



Eden Medical Center

A Sutter Health Affiliate

With You. For Life.

Community Based, Not For Profit

your health

Winter 2008

Bringing Wellness and Health News to Northern California

"I'm Happy to Be Back in the Game"

My story on page 8

Lighten Up Your Holiday Beverages

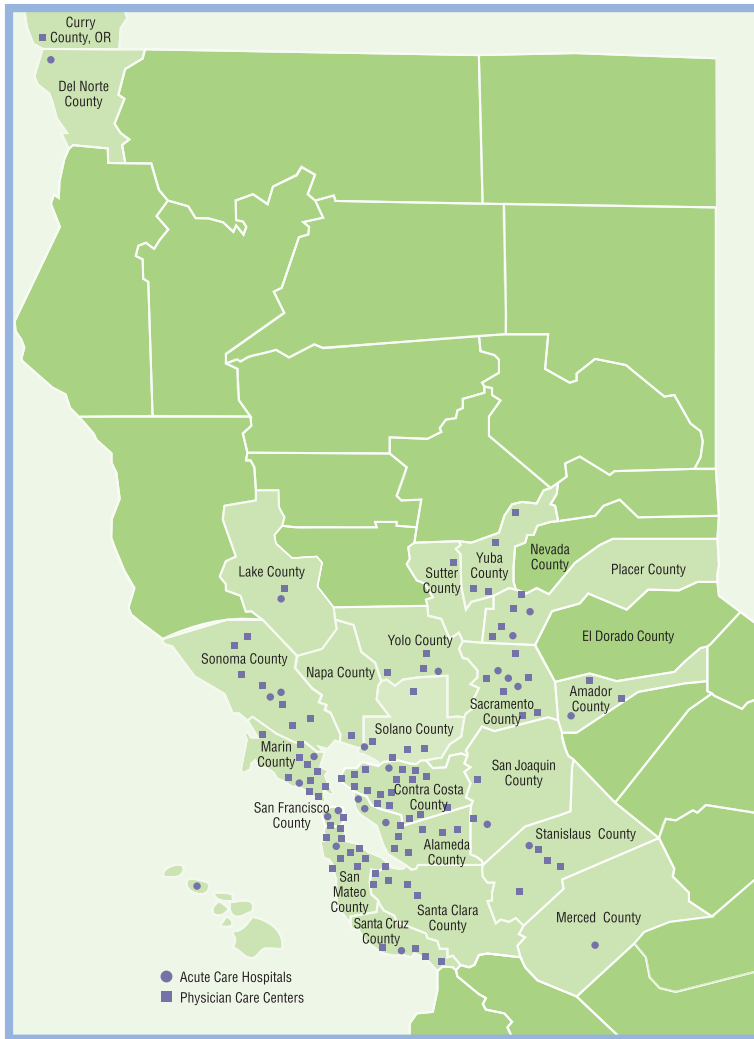
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Generations of Great Nurses

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The Sutter Health Network

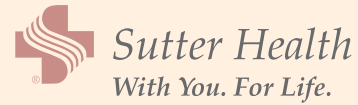


Welcome to *Your Health*

Eden Medical Center is part of a family of not-for-profit hospitals, physician organizations and other health care service providers that share resources and expertise to advance health care quality and access. Providing care in more than 100 communities throughout Northern California, the Sutter Health network is a regional leader in cardiac care, cancer treatment, orthopedics, obstetrics and newborn intensive care and is a pioneer in advanced patient safety technology. *Your Health* is designed to help you and your family make informed decisions about your health care.

Would you like to be added to the *Your Health* mailing list? If so, please e-mail your name and address to www.edenmedcenter.org.

Please note that while the information in *Your Health* is gathered from a wide range of medical experts, it may not apply to your particular situation. If you have specific questions about your health, contact your personal physician. Nothing contained in this publication is intended to be for medical diagnosis or treatment.



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Want to learn more about healthy lifestyles? Visit us online at www.edenmedcenter.org. Our Web site contains hundreds of health topics, the latest news on our programs and services, and a directory to help you find a physician.

Volunteering

Is Good for the Heart

Many studies show that volunteering can have a positive effect on your health and well-being. That couldn't be truer than in the case of two local ladies who show that giving means getting back, too!

A Compassionate Optimist

Gerry Osborne came to Eden Medical Center 12 years ago, when she was 76 years young. Today, at age 88, she has an energy level that young people would envy.

