



# Summer 2018 Event Calendar

Please preregister for all programs to reserve your seat as space may be limited.  
Any contribution welcome, \$10 suggested. Call 415-923-3155 or email [cpmchrc@sutterhealth.org](mailto:cpmchrc@sutterhealth.org)

<b>May</b>	<p><b>Stroke Prevention &amp; Education</b>  <i>Presenter: Mike Ke, MD (CPMC Comprehensive Stroke Care Center)</i>            Stroke is a leading cause of death and long-term disability in the United States and affects people of all ages and backgrounds. This lecture will focus on prevention, risk factors, early detection, and treatment of stroke. Stroke survivors, caregivers, and others at risk are encouraged to attend.</p> <p>*Free blood pressure screenings will be provided before and after the presentation</p>	<p>Tuesday, May 29            2:30 – 4 pm            2333 Buchanan St.            First Floor, Enright Room</p>
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<b>June</b>	<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.</i> Advance payment/enrollment required.</p>	<p>Wednesday, June 6            Wednesday, June 13            Wednesday, June 20            Wednesday, June 27            6 – 7:30 pm            2100 Webster Street,            Suite 100</p>
	<p><b>Your Kidneys and You</b>  <i>Presenter: Patty McCormac, RN (National Kidney Foundation)</i>            If you have high blood pressure or diabetes, or have a family member who does, then you are at risk for kidney disease. Attend this lecture to learn about your kidneys and how to protect them. A registered dietitian will discuss nutrition relating to kidney care, prevention, and treatment, and a transplant recipient will share their experience.</p>	<p>Tuesday, June 26            5 – 6:30 pm            2333 Buchanan St.            First Floor, Enright Room</p>

<b>July</b>	<p><b>Delving Deeper Into Hearing Loss: Workshop &amp; Free Screening</b>  <i>Presenters: Shu-En A. Lim, AuD, CCC-A, F-AAA &amp; Kenneth Billheimer, AuD</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.</p> <p><b>Do you have difficulty with hearing on the telephone or hearing it ring?</b> Students (under the supervision of the audiology faculty from the University of the Pacific) will be offering hearing screenings to determine if you qualify for a telephone from the California Telephone Access Program. These specialized phones will aid you in hearing a telephone conversation with more clarity and volume. There is no charge for the screening, and, if you qualify, there is no charge for the telephone.</p>	<p>Thursday, July 12            2:30 – 4:30 pm            2333 Buchanan St.            First Floor, Enright Room</p>
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**Please see back of page for August events, grocery store tours, support groups, and health screenings**

## Arthritis Education & Prevention Series

This series is dedicated to the memory of Dr. David Curtis, a CPMC rheumatologist with Pacific Rheumatology Associates, and a long-term Board Member for Community Health Resource Center, who had an outstanding dedication to patient education.

*The series will span three dates in August; participants are encouraged to attend all three events.*

August	<p><b>Arthritis Series Part 1: Arthritis &amp; Inflammatory Diseases</b>  <i>Presenter: Neal Birnbaum, MD (Pacific Rheumatology Associates)</i>                      Join a rheumatologist who will discuss various aspects of arthritic disease. This session will cover an overview of arthritis: what is arthritis, causes and symptoms, the most common types, and how arthritis is screened for and diagnosed. Additionally, the presenter will cover prevention strategies and treatment options relating to the latest research.</p>	<p>Wednesday, August 15                      5 – 6:30 pm                      2333 Buchanan St.                      First Floor, Enright Room</p>
	<p><b>Arthritis Series Part 2: Safe Exercise Strategies</b>  <i>Presenters: CPMC Physical Therapy Department</i>                      This interactive workshop will include an overview of how to utilize exercise strategies to increase strength and flexibility for those with arthritis. A physical therapist will guide you on which types of exercises are best for you to do safely, while working to reduce joint pain and stiffness. Participants will be able to practice exercises and work with the instructor during the session. <i>*Light movement will take place in this workshop.</i></p>	<p>Wednesday, August 22                      5 – 6:30 pm                      2333 Buchanan St.                      First Floor, Enright Room</p>
	<p><b>Arthritis Series Part 3: Nutrition-Based Strategies to Reduce Inflammation</b>  <i>Presenter: Stacy DeRosa, RD</i>                      Join a registered dietitian to explore the relationship between inflammation and nutrition choices. Learn about how specific foods may influence the body's inflammatory process and what the latest research suggests in this area.</p>	<p>Wednesday, August 29                      5 – 6:30 pm                      2333 Buchanan St.                      First Floor, Enright Room</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>Thursday, May 31 • Heart Health • 2 - 3:30 pm</b>  <b>Presenter: Elizabeth Thomas, MS, RDN</b>                      On this 90-minute tour, you will learn how to read labels, identify sodium in products, understand the difference between types of fat, 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>	<p><b>Thursday, July 26 • Carbohydrates • 2 - 3:30 pm</b>  <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>
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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.                       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.                       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.

**\*Free cognitive screenings, provided by Savonix, are regularly available at the Professional Building site only.**

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> Avenue (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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