**100 YEARS OF CARING FOR THE COMMUNITY**

_Sisters of St. Joseph of Orange to celebrate 100th Jubilee in June_

**A CENTURY AGO,** eight women arrived by boat on the shores of Humboldt County. Guided by faith and emboldened by a strong vision, the women set out to make a difference in their new community.

These women were the Sisters of St. Joseph. Theirs is a story of service, dedication and devotion. And it is a story that is often overlooked in the hustle and bustle of the modern world.

The Sisters of St. Joseph have profoundly affected Humboldt County over the course of nearly 100 years, and in June they will celebrate their 100th Jubilee, marking a century of caring for the people of Humboldt County.

The Sisters will celebrate this special jubilee with a three-day weekend celebration in June. In anticipation of this celebration, the Sisters invite the Humboldt County community to learn about their mission—how they arrived here, why they came, what drove them to do what they did and what continues to drive them today. The Sisters’ timeless mission to identify and meet the needs of the communities in which they serve is the core of their work.

The sisters’ story harks back to 11th century France and Father Jean Pierre Medaille, a Jesuit priest who established the order in 1680 in the small community of Le Puy, France.

Through the years the Sisters of St. Joseph have cared for the vulnerable and disadvantaged.

When Mother Bernard Gosselin and her small band of Sisters arrived in Eureka in 1912, their first ministry was education. Within a few months of their arrival, more than 180 students were enrolled in their Catholic school.

But during the flu epidemic of 1918, the Sisters realized the community desperately needed care for its sick families. Guided by Mother Bernard, the Sisters began ministering to flu victims in their homes. After the epidemic waned, the community asked the Sisters to open a hospital, so they purchased the old Northern California Hospital and renamed it St. Joseph Hospital.

That was the beginning of what would become the largest ministry of the Sisters of St. Joseph.

To learn more about the story of the Sisters of St. Joseph or about the plans for the Sisters’ Jubilee celebration in June, visit sisterssoojubilee.blogspot.com or email sistersjubilee@gmail.com.

Source: Information contained in this article is adapted from a series written by Sister Mary Therese Sweeney, CSJ.

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**MAKING A GIFT TO HELP OTHERS**

_Area residents turn financial quandary into gift for hospital_

_THey came here_ for clean air—and high-quality health care.

It was the spring of 1990 when Bill and Martha Hoffman started their drive south from Port Angeles, Wash. Then residents of Prescott, Ariz., the Hoffmans were looking for a new place to call home, a place on the coast with clean air—and a good hospital.

Today the Hoffmans are proud to have called Fortuna their home for 22 years. And Martha says they haven’t regretted it for a second.

In fact, she and Bill, her husband of 65 years, recently decided to give back to the community that took them in by making a significant gift to St. Joseph Hospital.

The Hoffmans decided to make a gift to the hospital after realizing that the money would go further to help local patients in need of medical care than it would as part of their estate.

“Giving to St. Joseph Hospital was something we wanted to do because it would help other people,” says Bill.

The gift also solved a financial dilemma for the hospital and Father Jean Pierre Medaille, a Jesuit priest who established the order in 1650 in the small community of Le Puy, France.

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A number of health services for women are free under the Affordable Care Act

**ARE YOU A WOMAN?** Did you enroll in a new health plan or get new health insurance on or after Sept. 23, 2010?

If so, the Affordable Care Act requires that you have access to a number of health services through your health insurance that require no cost sharing (such as co-payments, co-insurance or deductibles) by you.

These services include:

- Follic acid supplements if you’re able to become pregnant.
- Screening for anemia, urinary tract infections and hepatitis B when you are pregnant. Rh incompatibility screening is also available, with follow-up testing if you’re at increased risk. (This can find differences between a mother’s and baby’s blood that can be risky—even fatal—for the child.)
- Screening for chlamydia and gonorrhea if you’re at increased risk for the diseases. Syphilis screening is also offered if you’re at increased risk or are pregnant.
- Counseling on genetic testing if you’re at risk of having BRCA mutations. These are changes in specific genes that increase your risk of breast and ovarian cancer.
- Breast cancer screening with mammography every one to two years if you’re 40 or older. Also offered: counseling on chemoprevention if you’re at increased risk for breast cancer. This involves the use of medication to lower your risk of getting the disease.
- Cervical cancer screening if you’re sexually active.
- Tobacco use screening and interventions.