Osborne graduated from San Jose State University and joined the Navy during World War II. She was stationed at the Naval Air Station in San Diego. After getting married and starting a family, she earned her teaching credentials and taught first grade. She retired and traveled the world. Now she enjoys spending time with her three grandchildren and volunteering at the hospital.

"My favorite part of working at the hospital is the patients and nurses. We have a great group of nurses who really care and have good attitudes," Osborne says. Osborne herself is a role model for positive thinking and compassion—traits she says she acquired from her mother.

The staff in the Emergency Department has come to rely on Osborne's smile and reassuring hand.

"Sometimes you just need to stay with people even when they think they don't need anyone," says Osborne. "Volunteering gives you the chance to give back what life has given you."

A Vivacious Volunteer

When visitors come in to San Leandro Hospital on a Tuesday afternoon, they are most likely greeted by the warm, friendly smile of Mary De Silva, a vivacious 96-year-old who has volunteered for eight years.

De Silva decided to become a volunteer after she visited a hospital and saw ladies in colorful smocks helping patients. When the opportunity presented itself to volunteer at San Leandro Hospital, she signed up. The fact that she speaks Portuguese in a city with a large Portuguese population made

"Volunteering gives you the chance to give back what life has given you."

—Gerry Osborne, Eden Medical Center volunteer



Do Good, Feel Good

If you are interested in volunteering, call Eden Medical Center at **510-537-1234** or San Leandro Hospital at **510-667-4596**.

Volunteers Mary De Silva (left), Laura Arruda (right) and Gerry Osborne (inset—during her Navy years)

her an immediate asset.

De Silva's compassion for people has earned her numerous thank-you letters from patients who appreciate her companionship and staff who value her help. "I smile, talk and joke with everyone who comes in. Sometimes that's all people really need to feel better about a serious situation," De Silva says. She has also become very close with her volunteer crew. "It's a great social experience. You get to know people who came here after they retired or lost a husband, and you form special bonds with them."

While De Silva gets exercise running around the hospital, she also gets plenty elsewhere. "I work out at the local Curves health club twice a week, where I'm the 'senior' member. For me, the secret to a long, healthy life is keeping active and having a great outlook. Attitude is everything!"

Lighten Up

Your Holiday Beverages

If you're watching your weight this season, you know to load up on salad and steer clear of the pie. But what is that you're sipping?

"Favorite holiday drinks such as eggnog, punch and champagne can add hundreds of unwanted calories to your diet," says Sunida Infahsaeng, dietitian for Sutter Solano Medical Center. "To avoid seasonal weight gain, choose beverages carefully and limit your servings."

Here are some tips to help you rethink your drink:

- You can't go wrong by choosing water—plain, mineral or sparkling—but jazz it up with a twist of lemon. Or try a splash of 100 percent juice.
- At a party, assess your options. Hot cider, diet soda, or sugar-free or low-fat cocoa are all better choices than high-calorie punch. If you must drink something sweet and rich, stop at one small serving.
- Enjoy fancy coffee the guiltless way by adding sugar substitute and nonfat flavored creamer. Hold the whipped cream.
- Craving eggnog? Choose a reduced-fat ready-made version. If you prefer homemade, find a low-calorie recipe online. Or follow your own recipe, replacing eggs with egg substitute and whole milk with low-fat milk or fat-free evaporated milk.
- When drinking alcohol, save calories by opting for a light beer or wine spritzer (wine mixed with club soda) instead of a mixed drink. Then alternate alcoholic drinks with nonalcoholic drinks. Alcohol is just empty calories—and drinking too much tends to make you hungrier.

Write It Down, Take It Off!

If you record what you eat and drink, you could double your weight loss. That is the conclusion of a recent study published in the August 2008 issue of the *American Journal of Preventive Medicine*.

The study included about 1,700 adults who were overweight or obese. For five months, they were urged to eat fewer calories, exercise daily, and record their daily food and beverage intake. The people who did not keep a food diary lost about 9 pounds; those who journaled lost twice that amount—about 18 pounds.

A food journal helps in two ways. First, it helps you see where extra calories are coming from. Second, it makes you accountable for your choices, so you may think twice before impulsively snacking.

Ready to begin journaling? It helps to keep your diary with you so that you can write down everything as you go. Even little snacks—a few crackers or a glass of juice—should be logged in. Record "extras," such as mayo on your sandwich or butter on your vegetables. And be honest about portion size and number of servings.

Seeing a list of everything you consume can be eye-opening—and just the nudge you need to make over your diet for a healthier you.

Begin your weight-loss journey on a positive note. For a sample food diary, go to www.sutterhealth.org/yourhealth.

