



# Summer 2019 Event Calendar

Please preregister for all programs to reserve your seat as space may be limited.

Call 415-923-3155 or email [cpmchrc@sutterhealth.org](mailto:cpmchrc@sutterhealth.org)

May	<p><b>Advance Health Care Directives</b>  <i>Presenter: Jennice Wong, LCSW</i>            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.  <i>*Class limited to 20 participants. Registration required, \$10 fee</i></p>	<p>Thursday, May 23            10:30 – 12:00 pm            2333 Buchanan St.            First Floor, Enright Room</p>
June	<p><b>Delving Deeper Into Hearing Loss</b>  <i>Presenters: Shu-En A. Lim, AuD, CCC-A, F-AAA &amp; Kenneth Billheimer, AuD (University of the Pacific Hearing &amp; Balance Center)</i>            There's a lot more to hearing than just the ear. The ear-brain system is responsible for coding and decoding all the sounds in our environment. Learn more about how changes to hearing impacts much more than just not having enough volume. We'll also discuss new advancements in hearing device technology that aim to help deficits in the ear-brain system, and allow individuals with hearing loss to maximize their ability to function in varied hearing environments. <i>Free event, \$10 suggested donation</i></p>	<p>Tuesday, June 11            1:30 – 3:00 pm            2333 Buchanan St.            First Floor, Enright Room</p>
	<p><b>Mindful Eating Class Series</b>  <i>Presenter: Erica Eilenberg, MPH, RD</i>            Eating while feeling stress can impact our health in an 'unsavory' way and leave us feeling out of control and unhealthy. Join the series to experience how mindful eating can change the way you look at food and have an enjoyable eating experience. An experienced registered dietitian will support participants to process feelings around eating and learn steps to successfully shift attitudes and thoughts. In this class we will each bring our own dinner and practice eating mindfully in a judgment-free environment. Class limited to 6 people. <b>*Intake interview required prior to start date. HMO Brown &amp; Toland members pay no fee.</b> All others \$60 per class. <i>Registration for full series is required; unable to accommodate registration for a single class. Advance payment/enrollment required.</i></p>	<p>Tuesday, June 4            Tuesday, June 11            Tuesday, June 18            Tuesday, June 25            6 – 7:30 pm            2100 Webster Street,            Suite 100</p>
	<p><b>Your Kidneys and You</b>  <i>Presenters: Patty McCormac, RN (National Kidney Foundation) &amp; Jason Mousel, MS, RD</i>            This workshop will review how to maintain kidney health, risk factors for developing chronic kidney disease (CKD), and how to manage each stage of CKD. A registered dietitian will discuss how nutrition intervention can be beneficial at any stage of kidney disease. A transplant recipient will also share their experience. <i>Free event, \$10 suggested donation</i>  <i>Free glucose and blood pressure screenings will take place before and after the presentation</i></p>	<p>Wednesday, June 26            4:30 – 6:00 pm            2333 Buchanan St.            First Floor, Enright Room</p>
July	<p><b>Healthy Aging Series</b>            This series will provide insight into the aging process, and provide participants with important information relating to safe physical activity strategies, nutrition recommendations, and emotional well-being. <i>Free event, \$10 suggested donation</i>  <i>These workshops will span three dates in July; participants are encouraged to attend all three events.</i></p>	
	<p><b>Week One: Nutrition Recommendations for Older Adults</b>  <i>Presenter: Eric Hernandez, RD</i>            Join a registered dietitian who will discuss up-to-date nutrition recommendations for the aging population. Topics will include nutrient requirements that are important to aging, disease prevention and management for common age-related conditions, and using supplements safely. The dietitian will also address practical tips for common issues, such as cooking, food access, and changes in eating habits.</p>	<p>Thursday, July 11            3 – 4:30 pm            2333 Buchanan St.            First Floor, Enright Room</p>
	<p><b>Week Two: Maintaining Independence through Physical Activity</b>  <i>Presenter: Brynne Duty, PT, DPT, OCS (CPMC Physical Therapy Department)</i>            A physical therapist will review the body's common changes during the aging process, and provide strategies to reduce the risk of falls and to maintain independence. The presenter will demonstrate safe exercises and stretches, which participants will be able to practice during the session. <i>*Light movement will take place in this workshop.</i></p>	<p>Thursday, July 18            3 – 4:30 pm            2333 Buchanan St.            First Floor, Enright Room</p>
	<p><b>Week Three: Aging &amp; Emotional Well-being</b>  <i>Presenter: Scott Plymale, PhD, LCSW</i>            This session will focus on the aging process relating to emotional support, social support, and overall well-being. A licensed clinical social worker will discuss coping skills and empowering tools for individuals and caregivers. Local resources will also be reviewed.</p>	<p>Thursday, July 25            3 – 4:30 pm            2333 Buchanan St.            First Floor, Enright Room</p>

### Chronic Kidney Disease (CKD) Class Series

Do you have chronic kidney disease (CKD), or are you at high-risk? Join Community Health Resource Center in partnership with the National Kidney Foundation for a class series focusing on kidney health and chronic kidney disease (CKD). Class series is **FREE** for all participants, HMO Brown & Toland members welcome. Class limited to 12 participants.

