

Whether you're managing a chronic condition, working on your fitness level or looking for ways to de-stress, Salinas Valley Memorial can put you on the **path to wellness**.

PATHWAYS

to wellness

 Salinas Valley Memorial Healthcare System

Programs & Events www.svmh.com/events

ASK THE EXPERTS

October 24; doors open at 5:00pm
Topic: Lung Cancer Awareness
program begins at 6:00pm
Location: Ryan Ranch - 5 Lower Ragsdale, Monterey. For more information and to register please call 759-1890 or online at www.svmh.com

ASTHMA CAMP

July 16 to July 20; 9:00am–3:00pm
Monterey Park Elementary School, Salinas
\$55 fee covers 5 days (Scholarships Available)
For Children 6-12 years old. For more information or to register call 759-1890.

FARMERS MARKET AT SVMHS

Every Friday, May 18–October 19, 2018
1:30–5:30pm
Location: SVMHS - MRI parking lot. For more information please visit www.svmh.com or call 759-1890.

BLOOD DRIVE AT SVMHS

August 7; 9:00am–1:00pm
Location: Heart Center/MRI parking lot
Visit www.UnitedBloodServices.org or call 759-1890 to register.

SALINAS VALLEY HALF MARATHON & NEW THIS YEAR: 5K RACE!

August 3; BIB PICK UP: 1:00–6:00pm
held at SVMHS Farmers Market
(Corner of Romie Lane & Wilgart Way)
August 4; START: 7:30am at Soledad Mission
Finish Line & Festival: Pessagno Winery
Entry Fee: \$90. Register and more information at www.SalinasValleyHalfMarathon.org

LABOR OF LOVE

A PREGNANCY CELEBRATION
September 6; 4:30–7:30pm. Sherwood Hall.
For more information please call 796-2875.

WALK WITH A DOC

July 7; 9:00–10:00am
Topic: Effects of Exercise on Mood & Mind
Physician: Dr. Christina Hinz
Location: Badger Hills Trailhead
(Across Highway 68 from Toro Café)

August 11; 9:00–10:00am
Topic: Healthy Kids, Healthy Future
Physician: Dr. Lena Malik
Location: Badger Hills Trailhead
(Across Highway 68 from Toro Café)

September 15; 9:00–10:00am
Topic: Lung Cancer Prevention & Screening
Physician: Dr. Patrick K. Griffith & Dr. Kelsey Gray;
Location: Badger Hills Trailhead
(Across Highway 68 from Toro Café)
For more information and to register, visit www.svmh.com or call 759-1890.

LEGAL ISSUES FOR LIFE PLANNING

July 26; 5:30–7:00pm
Topic: Planning for Incapacity - Who Will Make Decisions for You?

August 23; 5:30–7:00pm
Topic: Is a Will Enough?

September 27; 5:30–7:00pm
The Truth About Trusts

Location: DRC-C. Speaker: Steve M. Mudd, Attorney at Law. Program is FREE and open to the public. Registration required by calling 759-1890.

PATIENT FAMILY ADVISORY COUNCIL

Seeking applicants for new Patient Family Advisory Council; Open to SVMHS patients & family members. Contact Cara Couture for more information: call 759-1834 or email patientexperience@svmh.com

STEP INTO HEALTH

Maintaining a healthy weight reduces your chance for development of chronic diseases. One easy way to do this is to walk 10,000 steps per day. Go ahead, we challenge you in September to STEP INTO HEALTH and reach 10,000 steps each day!

GENERAL VOLUNTEER AND HEALTH EXPLORER VOLUNTEER OPPORTUNITIES

Volunteering – A Healthy Connection
Studies have shown that volunteering is not only an enjoyable way to use and develop your skills and talents while helping others, but it has health benefits too! To register apply online www.svmh.com/community/volunteer/form.aspx or for more information, call 755-0772 or email volunteer@svmh.com.

WELLNESS [AT] WORK

Wellness [at] Work is a unique healthcare collaborative designed to reduce employee absenteeism, increase productivity and enhance the health and well-being of your workforce. For information regarding on site biometric screening, Health Risk Appraisals and Health Education programming, please email wellnessatwork@svmh.com or call 755-0772.

We hope you enjoy our Pathways to Wellness publication! Now available electronically. Just go to www.svmh.com/pathways to download. To subscribe for our quarterly mailing via email, send your contact info to info@svmh.com, subject line: PATHWAYS.

