

WINTER 2020

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



PATHWAYS TO WELLNESS



HEALTH

COMMUNITY
PROGRAMS

WELLNESS

EVENTS

SUPPORT
GROUPS



 Salinas Valley
Memorial
Healthcare System

svmh.com/pathways

FEBRUARY IS HEART MONTH

February is the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart. Salinas Valley Memorial Healthcare System, a leader in heart disease prevention and treatment, invites you to join us for one of our fun and informative heart month activities. svmh.com/heart

Love your heart. We do.

Ask The Experts

This FREE community lecture series brings together medical experts to talk about issues of interest.

Topic: Heart Month
February 20, program 6:00pm
Salinas City Center
For information or to register visit svmh.com/asktheexperts or call 831-759-1890.



PATHWAYS TO WELLNESS

For more information on any of these programs or events, contact our Health Promotion Department at healthpromotion@svmh.com, visit svmh.com/pathways or call 831-759-1890. Online registration at svmh.com/events-classes

Walk With A Doc

Board certified physicians make presentations on health topics prior to the one hour walk. This is a great opportunity to get to know our physicians and ask them questions in an informal, fun and healthy environment.

For date, time and more information, visit svmh.com/walkwithadoc

Mended Hearts Monthly Meeting

Mended Hearts is for heart patients, their families and caregivers. For more information, call 831-755-0772.

February 18, 6:00–7:00pm
The Heart and Kidney Connection
Speaker: Michael Dicus, MD

Other events

Blood Drive at SVMHS

Tuesday, March 3, 9:00am-1:00pm
Heart Center/MRI parking lot
Online registration at www.vitalant.org



Salinas Valley
Memorial
Healthcare System

HEALTH

WOMEN

Childbirth Preparation Series* \$

Wednesday evenings, 6:30-9:30pm
5 session class starting February 5
Saturday all day, 9:00am-4:00pm
2 session class starting January 11 or
March 14

Breastfeeding Made Easy* \$

Saturday mornings, 9:00-12:30pm
January 25 or February 22

Outpatient Lactation Clinic

Monday-Friday; by appointment
Breastfeeding support you need in the
hospital and when concerns arise after
returning home. Call Holly Shannon, RN,
IBCLC at 759-3060.

Maternity Center Tours*

Mondays, 7:00pm
January 6, February 10, March 2
Saturdays, 10:00am
January 4, February 1, March 7
For expectant parents only. No Children
under 12.



Salinas Adult School Childbirth Classes* \$

4 session series
English: Tuesday, 6:00-9:00pm, starting
January 7 or March 10
Spanish: El martes, 6:00-9:00pm, comienza
el 4 de febrero
Register early at www.TheParentCenter.org
or call to the Salinas Adult School at
831-796-6900.

HEART

Learn more about our regional heart
program, visit svmh.com/heart.

February is Heart Month

You can greatly reduce your risk for heart
disease through lifestyle changes and,
sometimes, medication. For Heart Month
activities, visit svmh.com/heart or call
831-759-1890.

Ask The Experts*

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information, call 831-755-0772.

January 21, 6:00-7:00pm
SVMH Cardiac Cath Lab Technology Update
Speaker: Suzette Urquides, DNP, MPA, CCRN

February 18, 6:00-7:00pm
The Heart and Kidney Connection
Speaker: Michael Dicus, MD

March 17, 6:00-7:00pm
Air Med Care Network Fly U Home
Speaker: Tracey Shearer, Regional Director

* Registration required

\$ This course requires a participation fee

SLEEP

For more information, call Sleep Medicine
Center at (831) 759-1920.

Got CPAP? A Sleep Disorders Support Group

Topic: Troubleshooting CPAP equipment
January 30, February 27, March 26
6:00-7:00pm
SVMHS Sleep Medicine Center, Cardiac
Wellness Center Conference Room
120 Wilgart Way
Program is free and open to the public.

DIABETES

For more information or to register for
classes, call Salinas Valley Medical Clinic at
831-422-3636. Some insurance policies may
cover diabetes program fees.

Diabetes: From eyes to exercise and food to foot care* \$

4 session series:
Tuesdays, 4:00-6:00 pm
Wednesdays, 10:30-12:30pm

Diabetes: Desde los ojos a ejercicio hasta comida y cuidado de pies* \$

Serie de 4 sesiones
Lunes, 4:30-6:30 pm
Jueves, 10:30am-12:30 pm
Para registrarse y más información, llame
a SVMC Diabetes & Endocrine Center al
831-422-3636

CHI Diabetes Prevention Program

Take action now to feel better, lose weight,
and reduce your risk of type 2 and pre-
diabetes. For more information, email
diabetescollaborative@chipm.org or call
831-644-7490.

Tuesdays, 10:00-11:00am
16 session class starting January 28
SVMC Diabetes & Endocrine Center
Education Center, Salinas

Wednesdays, 5:30-6:30 pm
16 sessions class starting January 29
Oldemeyer Center, Seaside



JOINT REPLACEMENT

Offering top quality and compassionate care for people undergoing joint replacement surgery. To learn more, visit svmh.com/joint or call 831-759-1978.

CANCER

For more information on any cancer care program, call 831-759-1951.

Nutrition Services for Cancer Patients and Survivors

One on one counseling for oncology patients with a registered dietitian. Thursdays, by appointment only.

