

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

Topic: Mens' Health
Location: Education Center, 611 Abbott Street.
For date, time and more information, please call 831-759-1890.

BLOOD DRIVE AT SVMHS August 22, 2017

Location: Heart Center/MRI parking lot. Register online at www.UnitedBloodServices.org or call 759-1890.

FARMERS MARKET AT SVMHS Every Friday, beginning May 19; 1:30–5:30pm

Location: SVMHS MRI Parking Lot, corner of Romie Lane & Wilgart Way.

HEART & SOLE RACE Saturday, May 20, 2017 8:30am start



Rain or Shine. 5K RunWalk & 10K Run. BIB pick up on Friday, May 19 from 1:30–6:00pm at SVMHS Farmers Market. For information and to register online, please visit www.active.com or call 759-1890.

AMERICAN CANCER SOCIETY FASHION SHOW April 28, 2017

For more information visit acscelebration.org or call 772-6532.

RELAY FOR LIFE - SALINAS May 19–20; 6:00pm–12:00pm

Location: Salinas Sports Complex - Softball Fields. To Register, call 442-2994 or visit www.relayforlife.org/SalinasCA

8TH ANNUAL AMERICAN HEART ASSOCIATION CPR & AED AWARENESS WEEK

Thursday, June 1; 3:00–7:00pm
Friday, June 2; 12:00–4:00pm
Saturday, June 3; 9:00am–2:00pm
Monday, June 5; 3:00–7:00pm
Wednesday, June 7; 2:00–6:00pm

Location: Education Center, 611 Abbott Street
The AHA Heartsaver CPR/AED anytime program presents the core skills needed to perform Adult/Child and/or Infant CPR and the use of an Automated External Defibrillator (AED). The course uses a "practice-while-watching" format with the aid of a 22 minute instructional DVD. Classes start every hour on the hour and last 30 minutes each. No certification will be given for this class. Registration required, please call 759-1890.

LEGAL ISSUES FOR LIFE PLANNING Friday, April 28; 2:00–3:30pm A Guide to Long Term Care

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

SCAMS: FINANCIAL EXPLOITATION OF THE ELDERLY May 25; 2:00–3:30pm

Location: DRC-A. Speaker: Steve M. Mudd, Attorney at Law. Program is FREE and open to the public. Registration required by calling 759-1890. Learn how to recognize signs of abuse, how to protect loved ones, and how and when to report suspected abuse.

NATIONAL VOLUNTEER WEEK April 23–29

NATIONAL HOSPITAL WEEK May 7–13

GENERAL VOLUNTEER, HEALTH EXPLORER VOLUNTEER OPPORTUNITIES

Volunteering – A Healthy Connection
Studies have shown that volunteering is not only an enjoyable way to use or 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.

GENERAL VOLUNTEER HEALTH EXPLORER MEETING & ORIENTATION

May 1; 6:00–8:00pm
May 3; 1:00–3:00pm
June 13; 6:00–8:00pm

Learn more about our volunteer opportunities and Health Explorers post. To register apply online www.svmh.com/community/volunteer/form.aspx or for more information, call 755-0772 or email volunteer@svmh.com.

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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Programs & Events, continued

THE ALZHEIMER'S ASSOCIATION PRESENTS

Location: Carmel Foundation, Lincoln & 8th Ave., Carmel. To attend or for more information, call the Monterey office at 1-800-272-3900.

JOINT REPLACEMENT CENTER

The Joint Replacement Center of SVMHS offers comprehensive care for people undergoing joint replacement surgery. Stay close to home, work, family and friends rather than traveling outside of the area for state-of-the-art care. Meet the Joint Replacement team and learn the latest in joint replacement. Call 759-1978 or visit www.svmh.com/joint.

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.

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. Call 759-1978 or visit <http://www.svmh.com/spine>.

AMERICAN HEART ASSOCIATION HEARTSAVER CPR & AED COURSE

Wednesday, April 5; 11:00am–3:00pm
Saturday, May 20; 8:00am–12:00pm
Wednesday, June 28; 12:00–4:00pm

Location: 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

Wednesday, April 5; 4:00–7:00pm
Saturday, May 20; 1:00–4:00pm

Location: 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.

AMERICAN RED CROSS FIRST AID CPR/AED

For date, fees and to register, please call 1-800-RED-CROSS (733-2767).

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.

Support Groups www.svmh.com/events | 831-759-1890

BREASTFEEDING SUPPORT GROUP

Wednesdays; 1:00–2:00pm

Call 757-4333 ext. 2852 for more information and location. Facilitator: Shawna Helmuth, RN, BS, IBCLC.