**OTHER FREE SERVICES** You have access to several other services at no cost that are offered to men as well.

- Breastfeeding support, supplies and counseling.
- Domestic violence screening.
- Gestational diabetes screening.
- Human papillomavirus DNA testing.
- Sexually transmitted infection counseling and HIV screening and counseling.
- Screening for anemia.
- Urinary tract infections and hepatitis B.
- Tobacco use screening.
- Cervical cancer screening.
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**DENTAL CARE**

**INSIDE ADVICE FOR THE BEST ORAL HEALTH**

**THERE’S NOTHING LIKE A BEAUTIFUL SMILE.** Unfortunately, keeping a gorgeous grin healthy isn't always easy—especially for women.

The natural fluctuation of hormones that comes with menstruation, pregnancy and menopause can make women more vulnerable to oral health problems, such as:

- Cold sores and canker sores.
- Burning mouth (a burning feeling in the mouth or tongue).
- Dry mouth.
- Gum disease.
- Pregnancy gingivitis (red, swollen gums that are tender and that bleed easily).

**BIG SMILE, PLEASE** To help keep your teeth and gums healthy:

- **Remember the basics.** Brush your teeth at least twice a day. Use toothpaste that contains fluoride. And floss at least once a day.
- In addition, drink water that contains fluoride if you can, since fluoride can help protect your teeth from decay. And remember to switch to a new toothbrush about every three months—earlier if your toothbrush bristles start to look worn.
- **Ditch the tobacco.** Smoking increases the risk of some nasty problems, including gum disease, oral fungal infections and oral cancer. Plus, it can cause discolored teeth and funky breath.
- **Eat a healthy diet.** Try not to snack on sugary or starchy foods between meals. Avoid soda of any kind—regular or diet. They all contain acids that break down the teeth’s protective enamel. And consider brushing after every meal.
- **Get checked.** Visit the dentist at least once a year to be sure your oral health is on the right track. See your dentist right away if you have signs of a problem, including gums that bleed often; red or white patches anywhere in your mouth; sores that aren’t healing; difficulty with chewing or swallowing; pain in your mouth or jaw that won’t go away; or sores that don’t heal within two weeks.

**NOW IT’S COVERED**

**A LOOK AT THE UNIQUE RISKS TO WOMEN**

**GALLSTONES**

**AT THIS VERY MOMENT,** your body could be hiding a potentially painful surprise.

Gallstones—hard crystal stones that form in the gallbladder—occur in up to 20 percent of U.S. women by age 60, according to the American College of Gastroenterology.

Compared with men, women are three times more likely to develop gallstones. Many risk factors for gallstones are specific to women. Your risk is greater, for example, if you have had multiple pregnancies or take birth control pills.

Among them are immunizations and screenings for cholesterol and type 2 diabetes.

**To learn more about the Affordable Care Act, visit www.healthcare.gov.**

Dental care

Dry mouth.

- Gum disease.
- Pregnancy gingivitis (red, swollen gums that are tender and that bleed easily).

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Rehabilitation unit shines again

St. Joseph Hospital’s acute inpatient rehabilitation unit is proving that the national ranking it received the past several years was not mere coincidence. This year, the rehab unit has again been honored for the exceptional care it provides for patients.

The rehab unit, which provides patient-focused rehabilitation for people who have suffered debilitating injuries or illnesses, was recently named among the top 7 percent of rehabilitation units across the United States by Uniform Data System for Medical Rehabilitation (UDSMR), a nonprofit medical rehabilitation database that manages performance data for Medicare.

Recent patient Margot Julian spent two weeks in the inpatient rehab unit over Christmas after falling and breaking her leg. “I thought it was terrific,” she says. “The amount of nursing attention was incredible. All the therapists were very knowledgeable and skilled.”

Of the 791 rehabilitation units considered in the study, St. Joseph Hospital’s rehab department ranked in the 93rd percentile and was identified as a Best Practice unit based on a number of performance criteria, including complexity of disability and diagnosis, length of stay, functional improvement, and discharge destination data. Previously, the hospital’s rehab unit had ranked in the top 97th percentile (2010), 84th percentile (2009) and 95th percentile (2008).