Look Good – Feel Better

3rd Monday of the month
10:00am-12:00pm
Teaches beauty techniques for female cancer patients. To register visit www.lookgoodfeelbetter.org/programs

Cancer Support Services

The Cancer Resource Center provides a wide range of support services. Monday through Thursday, 9:00am-4:00pm
Friday, 9:00am-2:00pm

For more information, call 831-759-1890, visit svmh.com/pathways or email healthpromotion@svmh.com. Online registration at svmh.com/events-classes

COMMUNITY PROGRAMS

Legal Issues for Life Planning*

Thursday, January 23, 2020
Topic: Planning for Incapacity – Who will make decisions for you?
Thursday, February 27, 2020
Topic: Is a Will Enough?
Thursday, March 26, 2020
Topic: The Truth About Trusts
5:30-7:00pm

American Heart Association Heartsaver CPR & AED Course for Non Healthcare Providers* \$

Saturdays, January 25, February 22 or
March 21, 8:00am-12:00 noon

American Heart Association HeartSaver First Aid* \$

Saturday, January 25, February 22,
March 21, 1:00-4:00pm

Exercise Challenge 2020*

From February 3 to March 1, 2020
A FREE 4-week program designed to promote a healthy lifestyle and regular aerobic exercise. Open to all organizations in Monterey County.

Donor Network West

You have the power to donate life. For more information call 1-866-797-2366 or visit www.donateLIFECalifornia.org.

Medical Alert Service provided by SVMHS Service League Volunteers

Phillips Lifeline Medical Alert Service provides you with fast and easy access to help 24 hours a day. For more information, call the Lifeline Office at 831-755-0788 or e-mail LifelineMonitoring@svmh.com.

Alzheimer's Association

If someone is diagnosed with Alzheimer's or any dementia, it's time to review and assess what plans and documents are in place to address the situation. For more information, call the Monterey office at 800-272-3900. 21 Lower Ragsdale Drive, Monterey

Quit Smoking Class* \$

American Lung Association – Freedom from Smoking Class
8 session class starting Monday, January 13
5:30-7:00pm

Resource for Smoking Cessation www.smokefree.gov

The program offers expert help and resources through the National Cancer Institute. California Smokers Helpline: 1-800-NOBUTTS



BLUE ZONES PROJECT MONTEREY COUNTY

Live happier, healthier longer lives

For information, visit
montereycounty.bluezonesproject.com



BLUE ZONES PROJECT
by sharecare

WELLNESS

Nutrition Class*

12:15-12:45pm

February 5

Topic: Portion Distortion – the differences between what you are eating and what you should be eating

March 4

Topic: Label Reading – how to navigate new 2020 food labels

Walk With A Doc*

Topic: Managing Foot Pain and Common Foot Conditions

Saturday, January 18, 9:00-10:00am

Speaker: Matthew Griffin, MD

Topic: Heart Month

Saturday in February (to be determined)

9:00-10:00am

Visit svmh.com/heart for more information.

Topic: Staying Active and Fit After Joint Replacement

Saturday, March 21, 9:00-10:00am

Speaker: Bert Tardieu, MD

Qi-Gong: Gentle Movement for Wellness*

A proven Chinese system of slow mindful movement.

Tuesdays (No class February 4, 11, 18)

Beginning participants: 1:00pm

Continuing participants: 2:30pm

Mindfulness Meditation – Mindful Living*

Simple present moment meditation proven to reduce stress and promote well-being.

Tuesdays (No class February 4, 11, 18)

4:00-5:15pm

General Volunteer and Health Explorer Volunteer Opportunities

Volunteering – A Healthy Connection

For more information, call 831-755-0772 or email volunteer@svmh.com.

* **Registration required**

\$ **This course requires a participation fee**

Yoga Flow* \$

For health and relaxation through breathing control, simple meditation and body position.

6 session class

Mondays, starting January 20 or March 2

Thursdays, starting February 6 or March 19

5:30-7:00pm

Chair Yoga* \$

The practice of yoga – from a chair.

6 sessions; join any time during the session.

Mondays, starting February 3 or March 16,

10:00-11:00am

Wednesdays, starting January 15 or

February 26, 10:30-11:30am

PiYo/Barre* \$

Alternating class

6 sessions; join any time during the session.

Wednesdays, starting January 29 or

March 25, (No class February 12 & 26)

5:15-6:15pm

SUPPORT GROUPS

Women Helping Women

Women's Cancer Support Group

Tuesdays, 1st, 3rd and 5th of the month

1:00-2:30pm

For more information, call 831-759-3016.

Man to Man Dealing with Cancer

Men's Cancer Support Group

3rd Thursday of the month, 3:00-4:00pm

For information, call 831-759-1951.

Grupo de Ayuda Para Mujeres con Cáncer – Clase en Español

3er sábado del mes, 10:00am-12:00pm

Para más información, llame al

831-442-2992.

Food Addict in Recovery Anonymous

Saturdays, 8:30-10:00am

For anyone having any problems with food. For more information call Wayne at 831-297-2953 or visit www.foodaddicts.org



Tai Chi Chih* \$

A Chinese system of exercise using very slow controlled movements.

6 sessions

Tuesdays (pending any cancellations)

Starting January 14 or February 25

6:00-7:00pm

Loss and Grief Support Groups

Thursdays, 4:30-6:00pm

For more information call the Cancer Resource Center at 831-759-1951.

Traumatic Brain Injury Peer Support Group

2nd and 4th Thursday of the month

3:00-4:30pm

Registration required. Call Yoana Mendoza at 757-2968 ext. 27.

Type One Diabetes Meet-up Group

Meet others affected by type 1 diabetes.

Friends and family are welcome. For more information contact, Stephanie at snelson@jdrf.org or 415-597-6303.

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