A Woman's Guide to Taming Stress



Between caring for family, working and running a household, many women can sum up their days with one word: overloaded. Add in activities and get-togethers around the holidays, and another word comes to mind: stressed!

If a hectic schedule and numerous responsibilities are wearing you down, don't push yourself harder or skimp on sleep. Instead, take time to identify the root causes of your stress. Then try to avoid the worst stress triggers. For the triggers that you can't avoid, try to change how you react to them.

If you let stress dominate your life, sooner or later you may pay the price with sickness, exhaustion and other problems that affect both mind and body. "Stress is a major health issue, especially for women who take care of everything and everybody but themselves," says Lorraine Tortosa, M.D., internal medicine, Sutter North Medical Foundation. "If stress has become your 'normal,' you may not realize the toll it is taking. Headaches, trouble sleeping, difficulty relaxing and an upset stomach are not normal—they are warning signs of high stress."

When you feel stressed, your body reacts by releasing chemicals that weaken your immune system, which means you have a greater chance of getting colds, the flu and other sicknesses. Stress can also worsen chronic health conditions, such as high blood pressure, asthma, arthritis and diabetes. When you're stressed, you are apt to feel anxious and depressed and may have backaches, constipation, diarrhea, weight gain, and neck and shoulder stiffness.

5 Tips for a Calmer Life

1. Express yourself. Keeping sadness or anger inside can affect your mood, energy and relationships with others. Talk about your feelings with a trusted friend or family member.

2. Improve your balance. Strike a better balance between responsibilities and relaxation. Set aside at least 15 minutes every day just for yourself. Ask your partner and kids to take on more responsibility around the house. Ask your work supervisor to help prioritize projects or schedule a better work flow.

3. Relax with deep breathing. Place a hand on your belly above your navel. Then focus on breathing slowly and deeply. With each breath in, feel your hand rise a little. With each breath out, feel your hand fall back down.

4. Stay active. Get moving with activities you enjoy, such as walking, swimming or biking. Exercise eases muscle tension and can lift your mood and energy.

5. Catch some Z's. Aim for seven to nine hours of sleep every night. You'll feel more refreshed and equipped to handle whatever the day brings.

Put Your Stress to the Test

To see the test, go to our online tool at www.sutterhealth.org/yourhealth.

If your stress level is high, talk with your doctor. Prescription medicines, counseling and exercise may be helpful, depending on your symptoms.

Our Next-Generation Hospital Means Patient-Centered Care

*We're committed to providing sustainable
solutions to reduce our carbon footprint.*





How does one design a hospital that not only achieves the highest level of quality and affordability, but is also user-friendly, patient-centered and cost-effective? With our new hospital planned to open in 2013, we tapped some valuable resources to find the best answers and shape our community's future health care.

Learning Based on the Past, Present and Future

Affordable health care is one of the most critical issues facing health care leaders today. Many decisions are based on what we have learned from the past and present as well as future needs. Sutter Health is leading the way to transform health care so that future generations will receive quality care that is accessible and affordable. To design Eden's next-generation hospital, Sutter Health invited several respected architectural firms, engineering experts and operations consultants to work with Eden's staff, including nurses and physicians.

This next-generation hospital combines form and function for improved patient care. The healing environment will help meet patients' medical and personal needs. Common issues that exist in older hospitals—such as older technology systems, long waiting times, shared rooms and noisy care areas—are addressed through innovative design and distinct patient care areas that support the staff, patients and families.

A Sneak Peek at the Next-Generation Hospital

One element of the next-generation hospital is the creation of "comprehensive care units," which aim to make a patient's hospital experience more convenient and personal and less time-consuming. For example, in a traditional hospital setting, a typical patient may travel 1,700 feet through the hospital before being admitted. In the new hospital, the same process will occur with minimal disruption to the patient and family and be completed in half the time.

The addition of "universal care stations" means that multidisciplinary care teams will bring minor procedures and testing to the patient, requiring little patient movement and improving communication between caregivers. Although such a simple design may seem obvious, most hospitals are

designed by function for departments, not for the patient's comfort. Eden's patient-centered care will almost eliminate the need for a patient to travel from one department to another for diagnostic testing and other minor procedures.

The new hospital's inpatient units will embrace the same concept as the universal care stations to minimize disruption for patients by bringing services to the bedside. Laboratory testing, imaging needs, respiratory care and physical therapy will take place in the patient's private room.

