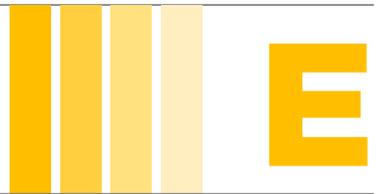
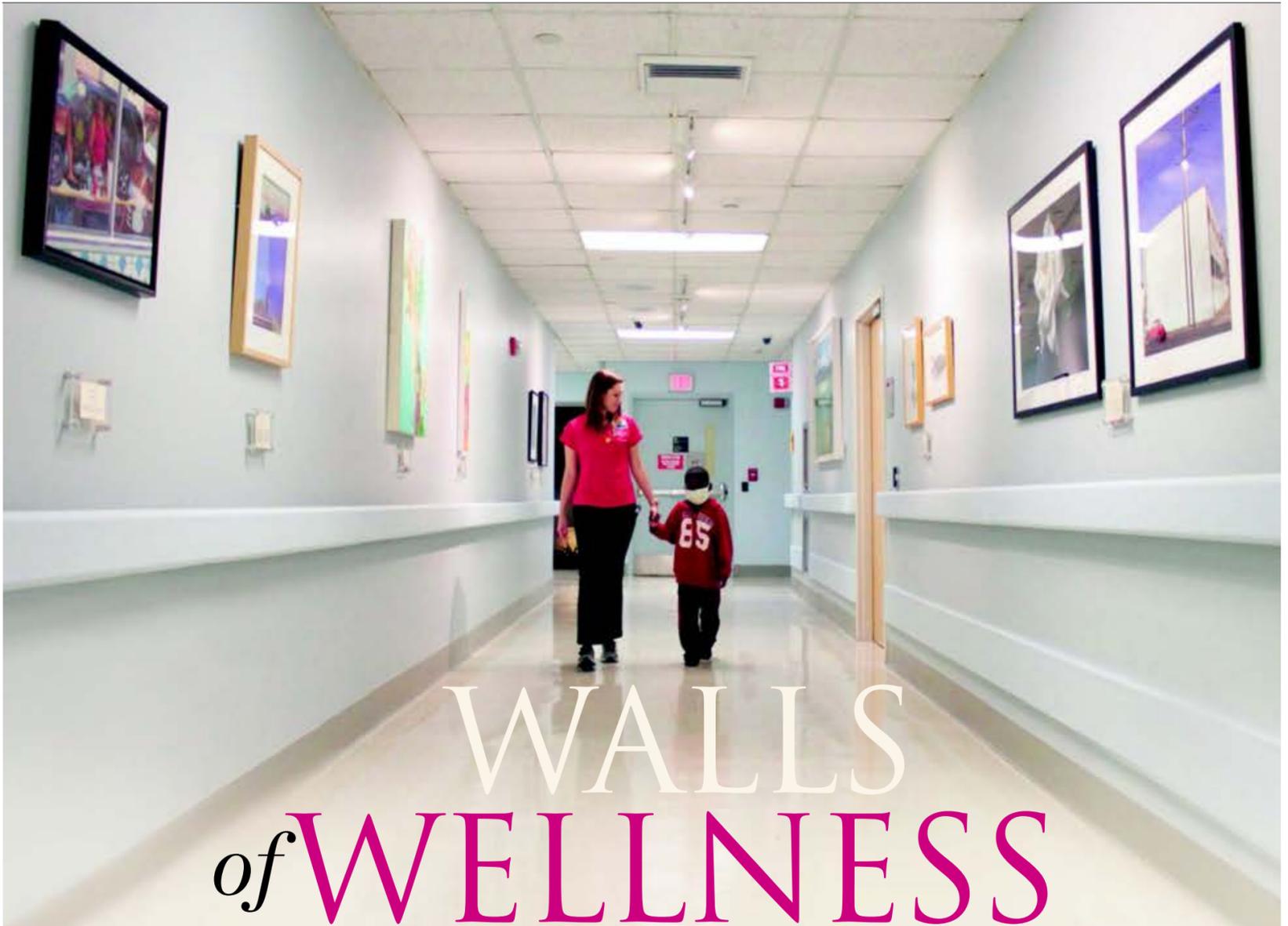


TROPICAL LIFE



Miami Herald TUESDAY, DECEMBER 23, 2014 | EDITOR: JOAN CHRISOS jchrisos@MiamiHerald.com 305-376-2635

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WALLS of WELLNESS

The seventh floor of Holtz Children's Hospital has been transformed into a Wynwood-type gallery, with art donated by Clyde Butcher and other local artists. It brightens up the lives of children and families facing difficult times.