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Programs & Events, continued

MEDICAL ALERT SERVICE PROVIDED BY SVMHS SERVICE LEAGUE VOLUNTEERS

Philips Lifeline Medical Alert Service provides you with fast and easy access to help 24 hours a day, 365 days a year for little more than \$1 per day. You can continue to enjoy life in your own home knowing access to help is just a button push away. For local service and more information, please call the Lifeline Office at 755-0788. LifelineMonitoring@svmh.com

REGIONAL SPINE CENTER

Our Regional Spine Center offers a comprehensive and integrated program of care with treatment options ranging from medication and physical therapy to surgical procedures. Meet the Spine Surgeon Team and learn the latest in spine treatment advancements: www.svmh.com/spine or call 759-1978.

JOINT REPLACEMENT CENTER

The Joint Replacement Center of Salinas Valley Memorial Healthcare System offers top quality and compassionate care for people undergoing joint replacement surgery. Proven quality care at your doorstep as evidenced by Joint Commission certified for hip and knee replacement surgery. Learn more about our joint replacement program, meet our Joint Replacement Team at www.svmh.com/joint or call 759-1978 to talk to our coordinator.

THE ALZHEIMER'S ASSOCIATION PRESENTS

Location: Carmel Foundation, Lincoln & 8th Avenue, Carmel. To attend or for more information, call the Monterey office at 1-800-272-3900.

DONOR NETWORK WEST

You Have the Power to Donate Life. Be an Organ, Eye and Tissue Donor. Visit www.donateLIFEcalifornia.org or call 1-866-797-2366.

AMERICAN HEART ASSOCIATION HEARTSAVER CPR & AED COURSE

Saturday, July 14; 8:00am–12:00pm
Wednesday, August 22; 11:00am–3:00pm
Saturday, September 22; 8:00am–12:00pm
Location: SVMHS Downing Resource Center, Conference Rooms ABC. (Located in the basement of the hospital's parking garage). CPR/AED: \$75 per person. Optional First Aid: additional \$35 per person. Registration required by calling 759-1890. NOTE: This course does not meet the minimum standards for employees needing CPR Healthcare Provider status as part of their job requirements.

AMERICAN HEART ASSOCIATION HEARTSAVER FIRST AID

Saturday, July 14; September 22; 1:00–4:00 pm
Wednesday, August 22; 4:00–7:00pm
Location: SVMHS Downing Resource Center, Conference Rooms ABC.
Fee, First Aid only: \$75.00 per person. Registration required by calling 759-1890.

Support Groups www.svmh.com/events | 831-759-1890

ALZHEIMER'S CAREGIVER SUPPORT GROUPS

English: Meets 1st Wednesday of month 12:30–2:00pm

Location: First Baptist Church, 1130 San Vicente Road, Salinas
Call 1-800-272-3900 for more information

Español: 2° lunes del mes 6:00–8:00pm

Location: 1000 S. Main St., Room 302
Call 424-4359 for information

NEW!

GRUPO DE APOYO DE CÁNCER PARA PACIENTES Y FAMILIARES / CUIDADORES / SERES QUERIDOS

Cada 4° miércoles del mes; 4:30–6:30pm
Moderadora: Jacqueline Peña, LCSW, MSW

El grupo está diseñado para pacientes y familiares para expresar su experiencia con el cáncer en un ambiente seguro y de cuidado. Los miembros del grupo aprenden a compartir sus sentimientos, experiencias, aprenden a afrontar habilidades y métodos de cómo mejorar la comunicación con sus seres queridos y su equipo médico. Para más información por favor llame al 759-3016.

GRUPO DE AYUDA PARA MUJERES CON CÁNCER

En Español: 3er sábado del mes 10:00am–12:00pm

Ubicación: Cancer Resource Center, 501 E. Romie Lane, Ste. C. Llame al 442-2992.

FOOD ADDICT IN RECOVERY ANONYMOUS

Saturdays; 8:30–10:00am
Location: Cislini Conference Rooms 1 & 2. Free and open to the public. For anyone having any problems with food that may include overeating, Bulimia and Anorexia. For information call Wayne at 297-2953. www.foodaddicts.org

TRAUMATIC BRAIN INJURY PEER SUPPORT GROUP

2nd and 4th Thursday of each month; 3:30–5:00pm. Location: Harden Foundation, 1636 Ercia St., Salinas. Registration required. No fee. Information: call Georgina Alvarez or Joana Mendoza at 757-2968 ext. 20.

