out a mental health condition as a potential cause.

## What to expect at an appointment.

Similar to an appointment with your primary care doctor, it's important to be honest with a behavioral health provider. Talking about mental health can be difficult but your doctor's office is a safe place to share your feelings. Use this time to discuss your family history of physical or mental health conditions, any changes in your overall physical health and what has been bothering you. From there, your provider will work with you to create a plan for how to move forward.



**Dr. Persaud is accepting new patients at Lodi Hospital. To schedule an appointment, call 330.344.6525.**

## COD WITH LENTILS AND DIJON HERB SAUCE



A delicious, one-dish fish entrée with a professional layered look.

### INGREDIENTS

- ¾ cup green lentils, rinsed
- 5 tablespoons plus 2 teaspoons extra-virgin olive oil
- 1 yellow onion, chopped
- 1 carrot, chopped
- 1 rib celery, chopped
- ¼ teaspoon kosher salt
- 1 cup grape tomatoes, quartered
- ¼ cup chopped flat-leaf parsley
- 8 basil leaves, chopped
- 1 tablespoon capers, chopped
- ½ teaspoon Dijon mustard
- 1 tablespoon white wine vinegar
- ⅛ teaspoon freshly ground black pepper
- 4 4-ounce pieces cod fillet (you can also use tilapia)

### DIRECTIONS

1. To make the lentils, fill a medium saucepan with water and bring to a boil over medium-high heat. Add the lentils. Simmer until the lentils are tender but still hold their shape, 20 to 25 minutes. Drain.
2. Meanwhile in a large skillet, heat 2 tablespoons of the oil over medium-high heat. Add the onion, carrot, celery and salt, and cook, stirring often, until softened, about 10 minutes. Remove from the heat and stir in the tomatoes and lentils.
3. To make the Dijon herb sauce, in a small bowl combine the parsley, basil, capers, mustard, vinegar, 3 tablespoons of the oil and the pepper.
4. Heat the oven to 375°F.
5. To make the fish, line a sheet pan with parchment paper. Add the fish and drizzle with the remaining 2 teaspoons oil (½ teaspoon per piece). Bake until the fish is opaque throughout and flakes easily, about 10 minutes.
6. Serve the fish over the lentils and top with the Dijon herb sauce.

### NUTRITION INFORMATION (per serving)

Makes 4 servings

Calories 425 | Total fat 21g | Saturated fat 3g | Protein 31g  
Carbohydrate 49g | Dietary fiber 6g | Sugar 5g  
Added sugar 0g | Cholesterol 49mg | Sodium 315mg

*Recipe courtesy of Cleveland Clinic Health Essentials content team. Published February 10, 2021.*



# Lodi Community Care Center Now Participating in Vaccines for Children Program



To help ensure that all children have a better chance of getting their recommended vaccinations on schedule, Lodi Community Care Center is now participating in the federally funded Vaccines for Children (VFC) program to provide a variety of free pediatric vaccines to children who qualify.

Overseen by the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, the VFC program was created to reduce barriers for parents to immunizing their children.

## Who Qualifies for the Vaccines for Children Program?

Any child from birth through 18 years of age qualifies for the VFC program if he/she meets at least one of the following criteria:

- does not have health insurance;
- is enrolled in Medicaid (including Medicaid HMO); or
- is an American Indian or Alaskan Native.

Located on the Lodi Hospital campus, Lodi Community Care Center provides primary care services to the Lodi community and is currently accepting new patients and referrals. Vaccines can be given during any pediatric appointment, including sports physicals and back-to-school checkups. Learn more about Lodi Community Care Center by calling **330.948.5533** or visiting [LodiHospital.org/PrimaryCare](http://LodiHospital.org/PrimaryCare).

## Lodi Infusion Center is Here for You

Infusion therapy is a critical component of healthcare but often remains inaccessible in small communities. Many people in these areas must travel long distances to access these vital services. However, the narrative is changing for the communities surrounding Lodi Hospital. Patients now have convenient access to specialized care to help better manage their disease and associated symptoms.



### Services include:

- IV hydration.
- Blood transfusions.
- Treatment injections.
- IV medications: magnesium, potassium, iron, immune globulin and Remicade.
- Rheumatology treatment infusions.
- Gastrointestinal treatment infusions.
- Implanted port accessing, flushing, labs and care.
- Peripherally inserted central catheter line care and dressing changes.

Regardless of where your prescribing physician is located, you can receive your infusions at Lodi. The center is open Monday through Friday, 8 a.m. - 5:30 p.m. but has the flexibility to expand to other times and days of the week.

Call **330.948.5509** with questions regarding non-oncology treatments not listed, requests to expand infusions to other days of the week and to refer or schedule patients.

## COMMUNITY HEALTH SCREENINGS



Lodi Hospital offers lipid profile screenings, cholesterol ratio, blood pressure and glucose testing at locations throughout Medina and northern Wayne counties. Questions? Call 330.948.5544.

### Upcoming dates and locations include:

**Lodi Hospital** | 8 – 11 a.m.

May 7 / June 4 / July 2 / Aug. 6 / Sept. 3

**Goodwill Industries Wadsworth** | Noon – 2 p.m.

May 7 / June 4 / July 2 / Aug. 6 / Sept. 3

**Drug Mart Lodi** | Noon – 2 p.m.

May 13 / June 10 / July 8 / Aug. 12 / Sept. 9

**Westfield Village Hall** | 9 – 11 a.m.

May 13 / July 8 / Sept. 9

**Rittman Recreation Center** | 9 – 11 a.m.

June 10 / Aug. 12

**Drug Mart Wadsworth** | 9 – 11 a.m.

May 14 / June 11 / July 9 / Aug. 13 / Sept. 10

**T/A Truck Stop** | Noon – 2 p.m.

April 18 / May 14, 16 / June 11, 20 / July 9, 18  
Aug. 13, 15 / Sept. 10, 19

**Goodwill Industries Medina** | 12:30 – 2 p.m.

May 9 / July 11 / Sept. 12

**JBF Senior Estates** | 8 – 11 a.m.

May 9 / June 13 / July 11 / Aug. 8 / Sept. 12

**Rittman Library** | Noon – 1:30 p.m. | April 16

10 – 11 a.m. | June 18 / Aug. 20

**Medina Senior Center** | 9 – 11 a.m.

May 16 / June 20 / July 18 / Aug. 15 / Sept. 19

**Litchfield Shell** | 8 – 11 a.m.

April 25 / May 23 / June 27 / July 25 / Aug. 22 / Sept. 26

**CVS (Lodi)** | Noon – 2 p.m.

May 23 / July 25 / Sept. 26

**Miller's Grocery** | Noon – 2 p.m.

April 25 / June 27 / Aug. 22

*No cholesterol at this location*

**Sheetz (Burbank)** | 9 – 11 a.m.

April 30 / May 28 / June 25 / July 30 / Aug. 27 / Sept. 24

**Marc's Stores (Medina)** | Noon – 2 p.m.

April 30 / May 28 / June 25 / July 30 / Aug. 27 / Sept. 24

**Cloverleaf Recreation Center** | 8 – 11 a.m.

April 26 / May 31 / June 28 / July 26 / Aug. 30 / Sept. 27

For a complete list of upcoming screenings, visit [LodiHospital.org/Events](https://LodiHospital.org/Events) or scan the QR code.

