

Screenings

Blood Pressure Screening

More than one in three adults has high blood pressure. This silent disease may result in stroke, heart attack, heart failure and arterial aneurysm. It is also a leading cause of kidney failure. Keep track of your blood pressure at these drop-in screenings. For more information, call 415-923-3155.

Free

Third Fridays

1-2 p.m.
2100 Webster Street, Suite 100

YMCA Health Screenings

Free drop-in health screenings are available to the community at the Mission YMCA. Come every month for a different screening:
Sept. 3: Bone Density;
Oct. 1: Body Mass Index;
Nov. 5: Glucose; Dec. 3: Cholesterol
These screenings are made possible by the George H. Sandy Foundation. For more information, call 415-923-3155.

First Fridays

10-12 p.m.

Support Groups

Stroke Survivor

This group is designed to aid the recovery of stroke survivors by providing a safe and supportive atmosphere where individuals are able to share their experiences. Those at any stage of recovery are invited to attend. This group is

made possible by the philanthropic funds of Home Instead Senior Care San Francisco.

RSVP by calling 415-923-3155.

Free

Refreshments provided.

First Thursdays

1-2:30 p.m.
2100 Webster Street, Suite 119
Conference Room

Melanoma Cancer

Participants will join together for discussion and to give and receive support from others sharing similar experiences. This group is generously sponsored by AIM at Melanoma.

Tuesdays: Sept. 21, Oct. 19, Nov. 16, Dec. 14

2:00-3:30 pm
2351 Clay Street, Suite 137

Repetitive Strain Injury

The San Francisco Repetitive Strain Injury (RSI) support group is a peer-led group. For more information, call 415-923-3166. Suggested donation: \$5.

Mondays: Sept. 13, Oct. 4, Nov. 1, Dec. 6

7-9 p.m.

Davies Campus at Castro and Duboce Sts., North Tower, Davies Conference Room B-2/3

Compulsive Hair Pulling and Skin Picking

Get support and help in this support group for individuals with trichotillomania. Free. The Trichotillomania Learning Center is a national non profit organization. Contact Erin at erin@trich.org for information

Adult group: Mondays

6:30-8 p.m.
Davies Campus at Castro and Duboce Sts., North Tower
Davies Conference Room B-1

Hepatitis C

This is a peer-to-peer support group for people with or caring for someone with Hepatitis C. Get answers to questions and find out how others are dealing with HCV in a caring, non-judgmental forum. For more information, call 415-285-6893.

First and third Tuesdays

6:45-8 p.m.
2333 Buchanan Street
Pathology Conference Room

Hepatitis C Medication Injection Tutorial

Learn and receive coaching for injection procedures, proper dosage, medication side-effects and what to expect with Hepatitis C medication treatment. Contact Maria Beran at 800-527-6243 x8000338 to enroll.

Free

Tuesdays: Sept. 7, Oct. 5, Nov. 2, Dec. 7

6-7 p.m.

2100 Webster Street, Suite 100

Chemotherapy Education Class

Patients and caregivers learn about what to expect when having chemotherapy, possible side effects, and resources for help. An advance-practice nurse will answer your personal questions and concerns. For more information, call 415-600-3081.

Free

Thursdays

3-4 p.m.
2351 Clay Street, Suite 137



California Pacific
Medical Center

A Sutter Health Affiliate

With You. For Life.



Community Health Resource Center
CALIFORNIA PACIFIC MEDICAL CENTER

2100 Webster Street, Suite 100
San Francisco, CA 94115
415-923-3155
www.cpmc.org/chrc

Beyond Medicine.

Support the Community Health Resource Center

The Community Health Resource Center (CHRC) is a nonprofit organization, located at, but independent from, California Pacific Medical Center. Our generous donors make it possible for us to provide a comprehensive array of health and wellness programs to our community, particularly to those most in need.

Name: _____

Address: _____

City State Zip: _____

Phone: _____

E-mail: _____

Enclosed is my check payable to:
Community Health Resource Center (CHRC)
2100 Webster St., Suite 100
San Francisco, CA 94115

Please charge my credit card: Visa MasterCard
Credit card number: _____
Expiration date: _____
Amount to be charged: _____

Please direct my gift to: _____

Community Programs: _____

Support Groups: _____

Counseling Services: _____

Thank You for Making a Difference



California Pacific
Medical Center

A Sutter Health Affiliate

With You. For Life.