LOSS AND GRIEF SUPPORT GROUP

Thursdays; 4:30–6:00pm
Location: Cancer Resource Center, 501 E. Romie Lane, Ste. C, Salinas. Facilitator: Mick Ericson. Please call 759-1951 for information.

"WOMEN HELPING WOMEN" OPEN TO ALL WOMEN WHO HAVE A DIAGNOSIS OF CANCER

Thursdays; 1:00–2:00pm
Location: Cancer Resource Center, 501 E. Romie Lane, Ste. C. Facilitators: Jackie Peña, LCSW, MSW. For more information: 759-3016.

PARKINSON'S SUPPORT GROUP

3rd Thursday of the month; 1:00–3:00pm
Location: St. Paul's Episcopal Church in Salinas. For information, please call 333-9091.

TYPE ONE DIABETES (T1D) SUPPORT GROUP

Get emotional support, meet other T1D families in your area and learn how other people living with diabetes and their families overcome certain challenges. Friends and family are welcome. For more information please contact, Stephanie Nelson at snelson@jdrf.org or 415-597-6303.

SENIOR PEER COUNSELING SERVICES

Thursdays; 2:15–3:30pm
Topic: "A Time to Talk"
Location: Active Seniors, Inc; 100 Harvest St. Salinas. For more information on the senior counseling services offered by Alliance on Aging, please call 655-1334.

DIABETES: FROM EYES TO EXERCISE AND FOOD TO FOOT CARE

English; Tuesdays, series of 4 classes
July 10, 17, 24, 31; August 7, 14, 21, 28;
September 4, 11, 18, 25
4:00–6:00pm

English; Wednesdays, series of 4 classes
July 18, 25, August 1, 8;
September 19, 26, October 3, 10
10:30am–12:30pm
Facilitator: Ashley LaBrier, RD

Español; Jueves, serie de 4 clases
Julio 19, 26, Agosto 2, 9, 2018
Agosto 30, Septiembre 6, 13, 20, 2018
10:30am–12:30pm

Español; Lunas:
Octubre 1, 8, 15, 22, 2018; 4:30–6:30pm
Instructora: Mirella Lopez, RD

Location: 355 Abbott St. Ste. 200
(upstairs, above PrimeCare)

The 4 class series will provide you with knowledge and skills you need to live healthy and well with diabetes. Attendees can bring one person for free. Classes are billed to insurance if you have diabetes. Co-pays and deductibles apply. Cost without insurance is \$50 per class. No cost for SVMH employees. To register, for location and more information, please call 422-3636.

NUTRITION CLASSES

August 1; 12:00–12:45pm

Topic: Eating Out

Staying healthy can be a challenge when trying to eat out. Knowing the language of menus and some tricks to eat well and still enjoy yourself can make it easier.

September 5; 12:00–12:45pm

Topic: Shopping and cooking

Eating healthier is easier with a properly stocked pantry. Come for a virtual grocery store tour and some cooking tips.

Location: Cardiac Wellness Center Conference Room (Nathan Olivias Building), 120 Wilgart Way. Registration required, please call Sara Housman, RD at 757-4333 ext. 4348.

PIYO/BARR CLASSES

6 session alternating class series

Wednesdays; 5:15–6:15pm

Next series begins: August 22 or October 3
(No class July 4 & 11). Location: DRC-C.

PiYo is a unique low-impact workout designed to build strength and gain flexibility. BARR is a low impact total body workout, will help you tone and increase strength and flexibility. Fee: \$55 per participant; FREE for SVMHS staff; \$22 MCSIG members; \$10 Drop-in class. Register by calling 759-1890. You can join the program at the beginning of the series or any Wednesday.

FREE COMMUNITY FLU CLINICS

For dates, time, location, please call the Health Promotion Dept. at 759-1890.

YOGA FLOW CLASSES

6 Session Series

BEGINNERS LEVEL: Thursdays; 5:30–7:00pm

Next series begins: July 12 or August 23

YOGA FLOW: Mondays; 5:30–7:00pm

Next series begins: July 9 or August 20

Location: DRC-A&B. Fee: \$55; FREE for SVMHS employees; \$22 for MCSIG members; \$10 drop in. Register by calling 759-1890.