Medical record charts will only be a computer click away, thanks to the integrated Electronic Health Record (EHR) and Picture Archival and Communications System (PACS). The EHR enables a physician to view a patient's chart and lab results from anywhere—whether in the hospital, in the physician's office or on the road—safely and securely. The PACS will also enable physicians to access medical images in a timely manner, allowing for quicker diagnosis.

In addition to improving the delivery of care to patients, we're committed to providing sustainable solutions to reduce our carbon footprint. How do we achieve a "green" hospital in such an intense, 24-hours-a-day environment? The research team reduced the area required for services by 30 percent from traditional hospital configuration by improving work flow, configuring services into comprehensive units and decreasing energy use by 30 percent per square foot compared to other current facilities in similar climates. Other areas under consideration include daylight harvesting, displacement ventilation and LED lighting.

Moving Forward Toward Reality

This is an exciting time for our community. This is the first comprehensive plan in Alameda County to rebuild a hospital to meet the state's earthquake-safety standards, without public funding or taxes. The project ensures that health care services continue in this community and preserves the jobs of its caregivers. A construction project of this size also represents a significant infusion of capital in the local community and will bring economic vitality to the area, both in new jobs and in support of local businesses that will be a part of this project.

Get to Know Your New Hospital
 For more information on the next-generation hospital, go to www.edenmedcenter.org and click on "New Hospital."

Everyone Has a Story ... Our Story Is You!

Schoolteacher and family man Justin Prichard learned the hard way what happens when a shoulder injury gets out of hand. After 25 years of playing and coaching rugby, Prichard found that his shoulders had taken a severe beating.

"I've had three rotator cuff tears on my right shoulder and one on my left," says Prichard. "The last was the worst. My shoulder dislocated, and they couldn't put it back in."

By the time he met orthopedic surgeon Jeffrey Kauffman, M.D., at Sutter Medical Center in Sacramento, Prichard had already undergone three rotator cuff surgeries. According to Dr. Kauffman, Prichard's rotator cuffs weren't just torn—they were shredded. So Dr. Kauffman operated with a new and minimally invasive surgery technique, using a fiber-optic device called an arthroscope. With this surgery, incisions are tiny and patients recover faster, with less joint stiffness.



Justin Prichard

Today, Prichard is feeling like his old self again. Even so, he's decided to stop playing rugby and coach the game instead. "I'm very grateful to Dr. Kauffman for giving me my life back."

Prichard is among dozens of Sutter patients being featured in a television ad campaign celebrating the positive, healthy impact that Sutter Health is making in the lives of patients and their families throughout Northern California.

"Everyone Has a Story ... Our Story Is You" is the theme for the commercials, which feature patients who have received life-changing medical care—and a new lease on life—from Sutter Health clinicians. From an avid cyclist back on the road after heart surgery to a victorious cancer survivor, the scenes reflect our commitment to investing in new technologies and delivering expert care because "everyone has a story." Our goal is to provide the treatment, care and encouragement that will help all our patients get back to living their life to the fullest.

Here are more patient stories with happy endings, courtesy of Sutter Health.



Tell Us Your Story! If you would like to share your Sutter network experience with others, please visit www.sutterhealth.org/stories and complete the form provided. If your story is selected, we will contact you to discuss how we can help tell your story on the Web, in print or on video—with utmost respect for your privacy. Your story will not be published until we have contacted you.



Hazel Hyde Neibert

Partners in Battling Breast Cancer

Hazel Hyde Neibert is the first to admit that her health used to be low on her priority list. But everything changed when she discovered a lump in her breast. She immediately called for an appointment at Sutter-affiliated California Pacific Medical Center in San Francisco. After a mammogram and biopsy, her worst fears were confirmed: She had breast cancer.

During the next 10 months, Neibert went through surgery, chemotherapy, radiation treatment and follow-up care, also visiting Sutter Solano Cancer Center in her hometown of Vallejo. She received her radiation treatment at Sutter Solano from Patricia Seid, M.D. She still sees her primary care doctor regularly for checkups. Neibert praises the friendly, compassionate treatment she received from everyone who cared for her—from doctors to receptionists. “Everyone at Sutter just took care of me,” Neibert says.

A New Heart, a New Lease on Life

When Natalie Apana was pregnant with her third child, she sometimes felt very tired and out of breath—but thought little of it. When she was in the hospital giving birth, however, her heart began racing at a dangerously rapid pace.

“Immediately after delivering my baby girl, my medical team rushed me to the intensive care unit and did an echocardiogram. That’s when I learned that I had a condition called cardiomyopathy—an enlarged heart,” she recalls. The news came as a shock to the active and athletic mother of three.