Community Health Resource Center
CALIFORNIA PACIFIC MEDICAL CENTER

Community Health Resource Center

Healthy Outlook

FALL 2010

Take the Next Step with Community Health Resource Center

As the "Next Step" after visiting your physician, Community Health Resource Center (CHRC) provides health programs and screenings to support the healthcare needs of the community. The host of health education programs and screenings are free or low cost and fall within one of four different core areas:

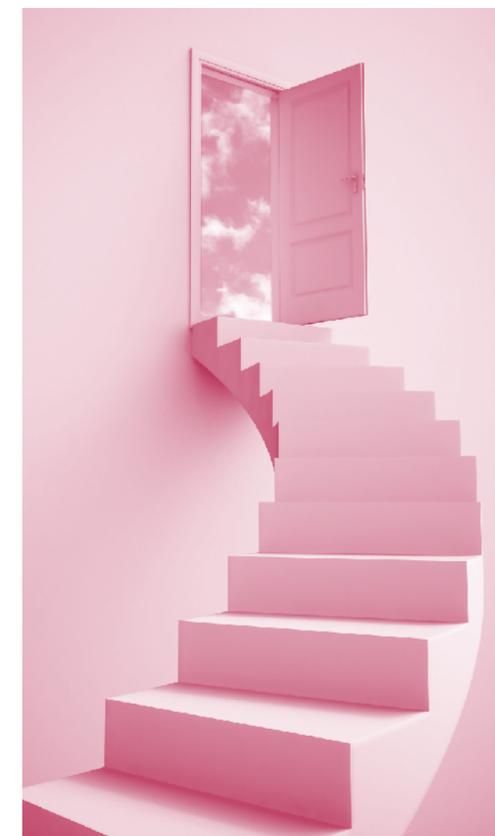
- Disease Management & Prevention
- Nutrition & Weight Management
- Aging Well
- Emotional & Informational Resources

Perhaps you are challenged with high blood pressure. Register for a Disease Management & Prevention program focused on lowering blood pressure such as "High Blood Pressure: The Silent Disease" or "Essentials of Senior Fitness". If you struggle to manage glucose levels, we have a variety of resources including an educational class entitled "What's the Buzz on Sugar?", as well as consultations with experienced registered dietitians. A complete list and description of all our educational events and services can be found in *Healthy Outlook*, our biannual newsletter, and within the California Pacific Medical Center magazine,

Beyond Medicine. Health education classes are presented by expert medical professionals including physicians, nurses, registered dietitians, health educators and social workers. To ensure current and relevant information is provided, classes are updated regularly throughout the year.

Complimenting the education and information provided through lectures, classes, and support groups, Community Health Resource Center hosts health screenings as an important and valuable component of the "Next Step". Join us the third Friday of each month from 1-2 p.m. for a free blood pressure screening. CHRC also offers a range of screenings at the Mission YMCA on the first Friday of each month from 10 a.m.-12. Screenings are free to participants and include a report of your results and an opportunity to speak with a registered nurse who can discuss your results.

Our objective at CHRC is to empower you to make informed healthcare decisions and to be proactive with your health goals. Call us or check out our website to learn more about taking the "Next Step" for your health.



To be removed from or added to our mailing list, please call 415-923-3155 or email cpmcchrc@sutterhealth.org. Let us know if you would like to be added to our email newsletter!

Meet with a Social Worker for Information, Resources, and Emotional Support

Dealing with a health concern or condition may elicit questions such as: What does this diagnosis mean to me? How will this change affect the rest of my life? How does this diagnosis impact my sense of self? How can I prepare for the future? Where can I find information, assistance and support?

Meeting with a social worker provides you with the space and time to explore your questions and identify solutions together that are tailored to your particular needs. A social worker can help you connect

with other resources and agencies in the community including home healthcare options, support groups, financial assistance programs, and transportation assistance, among many other forms of support.

While available as a long-term partner in navigating through and managing ongoing concerns, questions, and challenges, a social worker can also provide short-term emotional support. Short term emotional support from a social worker can help you to develop coping skills and strategies for

approaching a variety of emotional and practical challenges. You may find that meeting with a social worker on just a few occasions to address these kind of emotional needs is beneficial in helping you move forward with your life.