CANCER SUPPORT GROUP

1st & 3rd Tuesday of month (no class 5/2)
4:30–5:45pm

Location: Cancer Resource Center 501 E. Romie Lane Ste. C. Facilitator: Eva Giedt, RN, MS. For more information please call 759-1951.

GRUPO DE APOYO DE DOLOR Y PERDIDA

1er & 3er miércoles de cada mes
6:30–8:00pm

Ubicación: Cancer Resource Center, 501 E. Romie Lane, Suite C

Facilitadora: Monte Mojica
Para obtener más información, llame al 751-5500.

MULTIPLE SCLEROSIS SUPPORT GROUP

April 21 and June 16
11:00am–1:00pm

Location: DRC-A. For more information and to register, call 333-9091.

FOOD ADDICT IN RECOVERY ANONYMOUS

Saturdays; 8:30–10:00am

Location: Cislino 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

LOSS AND GRIEF SUPPORT GROUP

Thursdays; 4:30–6:00pm

Location: Cancer Resource Center, 501 E. Romie Lane, Ste. C, Salinas. Please call 759-1951 for more information.

TRAUMATIC BRAIN INJURY PEER SUPPORT GROUP

2nd and 4th Thursday of each month
3:30–5:00pm

Location: Harden Foundation, 1636 Eracia St., Salinas. Registration required. No fee. Information: call Georgina Alvarez or Joana Mendoza at 757-2968 ext. 20.

"WOMEN HELPING WOMEN" BREAST CANCER SUPPORT GROUP

Thursdays; 1:00–2:00pm
Location: Cancer Resource Center, 501 E. Romie Lane, Ste. C. Facilitators: Jackie Pena MSW & Bernadette Lucas-Burch, Nurse Navigator. For more information, call 759-3074.

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. Para más información, por favor llame al 442-2992.

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.

ALZHEIMER'S CAREGIVER SUPPORT GROUPS

English: Meets 1st Wednesday of month
12:30–2:00pm

Location: First Baptist Church, 1130 San Vicente Rd., Salinas. Call 1-800-272-3900

Spanish: Meets 2nd Monday of month
6:00–8:00pm

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

GRIEF SUPPORT GROUP

Wednesdays; 10:00–11:00am

Location: Active Seniors, Inc. For more information, please contact Jo Anne at 261-7856.

DIABETES: FROM EYES TO EXERCISE AND FOOD TO FOOT CARE

English; Tuesdays, Series of 4 classes
 March 21, 28, April 4, 11
 May 2, 9, 16, 23
 June 6, 13, 20, 27
 4:00–6:00pm; Location: DRC-B&C
 Facilitator: Dana Armstrong, RD, CDE

Spanish; Thursdays, Series of 4 classes
 April 6, 13, 20, 27
 May 4, 11, 18, 25
 June 8, 15, 22, 29
 10:30am–12:30pm. Location: DRC-B&C
 Facilitator: Esther Perez, PA, CDE

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 757-2058.

TAI CHI CHIH CLASS
 6 Session Series

Tuesdays; 6:00–7:00pm
 Next series begins: May 9 or June 20
 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.

NUTRITION CLASSES

April 5; 12:00–1:00pm
 Shopping and Cooking for Your Heart:
 Learn about what foods to choose and how to prepare them for a healthy heart

June 7; 12:00–1:00pm
 Eating Out: Eating out can be a challenge if you're trying to stay healthy. Learn to navigate menus to reach your nutrition goals

Location: Cardiac Wellness Center Conf Rm, (Nathan Olivas Building), 120 Wilgart Way, Salinas. Registration required, call Sara Housman, RD at 757-4333 ext 4348.

PIYO CLASSES
 6 session series

Wednesdays; 5:30–6:30pm
 Next series begins: May 10 or June 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.

COPD-PNEUMONIA CONGESTIVE HEART FAILURE

April 26; 5:30-7:00pm
 Location: Education Center, 611 Abbott St
 To register or more information please call 759-1890.

QI-GONG: GENTLE MOVEMENT FOR WELLNESS

Qi-Gong is a proven Chinese system of slow mindful movement and meditation. It calms and balances the body and mind. Open to anyone who wishes to reduce stress and fatigue and improve energy and well being.

Tuesdays (no class 4/18, 4/25, 5/2, 6/27)

Beginning participants: 1:30–2:45pm
 Continuing participants: 3:00–4:15pm

Location: Cancer Resource Center, 501 E. Romie Lane, Ste. C. Facilitator: Eva Giedt, RN. No fee to attend. Registration required by calling 759-1890.

MINDFULNESS MEDITATION STRESS REDUCTION

Open to anyone wishing to reduce stress and improve heart health.

Tuesdays (no class 4/18, 4/25, 5/2, 6/27)

12:10–1:15pm
 Location: Cancer Resource Center, 501 E. Romie Lane Ste. C. Drop in, no registration required. No fee to attend. For more information please call 759-1890.