Apana’s doctors first tried medication, but the health of her heart continued to deteriorate. Then she met with a heart surgeon at Sutter-affiliated California Pacific Medical Center (CPMC), who told her that her best hope was a heart transplant. “My surgeon was wonderful. He looked me straight in the eye and explained everything. I gave him all of my trust,” she says.

After first having a mechanical heart implanted to sustain her until a human heart was available, Apana had a transplant operation three months later.

That was in 2003, and today, “there’s no stopping me,” says Apana. “I have a lot of goals that I intend to reach—and life is good. I’m blessed. I couldn’t ask for a better team than I worked with at CPMC. I’m with my kids, and I’ve got my life back again.”



Natalie Apana



Want to Take Your Fitness to a New Level?

To find information and interactive tools that can help you find out how many calories you burn during activity and how to determine your target heart rate, go to www.sutterhealth.org/yourhealth.

Dance

Your Way to Fitness

Boring, sweaty work—if that’s how you think of exercise, it’s time to step off the treadmill and onto the dance floor. By kicking up your heels to the beat of your favorite music, you can develop a leaner, healthier body—and a new passion for regular workouts.

Motivate Your Body

“When patients ask what the best exercise is, I tell them, ‘Choose something you enjoy, so you’ll want to stick with it,’” says Diane Kraker, physical therapist and operations manager for rehabilitation services at Sutter Auburn Faith Hospital. “Dancing is a great option because it works your major muscle groups in a way that helps keep you motivated and feeling good.”

So You Think You Can’t Dance?


It’s time to warm up those cold feet! Dancing is an activity for all ages, sizes and fitness levels. If you’re a solo exerciser, pop in a dance video at home. If

you enjoy group workouts, join a dance aerobics class or partner up and meet new people at a dance studio. Whether your preference is waltzing, clogging, salsa or hip-hop, dancing provides a surprisingly effective workout for your body and mind. Dancing can do the following:

- **Strengthen your heart, lungs and bones.** Dancing is aerobic, which means it moves large muscle groups and causes your heart and lungs to work harder. Like walking and weight training, dancing is also a weight-bearing exercise. By putting pressure on your bones, dancing can preserve bone density, helping prevent future fractures and osteoporosis.
- **Burn calories.** A 150-pound person can dance off an estimated 185 calories in 30 minutes. If you dance vigorously, that calorie burn increases—and so does your metabolism.
- **Help protect against disease.** A slimmer, fitter, well-conditioned body

from regular dancing is naturally more resistant to chronic illnesses, such as diabetes, high blood pressure, heart disease and even depression.

- **Increase your flexibility.** Dancing encourages you to dip, bend and lean in ways you may not otherwise. This helps improve your balance; increases your range of motion; and keeps your joints, muscles, tendons and ligaments moving easily. Dancing can even lead to better posture.
- **Improve your memory.** Ballroom dancing and many other dance-floor moves require you to remember certain steps in a pattern or sequence. Research suggests that over time, this may improve memory skills—and help protect against dementia.
- **Boost your mood.** Like other regular exercise, dancing relieves stress and tension and increases your stamina and energy. It also releases endorphins, chemicals in the brain that produce a feeling of well-being and happiness.



In Case of Emergency ... Be Prepared!

If you had to evacuate your home immediately, could you pick up and go within minutes? What if you were stuck at home without power, running water or phone service—could you manage comfortably on your own?

“We tend to think that emergencies or disasters can’t happen to us—but the truth is, anything can happen,” says Tracy Robles, director of environmental risk for Sutter Health. “If your home is damaged or threatened by a fire, a flood or an earthquake, you must move quickly. There won’t be time to make plans or gather up supplies.”

When a disaster strikes, emergency workers won’t be able to reach everyone right away. And at temporary shelters, food, water and other essentials may be in short supply. That’s why the American Red Cross urges everyone to plan ahead with these three steps.

1. Prepare a kit. Fill an easy-to-carry container, such as a backpack or duffle bag, with these basics: water, nonperishable food, a first aid kit, extra clothing and shoes, tools and sanitation supplies, and special items for medical conditions. Stock enough water and food to last three days. Experts recommend 1 gallon of water per person per day and 1,200 calories per person per day.

2. Make a plan. Discuss emergency preparedness with your family and choose a meeting place in your community in case you get separated. You should also pick an out-of-the-area person to call who can relay messages between family members. It could also be helpful to enter a contact person in your cell phone under the code word “ICE” (in case of emergency). If you cannot speak for yourself at some point, police and rescue workers will know whom to call.