**Advance registration for full series required;** unable to accommodate registration for a single class. Snacks provided at each session.

Scholarships and funding for the series provided by National Kidney Foundation (NKF), NKF Council of Renal Dietitians, and UC Berkeley Kidney Disease Screening & Awareness Program (KDSAP)

<b>August</b>	<p><b>Week One: Kidney Health &amp; CKD Overview</b> This class will provide an introduction and overview of kidney function and chronic kidney disease (CKD), spanning stages 1-5. The dietitian will discuss disease prevention, and how to reduce and manage risk factors.</p>	<p>Thursday, August 15 Thursday, August 22 Thursday, August 29 4 – 6:00 pm 2100 Webster Street, Suite 119, Board Room</p> <p>All classes facilitated by Elena Zidaru, MA, RD</p>
	<p><b>Week Two: Nutrition Recommendations for CKD</b> The second class will focus on managing CKD, and will provide guidance to preserve kidney function and slow disease progression. The dietitian will explain the benefits of nutrition intervention, and provide specific recommendations for each stage of CKD, with a focus on protein, sodium, potassium, phosphorus, and other nutrition considerations.</p>	
	<p><b>Week Three: Meal Planning</b> In this class, the dietitian will focus on reading nutrition labels, and will review practical meal and snack planning tips for a kidney-friendly diet.</p>	

### Grocery Store Tours

Grocery shopping should not be confusing. Learn how to navigate the store by joining us for a Grocery Store Tour. A registered dietitian will guide you aisle by aisle to provide tips on grocery shopping and meal planning. \*Fee: HMO Brown & Toland members pay no fee. All others \$60 per tour. **Advance payment/enrollment required. 6 participant limit.** All tours will be held at Safeway: 1335 Webster Street.

<p><b>Sodium</b> Thursday, June 20 5:30 – 7:00 pm <b>Presenter: Elizabeth Thomas, MS, RDN</b> On this 90-minute tour, you will learn how to read labels and identify the sodium content in products to help lower blood pressure and overall sodium intake. Learn about recommended sodium intake, and low-sodium strategies for shopping and cooking.</p>	<p><b>Carbohydrates</b> Thursday, July 18 2:00 – 3:30 pm <b>Presenter: Elizabeth Thomas, MS, RDN</b> On this 90-minute tour, you will learn how to read labels, count carbs, create balanced meals, and identify added sugars. You will also be able to ask the dietitian about your food and nutrition-related questions. Learn to better manage your pre-diabetes or type 2 diabetes by shopping smarter.</p>	<p><b>Cholesterol</b> Thursday, August 15 5:30 – 7:00 pm <b>Presenter: Elizabeth Thomas, MS, RDN</b> On this 90-minute tour, you will learn how to read labels, understand the difference between healthy and unhealthy fats, and create balanced meals to promote a heart-healthy diet. You will also be able to ask the dietitian about your food and nutrition related questions.</p>
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### SUPPORT GROUPS

<p><b>Cancer Buddy Program</b> This program connects patients within the first year of a cancer diagnosis with trained volunteer cancer survivors. The program is a forum for individuals to speak openly with someone who understands cancer from personal experience.</p> <p>To request a Buddy or to volunteer, call 415-923-3155</p>	<p><b>Stroke Survivor</b> This group is designed to aid the recovery of stroke survivors at any stage by providing a safe and supportive atmosphere where individuals are able to share their experiences.</p> <p>2100 Webster Street, Suite 119 First Thursdays, 12:00 – 1:00 pm To register, call 415-923-3155</p>
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### HEALTH SCREENINGS

Health screenings offered at the following San Francisco locations are **free** of cost. Each week offers a different screening type rotating through glucose, cholesterol, body mass index (BMI), and blood pressure. A registered nurse will be available to discuss screening results. Drop-ins welcome, no registration required.

<p><b>Mission YMCA</b> 2<sup>nd</sup> and 4<sup>th</sup> Fridays 10 am – 12 pm 4080 Mission Street</p>	<p><b>Mission Neighborhood Centers</b> 1<sup>st</sup> and 3<sup>rd</sup> Fridays 10 am – 12 pm 362 Capp Street</p>	<p><b>Chinatown YMCA</b> 1<sup>st</sup> and 3<sup>rd</sup> Fridays 10 am – 12 pm 855 Sacramento Street</p>	<p><b>Stonestown YMCA</b> 2<sup>nd</sup> Fridays, 9:45 – 11:45 am 3150 20<sup>th</sup> Ave. (Senior Annex)</p>	<p><b>Professional Building, CPMC Pacific Campus</b> 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays 2 – 4 pm 2100 Webster Street, Lobby</p>
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