

# Summer Event Calendar 2020

RSVP to save yourself a seat! See second page for information regarding virtual access.

Any contribution welcome, \$10 suggested. To RSVP call 415-923-3155 or email [cpmchrc@sutterhealth.org](mailto:cpmchrc@sutterhealth.org)

May

## Stroke Education & Screening (Virtual Access Available)

### **Presenter: CPMC Comprehensive Stroke Care Center Neurologist**

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.  
\*Blood pressure screening available for live event only.

Wednesday, May 13  
4:00 – 5:30 pm  
1100 Van Ness Avenue  
3rd Floor, Room 312B

## Nutrition and Your Blood Pressure (Virtual Access Available)

### **Presenters: Jason Mousel, MS, RD (CHRC) and Michelle Hall, RN, BSN (CPMC Cardiac Rehabilitation)**

High blood pressure: a silent, deadly disease. Come join us to learn about the signs and symptoms of hypertension. We will discuss health risks posed by hypertension along with ways to manage it, specifically in the form of nutritional, self-care, and lifestyle choices.

Friday, May 22  
3:30 – 5:00 pm  
2333 Buchanan Street  
1st Floor, Enright Room

June

## Colorectal Cancer Awareness Education (Virtual Access Available)

### **Presenter: Vanessa Talbott, MD (California Pacific Medical Center)**

A colorectal surgeon will offer vital information about colorectal cancer - the second leading cause of cancer-related death in the United States. The presenter will discuss the latest information regarding prevention, risk factors, signs and symptoms, and the most up-to-date treatments and research.

Tuesday, June 23  
4:30 – 6:00 pm  
2333 Buchanan Street  
1st Floor, Enright Room

## Melanoma Education & Treatments (Virtual Access Available)

### **Presenter: Kevin Kim, MD (California Pacific Medical Center)**

Not all skin cancers are equal. Known as the most dangerous form of skin cancer, melanoma continues to be an important public health topic. Come join CHRC to learn about the advanced stages of melanoma and available treatments during stages III and IV. We will also review the most current research.

Thursday, June 18  
4:00 – 5:30 pm  
2333 Buchanan St.  
1st Floor, Enright Room

July

## Exercise is Medicine for Parkinson's Disease (Virtual Access Available)

### **Instructor: Jennifer Broder Alex, PT, DPT, NCS (CPMC Physical Therapy)**

Jennifer Broder Alex is a Neurologic Clinical Specialist physical therapist, certified in the PWR!Moves™ exercise model for Parkinson's disease. She will discuss the concept of "Exercise is Medicine" for the treatment of Parkinson's Disease. The presenter will provide guidelines on how to structure an exercise routine to maximize brain health and neuroplasticity. This class is open to all; caregivers encouraged. \*There will be light movement in this class

Thursday, July 16  
5:00 – 6:30 pm  
2333 Buchanan Street  
1st Floor, Enright Room

## Is Cannabis Right for You, and Are You Right for Cannabis? (Virtual Access Available)

### **Panelists: Barbara Blaser, RN, Carrie Tillman, and Sibyl M. Neal-Adesokan, Moderator: Reba Hsu, MSWi**

This event will include a lecture and a panel. The lecture portion provides basic information on cannabis and its growing role in palliative care. The panel portion will feature a nurse, a current patient, and a healthcare worker. We will also explore benefits and discuss precautions. Participants will be able to ask questions and share thoughts in a non-judgmental space.

Thursday, July 23  
3:30 – 5:00 pm  
2333 Buchanan Street,  
1st Floor, Enright Room

August

## 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 15 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).

### **Week One: Kidney Health & CKD Overview**

This class will provide an introduction and overview of kidney function (CKD), spanning stages 1-5. The dietitian will discuss disease prevention, and how to reduce and manage risk factors.

### **Week Two: Nutrition Recommendations for CKD**

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.

### **Week Three: Meal Planning**

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.

Tuesday, August 18  
Tuesday, August 25  
Tuesday, September 1  
3 – 4:30 pm  
2333 Buchanan Street,  
1st Floor, Enright Room

All classes  
facilitated by CHRC's  
Elena Zidar, MA, RD

## SUPPORT GROUPS

### Cancer Buddy Program

This program connects patients within the first year of 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, please call 415-923-3155

### Stroke Survivor

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

### Coping with Cancer

This workshop provides a safe and supportive environment for individuals with any cancer diagnosis. You can ask questions and get emotional support and information to help with your cancer journey. This free meeting promotes education, awareness and emotional support.

2351 Clay Street, Deikel Room #137  
First Tuesdays, 4:30 – 6:00 pm  
For more information, call 415-600-3977  
or 415-600-5880

## FREE HEALTH SCREENINGS

Health screenings offered at the following San Francisco locations are free of cost. Each week offers a different screening type rotating through cholesterol, glucose, and blood pressure. A registered nurse will be available to discuss screening results.

Drop-ins welcome, no registration required.

#### Mission YMCA

2nd and 4th Fridays  
10 am – 12 pm  
4080 Mission St.

#### Mission Neighborhood Centers

1st and 3rd Fridays  
10 am – 12 pm  
362 Capp St.

#### Chinatown YMCA

1st and 3rd Fridays  
10 am – 12 pm  
855 Sacramento St.

#### Stonestown YMCA

2nd Fridays  
9:45 – 11:45 am  
3150 20th Ave. (Senior Annex)

#### CPMC Professional Bldg.

1st and 3rd Wednesdays  
2 – 4 pm  
2100 Webster St., Lobby



Stay connected with CHRC:

Web: [chrcsf.org](http://chrcsf.org)



Facebook



Twitter @CHRCinSF



Yelp

## Virtual (Online) Access to CHRC Health Education

Community Health Resource Center is making almost all of its health education accessible virtually through an online video conferencing platform called Zoom. Due to this year's COVID-19 shelter-in-place ordinance, CHRC recognizes the importance of adapting to changing circumstances so that we may continue to be accessible to our community members. Every live event will be streamed online using Zoom. You have the option to attend any lecture physically or virtually.

To access any scheduled class virtually, you will need a computer with a microphone and camera, internet connectivity, and the conference link (provided by CHRC). You must RSVP by providing your email to receive the conference link.

If you would like assistance, please contact us at 415-923-3155 or email [cpmcchrc@sutterhealth.org](mailto:cpmcchrc@sutterhealth.org) to schedule time with our program coordinator for help.

### Why RSVP?

RSVP by phone or by email, ideally both.

415-923-3155 | [cpmcchrc@sutterhealth.org](mailto:cpmcchrc@sutterhealth.org)

- To receive reminders about your event
- To receive notification when an event is cancelled or postponed
- To save your seat at the live event
- To ensure we produce enough lecture materials when you arrive for the live event
- To get the conference link if you are interested in attending virtually from your computer