3. Stay informed. Keep a battery-operated radio and extra batteries on hand to ensure that you’re up-to-date on disaster conditions. You may also want to take a CPR and first aid course now so that you’ll be prepared to help others. You can find one in your area on the American Red Cross Web site. Visit www.redcross.org and click on “Get Trained.”

“In an emergency, you want to be part of the solution, not part of the problem,” says Robles. “By being prepared, you can care for yourself and your family with confidence for a few days. That means less stress on the emergency responders and better outcomes for everybody affected.”

Sutter Health Is There for You

A disaster can be a life-changing event. Sutter Health recognizes the need to be prepared. Every Sutter-affiliated organization has an emergency plan in place, along with a team that conducts emergency-preparedness drills twice a year. In a disaster or an emergency, “Sutter Health facilities are committed to keeping their doors open so that we can continue meeting the medical needs of our communities,” says Robles. “It’s our mission.”

In addition, every Sutter affiliate is ready to work closely with government and emergency agencies to provide care around the clock. “Being there for the community is foremost in our minds,” adds Robles.

Plan Ahead Today!

Don’t hesitate—take steps now to prepare your family should an emergency or disaster occur. You can learn more by visiting www.sutterhealth.org/yourhealth.



Actions Speak Loudly

A Former Eden Patient and His Wife
Play Key Roles in Philanthropy

If you ever received care at Eden Medical Center, you no doubt knew the names of the physician and nurses in charge of coordinating your care. However, do the names Owen and Erma Smith sound familiar? As longtime board members of the Eden Medical Center Foundation, chances are, the Smiths played an important role in your health care as well.

From Patient to Supporter

It was 25 years ago when a physician who treated Owen Smith and served on the Eden Foundation board of directors himself first asked the couple to become involved with the medical center's

fund-raising efforts. The Smiths recognized this as an opportunity to provide "direct good" to the community and promote the hospital. "After all, the hospital is one of the main factors of the community," Erma Smith says. "The Foundation enables the hospital to provide high-tech care, and this in turn raises the quality of care the community receives."

Thousands of Generous Donors

Since the Foundation was founded in 1982, more than 10,000 generous donors have contributed millions of dollars to support patient care at Eden Medical Center. This support comes in the forms

Your Donations in Action

Your support truly helps improve health care for the community. Foundation gifts to the hospital within the past five years include:

- A new surgical suite
- Immunization programs for older adults
- Neurosurgery equipment
- A neurointerventional laboratory

To learn more about how you can support the ongoing efforts of the Eden Foundation or to support the capital campaign for the new hospital, call **510-889-5033**.

of state-of-the-art equipment, education and outreach programs, expanded patient care, and capital improvements. In the past five years alone, some of the Foundation gifts to the hospital include a new surgical suite, immunization programs for older adults, neurosurgery equipment and a neurointerventional laboratory.

Widespread Generosity

Fortunately for the community, the Smiths' charity does not end with Eden's Foundation. They also established the Smith Center at California State University, East Bay, in 1991 and are founding members of the Castro Valley Arts Foundation. Owen Smith is the president of the Arts Foundation's board of directors. Erma Smith was instrumental in the building of the Castro Valley Center for the Performing Arts, which opened its doors in 2006.

When asked why they give back so much to the community, both Smiths simply answer, "Because it is important," and laugh at their identical answers. This is an understatement coming from such generous people. Fortunately for the patients of Eden Medical Center, the Smiths choose for their actions to speak louder than their words.

Eden Honors a Proud Tradition of Registered Nursing

Like *Mother,* Like *Daughter*

Ranjit Singh, R.N., and Sandeep Singh, R.N.

From the time she was a child, Ranjit Singh, R.N., knew she wanted to be in the medical profession. She spent her childhood caring for animals on her father's farm in India. But her father couldn't afford to send her to medical school, even though Ranjit had passed all of the exams. Instead, Ranjit joined a registered nurse (R.N.) program, and the rest is history—family history.

Later, Ranjit's young daughter Sandeep would sometimes go to work with her at Eden Medical Center. The relationships that her mother built with the people whom she cared for made a lasting impression on Sandeep, who would go on to become a nurse. It also gave her an advantage during her nursing training, because she always had her mom to be her coach.

Ginni Isler, R.N., and Traci Isler, R.N.

Traci Isler, R.N., has two generations of extraordinary service and care at Eden as her foundation. Traci's mom, Ginni Isler, R.N., has been a nurse at Eden for 27 years, and her grandmother, Marge Bullock, was a volunteer with the Eden Auxiliary who just retired two years ago at age 88.