The goal of rehabilitation is to help those with disabling conditions achieve their fullest potential for recovery and re-enter the community. Our program excels in an area where many rehabilitation units do not—returning patients to their homes, as opposed to a skilled nursing facility or care home. While the national average for rehabilitation units sending patients home is 70 percent, SJH’s unit sends an average of 83 percent home.

Making a gift to help others

Hoffmanns. They had too many shares of one stock that had greatly appreciated, and they would have to pay a large capital gains tax when they sold them. The perfect solution for the Hoffmanns was to create a charitable gift annuity with their stocks, which provides them with a fixed income for life—some of which is tax-free. They avoided the capital gains tax at sale, and because their gift will support St. Joseph Hospital’s Northeast Addition capital campaign, they also received a charitable income tax deduction. This gift is a win for the Hoffmanns, a win for the hospital and a win for the community in Humboldt County.

Originally from Kansas, Martha met Bill, a Chicago native, in San Diego while Bill was serving in the military. “I just fell for him hook, line and sinker,” she says. After the war, they started a life together. Bill worked as an auto mechanic for many years, and in retirement the couple enjoyed touring in their RV.

Humboldt County was one of their favorite destinations, which is one reason they eventually moved here. “It’s comforting to have medical services close to home,” says Martha. “Part of the reason we moved to Humboldt County and not elsewhere along the coast is because of St. Joseph Hospital.”

Because of their love for Humboldt County, the Hoffmanns have also named St. Joseph Hospital and Redwood Memorial Hospital as charitable beneficiaries of their estate.

To learn more about planned giving options at St. Joseph Hospital, visit go to stjoelegacy.com or call Paul McGinty at 707-269-4283.
MEDICATIONS: ALWAYS KEEP SAFETY IN MIND

PEOPLE SAY AGE HAS ITS PRIVILEGES, but it also has its responsibilities—and taking medicine safely and carefully is one.

Older Americans use more prescription and over-the-counter (OTC) medications and supplements than any other age group. About 90 percent of Medicare recipients take at least one medication, according to the National Council on Patient Information and Education. And it’s not unusual for seniors to take even more: One survey of 17,000 Medicare beneficiaries found that 40 percent reported taking five or more prescription medications, in addition to the aspirin, vitamins or OTC medications on their shelf.

Age affects how drugs work in your body, how your liver and kidneys break down medications, and whether you can see well enough to tell one pill from another. Those changes, along with risks for drug interactions or overdoses, make caution imperative.

Thankfully, there are basic steps all older adults can take to help avoid problems taking medications that are meant to improve—and save—lives. Here are some:

- **Keep an updated list of all your medications.** Bring it to all health appointments, and share it often with your pharmacist. Include supplements and OTC medications.

  **If you’re having trouble affording or taking medicine, tell your doctor. He or she may be able to suggest solutions.**

- **Use one pharmacy for prescriptions.** This allows the pharmacist to help you manage your refills and check for any drug interactions.

- **Study and follow instructions carefully.** Read the insert that come with any medication—not just once, but often. Check labels before taking medicine to make sure you’ve picked up the right one.

  **Ask, talk and listen.** Questioning your doctor, admitting when you don’t understand instructions and asking for help are all part of responsible and safe medication use. Important questions include:

  - What’s the name of this medication? What’s it supposed to do?
  - Is this medication OK for someone my age?
  - For how long will I take this?
  - What side effects should I watch for?
  - Are there special instructions I should follow when taking this medicine?

- **Stay organized.** You’re more likely to take medicine that’s kept in a convenient spot. Some people craft reminder lists or calendars and use buzzers or alarms to keep track of medication schedules. Establishing a daily routine helps too.

- **Be honest.** If you’re having trouble affording or taking medicine, tell your doctor. He or she may be able to suggest solutions.

ALZHEIMER’S

ADVICE FOR CAREGIVERS

**YOU’VE JUST LEARNED** that your spouse has Alzheimer’s disease. There’s no doubt that it’s a frightening diagnosis for both of you. Your lives are going to change—and not in entirely predictable ways.

Alzheimer’s disease progresses differently in different people. How it affects your spouse (and you) can change from day to day.

Here is some information that you may find helpful from the Family Caregiver Alliance (FCA) and others on caring for someone with Alzheimer’s.