QI-GONG: GENTLE MOVEMENT FOR WELLNESS

Tuesdays (no class August 14)

Beginning participants: 1:30–2:45pm

Continuing participants: 3:00–4:15pm

Qi-Gong is a proven Chinese system of slow mindful movement. Open to anyone who wishes to reduce stress and fatigue and improve energy and well being. Bring a yoga mat if you wish to lie for ending meditation.

Location: DRC-C. Facilitator: Eva Giedt, RN. No fee to attend. Registration required by calling 759-1890.

MINDFULNESS MEDITATION STRESS REDUCTION

Tuesdays; 4:30–5:45pm

(no class August 14)

Open to anyone wishing to reduce stress and improve heart health. Location: DRC-C. Drop in, no registration required. No fee to attend. For more information please call 759-1890.

NEW TIME!

GOT CPAP? A SLEEP DISORDERS SUPPORT GROUP

July 31 or September 5; 6:00–7:00pm

Topic: Troubleshooting CPAP Equipment

Speaker: Claude Evans

Location: SVMHS Sleep Medicine Center, Cardiac Wellness Center Conference Room, 120 Wilgart Way, Salinas. Free and open to the public. To RSVP or for more information, please call Sleep Medicine Center at 759-1920.

This support group is designed to help you learn more about sleep disorders, the newest treatments, and the most current equipment available. Bring in your masks and equipment, and our technical staff will be on hand to help with mask fittings and to troubleshoot your specific problems. Sleep Physicians will also be on hand to educate and answer any questions you may have.

HEALTHY LIVING: MINDFUL EATING

Each Tuesday of month, 12:10–1:15pm

(no class August 14)

Location: DRC-C; Facilitator: Eva Giedt, RN. Apply mindfulness to create healthy life patterns including relationship with food. This program is for the public, cancer, and cardiac patients. No fee, no registration required. Free valet parking at hospital parking garage.

NEW TIME!

NEED SLEEP?

(Everything you've ever wanted to know about sleep). We will discuss dreams, insomnia, and what sleep is in general. Come with questions because our physicians are some of the most knowledgeable sleep specialists in the field.

August 22; 6:00–7:00pm

Topic: Aging and Sleep

Speaker: John Roper, MD

Location: SVMHS Sleep Medicine Center, Cardiac Wellness Center Conference Room 120 Wilgart Way, Salinas. Free and open to the public. To RSVP or more information, call Sleep Medicine Center at 759-1920.

TAI CHI CHIH CLASS

6 Session Series; Tuesdays; 6:00–7:00pm

Next series begins: July 10 or August 21
(No class July 3)

Location: DRC-A&B. Facilitated by: Gwen Yee. Fee: \$60 per participant; Free for SVMHS staff; \$25 for MCSIG members; \$10 drop in. Register by calling 759-1890. Join the program at the beginning of the series or any Tuesday.

CHAIR YOGA CLASSES

6 Session Series; Mondays; 10:00–11:00am

Next series begins: July 9 or August 20

Chair Yoga is a great class for Seniors or those with mobility issues. Yoga helps to increase strength; range of motion; improve circulation and relaxation. Join the program at the beginning of the series or any Monday.

Location: DRC-A. Fee \$55.00 per participant; FREE for SVMHS staff; \$22 for MCSIG members \$10 drop in class. To register and more information call 759-1890.

QUIT SMOKING CLASS AMERICAN LUNG ASSOCIATION – FREEDOM FROM SMOKING CLASS

8 Session Program

Mondays, July 9, 16, 23, (Quit Date July 25)
July 30, August 6, 13, 20; 5:30–7:00pm

Facilitator: Marguerite M. Walker, RT
Fee: \$25. Location: Cancer Resource Center Conference Room (501 E. Romie Lane Ste. C) Spanish Translation available upon request. Advance registration required. Traducción al español disponible. Se requiere registrarse con anticipación. For more information, dates, location and to register, please call 759-1890

RESOURCE FOR SMOKING CESSATION WWW.SMOKEFREE.GOV

The program offers expert help and resources through the National Cancer Institute. This is a free service offering live professional assistance from a smoking cessation counselor available by telephone (Spanish and English) or by text messaging/online chat (English only). California Smokers Helpline: 1-800-NOBUTTS.