BY CRYSTAL CHEW
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Jacqueline Roch paced through the hallways of Holtz Children's Hospital as her son, Lucca, underwent an eight-hour heart surgery.

Lucca was born with Wolff-Parkinson-White syndrome, a heart condition in which there is an abnormal extra electrical pathway, which can lead to a rapid heart rate. Doctors discovered it when he was 11. Now 16, he has gone through three surgeries.

A couple months after his last surgery, Roch stumbled upon a CBS News special about the artwork displayed at Cedars Sinai Medical Center in Los Angeles. The segment highlighted the world-class collection of contemporary art throughout the hospital, a collection begun in 1966 when a businessman and art lover, Frederick R. Weisman, suffered a head injury.

His wife, Marcia Simon Weisman, an influential art collector, grew alarmed as her



MATIAS J. OCHNER/MIAMI HERALD STAFF

HER VISION: Jacqueline Roch, above, helped find local artists who were willing to donate artwork to help transform the hospital's seventh floor hall into an art gallery. She is standing by her own piece, titled, 'Lynn's Orchid.' At top, Kaiden Balfour, 6, walks with Elizabeth Carrol, 24, a child life specialist.

husband struggled to remember her name. To stimulate his memory, she brought some artwork to the hospital. He immediately recognized an abstract piece by Jackson Pollock, with its trademark jagged lines and dripping colors.

As Roch watched the broadcast, she knew she wanted to do the same at Holtz, the children's hospital of the University of Miami/Jackson Memorial Medical Center.

"I was still in a very vulnerable, sensitive place and I just got so moved," said Roch, a visual artist at the Bakehouse Art Complex in Wynwood.

She decided to donate her own work to Holtz.

"They didn't really know what to do with me," Roch said. "I guess nobody really calls and says, 'Hey, I want to give you art.'"

The hospital connected her to the Family Advisory Council, a small group

• TURN TO HOLTZ, 6E

STAYING HEALTHY

Tips to keep from getting sick amid holiday rush

BY LESLIE BARKER
The Dallas Morning News

For those rushing out the door on the way to Grandma's house for the holiday, here's the most important safe-travel tip we can offer. In three words:

Wash your hands.
Wash them long enough to sing the ABC song, says Dr. Laura

Hanson of Texas Woman's University. Otherwise, microorganisms you've brought to the surface with that initial scrub won't be completely washed away.

The same people who may stay home the rest of the year when they're sick feel compelled to stagger into public places during the holiday season. Every time you touch a door-knob, refrigerator-door

handle, remote control, water faucet, gas nozzle or you reach into a bowl of peanuts — all well-utilized places, especially during the holidays — well, let's just say you're not the first person to do so.

Although sometimes getting sick is inevitable, simple steps can stack the stay-well odds in your favor.

• TURN TO SICK, 2E

EMOTIONAL HEALTH

Five ways to beat holiday depression

BY BOB CLARK
Special to the Herald

For many, the holiday season is a joyous time, but for some folks it can be a rough season to get through.

If you Google "holiday depression" or better still "beating holiday depression," you'll find lots of top 10 lists. Below is my own top 5 list.

1. Be grateful. Research at Harvard, and at major universities in Florida, Texas and California, has proven the mental, emotional and even physical benefits of taking some time each day to be grateful. Keep a gratitude journal. Write a thank-you note. Thank someone mentally. It's a great way to protect your natural joy.

A hymn I've come to love suggests a lovely metaphor about gratitude as a protective power: "A grateful heart a

• TURN TO DEPRESSION, 2E



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IN MY OPINION

A little gratitude goes a long way

Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude.

