

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 [svmh.com/events](http://svmh.com/events)

### WALK WITH A DOC

Saturday, July 6; 9:00–10:00am

Topic: **Hip and Knee Replacement**

Physician: Stephen F. Gregorius, MD

Saturday, July 27; 9:00–10:00am

Topic: **Migrain Relief and Management**

Physician: Rene Colorado, MD

Saturday, August 10; 9:00–10:00am

Topic: **Moving Naturally the Blue Zones Way**

Physician: Joanna Oppenheim, MD

Walks will take place at Badger Hills Trailhead, across Highway 68 from Toro Café.

For more information and to register, visit

[svmh.com/walkwithadoc](http://svmh.com/walkwithadoc) or call 831-759-1890.

### ASTHMA DAY CAMP

Monday, July 22 - Friday, July 26;

9:00am–4:00pm

Location: Monterey Park Elementary School,

Salinas. Fee: \$55 covers 5 days (Scholarships

Available). For Children 6-12 years old. For

more information or to register, call

831-759-1890 or visit [svmh.com](http://svmh.com)

### DIABETES EMPOWERMENT EDUCATION PROGRAM: (ALSO KNOWN AS DEEP™)

This class is intended for individuals with prediabetes.

Classes in Spanish Begin July 24;

10:00–12:00pm

Location: Seaside Family Health Center,

1156 Fremont Blvd. #100, Seaside

No cost to attend or participate for you and a

guest. For information on English classes and

to register, email [diabetes@chipm.org](mailto:diabetes@chipm.org) or call

831-644-7498.

### FARMERS MARKET AT SVMHS

Every Friday; 12:30–5:30pm

Location: SVMHS MRI Parking Lot Corner of

Romie Lane and Wilgart Way. For more

information, call 831-759-1890.

### LEGAL ISSUES FOR LIFE PLANNING

Thursday, July 25; 5:30–7:00pm

Topic: **Planning for Incapacity –**

**Who Will Make Decisions for You?**

Thursday, August 22; 5:30–7:00pm

Topic: **Is a Will Enough?**

Thursday, September 26; 5:30–7:00pm

Topic: **The Truth About Trusts**

Thursday, October 24; 5:30–7:00pm

Topic: **A Guide to Long Term Care**

Thursday, November 21; 5:30–7:00pm

Topic: **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. To

register contact [healthpromotion@svmh.com](mailto:healthpromotion@svmh.com)

or call 831-759-1890. Online registration at

[svmh.com/events-classes](http://svmh.com/events-classes)

### 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! For more

information, call 831-755-0772 or email

[volunteer@svmh.com](mailto:volunteer@svmh.com). Online registration at

[svmh.com/community/volunteer/form.aspx](http://svmh.com/community/volunteer/form.aspx)

### AMERICAN HEART ASSOCIATION HEARTSAVER CPR & AED COURSE

Saturday, July 27; August 24;

September 28;

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. For more information and to

register, email [healthpromotion@svmh.com](mailto:healthpromotion@svmh.com)

or call 831-759-1890. Online registration at

[svmh.com/events-classes](http://svmh.com/events-classes).

NOTE: This course does not meet the

minimum standards for employees needing

CPR Healthcare Provider status (BLS)

as part of their job requirements.

### AMERICAN HEART ASSOCIATION HEARTSAVER FIRST AID

Saturday, July 27; August 24;

September 28;

1:00–4:00pm

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 more information and to

register, email [healthpromotion@svmh.com](mailto:healthpromotion@svmh.com)

or call 831-759-1890. Online registration at

[svmh.com/events-classes](http://svmh.com/events-classes)

### BLUE ZONES PROJECT MONTEREY COUNTY

Live happier, healthier longer lives

For information please visit

[montereycounty.bluezonesproject.com](http://montereycounty.bluezonesproject.com)

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## Programs & Events, continued

### BLOOD DRIVE AT SVMHS

**Tuesday, August 6; 9:00am-1:00pm**  
Location: Heart Center/MRI parking lot  
Please bring your photo ID; if you are a past participant, please bring your Donor Card to your appointment. Registration required. For more information and to register, email [healthpromotion@svmhs.com](mailto:healthpromotion@svmhs.com) or call 831-759-1890. Online registration at [vitalant.org](http://vitalant.org)

### LABOR OF LOVE - A PREGNANCY CELEBRATION

**Thursday, September 26; 4:30-7:30pm**  
Location: Sherwood Hall,  
940 N Main Street, Salinas. For more information call 831-759-1890.