Women & Children Services www.svmh.com/events | 831-759-1890

MATERNITY CENTER TOURS

Mondays: July 2, August 6, September 3; 7:00pm

Saturdays: July 7, August 4, September 1; 1:15pm

Location: Meet in Merrill Lobby. For expectant parents only. No children under 12. Guide: Patricia Greenwood.

BREASTFEEDING MADE EASY

Saturdays: July 28, August 11, September 15; 9:00am–12:30pm

Location: Downing Resource Center, Conference Rooms ABC. Facilitator: Carole Swain, IBCLC. Class registration held at Health Promotion Dept. Fee: \$20 per couple, \$15/couple for SVMHS Childbirth Students, \$7/couple for MCSIG members. Registration required; call 759-1890.

CHILDBIRTH PREPARATION SERIES

5 session class (you must attend all 5 sessions)

Wednesdays: July 11, 18, 25, August 1
Wednesdays: September 5, 12, 19, 26, October 3
6:30–9:30pm

2 session class (you must attend both sessions)

Saturdays: August 18 & 25
9:00am–4:00pm

Facilitator: Patricia Greenwood. Fee: \$60 per series per couple, Medi-Cal \$35 per couple, MCSIG \$25 per couple, FREE for SVMHS employees, Military \$30 per couple. Includes childbirth text. Registration required: 759-1890.

SALINAS ADULT SCHOOL CHILDBIRTH CLASS

4 week series; 6:00–9:00pm

English: August 21, 23, 28, 30

Spanish: September 4, 11, 18, 25

Fee: \$50 per family, \$25 for Medi-Cal. Register early at www.TheParentCenter.org or call 796-6900. Classes are held at SAS Education Center: 20 Sherwood Dr., Salinas.

OUTPATIENT LACTATION CLINIC

Tuesdays & Thursdays; by appointment only

Location: SVMHS 450 E. Romie Lane, Salinas. Our Board Certified Lactation Consultant will introduce you to breastfeeding and give you the support you need in the hospital and when concerns arise after returning home. Call Shawna Helmuth, BS, RN, IBCLC, RLC at 759-3060.

Regional Heart Center

MENDED HEARTS: MONTHLY MEETINGS

For heart patients, their families and caregivers. Facilitating a positive patient care experience through support group meetings, speakers and visiting programs.

July 17; 6:00–7:00pm

Topic: Benefits of T'ai chi Chih

Speaker: Gwen Yee

August 21; 6:00–7:00pm

Topic: The Heart-Kidney Connection

Speaker: Dr. Michael Dicus

September 18; 6:00–7:00pm

Topic: New Nutrition Facts

Speaker: Sara Housman, RD

Location: DRC-B and DRC-C. For information, call 755-0772.

Cancer Resource Center | 831-759-1951 | 501 E. Romie Lane, Ste. C

CANCER SUPPORT SERVICES

Monday–Thursday;

9:00am–4:00pm

Friday; 9:00am–2:00pm

The Cancer Resource Center is available to assist our community members with a wide range of support service including but not limited to educational materials, emotional support, as well as a wig/hat and scarf bank. Appointments can be made with our Oncology Nurse Navigators or Oncology Social worker. Appointments are encouraged. Walk-Ins Welcome. For more information please call 759-1951.

LOOK GOOD FEEL BETTER

3rd Monday of the month

10:00am–12:00pm

For more information, please call 1-800-227-2345. Sponsored by the American Cancer Society. Teaches beauty techniques to female cancer patients.

PRE-OPERATIVE BREAST SURGERY CLASS

2nd & 4th Thursday of month;

11:00am–12:30pm

Designed for Women undergoing surgery for Breast Cancer. Please contact Jessica Valero, RN at the Cancer Resource Center at 759-3074 for more information.

NUTRITION SERVICES FOR CANCER PATIENTS AND SURVIVORS

1st & 3rd Thursday of month

One-on-one counseling for oncology patients before, during, and after cancer treatment with a registered dietitian. By appointment only. Please call 759-1951.

RESILIENT YOUNG ADULTS DIAGNOSED WITH CANCER

3rd Wednesday of the month

5:00–7:00pm

Open to 18 to 35 year old patients. For more information please call Jacqueline Peña, LCSW, MSW at 759-3016.