A.A. Milne, 'Winnie-the-Pooh'

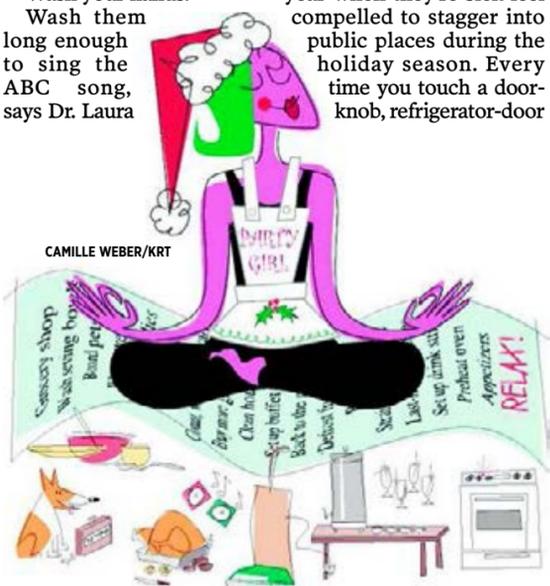
I was, once, a virtuoso complainer, a post-graduate fellow in whineology. If grumbling classified as an Olympic sport, I would have been a starter on the U.S. team. I might have medaled, too, though I suspect that I would've moaned incessantly if my place on the podium was anything but the middle.

Then I learned to protest less and enjoy more. I learned that I had a choice. I learned that gratitude counted as a discipline we forget to practice, elusive but important enough to tip the attitude scale.

Life, with its corresponding mix of blessings and disasters, proved to be the master teacher. On my way to maturity and middle age, I endured loss. And frustration. And rejection. But along with the heartbreak, wedged between moments of grief, laughter dwelled. Love, too. And success. And sweet beginnings.

I decided to focus on those, namely because

• TURN TO ANA, 6E



CAMILLE WEBER/KRT



your health

Quick fact

A new study suggests that if you can't stand on one leg for 20 seconds (or more), you might have cerebral small-vessel disease (SVD), which is related to strokes, dementia and even Parkinson's. Read more at prevention.com.

WALLS OF WELLNESS

Art brightens lives of young patients

• HOLTZ, FROM IE

created by two mothers whose children had cancer. Today the seventh floor of Holtz has been remodeled with 20 different pieces by 15 local artists, new fluorescent lights and a fresh baby blue paint job. The floor handles pediatric bone marrow transplant cases and mothers who have high-risk

pregnancies.

"There's nothing more powerful than a parent whose kid has been sick," said Steven Burghart, chief executive of Holtz Children's Hospital and the Women's Hospital at Jackson Memorial.

Burghart credits the Family Advisory Council for keeping tasks on his radar and coming up with ideas that only parents think about. He often implements the projects in both the children's and the women's hospital at Jackson.

The artwork came from local artists

such as Stephanie Jaffe Werner, Jackie Gopie and Clyde Butcher, all of whom donated their work.

"We feel like art is part of the healing process," said Niki Butcher, the wife of Butcher. "Art gives people a moment to reflect on life in a peaceful manner, takes them out of the pain and agony that they are having."

Babette Herschberger, an artist at ArtCenter/South Florida on Lincoln Road, donated a painting called *Linescape #33*.

"I specifically chose it because it was very bright and cheery," said Herschberger. "This is very intentional. It sends the message that we actually care. When you deal with people's health, you need this."

Roch is delighted when she sees patients and families admiring the art instead of just pacing the halls.

"The idea is to make it an actual gallery, like if you were walking into a space in Wynwood, so you can actually feel like you're not in a hospital," she said. "We hope to expand and pretty much have art everywhere in the hospital."

BRIGHT AND CHEERY:

Nicole Casamayor, 9, points at Babette Herschberger's art piece, 'Linescape #33.' Herschberger, an artist at ArtCenter/South Florida, donated the work. Nicole, who is with her mother, Paola Chavez, 33, was diagnosed with leukemia and has spent more than two months at the hospital while undergoing a bone marrow transplant.



MATIAS J. OCNER/MIAMI HERALD STAFF

For more information

- To donate art, send a Gifts of Art Submission Form from jacksonhealth.org/holtz-programs.asp to HoltzGallery@jhs-miami.org.
- To learn more about Family Advisory Council or the art gallery, email HoltzGallery@jhs-miami.org or call 305-585-1096.

IN MY OPINION

A little bit of gratitude goes a long way

• ANA, FROM IE

I've never been good at the role of martyr. And one more thing: appreciating what I had, when I had it, made me feel way better than the soul-sucking act of moping.

