

FALL 2021

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



WOMEN

Childbirth Preparation Series* \$

Saturday, 9:00am-4:00pm
2 session class starting: November 13,
or December 11, 2021

Breastfeeding Made Easy* \$

Saturday, 9:00am-12:30pm
October 23, November 20 or
December 18, 2021

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 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 similar experiences.
6 week virtual class
svmh.com/postpartum

Grupo de Apoyo Despues de Dar a Luz

Jueves, 6:00pm-7:30pm
Facilitador: Lorena Sánchez, LCSW
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.
6 semanas de clases virtuales
svmh.com/posparto

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.

HEART

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

Mended Hearts Monthly Meeting via Zoom

October 19, 6:00pm
November 16, 6:00pm
For more information call 831-755-0772
Facilitating a positive patient care experience
through support group meetings, speakers
and visiting programs – Mended Hearts is for
heart patients, their families and caregivers.

* Registration required

\$ This course requires a participation fee

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 SVMH registered dietitian.
by appointment only with referral from physician.

Look Good – Feel Better

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

Nutrition Class for Cancer Survivors*

Thursday, October 28th, 1pm
Location: Downing Resource Center Rooms AB&C
To register or more information please call Carol
Renn 831-759-3018 or email crenn@svmh.com.

DIABETES

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

4 session series:
Tuesdays, 4:00-6:00pm
Thursdays, 9:30-11:30am
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.

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 dontfeedthedietabetes.com/dpp
or call 831-644-7490.

Tuesdays, 5:30-6:30pm
16 session class starting November 30, plus
additional maintenance sessions. Facilitated live
by a health coach.

Martes, 4:30-5:30pm
Clase de 16 sesiones comenzando el 30 de
noviembre, además de sesiones adicionales
de mantenimiento. Facilitada en vivo por una
entrenadora de la salud.



MOBILE CLINIC

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

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

All services provided by the mobile 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:

- *VACUNAS COVID-19: Cita Requerida, por favor llame al 831-737-6579 o al 831-676-7189*
- *PRUEBAS DE COVID-19: Favor de llamar al 831-737-6579 o al 831-676-7189 desde su vehículo al llegar a la clínica*
- Atención primaria
- Urgencia médica simple
- Salud de la mujer
- Exámenes de salud
- Vacunas
- Educación en salud y ayuda para conectar a los pacientes con recursos para tratar 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.

Se requieren mascarillas para todos los pacientes.

SUNDAYS

11:00am-2:00pm
Salinas Regional Soccer Complex
1440 Constitution Blvd., Salinas

MONDAYS

3:30pm-8:00pm
Alisal High School
777 Williams Road,
Salinas

TUESDAYS

10:00am-1:30pm
Walmart
1800 N. Main Street, Salinas

2:30pm-6:00pm
Everett Alvarez High School
1900 Independence Blvd., Salinas

WEDNESDAYS

11:00am-1:00pm
City of King Park
Corner of S. San Lorenzo Ave.
and Division St., King City

2:00pm-7:00pm
Greenfield Family Resource
Center
493 El Camino Real, Greenfield

THURSDAYS

12:00pm-8:00pm
MLK Family Resource Center
925 North Sanborn Road, Salinas



DOMINGOS

11:00am-2:00pm
Salinas Regional Soccer Complex
1440 Constitution Blvd., Salinas

LUNES

3:30pm-8:00pm
Alisal High School
777 Williams Road, Salinas

MARTES

10:00am-1:30pm
Walmart
1800 N. Main Street, Salinas

2:30pm-6:00pm
Everett Alvarez High School
1900 Independence Blvd., Salinas

MIÉRCOLES

11:00am-1:00pm
City of King Park
Esquina de S. San Lorenzo
y calle División, King City

2:00pm-7:00pm
Greenfield Family Resource Center
493 El Camino Real, Greenfield

JUEVES

12:00pm-8:00pm
MLK Family Resource Center
925 North Sanborn Road, Salinas

COMMUNITY PROGRAMS



Legal Issues for Life Planning via Zoom*

Thursday, October 21
Topic: The truth about trusts
Thursday, November 18
Topic: A guide to long term care
5:30-7:00pm

