

**SAN ANTONIO'S**

A supplement to the San Antonio Business Journal

# HEALTH CARE GUIDE

2013

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### To Your Health, San Antonio.

**A**s the nation moves toward health care reform, pieces of the Affordable Health Care Act are settling into place. Beginning Oct. 1, 2013, individuals and small businesses in every state can shop for health insurance and compare plans through a government marketplace — healthcare.gov. Starting in 2014, health coverage will begin.

Amid all the financial decisions for businesses, the confusion in unrolling a plan like this and the acrimonious politics, there's one thing that should be on everybody's mind. Your own health and well being.

Ultimately, how well individuals take care of themselves — through diet, exercise, life balance, regular preventative care — is the best medicine.

In this year's Health Care Guide, you'll find a variety of lists put together by our **Research Director Kim Hernandez** to help you or your business find the right home health care agencies, independent living centers, hospitals and more.

Our freelance writers bring you reporting on the health care front for breast cancer screening. Technology for breast imaging rapidly is improving, and San Antonio now has locations that offer **3D mammograms**. Holistic and alternative providers are finding support in a **San Antonio Holistic Chamber of Commerce**, which also has a searchable database for local

consumers. Corporate employers, such as **NuStar Energy LP**, have hired chefs that design healthy eating plans for the company cafeteria — and even grow the vegetables onsite. And corporate gyms, like the one at **Valero Energy Corp.**, make employees want to get up and workout. Many thanks to our hardworking freelance writers: **Shari L. Biediger, Michele McMurry and Eileen Pace.**



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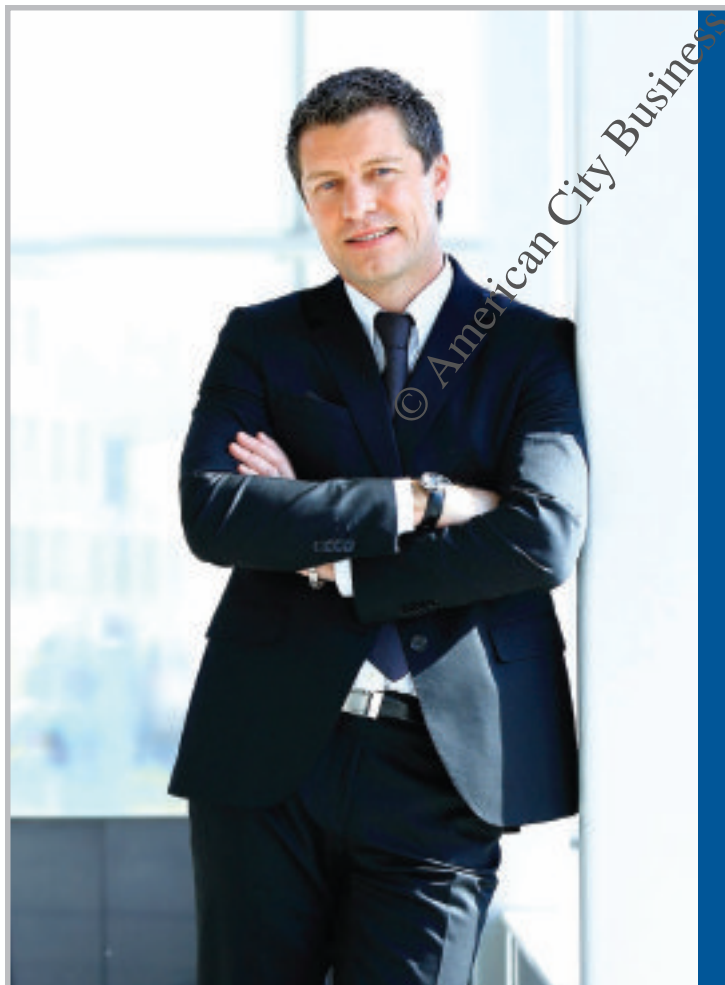
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# CHIEF EXECUTIVE CHEF



## NuStar Energy Chef Stephen Paprocki sows the seeds of healthy eating for the San Antonio company's workforce.

Photography by Lyndsey Johnson

BY MICHELE MCMURRY

It's 4:30 a.m., and while the nearly 600 employees at NuStar Energy LP's corporate headquarters are likely at home asleep, Chef Stephen Paprocki, chef manager of NuStar's employee cafeteria, browses the company's onsite garden for the day's harvest. It's summer, so his findings might include eggplant, heirloom tomatoes or watermelon.

And maybe purple beans for the salad du jour.

Paprocki, the brains and brawn behind NuStar's sea-

sonally inspired menu, has emerged as a trail blazer for good eating within the San Antonio corporate community, first with Security Service Credit Union in 2011 and now at NuStar's food-forward Grill on the Hill. He is excited about delivering farm-to-table cuisine in a nine-to-five star setting.

"People care about what they eat now," Paprocki says. "They want to know where their food is coming from."

Drawn to the culinary arts as a boy by watching his Polish grandmother make everything from scratch, Paprocki's



NuStar's is the perfect job.

