

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

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. You can greatly reduce your risk through lifestyle changes and, in some cases, medication. Look for Heart month activities posted on our website: svmh.com/heart or call 759-1890.

BLOOD DRIVE AT SVMHS

February 26; 9:00am–1:00pm

Location: Heart Center/MRI parking lot. Visit www.vitalant.org or call 759-1890 to register. Registration required. Please bring your photo ID; if you are a past participant, please bring your Donor Card to your appointment.

EXERCISE CHALLENGE 2019

From February 4 to March 3

A FREE 4-week program designed to promote a healthy lifestyle and 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 contact healthpromotion@svmh.com or call 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

WALK WITH A DOC

January 19; 9:00–10:00am

Topic: Cervical Cancer Awareness

Physician: Blair Tull, MD
Location: Badger Hills Trailhead
(Across Highway 68 from Toro Café)

February 23; 9:00–10:00am

Topic: Holistic & Lifestyle Approaches for Heart Health

Physician: Kanae Mukai, MD
Location: Badger Hills Trailhead
(Across Highway 68 from Toro Café)

March 16; 9:00–10:00am

Topic: How to Live Your Healthiest Life

Physician: Joanna Oppenheim, MD
Location: Badger Hills Trailhead

For more information and to register, email healthpromotion@svmh.com or call 759-1890.

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.

LEGAL ISSUES FOR LIFE PLANNING

January 24; 5:30–7:00pm

Planning for Incapacity - Who Will Make Decisions for You?

February 21; 5:30–7:00pm
Is a Will Enough?

March 21; 5:30–7:00pm
The Truth About Trusts

April 25; 5:30–7:00pm
A Guide to Long Term Care

May 16; 5:30–7:00pm
Scams: Financial Exploitation of the Elderly

Location: DRC-C. Speaker: Steve M. Mudd, Attorney at Law. Program is FREE and open to the public. Registration required please contact healthpromotion@svmh.com or 759-1890.

NUTRITION CLASSES

January 2; 12:15–12:45pm

Portion Distortion: Explore the differences between what you should be eating and what you are eating and how our portion expectations have changed over time.

February 6; 12:15–12:45pm

Label Reading: Learn how to navigate the food label to make good choices.

March 6; 12:15–12:45pm

Meal Planning: We all live busy lives, learn tips and tricks to eat healthy even when time feels crunched.

Location: Cardiac Wellness Center Conference Room, (Nathan Olivas Building), 120 Wilgart Way, Salinas. Registration required, please contact healthpromotion@svmh.com or 759-1890.

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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 831-755-0788 or email LifelineMonitoring@svmh.com

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

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.

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.

AMERICAN HEART ASSOCIATION HEARTSAVER CPR & AED COURSE

Saturday, January 26; February 23; March 23; 8:00am–12:00pm
Location: Education Center-Pinnacles Conference Room (located at 611 Abbott St.)
CPR/AED: \$75 per person. Optional First Aid: additional \$35 per person. Registration required: healthpromotion@svmh.com or 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 26; February 23; March 23; 1:00–4:00pm
(This is not a Pediatric First Aid Course)
Location: Education Center-Pinnacles Conference Room (located at 611 Abbott St.)
Fee, First Aid only: \$75.00 per person, \$35 if including CPR/AED Class. Registration required. For information please contact the Health Promotion Department at healthpromotion@svmh.com or 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: 2º lunes del mes 6:00–8:00pm

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

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

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 or visit 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

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

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.

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"

1st and 3rd Tuesday of the month 1:00–2:00pm

Open to all Women who have a diagnosis of cancer

Location: Cancer Resource Center, 501 E. Romie Lane, Ste. C. Facilitators: Jackie Peña, LCSW, MSW. For more information: 759-3016. Open to all women who have a cancer diagnosis.

NEW DAYS!

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 831-333-9091.

TYPE ONE DIABETES (T1D) SUPPORT GROUP

Join us at one of our community events to meet other families and individuals affected by T1D, gain support, and learn about the life-changing research JDRF is funding. Please join us, all people affected by T1D, friends and family are welcome. For more information please contact, Stephanie Nelson at snelson@jdrf.org or 415-597-6303.

MULTIPLE SCLEROSIS SUPPORT GROUP

3rd Friday of the month; 11:00am–1:30pm
Location: Marina Library meeting room. For information please call 831-333-9091.

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.

DIABETES: FROM EYES TO EXERCISE AND FOOD TO FOOT CARE

English; Tuesdays, series of 4 classes
Jan 8, 15, 22, 29; 4:00–6:00pm
Feb 5, 12, 19, 26; 4:00–6:00pm
March 5, 12, 19, 26; 4:00–6:00pm

English; Wednesdays, series of 4 classes
Jan 23, 30, Feb 6, 13; 10:30am–12:30pm
Feb 27, March 6, 13, 20; 10:30am–12:30pm

Facilitator: Ashley LaBrier, 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.

Español; Lunes, serie de 4 clases
Enero 21, 28, Febrero 4, 11; 4:30–6:30pm
Febrero 25, Marzo 4, 11, 18; 4:30–6:30pm

Español; Jueves, serie de 4 clases
Enero 31, Febrero 7, 14, 21
Marzo 7, 14, 21, 28
10:30am–12:30pm

Instructora: Mirella Lopez, RD

La diabetes es mucho más que tomar una pastilla o consumir menos azúcar! Esta serie de clases de diabetes cubre una amplia variedad de temas para ayudarle a entender su diabetes y le ofrece las habilidades que necesita para vivir con la diabetes bien y sanos. Los estudiantes pueden llevar a una persona sin costo adicional. Las clases son cobradas a su seguro médico si tiene diabetes. Co-pagos y deducibles se aplican. Sin costo alguno para los empleados de SVMH. Costo sin seguro médico es \$50.00 por clase. Para registrarse, ubicación y más información, llame a Salinas Valley Medical Clinic al 422-3636.