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

Saturdays, October 9 or November 13
8:00-11:00am
\$75 for a 2-year certification

American Heart Association HeartSaver First Aid*\$

Saturday, October 9 or November 13
12:00-2:35pm
\$75 for a 2-year certification
\$35 if including CPR/AED class participation

Quit Smoking Class*\$

American Lung Association – Freedom from Smoking Class
8 session class starting Monday, October 18
5:30-7:00pm

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

EVENTS



ASK THE EXPERTS

October

Wednesday, October 20
6:30pm
Topic: Breast Cancer
Tune in on Facebook @SVMHS

Miércoles, 27 de Octubre

6:30pm
Tema: Cáncer de mama
Sintonice Facebook @SVMHS

November

Miércoles, 3 de noviembre
6:30pm
Tema: COVID-19: Variantes, vacunas y la temporada navideña
Sintonice Facebook @SVMHS

Wednesday, November 10

6:30pm
Topic: COVID-19: Variants, vaccines and the holiday season
Tune in on Facebook @SVMHS

December

Miércoles, 8 de diciembre
6:30pm
Tema: Cocinar saludablemente durante la temporada navideña
Sintonice Facebook @SVMHS

Wednesday, December 15

6:30pm
Topic: Healthy cooking for the holidays
Tune in on Facebook @SVMHS

SVMHS FARMERS' MARKET

May 14th – November 12th

Every Friday; May 14-November 12
May-October; 12:30 – 5:30pm
November; 12:30 – 4:30pm
Parking lot on the corner of Romie Lane and Wilgart Way

COMMUNITY FLU CLINICS

Saturday, October 9th

11:00am-2:00pm
SVMHS; 120 Wilgart Way, Salinas

Saturday, October 16th

11:00am-2:00pm
Taylor Farms Family Health and Wellness Center; 850 5th St., Gonzales

Wednesday, October 20th

4:00-7:00pm
Palma School; 919 Iverson St., Salinas

BLOOD DRIVE*

Thursday, December 2, 2021

9:00am-2:00pm
St. Ansgar's Lutheran Church
72 E San Joaquin St, Salinas, CA 93901
Online registration at vitalant.org

HEALTHY FOR THE HOLIDAYS*

SVMHS and Blue Zones Project Monterey County invite you to prioritize your health and wellness during the holiday season through community events, programs and classes. To take part in Healthy for the Holidays, visit svmh.com/healthyholidays or call the Health Promotion Department at 831-759-1890 for more info.



WELLNESS



Group Chair Class Movement and Meditation via Zoom*

Thursdays, 11:00am-12:00pm

6-week series begins October 14, 2021

Join at the beginning of a series or any Thursday

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, 12:00-1:15pm

Wednesday, 4:30-5:30pm

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, 5:30-7:00pm

6-week series begins October 25 or December 6

Join at the beginning of a series or any Monday

BAMM - Balance, Mobility and Meditation via Zoom*

Saturdays, 9:30- 10:30am

4-week series begins, October 9 or November 6

Join at the beginning of a series or any Saturday

This FREE class will help you increase balance and mobility through stretching & stabilization of muscles and joints, and promote peace through meditation.

* Registration required

\$ This course requires a 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

1:00-2:30pm

To register and more information email Jacqueline Pena at jpena@svmh.com or call 831-759-3016.

Grupo de Apoyo Para Mujeres con un Diagnostico de Cáncer

4er martes del mes, 2:30pm-4:00pm

Facilitador: Jacqueline Pena

Via Webex call (831) 759-3016 or email Jacqueline Pena at jpena@svmh.com for more information.

Loss and Grief Support Groups

Thursdays, 4:30-6:00pm

VNA Hospice Office

45 Plaza Cr. Salinas, CA

Facilitated by: Mick Erickson

For information please call 831-236-1015

BLUE ZONES PROJECT

Power 9 Principles

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



Right Tribe



Loved Ones First



Belong



Move Naturally



Purpose



Down Shift



Plant Slant



80% Rule



Friends at 5





450 East Romie Lane
Salinas, CA 93901

PRSRT 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**

Volunteer Opportunities

For more details scan the QR code.



**VOLUNTEER
OPPORTUNITIES**

Walking Moai

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



BLUE ZONES PROJECT
by sharecare