### SVMC BEHAVIORAL HEALTH & WELLNESS CLINIC

SVMC Behavioral Health & Wellness Clinic offers a variety of classes to help you navigate through depression, anxiety and improve your overall health and well-being. For fees and more information call 831-269-7798. Free of charge for SVMC and SVMHS staff members.

### 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 program and meet our Joint Replacement Team at [svmhs.com/joint](http://svmhs.com/joint) or call 831-759-1978 to talk to our coordinator.

### 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 – just a button push away. For local service and more information, please call the Lifeline Office at 831-755-0788 or email [LifelineMonitoring@svmhs.com](mailto:LifelineMonitoring@svmhs.com)

### DONOR NETWORK WEST

You Have the Power to Donate Life. Be an Organ, Eye and Tissue Donor. For more information, call 1-866-797-2366 or visit [donateLIFEcalifornia.org](http://donateLIFEcalifornia.org).

### THE ALZHEIMER'S ASSOCIATION PRESENTS

Location: Carmel Foundation, Lincoln & 8th Avenue, Carmel. If someone is diagnosed with Alzheimer's or any dementia, it's time to review and assess what plans and what documents are in place to address the situation. Have you talked about your wishes if you are the one who is diagnosed with Alzheimer's? Have you and your spouse considered how you would approach dealing with the progress of the disease? Do you have documents that will enable a smooth transition for decision making? To attend, or for more information, call the Monterey office at 1-800-272-3900.

### STEP INTO HEALTH

Maintaining a healthy weight reduces your chance for development of chronic diseases. One easy way to do this is to walk 10,000 steps per day. Go ahead, we challenge you in September to STEP INTO HEALTH and reach 10,000 steps each day!

## Support Groups [svmhs.com/events](http://svmhs.com/events) | 831-759-1890

### ALZHEIMER'S CAREGIVER SUPPORT GROUPS

**English: 1st Wednesday of each month**  
12:30–2:00pm  
Location: First Baptist Church,  
1130 San Vicente Road, Salinas  
For more information, call 1-800-272-3900.

**Spanish: 2nd Monday of each month**  
6:00–8:00pm  
Location: 1000 S. Main St., Room 302  
For more information, call 831-424-4359.

### 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., Salinas  
Llame al 831-442-2992

### 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 831-297-2953 or visit [foodaddicts.org](http://foodaddicts.org).

### MULTIPLE SCLEROSIS SUPPORT GROUP

**3rd Friday of the month; 11:00am–1:30pm**  
For more information, call 831-333-9091.

### TRAUMATIC BRAIN INJURY PEER SUPPORT GROUP

**2nd and 4th Thursday of each month**  
3:30–5:00pm  
Location: Harden Foundation,  
1636 Ercia St., Salinas. No Fee.  
Registration required. For more information, call Georgina Alvarez or Joana Mendoza at 831-757-2968 ext. 20

### 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 831-655-1334.

### LOSS AND GRIEF SUPPORT GROUP

**Thursdays; 4:30–6:00pm**  
Location: Cancer Resource Center,  
501 E. Romie Lane, Ste. C, Salinas.  
Facilitator: Mick Ericson. For more information, call 831-759-1951.

### "WOMEN HELPING WOMAN"

**Meets the 1st, 3rd and 5th Tuesday of the Month**  
1:00–2:30pm  
Location: Cancer Resource Center,  
501 E. Romie Lane, Ste. C.  
Facilitators: Jackie Peña, LCSW, MSW. **Open to all women who have a cancer diagnosis.**  
For more information, call 831-759-3016.

### PARKINSON'S SUPPORT GROUP

**3rd Thursday of the month; 1:00–3:00pm**  
Location: St. Paul's Episcopal Church,  
1071 Pajaro Street, Salinas. For more information, call 831-333-9091.

### TYPE ONE DIABETES (T1D) MEETUP 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 contact, Stephanie Nelson at [snelson@jdrf.org](mailto:snelson@jdrf.org) or 415-597-6303.

### MAN TO MAN – DEALING WITH CANCER

**3rd Thursday of the month; 3:00–4:00pm**  
Location: SVMH Cancer Resource Center Conference Room. Men with cancer support group. For more information, call 831-759-1951.