After Traci graduated from nursing school, she came to work with her mom on the maternity floor. At first, she didn't consider working at Eden, thinking it was too much of "Mom's territory." But Mary White, the former director of Women's Services, encouraged Traci to apply for a nursing position. Both mother and daughter feel that nursing is in their blood. "I knew from birth I wanted to be a nurse and to take care of people," says Ginni. Traci agrees, "Becoming a nurse just seemed natural."

Cuni Popescu, R.N., and Alexandra Popescu, R.N.

Cuni Popescu, R.N., began her nursing career in Romania, working in an orthopedic emergency room. That background gave her valuable experience when she came to work with rehabilitation patients at Laurel Grove Hospital at Eden Medical Center.

When her daughter, Alexandra, was growing up, Cuni often took her to work at the Romanian hospital. Today, Alexandra works as a nurse in the Emergency Department (ED) at Eden, where she finds herself a part of "a wonderful group." The ED is often the front line of medical care, the first place people go when they are sick or injured.

"The ED is challenging because how you treat a patient in those first few hours . . . sets the tone for the rest of their hospital stay," Alexandra says. "I try to talk to my patients as if they are my best friend."

Some people were born to be nurses. That's the story of three pairs of Eden nurses who have more in common than just their employer. They share a family tradition of caring, compassion and excellence in nursing.



To learn more about nursing opportunities at Eden Medical Center and San Leandro Hospital, go to www.edenmedcenter.org or call Eden's Human Resources Department at **510-727-8260**.

Community Health Education *Class Offerings*

December 2008–February 2009

We offer a wide range of classes for you and your family. Here are some of this quarter's offerings at our hospitals in Castro Valley and San Leandro.

Eden Campus

To register for any of the programs offered at our Castro Valley campus or for more information, call **1-888-4 HLTH ED (1-888-445-8433)** unless otherwise noted. Visit our Web site at **www.edenmedcenter.org** for online registration for our free classes and other health-related information.

CPR Programs

Basic Life Support for Health Care Providers

- ▶ Dec. 6, Feb. 7, 9 a.m. to 3 p.m.
\$65 per person with study manual

Basic Life Support for Health Care Providers Recertification

- ▶ Jan. 29, 6 to 9 p.m.
\$55 per person with study manual,
\$45 per person without manual

Heartsaver CPR

- ▶ Jan. 10, 9 a.m. to 3 p.m.
\$55 per person with study manual

Infant CPR

- ▶ Jan. 21, 6:30 to 9 p.m.
\$30 per person with book,
\$40 per couple with book

The American Heart Association (AHA) strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an education course does not represent course sponsorship by the AHA, and any fees charged for such a course do not represent income to the AHA.

▶ Prenatal Education

Baby Care—*NEW time!*

- ▶ Jan. 24, 10 a.m. to 1 p.m.
\$20 per person, \$30 per couple

Breastfeeding Basics

- ▶ Dec. 9, Jan. 13, Feb. 10, 7 p.m.
Co-sponsored by Hill Physicians
Medical Group
Free

Car Seat Safety

- ▶ Jan. 27, 7 p.m.
Free

Childbirth Preparation (English)

Two-part program

- ▶ Dec. 6 and 13, Jan. 10 and 17,
Feb. 7 and 14, 9 a.m. to 3:30 p.m.
\$85 per Eden couple, \$120 others

Childbirth Preparation (Spanish)

New—Abbreviated Version

- ▶ Dec. 20, Jan. 24, Feb. 21,
9 a.m. to 3:30 p.m.
Free

Maternity Tour (English)

- ▶ Selected Wednesdays, 7:30 p.m.
Call toll-free 1-888-4 HLTH ED
(1-888-445-8433) for dates and
to make reservations.
Free

Maternity Tour (Spanish)

- ▶ Second Tuesday of the month, 7 p.m.
Meet in hospital lobby. No reservation
is needed.
Free

Sibling Celebration

- ▶ Jan. 31, 10 a.m. to noon
\$20 per child (must be accompanied
by an adult), \$12 for second child and
\$8 for third child in the same family

▶ Monthly Pregnancy Forums

Introducing Your Shiny New Baby

- ▶ Dec. 1, 7 p.m.
Presented by John Nackley, M.D.,
pediatrics; Free

Starting Off Right: Pre-Conception Planning

- ▶ Feb. 2, 7 p.m.
Presented by Michael McGlynn Jr.,
M.D., OB/GYN; Free

Transitioning as New Parents: From Hospital to Home

- ▶ Jan. 5, 7 p.m.; Free

▶ Special Interest

Advance Health Care Directives

- ▶ Jan. 15, Feb. 19, 2 p.m.
Call 510-728-1614 for more
information. Free.