We're smack in the middle of the giving season, a days-long celebration of stuff and more stuff, all conveniently accessible at stores or online. We're surrounded by a material and festive bounty that is impossible to ignore, an abundance that can make us feel guilty and sad and,

yes, envious.

It's an easy time to waste energy desiring what we don't have. The neighbor's luxury car. The friend's ski vacation to Aspen. A colleague's rise up the ranks. Anything and everything. The gratitude muscle — well, it can atrophy when we think everyone else has more and better or when we feel left out and deprived.

This year someone near and dear to me feels trapped in a rough patch, unable to identify and value all she has. She sees the proverbial glass half-

empty when I urge her — actually, I browbeat her — to consider it half full. There is so much to cheer, so much to applaud, if only she could see it.

Sound familiar? Of course. We've all been there and done that. I like to think of it as part of the human experience, a despair that burnishes the soul in preparation for the contentment (and gratitude) that follows.

"You can be happy or not," I tell her. "You can torture yourself with what you don't have or enjoy everything you do have.

You decide."

A decision, an adjustment, that's all. Yet, we all know people stuck on scowl. Those who prefer to lament instead of rejoice, who think life has passed them by without recognizing that it's knocking at their door, asking to be welcomed, to be celebrated. They don't necessarily have less or worse, these folks, only a blinding inability to cherish the good in their lives.

In that wonderful collection of stories about Winnie the Pooh, bouncy Tigger is shamelessly happy

and grateful. But Eeyore, oh Eeyore! He eats thistles and wears gloom like a halo.

I choose not to be an Eeyore. I have grandchildren I adore beyond reason, friends worth a king's ransom, a husband who thinks I'm the cat's meow, a large family that is entertainingly dysfunctional and a job that teaches me something every week.

Life doesn't get any better than that. Then again, it just might.

Follow Ana on Twitter @AnaVeciana.

SKIN DEEP

Here are six things you need to know about antioxidants

BY DR. LESLIE BAUMANN
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Virtually all dermatologists agree on two things: The importance of sunscreen and antioxidants. But simply slathering a bunch of vitamins on your skin isn't enough, and there are a few key points to remember when treating your skin to extra environmental protection.

1. Not all vitamin Cs are created equal. There are many ingredients derived from vitamin C, including ascorbyl glucosamine, ascorbyl palmitate, ester-C and more. The most effective form of vitamin C is L-ascorbic acid, but in order to maintain its potency and penetrate the skin it must be formulated at a low, acidic pH. Unfortunately this may cause stinging for those with sensitive skin, but Jan Marini uses a unique form of vitamin C that eliminates this problem without sacrificing effectiveness. In addition to

Jan Marini, vitamin C products from La Roche Posay and SkinCeuticals are the best options because they are formulated correctly.

2. Be cautious mixing antioxidants with other ingredients. Alpha-hydroxy acids break down antioxidants, so don't apply them at the same time. If you use an antioxidant in the morning, save your AHA products for nighttime. Many ingredients will inactivate your antioxidants, so the order that you apply skincare products is very important.

3. The more the merrier. Antioxidants work better when you mix a few of them together and that you should get them in different forms, including food, supplements and skincare. Just like it's best to make a salad with many different vegetables, treat your skin to a variety of antioxidants like vitamin C, vitamin E, feverfew, idebenone and green tea.

4. Antioxidants do more than fight free radical damage. In addition to protecting your skin from the environment, vitamin C also boosts

collagen production and fades excess pigment. Feverfew (found in Aveeno's Ultra Calming Line) is a wonderful anti-inflammatory so it makes a great anti-aging ingredient for those with rosacea.

5. Some antioxidants are stronger than others. Antioxidants have an ORAC value that shows just how concentrated or potent they are. Idebenone and coffeeberry have very high ORAC values, but using a variety of antioxidants is most effective for the skin.

6. The newest names to know. Argan oil and oxofullerane are two relatively unknown antioxidants that are getting a lot of attention these days. Pure argan oil can be used on the hair and skin from head to toe. Combray is one of the only skincare products that contain oxofullerane. Resveratrol is also relatively new to skincare, but the research is promising.

Dr. Leslie Baumann is a board-certified dermatologist and CEO of Baumann Cosmetic & Research Institute in Miami.