**PLAN YOUR DAYS**

- Routines can be good for people with Alzheimer’s. Get up, eat meals, bathe and go to bed at the same times. But stay flexible to changing needs.
- Does your spouse seem better at certain times of the day? That may be a good time to schedule more demanding daily tasks.
- Prepare for an activity in advance to avoid confusing your spouse. For example, have towels and clothes ready before he or she takes a bath. Or turn off lights and have your keys and wallet in hand before you both leave the house.

**KEEP IT SIMPLE**

- Your spouse may rebel at being told what to do. If that happens, let him or her choose clothes or foods. Just limit the selection to make it easy on both of you.
- Encourage your spouse to do whatever he or she is able. And help extend those abilities with simple adaptations, such as using Velcro fasteners on clothes or cups with lids.

**COMMUNICATE AND ENGAGE**

- Talk with your spouse in a calm voice. Avoid complex sentences.
- Help your spouse focus by starting conversations with his or her name.
- Exercise is good for both of you, so stay active. Take walks together. Work in the yard.

**CHECK OUT RESOURCES**

- Consider joining an Alzheimer’s support group. You may learn valuable coping skills from other caregivers.
- To learn more about the disease and get specific tips on caring for someone with Alzheimer’s, visit the FCA website at www.caregiver.org or call 800-445-8106.

You can also contact the Alzheimer’s Disease Education and Referral Center at 800-438-4380 or go to its website at www.nia.nih.gov/alzheimers.
**DIABETES**

**WHY YOUR EYES AND TEETH NEED ATTENTION**

**IMAGINE STRUGGLING TO READ** this sentence because the words are blurry or you’re seeing double. Or picture chewing your dinner and suddenly feeling one of your teeth begin to wiggle.

Diabetes complications like these would probably prompt a call to your doctor or dentist. But you don’t have to wait for a loose tooth or a loss of vision before you act—you can take steps right now to keep your eyes and teeth healthy.

**WHAT’S AT STAKE** Uncontrolled diabetes can damage eyes and teeth. High blood sugar and high blood pressure can harm tiny blood vessels in the eye and cause problems such as glaucoma or retinopathy. High blood sugar also aids the growth of bacteria in the mouth, which can lead to gum disease.

The best way to prevent these kinds of problems is to keep your blood glucose and blood pressure under control, according to the American Diabetes Association. That means sticking to your diabetes management plan, which may include making changes to your diet and exercise habits and taking medication.

**The best way to prevent eye and teeth problems is to keep your blood glucose and blood pressure under control.**

**FOCUS ON EYES** In addition, the National Institutes of Health (NIH) recommends:

- Seeing an eye doctor once a year. Ask him or her to check for signs of cataracts and glaucoma.
- If you're pregnant and have diabetes, seeing an eye doctor during your first trimester.

Also, if you notice changes in your vision, call your eye doctor.

**CHEW ON THIS** To protect oral health, the NIH advises you to:

- Floss at least daily. Gently floss between teeth with a sawing motion, scraping from bottom to top.
- Brush after every meal and snack. Use a soft brush, and move in small, circular motions. Be sure to get the front, back and top of every tooth.
- See your dentist twice a year, and make sure he or she knows you have diabetes.
- Keep false teeth clean.
- Take care of oral health problems right away.

If you have problems with your teeth and gums—such as red, sore or bleeding gums; gums that pull away from your teeth; or a sore tooth—call your dentist.

**WAREHOUSE WONDERS: ADVICE FOR BULK BUYING**

Ah, the lure of the warehouse club and its acres of shopping aisles. While you may be tempted by bargains and bulk buys, you can still be a sensible shopper if you keep these suggestions in mind.

Don’t overbuy. This can be difficult since many items are sold by the case. But if you won’t be able to use all of that food by its expiration date, it may not be such a great deal.

Cycle it. When you bring home canned and packaged goods, stock your pantry with the newer items in the back. That way you use up older items before they expire.

Freeze it for later. Some items, such as meat, can be repackaged into smaller servings once you get home and frozen for later use. Even eggs can be frozen: Simply beat whole eggs until they’re blended, pour into a freezer-safe container, seal and freeze. Eggs can keep up to a year when frozen. Just thaw them overnight in the refrigerator when you need to use them.