American Red Cross Blood Drive

- ▶ Dec. 8, 10 a.m. to 3 p.m.
Call 1-800-GIVELIFE for an
appointment.

Asthma Management

- ▶ Feb. 25, 7 p.m.; Free

Back Care

- ▶ Feb. 28, 9:30 a.m.; Free

Communicating with Our Aging Parents

- ▶ Oct. 13, 7 p.m.
Presented by Family Caregivers
Alliance; Free

Coping with Loss During the Holidays

- ▶ Nov. 18, 7 p.m.; Free

Diabetes Management

Two-part program

- ▶ Jan. 13 and 20, 7 p.m.; Free

Independence Over Nicotine

- ▶ Jan. 17, 10 a.m.
\$25 per person

Look Good, Feel Better

- ▶ Feb. 9, 3 p.m.
A program for cancer patients spon-
sored by the American Cancer Society
Call 925-833-2784 to register. Free.

San Leandro Hospital Campus

To register for any of the San Leandro Hospital Campus programs or for more information, call **1-888-4 HLTH ED (1-888-445-8433)** unless otherwise noted. Visit our Web site at www.sanleandrohospital.org for online registration for our free classes and other health-related information.

American Red Cross Blood Drive

- ▶ Dec. 12, 10 a.m. to 3 p.m.
Call 1-800-GIVELIFE for an
appointment.

Basic Life Support for Health Care Providers Recertification

- ▶ Dec. 17, Jan. 21, Feb. 18, 8 a.m.
\$55 per person with study manual,
\$45 per person without manual

Free Blood Pressure Screening

- ▶ First and third Fridays of the
month, 1 to 3 p.m.
The Outpatient Rehabilitation
Facility, San Leandro

Group Strength

Get Support for Your Health Care Needs

At Eden Medical Center, we understand that meeting the health care needs of our community often requires more than just the diagnosis and treatment of illness or injury. We know that support and education play equally important roles in the ability of our patients and their family to understand and cope with the challenges they face. To that end, the following support programs are offered at our Eden Campus and San Leandro Hospital Campus.

Eden Medical Center Campus

Call 510-889-5078 for more information.

- Alzheimer's Family Support, first Monday of the month, 7 p.m.
- Breastfeeding Support Group, Tuesdays, 10:30 a.m.
- Building Bridges (cancer support groups)
 - Adult Bereavement, Thursdays, 5:30 to 7 p.m.
 - Adult Patient Group, Thursdays, 7 to 8:30 p.m.
 - Breast Cancer Support, Thursdays, 5:30 to 7 p.m.
 - Caregivers Group, Thursdays, 7 to 8:30 p.m.
- Caregivers Support Group, third Tuesday of the month, 7 p.m.
- Depression and Bipolar Support Alliance, Fridays, 7:15 p.m.
- Diabetes Support Group, second Saturday of the month, 1 p.m.
- FAMI Education Meeting (for families of people with mental illness), second Thursday of the month, 7:30 p.m.
- Grief Support Group (eight-week group session), Wednesdays, 7 p.m.
- HOW/OA (Overeaters' Anonymous), Fridays, 7 p.m.
- New Hope (Alcoholics Anonymous), Fridays, 8:15 p.m.
- Reflections (Alcoholics Anonymous), Wednesdays, 7 p.m.
- Smoking Cessation Support Group, fourth Thursday of the month, 7 p.m.
- Stroke Club, fourth Thursday of the month, 7 p.m.
- Weight Watchers Meeting, Tuesdays, 4 p.m.
- Wellness Recovery Action Planning (W.R.A.P.—for clients, providers and family members with mental illness), Tuesdays, 5:30 p.m.



San Leandro Hospital Campus

Call 510-667-4596 for more information.

- Huff-n-Puff (pulmonary support group), fourth Monday of the month, 2 p.m.
- Lupus and Fibromyalgia Support Group, third Wednesday of the month, 6:30 p.m.
- Smoking Cessation Support Group, third Thursday of the month, 4 p.m.
- Weight Loss Group (specifically for individuals who have had or are candidates for bariatric surgery), third Saturday of the month, 2 p.m.
- Weight Watchers Meeting, Mondays, 4:30 p.m., 6 p.m., 7:30 p.m.



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physician affiliated with Sutter
Eden Medical Center.

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