His official culinary resume, which began at age 19 in the night pantry at La Mansion del Rio, also includes lead chef time at La Mansion, the Fig Tree and various Omni Hotel group restaurants, for which he served most recently as Task Force Chef.

This nontraditional career path has proven fortuitous for both Paprocki, 36, and NuStar. Paprocki's decision to make the switch from executive restaurant chef to corporate café manager was about his quality of life.

Likewise, NuStar's leadership was advocating a similar philosophy for its employees — personal wellness and life balance.

### No Reservations

Although his work is at NuStar, Paprocki is a salaried chef manager for Eurest Dining Services, which provides food service for many of the country's Fortune 500 companies. Paprocki follows the food service provider's mission, "inspire through food," to promote wellness and sustainability in the dishes he creates at NuStar. He exercises complete creative control over an innovative menu, which is bounded only by the fresh ingredients at hand.

Think Southwest omelet flatbread, and roasted apple and cheddar salad.

Paprocki has also teamed the Grill on the Hill with San Antonio Metropolitan Health District's ¡Por Vida! healthy menu program, which encourages local restaurants to promote healthy eating choices.

It's a program he believes in, one that helps him live up to a personal goal: Never to wear big chef jackets.

The Grill offers a daily ¡Por Vida!-certified lunch entrée that meets nutritional requirements of less than 700 calories, less than 23 grams of total fat, less than 8 grams of saturated fat and less than 750 milligrams of sodium. NuStar subsidizes the cost to make eating smart affordable. Full meals cost just under \$6 and single entrées, deli and a la carte items are available for less.

While the road to passing ¡Por Vida! muster can be tedious (city dieticians use nutritional software to analyze recipes by ingredient and brand), the process came easily for Paprocki, who is a cook-from-scratch staples enthusiast. By making his own soy sauce and chicken broth, for example, Paprocki tames two of the most difficult ingredients to work with according to Kasey Pape, registered dietician with the City of San Antonio Metropolitan Health District.

"He can more easily control things like sodium by making these things from scratch," she says.

### Cornucopia

Basic stocks and condiments are just the beginning. Paprocki's kitchen, a mini science laboratory, features a hot box-turned dehydrator for sun drying tomatoes — a fresher, more cost effective alternative to packed-in-oil varieties — and to cold smoke salmon. In addition, he and his staff of five dry their own spices, ferment garlic,

grow yeast and proof bread. The endless list of house-made items includes brown sugar (table sugar and molasses), raisins, pickles, batters, cheeses, sausage, soups and sauces, and even root beer by way of lacto fermentation.

"He understands the relationships between dieticians and chefs and how they can work together," Pape says.

He also understands how to make food fun. Entrées in the ¡Por Vida! rotation have included Apricot-Espresso Glazed Pork Tenderloin, Brazilian Grilled Strip Steak and even a trimmed down Chicken Fried Steak that is sautéed and baked. The magic to his Crispy Turkey Tostadas, an employee favorite, lies in baking instead of frying the tortillas, and slow roasting lean meats in alderwood for added flavor.

"Healthy food should taste good," Paprocki stresses.

While not all menu items (Barbacoa in Big Red or chocolate chip pancakes) top the healthy meter, Paprocki does offer several fit options that fall just outside the ¡Por Vida! model. ■

MICHELE MCMURRY is a San Antonio freelance writer and editor.



### Chef Stephen Paprocki's ¡Por Vida! Certified Crispy Turkey Tostadas

4 Servings | 30 minutes

- 1 ½ cups fresh diced tomatoes
- 1 medium onion, thinly sliced
- 3 cups shredded cooked turkey breast
- 8 corn tortillas
- Cooking spray
- 1 avocado, pitted
- ¼ cup salsa
- 2 T light sour cream
- 2 T chopped fresh cilantro
- 1 cup shredded romaine lettuce
- ½ cup shredded Monterey Jack cheese

Preheat oven to 375 degrees. Heat tomatoes in a saucepan over medium heat. Add onion and cook, stirring occasionally, until soft. Add turkey and cook until heated through, 1-2 minutes. Meanwhile, coat the tortillas on both sides with cooking spray. Divide the tortillas between two large baking sheets. Bake, turning once, until crisp and light brown, about 10 minutes. Mash avocado in bowl. Stir in salsa, sour cream and cilantro until combined. To assemble tostadas, spread each crisped tortilla with some of the avocado mixture. Top with turkey mixture, lettuce and cheese.

One serving contains 390 calories, 15 grams total fat (4.5 grams saturated fat) and 160 milligrams of sodium.

## INSPIRED SEASONINGS

COURTESY OF NUSTAR

Inside the kitchen, tucked away from view, is Paprocki's make-shift indoor herb garden, modeled after living walls popular in his home state of New York. Three-liter soda bottles filled with dirt and seedlings of mesclun mixes, edible flowers and herbs are regulated by a drop irrigation system and grow lights.

## HATCHING CHILES

Just steps away from the Grill on the Hill's sprawling outdoor seating sits an on-site garden, designed and cultivated by Paprocki. This is where the day's meals begin, and from where Scorpion and Ghost chiles make their way into Chef's signature Hot as Hades and Wrath of God hot sauces.

