

SPRING 2022

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

Health



Mother / Baby

Childbirth Preparation Series* \$

Wednesdays, 6:30pm-9:30pm
5 Session Class Starting: May 4
Saturday all day, 9:00am-4:00pm
2 session class starting April 30

Breastfeeding Made Easy* \$

Saturdays, 9:00am-12:30pm
April 16; May 21; June 18

Lactation Services

Monday-Friday by appointment
Breastfeeding support you need in the hospital and when concerns arise after returning home. Call Holly Shannon, RN, IBCLC at 831-759-3060.



Maternity Center Tours*

For information on Maternity Center tours, contact the Health Promotion Department at 831-759-1890 or healthpromotion@svmh.com

Postpartum Wellness Group

Tuesdays, 6:00pm-7:30pm
Facilitator: Jennifer Mendoza, LCSW
Having a baby is a special time and you may find yourself feeling a range of emotions. In this group, you will receive support from an experienced facilitator and other mothers who may have a similar experience.
svmh.com/postpartum

Grupo de Apoyo Despues de Dar a Luz

Jueves, 6:00pm-7:30pm
Tener un bebé es un momento especial y es posible que sienta una variedad de emociones. En este grupo, recibirá el apoyo de una facilitadora con experiencia y otras madres que podrían tener experiencias similares a la suya.
svmh.com/posparto

Heart

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

Mended Hearts Monthly Meeting via Zoom

3rd Tuesday of the month; 6:00pm
Facilitator: Julie Jezowski, Lifeline Member Liaison
Facilitating a positive patient care experience through support group meetings, speakers and visiting programs – Mended Hearts is for heart patients, their families and caregivers. For more information please call 831-755-0772.

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 an SVMHS registered dietitian. By appointment only with a referral from a physician. To register and more information, please call 831-759-1951.

Look Good – Feel Better

Teaches beauty techniques for female cancer patients. For more information please call 831-759-1951.

Diabetes

Diabetes: From Eyes to Exercise and Food to Foot Care

4 session series:
Tuesdays, 4:00pm-6:00pm
Thursdays, 9:30am-11:30am
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: Desde Ojos a Ejercicio Hasta Comida a Cuidado de Pies

Serie de 4 sesiones:
Lunes, 4:30pm-6:30pm
Miércoles, 9:30am-11:30am
Para más información o para registrarse en las clases, llame al Salinas Valley Medical Clinic al 831-422-3636. Algunas pólizas de seguro pueden cubrir el costo de los programas de diabetes.



Community Health Innovations Diabetes Prevention Program

Take action now to feel better, lose weight, and reduce your risk of prediabetes and type 2 diabetes. For more information or to enroll, visit dontfeedthediabetes.com/dpp or call 831-644-7490.

Tuesdays, 5:30pm-6:30pm
In-person class - English
Alliance on Aging
247 Main Street, Salinas

Wednesdays, 5:30pm-6:30pm
Online Classes - English

Martes, 4:00pm-5:00pm
Clases en persona - Spanish
Alliance on Aging
247 Main Street, Salinas

We care about your wellness

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

* Registration required
\$ Participation fee

Events



Ask the Experts

For future Ask the Experts events visit our Facebook page [@SVMHS](https://www.facebook.com/SVMHS)

Para estar al tanto de futuros eventos Ask the Experts visite nuestra página de Facebook [@SVMHS](https://www.facebook.com/SVMHS)

SVMHS Farmers' Market

Starting May 13th
Every Friday, 12:30pm-5:30pm
Parking lot on the corner of Romie Lane and Wilgart Way

Blood Drive*

Friday, April 8; 9:00am-1:00pm
Tuesday, May 24; 11:00am-3:00pm
Wednesday, May 25; 9:00am-1:00pm
SVMHS - Heart Center Parking Lot
450 E. Romie Lane, Salinas, CA 93901
Online registration at vitalant.org

Walk with a Doc

Saturday, April 30; 9:00am-10:00am
Blue Zones Project Office, Oldtown Salinas,
232 Main St., Salinas
Topic: Plant Slant - Plant Based Diets
Made Easy & Community Clean-up
Presenter: Joanna Oppenheim, MD

A physician led walk connecting our community with SVMHS physicians to learn about important health topics and promote physical activity.

For information and future dates, visit svmh.com/walkwithadoc or contact the Health Promotion Department at healthpromotion@svmh.com or 831-759-1890.

Asthma Camp

July 25-July 29
Monterey Park Elementary School
For children 6-12 years old. For registration and information Asthma Camp's Facebook page [@VelcoffAsthmaCamp](https://www.facebook.com/VelcoffAsthmaCamp)

Community Programs



Legal Issues for Life Planning via Zoom*

5:30pm-7:00pm
Thursday, April 21
Topic: The truth about trusts
Thursday, May 19
Topic: Long Term Care
Thursday, June 23
Topic: Financial Planning for Special Needs Trust

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

Saturdays, April 9, May 14, June 11
8:00am-12:00pm
\$75 for a 2-year certification

American Heart Association HeartSaver Adult First Aid* \$

Saturdays, April 9, May 14, June 11
1:00pm-4:00pm
\$75 for a 2-year certification
Additional \$35 if including CPR/AED class participation

Quit Smoking Class* \$

American Lung Association - Freedom from Smoking Class
8 session series starting Monday, May 16
5:30pm-7:00pm



Wellness



Group Chair Class Movement and Meditation via Zoom*

Thursdays, 10:30am-11:30am
This FREE class guides you through simple, stretching movements while seated to increase circulation, reduce stress and improve overall well-being.