CHEW ON THIS

It's OK to 'eat clean' but let's call it another name

BY SHEAH RARBACK
srarback@hotmail.com

After reading a few end-of-the-year inspiring weight-loss stories, I noticed a recurring theme. Most of these successful weight losers stated that they started eating "clean" to lose weight. This is an interesting choice of words.

Even Google does not know where the term "eating clean" originated but it probably first gained popularity with the gym crowd. Think of boasting body builders downing protein shakes, egg whites and spinach. Clean eating is typically described as lots of vegetables and fruits, minimal sugar and salt, whole grains, avoidance of heavily processed foods and no fried foods. I have no issue with the foods but I would like to see the descriptor "clean eating" go into immediate retirement. It sounds sterile, boring and tasteless — the complete opposite of what eating is about.

A recent study in Psychological Science looked at how health and taste influence food choices. Using both the subject's ratings of food and a method of measuring the move-

ment of a mouse cursor, the researchers were able to evaluate when taste and health information started influencing a food decision. They found that taste information influenced a food decision 195 milliseconds before health information kicks in. They hypothesize that the earlier an attribute is processed, in this case taste, the greater the weight in the final decision. One of their suggestions, which is not a new one, is to slow down when it comes to making food choices and slow down your eating to give the health attribute a stronger place in the food decision.

If taste is the quick influence on our food choices, then "clean eaters" are not working with their brain circuitry. Well-prepared vegetables, fruits, grains and protein foods are delicious. Instead of clean eating why not call fresh foods "totally tasty eating" or a "delectably delicious diet." Reinforcing taste before health seems the easiest way to make healthy food choices effortless.

Sheah Rarback is a registered dietitian on the faculty of the University of Miami Leonard M. Miller School of Medicine. Follow her on Twitter @sheahrarback.

MOVE IT!

Baby Basics: Understanding Your Newborn:

This class helps you become familiar with characteristics of normal newborn behavior and appearance, feeding and sleeping cues, and learning your baby's unique language and needs. Also includes discussion on postpartum recovery and coping skills for mothers; 6:30-9:30 p.m. Tuesday; Baptist Hospital, South Building, third floor, Classroom 4, 8900 N. Kendall Dr., Kendall. \$15. 786-596-8748.

Cardio Pump: A high-intensity, low-impact aerobics class emphasizes cardiovascular fitness and coordination; 11 a.m.-noon Thursdays; Palmetto Bay Park, 17535 SW 95th Ave., Palmetto Bay. Free. For more information, email CommunityExercise@BaptistHealth.net or call 786-467-5680.

High Intensity Body Boot Camp: This calorie-torching workout uses a combination of exercises to build, strengthen and tone all the muscle groups. Open to everyone over 18; 5:30-6:30 p.m. Wednesdays; Sunrise Senior Center, 10650 W. Oakland Park Blvd., Sunrise. Free. For more information, email CommunityExercise@BaptistHealth.net or call 786-467-5680.

Gentle Yoga with Stacey: Relieves stress, improves balance, restores flexibility. Class begins with seated warmups, followed by chair-assisted standing poses. Includes some floor poses and a guided relaxation with meditation; 10-11 a.m. Tuesday; Unitarian Universalist Congregation of Miami, 7701 SW 76th Ave., Kendall. \$12.

Yoga and Meditation Class: This class, taught by Litana Somoano, is for all levels. Bring a mat or large towel and do not eat immediately before class; 6:30-7:45 p.m. Tuesday; West Dade Regional Library, 9445 Coral Way, West Miami-Dade.

Yoga With Stacey: A multi-level Hatha yoga class that relieves stress, improves balance, restores flexibility and promotes well-being. Classes include warmup poses, Vinyasaoor poses and a guided relaxation with meditation. Beginners are welcome; 10-11:30 a.m. Tuesday; Unitarian Universalist Congregation of Miami, 7701 SW 76th Ave., Kendall. \$15; \$12 multiple classes.

Zo's Family Health and Wellness Groove: Join former Miami Heat player Alonzo Mourning for a 5K run / walk plus health screenings and mini football and basketball clinics. The event is in recognition of Alonzo's recent appointment to President Obama's Council on Fitness, Sports and Nutrition; 6:30 a.m. Saturday; Miramar Regional Park, 16801 Miramar Pkwy., Miramar. \$25. www.zoswintergroove.com.