The social workers at Community Health Resource Center are available to assist you with your short or long term needs, such as connecting with information and resources, emotional support, and solution focused counseling. Give us a call to learn more about how we can help.

Turn to a Registered Dietitian to Achieve Your Nutrition and Weight Management Goals

In a world where fad diets are seemingly everywhere and many claim to be experts on nutrition, it can be difficult to know where to turn for high quality and trustworthy nutrition information. The answer is a registered dietitian!

A registered dietitian (RD) is a medical professional, trained and certified as a knowledgeable ambassador of health, nutrition and patient care, and is the skilled professional to seek for nutrition advice. Whether your doctor has recommended that you see a nutritionist for health concerns, you want to be proactive about targeted issues such as weight loss, or if you are simply interested in learning more about health and nutrition in general, an RD can help you achieve your goals.

Registered dietitians support your success by offering information and education tailored to your personal needs. A session with an RD is customized just for you and encompasses an individualized plan to address your needs and desired outcomes. If you want to learn how to prepare nutritious meals with accompanying grocery lists, or require a structured nutrition plan pertaining to a medical condition, dietitians are here to assist.

Community Health Resource Center (CHRC) has registered dietitians on staff to serve all your nutrition needs. To ensure that everyone can afford to benefit from our services, CHRC is committed to making quality health care available regardless of financial standing.

Services are provided at either a reduced cost using our sliding scale or at no cost to those in HMO plans with Brown & Toland chosen as the medical provider group. So stop by to make an appointment today or call us at 415-923-3155, and take the next step toward your healthy future today!



Community Health Resource Center Calendar September – December 2010

Please pre-register for all programs. Call 415-923-3155 or email cpmcchrc@sutterhealth.org. Visit our Web site at www.cpmc.org/chrc or call for more detailed course descriptions. \$10 donation suggested unless otherwise noted.

Disease Management & Prevention

No Ifs, Ands, or Butts Program

Do you want to quit smoking? Have you tried with no success? This intensive course includes techniques to manage withdrawal symptoms and the physical and psychological side effects. It will focus on traditional skills and strategies, along with holistic approaches such as hypnosis, acupressure and mindfulness to cope with the loss of the smoking habit. Participants have the opportunity for personal medical consultations and supervision. Five-week program, six classes total. Initial one-on-one consultation with a social worker is required. Fee: \$50

For more information or to enroll, call 415-923-3155.

Five Tuesdays
5:30–7 p.m. (plus one class on Thursday of the third week)

Start dates: Sept. 14 and Nov. 2, Jan. 11

2100 Webster Street, Suite 106

Updates in the Field of Breast Cancer

In honor of National Breast Cancer Awareness Month, an expert medical oncologist from CPMC will offer the latest information regarding signs and symptoms, risk factors, prevention and the most current treatments. Patients, family and health care professionals are welcome. Refreshments provided.

Tuesday, Oct. 19

6–7:30 p.m.

2333 Buchanan Street

Level A Conference Room

Computer Customized Knee Replacement

Learn about the latest technology in total knee replacement using specialized computer software, which turns a CT or MRI image of your knee into a 3-D model and then determines the correct size, alignment and rotation of the knee implant. Join the medical director of the Joint Replacement Center to learn how this provides consistent and accurate alignment of the total knee and helps ensure a long-lasting, pain-free result. Co-sponsored by CPMC's Joint Replacement Center. Refreshments provided.

Thursday, Oct. 28

1:30–3 p.m.

2333 Buchanan Street, Enright Room

Ugly Leg Veins: Is something wrong with my circulation?

A physician in the field of vascular disease will provide a comprehensive overview of causes, signs and symptoms, and risk factors of varicose veins. There will be time for questions and answers about the most current treatment options. This lecture is co-sponsored by the Vascular Institute of CPMC. Refreshments will be provided.

Free

Wednesday, Nov. 3

6–7:30 p.m.