Mindfulness Meditation via Zoom*

Monday and Friday, 12:00pm-1:00pm
Wednesday, 4:30pm-5:30pm
A FREE mindfulness meditation session that aims to reduce stress and isolation during difficult times and improve overall health and well-being.

Yoga Flow via Zoom*\$

Mondays, 5:30pm-7:00pm
6-week series begins April 11 or May 23
Join at the beginning of a series or any Monday.

BAMM - Balance, Mobility and Meditation via Zoom*

Saturdays, 9:30am-10:30am
Tuesdays, 7:30am-8:15am
This FREE class will help you increase balance and mobility through stretching and stabilization of muscles and joints, and promote tranquility through meditation.

* Registration required

\$ Participation fee

Support Groups



Women Helping Women Cancer Support Group via WebEx

For women with a diagnosis of cancer
Tuesdays, 1st and 3rd of the month
1:00pm-2:00pm
To register and more information email Jacqueline Pena at jpena@svmh.com or call 831-759-3016.

Grupo de Apoyo Para Mujeres con un Diagnóstico de Cáncer

Cuarto martes del mes, 1:00pm-2:00pm
Facilitador: Jacqueline Pena
Via Webex call (831) 759-3016 or email Jacqueline Pena al jpena@svmh.com para más información.

Loss and Grief Support Groups

Thursdays, 4:30pm
VNA Hospice Office
45 Plaza Cir. Salinas, CA
Facilitated by: Mick Erickson
For information please call 831-751-5500

Blue Zones Project

Power 9 Principles

For more information on the Blue Zones Project Power 9 Principles please visit montereycounty.bluezonesproject.com.



Move Naturally



80% Rule



Right Tribe



Purpose



Plant Slant



Loved Ones First



Down Shift



Friends at 5



Belong



Mobile Health Clinic

Typical healthcare services provided through the SVMHS Mobile Health Clinic during its weekly community visits include:

- *COVID-19 Testing: Please stay in your car and call when you arrive, 831-737-6579 or 831-676-7189*
- *COVID-19 Vaccines*
- Primary care
- Simple urgent care
- Women's health
- Health screenings
- Immunizations
- Health education resources to manage chronic medical problems

All services provided by the Mobile Health Clinic are currently free of charge.

Walk-ins are welcome. For groups of 10 or more, please schedule by calling 831-759-1927.

Face masks are required for all patients.

Clínica Móvil

Los servicios de atención médica típicos proporcionados a través de la Clínica Móvil de SVMHS durante sus visitas semanales a la comunidad incluyen:

- *Pruebas de COVID-19: Favor de llamar al 831-737-6579 o al 831-676-7189 desde su vehículo al llegar a la clínica*
- *Vacunas COVID-19*
- Atención primaria
- Urgencia médica simple
- Salud de la mujer
- Exámenes de salud
- Vacunas
- Educación para la salud para manejar problemas médicos crónicos.

Todos los servicios prestados por la Clínica Móvil son actualmente gratuitos.

Son bienvenidos sin cita. Para grupos de 10 o más, por favor programe una cita llamando 831-759-1927.

Todos los pacientes deben usar mascarillas.

Sundays / Domingos

11:00am-2:00pm

Salinas Regional Soccer Complex,
1440 Constitution Blvd., Salinas

Mondays / Lunes

3:30pm-8:00pm

Alisal High School,
777 Williams Road, Salinas

Tuesdays / Martes

10:00am-1:30pm

Walmart
1800 N Main Street, Salinas

2:30pm-6:00pm

Everett Alvarez High School
1900 Independence Blvd., Salinas

Wednesdays / Miércoles

11:00am-1:00pm

City of King Park
S. San Lorenzo Ave. and
Division St., King City

2:00pm-7:00pm

Greenfield Family Resource Center
493 El Camino Real, Greenfield

Thursdays / Jueves

12:00pm-8:00pm

MLK Family Resource Center
925 North Sanborn Road, Salinas





450 East Romie Lane
Salinas, CA 93901

PRSR STD
U.S. Postage
PAID
Salinas, CA
Permit No. 197

Blue Zones Project Monterey County

Well-Being Moai

Free online well-being classes and demos that help build resiliency into your life. For more details and to register, visit qrco.de/bzppurpose or scan the QR code.



**FREE COMMUNITY
WELL-BEING
CLASSES/DEMOS**

Walking Moai

Move towards a healthier, active lifestyle with a walking moai team. For dates and times visit bluezonesproject.com/walking-moai



Volunteer Opportunities

For more details scan the QR code.

**VOLUNTEER
OPPORTUNITIES**



BLUE ZONES PROJECT
by sharecare