## DIABETES: FROM EYES TO EXERCISE AND FOOD TO FOOT CARE

English; Tuesdays, series of 4 classes;  
4:00-6:00pm

July 9, 16, 23, 30; August 6, 13, 20, 27;  
September 3, 10, 17, 24;

English; Wednesdays, series of 4 classes;  
10:30am-12:30pm

July 24, 31, August 7, 14;  
August 28, September 4, 11, 18;

Location: 355 Abbott St. Ste. 200  
(upstairs, above PrimeCare).

Facilitator: Ashley LaBrier, RD. 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. The 4 class series will provide you with knowledge and skills you need to live healthy and well with diabetes. To register, for location and more information, call 831-422-3636.

## DIABETES: DESDE LOS OJOS A EJERCICIO HASTA COMIDA Y CUIDADO DE PIES

Español; Lunes, serie de 4 clases;  
4:30-6:30pm

Julio 1, 8, 15, 22;  
Julio 29, Agosto 5, 19, 26;  
Septiembre 9, 16, 23, 30;

Español; Jueves, serie de 4 clases;  
10:30am-12:30pm

Julio 11, 18, 25, Agosto 1;  
Agosto 22, 29, Septiembre 5, 12;  
Septiembre 26, Octubre 3, 10, 17;

Instructora: Mirella Lopez, RD. 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. 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. Para registrarse, ubicación y más información, llame a Salinas Valley Medical Clinic al 831-422-3636.

## PIYO/BARRE CLASSES

Alternating class series  
Wednesdays; 5:15-6:15pm

Beginning July 10, August 21, or October 2

Location: DRC-A. Fee: \$55 per participant; FREE for SVMH staff; \$22 MCSIG members; \$10 Drop-in class. 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. You can join the program at the beginning of the series or any Wednesday. Contact Health Promotion or call 831-759-1890, to register. Online registration available at [svmh.com/events-classes](http://svmh.com/events-classes)

## YOGA FLOW CLASSES

6 Session Series

Mondays; 5:30-7:00pm

Beginning August 5 or September 16  
Thursdays; 5:30-7:00pm

Beginning August 15 or September 26

Location: DRC-A&B. Fee: \$55; FREE for SVMH employees; \$22 for MCSIG members; \$10 drop in. 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. Contact Health Promotion or call 831-759-1890, to register. Online registration available at [svmh.com/events-classes](http://svmh.com/events-classes)

## CHAIR YOGA CLASSES

Mondays; 10:00-11:00am

Beginning July 15 or August 26

Wednesdays; 10:30-11:30am

Beginning August 7 or September 18

Location: DRC-A. Fee: \$55 for 6 weeks per participant; FREE for SVMH staff; \$22 for MCSIG members \$10 drop in class. 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. Contact Health Promotion or call 831-759-1890, to register. Online registration available at [svmh.com/events-classes](http://svmh.com/events-classes)

## QI-GONG: GENTLE MOVEMENT FOR WELLNESS

Program meets each Tuesday of month;  
(No class July 2)

Beginning participants: 1:00-2:15pm

Continuing participants: 2:30-3:45pm

Location: DRC-C. Facilitator: Eva Giedt, RN. No fee to attend. 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. Free valet parking at hospital parking garage. Registration required. Contact Health Promotion or call 831-759-1890, to register. Online registration available at [svmh.com/events-classes](http://svmh.com/events-classes)

## MINDFULNESS MEDITATION MINDFUL LIVING

Program meets each Tuesday of month;  
(No class July 2)

4:00-5:15pm

Location: DRC-C. Facilitator: Eva Giedt, RN. No fee to attend. Simple present moment meditation proven to reduce stress and promote well-being. Registration required. Contact Health Promotion or call 831-759-1890, to register. Online registration available at [svmh.com/events-classes](http://svmh.com/events-classes)

## NEED SLEEP?

August 8; 6:00-7:00pm

Topic: Alternative CPAP

Physician: Khalid Rauf, MD  
Location: SVMH Sleep Medicine Center, Cardiac Wellness Center Conference Room 120 Wilgart Way, Salinas. Free and open to the public. To register or for more information, call Sleep Medicine Center at 831-759-1920.