2333 Buchanan Street, Enright Room

COPD: Advances in Treatments and Symptom Management

The medical director of the Center for Advanced Lung Therapies at California Pacific and an expert pulmonary rehabilitation therapist will offer a lecture focused on symptom management for those struggling with COPD a major cause of disability and the fourth leading cause of death. The most up-to-date treatment options will be presented. Co-sponsored by Breathe California.

Wednesday, Nov. 17

6–7:30 p.m.

2333 Buchanan Street

Level A Conference Room

Cholesterol: Heart Healthy Foods

Are your cholesterol levels high? Did you know that high cholesterol is one of the major risk factors for heart disease? Join a registered dietitian to discover how changing dietary habits and learning new approaches to eating can improve cardiovascular health.

Thursday, Dec. 16

1–2:30 p.m.

2100 Webster Street, Suite 106

Kidney Wellness Program

If you have been diagnosed with early kidney disease, this program provides an opportunity to meet with a registered dietitian for nutrition therapy and ongoing health screenings. Patients receive individual attention and a

personalized program to fit their lifestyle needs in order to feel their best each day and prevent further progression. The program costs \$60 per consultation or no fee for Brown & Toland HMO members. Call 415-923-3155 for more information.

Nutrition & Weight Management

How to Organize and Simplify Your Meals and Kitchen

Are you looking for healthy and simple meal plans? Would you like tips on creating a kitchen that is ready to go with healthy ingredients on hand? This session with a registered dietitian will inspire you to think about how you are framing your eating. Get organized and make meal preparation a breeze!

Thursday, Dec. 9,

12:30–2 p.m.

2100 Webster Street, Suite 106

Aging Well

Advance Health Care Directives

Advance Health Care Directives are important for all individuals over the age of 18 to have in place so that a person's wishes will be followed if one becomes unable to make decisions. Take the time now to understand and determine choices for care at the end of life. Class size limited to six people. Fee \$10.

Monday, Oct. 4

12–1:30 p.m.

Monday, Dec. 6

12–1:30 p.m.

2100 Webster Street, Suite 106

Conscious Aging in a Changing World

What does aging look like to you? How would you like to be seen when you are older? This discussion is an invitation to look at aging differently and to question the common cultural and personal assumptions we hold. We welcome you to engage with the many images of aging and look anew for what aging can offer us. Refreshments provided.

Co-sponsored by AgeSong Senior Communities.

Thursday, Oct. 14

2–3:30 p.m.

2100 Webster Street, Suite 106

Oral Health for Seniors

What's the big deal about dental care? With all the medical, financial and other issues seniors have to deal with every day, is this really a priority? This lecture will cover the reasons why the need for dental care increases with age, the mouth-body link (how dental problems contribute to increased risk for heart attack, stroke, diabetes and pneumonia), dental problems seniors face and why, access to care issues for seniors, and resources for caregivers.

Thursday, Nov. 11

1–2:30 p.m.

2100 Webster Street, Suite 106

Management of Hearing Loss

This program is focused on how to manage hearing loss, including utilizing a hearing aid most effectively to improve communication with others. Learn how to maximize communication through lip reading, stress reduction, creative problem solving and assertiveness. A speech pathologist will instruct participants in a supportive group environment. Six sessions.

For more information, call Judi at 415-561-1018.

Free

Thursdays,
1:15–2:45 p.m.

Start date: Nov. 11

Davies Campus at Castro and Duboce Sts., North Tower
Davies Conference Room B-1

Latest in Alzheimer's Treatment and Research

In recent years, we have entered a period of tremendous advances on all fronts in Alzheimer's research, encompassing areas as diverse as genetic risk factors for Alzheimer's, imaging studies to identify Alzheimer's in the living brain, blood tests that may one day be used to diagnose Alzheimer's, and how lifestyle influences our risk of Alzheimer's as we age. Join us to learn more about the very latest in Alzheimer's disease research.

Wednesday, Dec. 1

12:30–2 p.m.

2100 Webster Street, Suite 106

Emotional & Informational Resources

Creating Balance in Health & Wellness

This workshop will focus on helping you to develop a holistic view of health and wellness. A therapist will guide you through five specific aspects of wellness — physical, emotional, social, spiritual, and intellectual — as well as provide support in strengthening areas you wish to improve.

Tuesday, Oct. 26

12:30–2:00 p.m.

2100 Webster Street
Suite 106

