

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

January 18, 2018

Topic: Joint Replacement – Take a step to end chronic joint pain. Three SVMC Orthopedic specialists will discuss the effectiveness of the latest advancements in joint replacement surgery for knees and hips.

Speakers: Albert Doornik, MD; Allen Hershey, MD; Bert Tardieu, MD

Location: Ryan Ranch - 5 Lower Ragsdale, Monterey. Doors open at 5:00pm (light refreshments available) program begins at 6:00pm. Registration is required and seating is limited. Spanish translation is available. For more information and to register please visit www.svmh.com/asktheexperts or call 759-1890.

ASK THE EXPERTS

February 15, 2018

Topic: (Heart Health)

Speakers: Deborah E. Meyers, MD; Kanae Mukai, MD; Patrick Griffith, MD

Location: Ryan Ranch - 5 Lower Ragsdale, Monterey. Doors open at 5:00pm (light refreshments available) program begins at 6:00pm. Registration is required and seating is limited. Spanish translation is available. For more information and to register please visit www.svmh.com/asktheexperts or call 759-1890.

HEART & SOLE RACE

Saturday, May 19, 2018

8:30am start, Rain or Shine

5K RunWalk & 10K Run.

For information and to register online, please visit www.active.com or call 759-1890.



BLOOD DRIVE AT SVMHS

March 20, 2018; 9:00am–1:00pm

Location: SVMHS - MRI parking lot.

For more information please visit www.svmh.com or call 759-1890.

FEBRUARY IS HEART MONTH

Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication. Look for Heart month activities posted on our website: svmh.com/heart or call 759-1890.

WALK WITH A DOC

January 20, 2018; 9:00–10:00am

Topic: Preventing Fractures & Other Orthopedic Injuries

Physician: Albert B. Doornik, MD

Location: SVMHS MRI parking lot, corner of E. Romie Lane & Wilgart Way

February 24, 2018; 9:00–10:00am

Topic: Heart Health

Physician: Vincent J. DeFilippi, MD

Location: Fort Ord National Monument Badger Hills Trailhead

March 10, 2018; 9:00–10:00am

Topic: Benefits of Yoga

Physician: Dr. Jaspreet Dhillon

Location: Fort Ord National Monument Badger Hills Trailhead

For more information and to register, call 759-1890.

EXERCISE CHALLENGE 2018

February 5 to April 15, 2018

10 week program designed to encourage people to get regular aerobic exercise. Participants exercise on their own and record the minutes of exercise on the Exercise Challenge Progress Chart provided by the Health Promotion Department. For more information and details, please call 759-1890.

LEGAL ISSUES FOR LIFE PLANNING

January 26, 2018; 2:00–4:00pm

Topic: Planning for Incapacity - Who Will Make Decisions for You?

February 23, 2018; 2:00–4:00pm

Topic: Is a Will Enough?

March 23, 2018; 2:00–4:00pm

The Truth About Trusts

April 27, 2018; 2:00–4:00pm

A Guide to Long Term Care

May 24, 2018; 5:30–7:00pm

Scams: Financial Exploitation of the Elderly (DRC-C)

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

NICU PARENTS ADVISORY COUNCIL

If interested in joining or participating in NICU parent events, contact Bree Nakashima at 757-4333 ext. 2028.

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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.

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, January 13; 8:00am–12:00pm
Wednesday, February 28; 11:00am–3:00pm
Saturday, March 10; 8:00am–12:00pm

Location: SVMHS Education Center, Gabilan Conference Rooms 1 & 2, 611 Abbott St., Ste. 201. 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, January 13; 1:00–4:00 pm
Wednesday, February 28; 4:00–7:00pm

Location: SVMHS Education Center, Gabilan Conference Rooms, 611 Abbott St. Ste. 201. 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

Spanish: Meets 2nd Monday of month
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 4º 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 CANCER

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

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

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.

RESILIENT YOUNG ADULTS DIAGNOSED WITH CANCER

Every 3rd Wednesday; 5:00–7:00pm

Open to 18 to 35 year old patients
Facilitator: Jackie Peña, LCSW, MSW
For more information call 759-3016

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.

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.

THE BLIND & VISUALLY IMPAIRED SUPPORT GROUP

English Group: 2nd & 4th Thurs of month
Spanish Group: 1st & 3rd Thurs of month
9:00–10:30am

Location: St. Ansgars Lutheran Church,
72 East San Joaquin Street, Salinas.
Call 649-3505 for more information.