## RESOURCE FOR SMOKING CESSATION

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

## GOT CPAP? A SLEEP DISORDERS SUPPORT GROUP

September 26; 6:00-7:00pm

Topic: Troubleshooting CPAP Equipment

Location: SVMH Sleep Medicine Center, Cardiac Wellness Center Conference Room, 120 Wilgart Way, Salinas. Free and open to the public. 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. To register or for more information, please call Sleep Medicine Center at 831-759-1920.

## TAI CHI CHIH CLASS

6 Session Series; Tuesdays; 6:00-7:00pm

Beginning July 2, August 13 or  
September 24

Location: DRC-A&B. Facilitated by: Gwen Yee. Fee: \$60 per participant; Free for SVMH staff; \$25 for MCSIG members; \$10 drop in. 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. Contact Health Promotion or call 831-759-1890, to register. Online registration available at [svmh.com/events-classes](http://svmh.com/events-classes)

## QUIT SMOKING CLASS AMERICAN LUNG ASSOCIATION - FREEDOM FROM SMOKING CLASS

8 Session Program

July 15, 22, 29, August 5, 7, 12, 19 and 26;  
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](mailto:healthpromotion@svmh.com) or 831-759-1890. Online registration available at [svmh.com/events-classes](http://svmh.com/events-classes)

## Women & Children Services [svmh.com/events](http://svmh.com/events) | 831-759-1890

### MATERNITY CENTER TOURS

Monday, July 1, August 5,  
September 9; 7:00pm  
Saturday, July 13, August 3,  
September 7; 1:15pm  
Location: Meet in Merrill Lobby. For  
expectant parents only. No children  
under 12. Guide: Patricia Greenwood.

### BREASTFEEDING MADE EASY

Saturdays: July 27 or September 7  
9:00am–12:30pm  
Location: DRC-ABC, Facilitator: Carole  
Swain, IBCLC. Fee: \$20 per couple, \$15/  
couple for SVMHS  
Childbirth Students, \$7/couple for  
MCSIG members. Registration required,  
contact [healthpromotion@svmh.com](mailto:healthpromotion@svmh.com)  
or call 831-759-1890.

### CHILDBIRTH PREPARATION SERIES

5 session class  
(you must attend all 5 sessions)  
Wednesdays: August 7, 14, 21, 28,  
September 4; 6:30–9:30pm  
4 session class  
(you must attend all 4 sessions)  
November 6, 13, 20, December 4;  
6:30–9:30pm  
2 session class  
(you must attend both sessions)  
Saturdays: September 14, 21;  
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](mailto:healthpromotion@svmh.com) or call  
831-759-1890. Online registration available  
at [svmh.com/events-classes](http://svmh.com/events-classes)

### SALINAS ADULT SCHOOL CHILDBIRTH CLASS

4 week series; 6:00–9:00pm  
English: August 20, 22, 27, 29; or  
September 3, 10, 17, 24  
Spanish: October 1, 8, 15, 22  
Location: SAS Education Center, 20 Sherwood  
Drive, Salinas. Fee: \$50 per family, \$25 for  
Medi-Cal member. Text included. To register,  
call 831-796-6900 or online at  
[TheParentCenter.org](http://TheParentCenter.org)

### 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 831-759-3060.

## Regional Heart Center

### MENDED HEARTS: MONTHLY MEETINGS

July 16; 6:00–7:00pm  
Topic: **Age Well, Drive Smart**  
Speaker: CHP Driving Workshop  
Registration required - Call  
831-760-9241  
August 20; 6:00–7:00pm  
Topic: **You Finished Cardiac Rehab,  
Now What?**  
Speaker: Ashley Gabriel, MS, ATC  
September 17; 6:00–7:00pm  
Topic: **Why do we need fibers push?**  
Speaker: Sara Housman, MPHc, RD  
Clinical dietitian  
Location: DRC-B&C.  
For heart patients, their families and  
caregivers. Facilitating a positive  
patient care experience through  
support group meetings, speakers  
and visiting programs. For information,  
call 831-755-0772.

## 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  
services including but not  
limited to educational materi-  
als, 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, call  
831-759-1951.

### LOOK GOOD-FEEL BETTER

3rd Wednesday of the month;  
10:00am–12:00pm  
Teaches beauty techniques  
to female cancer patients. For  
information or to register, call  
831-759-1951 or  
[lookgoodfeelbetter.org/programs](http://lookgoodfeelbetter.org/programs)

### 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.**  
For more information or to  
schedule, call 831-759-1951.

We hope you enjoy our Pathways to Wellness publication!  
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