NEED SLEEP?

(Everything you've ever wanted to know about sleep)
 We will discuss dreams, insomnia, and what sleep is in general. Come with questions because our physicians are some of the most knowledgeable sleep specialists in the field.

April 18; 6:00–7:00pm
 Topic: Improving Your Sleep Quality
 Speaker: Dr. Rana

June 13; 6:00–7:00pm
 Topic: Food and Sleep; Speaker: Dr. Rana

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.

YOGA FLOW CLASSES
 6 Session Series

BEGINNERS LEVEL: Thursdays
 Next series begins: April 27 or June 8
 5:30–7:00pm

YOGA FLOW: Mondays
 Next series begins: April 24 or June 5
 5:30–7:00pm

Location: DRC-A&B. Fee: \$55; FREE for SVMHS employees; \$22 for MCSIG members; \$10 drop in. Register by calling 759-1890.

AMI-HEART ATTACK AND STROKE RISK FACTORS

June 28, 2017; 5:30–7:00pm
 Location: Education Center, 611 Abbott Street
 For more information, call 759-1890

GOT CPAP? A SLEEP DISORDERS SUPPORT GROUP

April 6; 6:00–7:00pm
 Vendor Visit (come see the newest line of Resmed masks)
 Speaker: Resmed Representative

May 31; 6:00–7:00pm
 Troubleshooting CPAP equipment
 Speaker: Mazhar Javaid, M.D.

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.

FRESH START—QUIT SMOKING CLASS
 6 Session Program

May 9, 11, 16, 18, 23, 25; 5:30–7:30pm
 Location: Pharmacy Conference Room
 Facilitator: Laura DeMars, RT
 Free and open to the public. Spanish Translation available upon request. Advance registration required. Traducción al español disponible. Se requiere registrarse con anticipación. Register by calling 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 telephoning (Spanish and English) or by text messaging/online chat (English only). California Smokers Helpline: 1-800-NOBUTTS.

HEALTHY LIVING: MINDFUL EATING

Program meets 2nd & 4th Tuesday of month (no class 4/25 and 6/27)
 4:30–5:45pm

Location: Cancer Resource Center, 501 E. Romie Lane, Ste. C. Facilitator: Eva Giedt, RN. This program is for the public, cancer, and cardiac patients. No fee. Drop-in, no registration required.

WELLNESS [AT] WORK

Wellness [at] Work is a unique healthcare collaborative designed to reduce employee absenteeism, increase productivity and well-being of your work force.

SENIOR PEER COUNSELING SERVICES

FREE service for seniors to help with health challenges and financial education programming. Spanish and English available. Call 759-3251. (Monterey) 758-4011 (Salinas) for more information or to set up an appointment.

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

MATERNITY CENTER TOURS

Mondays: April 24, May 22, June 26
7:00 pm

Saturdays: April 1, May 6, June 3
1:15pm

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

BREASTFEEDING MADE EASY

Saturdays: May 20, June 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: May 3, 10, 17, 24, 31
or July 5, 12, 19, 26, August 2
6:30–9:30pm

2 session class
(You must attend both sessions)
Saturdays: August 12 & 19
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: June 6, 8, 13, 15
Spanish: May 2, 9, 16, 23

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.

LACTATION SERVICES AT SVMHS

Tuesdays & Thursdays; 1:00–5:00pm
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. Location: SVMHS 450 E. Romie Lane, Salinas. Call for an appointment: 759-3060.

Regional Heart Center

MENDED HEARTS: MONTHLY MEETINGS

For heart patients, their families and caregivers.

April 18; 6:00–7:30pm
Acupuncture and the Healing Heart
Speaker: Laurie Kleinman, MD

May 16; 6:00–7:30pm
Is Your Cholesterol Really Under Control? Speaker: Jerry Ginsberg, MD, FACC, Director, Salinas–Monterey Heart Institute

June 20; 6:00–7:30pm
Healthy Summer Eating
Bring your favorite summer recipe and dish to share.

Location: Education Center, 611 Abbott Street, Salinas. For information, call 755-0772.

Cancer Resource Center | 831-759-1951 | 501 E. Romie Lane, Ste. C

CANCER SUPPORT SERVICES

Monday – Friday
8:00am–4:30pm

For more information, please call 759-1951. The Cancer Resource Center is available to assist with all your cancer questions, concerns and needs. A wide range of support services are provided for our community members by our Oncology Social Worker, Oncology & Breast Health Nurse Navigator and Tumor Registrars. Appointments are encouraged, walk-ins welcome.

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 Bernadette Lucas-Burch, Oncology & Breast Health Nurse Navigator, at 759-3074 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 to schedule and for more details.