PIYO/BARRE CLASSES

6 session alternating class series
Wednesdays; 5:15–6:15pm
Next series begins: Feb 13 or March 27

Location: DRC-A

PiYo is a unique low-impact workout designed to build strength and gain flexibility. BARRE 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. To register please contact healthpromotion@svmh.com or 759-1890. You can join the program at the beginning of the series or any Wednesday. Online registration available at svmh.com/events-classes

YOGA FLOW CLASSES

6 Session Series

BEGINNERS LEVEL: Thursdays; 5:30–7:00pm
Next series begins: Jan 3 or Feb 14
YOGA FLOW: Mondays; 5:30–7:00pm
Next series begins: Jan 7 or Feb 18

Location: DRC-A&B. Fee: \$55; FREE for SVMHS employees; \$22 for MCSIG members; \$10 drop in. To register contact healthpromotion@svmh.com or 759-1890. Join the program at the beginning of the series or any Monday or Thursday. Yoga helps to increase strength; range of motion; improve circulation and relaxation. Online registration available at www.svmh.com/events-classes

CHAIR YOGA CLASSES

Mondays; 10:00–11:00am
Beginning January 14 or February 25
Wednesdays; 10:30–11:30am
Beginning January 2 or February 20

Location: DRC-A&B. Fee: \$55 for 6 weeks per participant; FREE for SVMHS staff; \$22 for MCSIG members \$10 drop in class. To register please contact 759-1890 or healthpromotion@svmh.com. You can join the program at the beginning of the series or any Wednesday. Chair Yoga is a great class for Seniors or those with mobility issues. Online registration available at svmh.com/events-classes

QI-GONG: GENTLE MOVEMENT FOR WELLNESS

NEW TIME!

Program meets each Tuesday of month (No class January 22)
Beginning participants: 1:00–2:15pm
Continuing participants: 2:30–3:45pm

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. To register contact healthpromotion@svmh.com or 759-1890.

MINDFULNESS MEDITATION MINDFUL LIVING

NEW TIME!

Program meets each Tuesday of month (No class January 22); 4:00–5:15pm

Simple present moment meditation proven to reduce stress and promote well-being. Application of mindfulness to create healthier life patterns. Sit in chairs provided or bring a yoga mat to lie. Location: DRC-C. Facilitator: Eva Giedt, RN. No fee to attend, Registration required please contact the Health Promotion Department at healthpromotion@svmh.com or 759-1890. Free valet parking at hospital parking garage.

GOT CPAP? A SLEEP DISORDERS SUPPORT GROUP

Jan 31, Feb 21, March 28; 6:00–7:00pm
Topic: Troubleshooting CPAP Equipment

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.

NEED SLEEP?

April 11; 6:00–7:00pm
Topic: Tips to become a motivated CPAP user; Speaker: Khalid Rauf, 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: Jan 15 and Feb 26

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

T'ai Chi Chih is how to circulate and balance the Intrinsic Energy, the Vital Force of the body, known as "Chi" in Chinese. The rewards are good health, wisdom, serenity, and longevity are great for the one who learns the ancient principals and applies them in a modern way.

QUIT SMOKING CLASS AMERICAN LUNG ASSOCIATION – FREEDOM FROM SMOKING CLASS

8 Session Program
Mondays; Jan 14, 21, 28,
(Quit Date Feb 4), Feb 6, 11, 18, 25
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 contact healthpromotion@svmh.com or 759-1890. Online registration available at www.svmh.com/events-classes

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

MATERNITY CENTER TOURS

Mondays: Jan 7, Feb 4 or March 4
7:00pm

Saturdays: Jan 12, Feb 2 or March 2
1:15pm

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

BREASTFEEDING MADE EASY

Saturdays: Feb 2 or March 23
9:00am–12:30pm

Location: DRC-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, please contact healthpromotion@svmh.com or 759-1890.

CHILDBIRTH PREPARATION SERIES

5 session class
(you must attend all 5 sessions)
Wednesdays: Feb 6, 13, 20, 27, March 6
6:30–9:30pm

2 session class
(you must attend both sessions)
Saturdays: Jan 19 & 26

Saturdays: March 9 & 16
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, please contact healthpromotion@svmh.com or 759-1890. Online registration available at www.svmh.com/events-classes

SALINAS ADULT SCHOOL CHILDBIRTH CLASS

4 week series; 6:00–9:00pm
English: Jan 8, 15, 22, 29
Spanish: Feb 5, 12, 19, 26

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

Monday-Friday; by appointment

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 Holly Shannon, RN IBCLC 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 15; 6:00–7:00pm

Topic: Living Longer-Driving Longer
Speaker: Jessica McKillip, Executive Director ITN Monterey County

Feb 19; 6:00–7:00pm

Topic: Your Heart & the Environment
Speaker: Kanae Mukai, MD

March 19; 6:00–7:00pm

Topic: Signs and Symptoms of a Sleep Disorder
Speaker: Claude Evans, RRT, RPSGT

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.

PRE-OPERATIVE BREAST SURGERY CLASS

4th Thursday of the 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 the 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.