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
January 9, 16, 23, 30
February 6, 13, 20, 27
March 6, 13, 20, 27

English; Wednesdays, Series of 4 classes
January 24, 31, February 7, 14
March 21, 28, April 4, 11
4:00–6:00pm
Facilitator: Ashley LaBrier, RD

Español; Jueves, Serie de 4 classes
Enero 18, 25, Febrero 1, 8
Marzo 1, 8, 15, 22
10:30am–12:30pm
Instructora: Mirella Lopez, RD

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.

DIABETES PREVENTION PROGRAM

SVMHS in partnership with the Central Coast YMCA is offering a Diabetes Prevention Program for those at high risk of developing Type 2 Diabetes. This year long program consists of 25 sessions led by a trained lifestyle coach and teaches participants how to create healthier lifestyles to help prevent a Type 2 Diabetes diagnosis. A year long YMCA membership is also included. For more information contact the Health Promotion Department at 759-1890.

PIYO CLASSES

6 session series; Wednesdays; 5:30–6:30pm
Next series begins: Jan 10 or Feb 21
Location: DRC-A. PiYo is a unique low-impact workout designed to build strength and gain flexibility. Fee: \$55 for community; FREE for SVMHS employees; \$22 for MCSIG members; \$10 drop in.

TAI CHI CHIH CLASS

6 Session Series; Tuesdays; 6:00–7:00pm
Next series begins: Jan 30 or March 13
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.

YOGA FLOW CLASSES

6 Session Series

BEGINNERS LEVEL: Thursdays; 5:30–7:00pm
Next series begins: Jan 18 or March 1

YOGA FLOW: Mondays; 5:30–7:00pm
Next series begins: Jan 22 or March 5

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, beginning January 9
(No class Jan 23, 30, Feb 20, March 18)
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: Downing Resource Center Room C exceptions will be posted outside DRC-C or call 759-1890 for location. Facilitator: Eva Giedt, RN. No fee to attend. Registration required by calling 759-1890.

MINDFULNESS MEDITATION STRESS REDUCTION

Tuesdays
Beginning January 9
(No class Jan 23, 30; Feb 20 & March 18)
4:20–5:45pm

NEW TIME!

Open to anyone wishing to reduce stress and improve heart health. Location: Downing Resource Center Room C exceptions will be posted outside DRC-C or call 831-759-1890 for location. Drop in, no registration required. No fee to attend. For more information please call 759-1890.

GOT CPAP? A SLEEP DISORDERS SUPPORT GROUP

January 31; 6:00–7:00pm
February 28; 6:00–7:00pm
March 28; 6:00–7:00pm

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.

HEALTHY LIVING: MINDFUL EATING

Program meets each Tuesday of month, Beginning January 9 (No class Jan 23, 30; Feb 20 & March 18); 12:10–1:15pm

NEW TIME!

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

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.

CHAIR YOGA CLASSES

6 Session Series; Mondays; 10:00–11:00am
Next series begins: Jan 15 or Feb 26

Location: DRC-A. Chair Yoga is a great class for Seniors or those with mobility issues. 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.

FRESH START – QUIT SMOKING CLASS

6 Session Program; 5:30–7:30pm
Program is Free and open to the public. Spanish Translation available upon request. Advance registration required.

Traducción al español disponible. Se requiere registrarse con anticipación.

Facilitator: Laura De Mars, RT. For more information, to register, dates and location, 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.

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.

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

MATERNITY CENTER TOURS

Mondays: Jan 8, Feb 5, March 5
7:00pm

Saturdays: Jan 6, Feb 3, March 3
1:15pm

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

BREASTFEEDING MADE EASY

Saturdays: Jan 27, Feb 24, March 24
9:00am–12:30pm

Location: Education Center, 611 Abbott Street. 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)
Wednesdays: January 3, 10, 17, 24, 31 or
Wednesdays: March 7, 14, 21, 28, April 4
6:30–9:30pm

2 session class
(you must attend both sessions)
Saturdays: April 14 & 21
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: Jan 9, 16, 23, 30
Spanish: Feb 13, 20, 27, March 6

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.

Jan 16; 6:00pm
TBD

Speaker: Tony Macias, General Manager, Golds Gym

Feb 20; 6:00pm
TBD

Speaker: Dr. Richard Gerber

March 20; 6:00pm
TBD

Speaker: TBD

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 Alondra Puga at the Cancer Resource Center at 759-1951 for more information.

NUTRITION SERVICES FOR CANCER PATIENTS AND SURVIVORS

1st & 3rd Thursdays 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.

NEW!