Be a safe sampler. Use a hand sanitizer or wipes to clean your hands before noshing on those free food samples offered at many warehouse stores.

Sources: Academy of Nutrition and Dietetics; U.S. Department of Agriculture

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**SHOPPING WISELY**

**Tips for making the best of your food purchases**

WITH TODAY’S HIGH FOOD PRICES it pays to be a savvy shopper. From planning your grocery list to navigating the market aisles, these tips can help you save time and money while still filling your cart with healthy foods.

**AT THE GROCERY STORE** Start your shopping at home. Peruse the local grocery store ads and coupons. Plan your menu around what’s on sale for the week. Bonus: Writing out a menu will help ensure you hit all of the major food groups for a well-rounded, nutritious diet.

**Make a list.** Next, draw up a shopping list of what you'll need—and when you get to the store, stick to it. You’ll save money by avoiding those impulse buys that lurk around every corner. Another way to avoid those impulse buys: Don’t go grocery shopping when you’re hungry.

**Coupon it…or not?** Coupons can save you money if it’s a product and a brand you’d buy anyway. But when weighing your coupon options, consider:

- Is the generic brand cheaper than the name brand with the coupon?
- Is it less expensive, healthier or both to make it from scratch rather than use a coupon for prepackaged convenience food? The prepackaged food may contain more sodium or fat than your homemade version.
- Do you need that two-for-one coupon to stock up on a food, or will you be eating twice as much of that item simply because you have twice as much sitting in your pantry?

**Shop in season.** You may think it costs more to eat healthful foods like fruit and vegetables. But you can save money by choosing produce that’s in season. Also, buy fruits and vegetables in their simplest, least processed form. Those that are pre-cut or ready to eat are often more pricey.

**AT THE FARMER’S MARKET** Your local farmer’s market is a great place to find inexpensive and seasonal produce. Since items at a farmer’s market can vary from one time to the next, be flexible: Bring a general shopping list rather than a specific one.

To save time, try to go early in the morning on a weekend or midday during the week. On the other hand, you might be more likely to find deals if you shop near closing time.

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Sources: Academy of Nutrition and Dietetics; U.S. Department of Agriculture
If you're a fan of Italian cuisine, whole-grain pasta can do a whole lot of good for your health. “Whole-grain pasta is better for you than traditional pasta,” says Judy Caplan, RD, a spokeswoman for the Academy of Nutrition and Dietetics. The reason? The answer is in its name. Whole grains are made up of three parts—bran, germ and endosperm. When grain is refined, the bran and germ are removed. This is done to give grains a finer texture and improved shelf life. But it also removes dietary fiber, iron and many B vitamins, Caplan says.

“It’s much better for you to eat all three parts of the grain,” she explains. “Bran is where most of the fiber is, and germ contains healthy oils, vitamins and minerals. Unless the label says 100 percent whole-grain durum, regular pasta is just endosperm without the two most nutritious parts of the grain.”

Whole-grain pasta may taste a little different than other pastas, but if prepared properly, it can be just as delicious. “It’s more of a difference in texture than taste,” Caplan says.

Whole-grain pasta takes a little longer to cook than refined pasta. But you want to be careful to follow directions and not overcook it, or it may become mushy.

Top whole-grain pasta with olive oil, fresh garlic, grated cheese or a red sauce with sautéed vegetables, and you have a delicious and nutritious meal.

“Whole-grain pasta can be used any way that regular pasta is used,” Caplan says.

Eating whole grains can help reduce your risk of heart disease and other chronic illnesses.
VACCINATIONS

3 myths debunked

You can’t believe everything you hear. That’s worth remembering when it comes to vaccines. These days, there’s plenty of misinformation about vaccines. And if you believe all you hear, it might cause you to avoid a vaccine that could keep you or your child healthy—or even save your lives.

Here are three common vaccine myths—and the facts behind them.

Myth: The diseases vaccines prevent no longer exist in the U.S., so vaccinations are unnecessary.

Fact: Vaccines have made certain diseases far less common than they used to be. But many of these illnesses still exist and pose a danger to people who aren’t protected. World travelers face particular risks if they visit countries in which diseases are not well-controlled. They may also bring diseases back home.

Myth: Vaccines cause many serious side effects, including death.

Fact: An Institute of Medicine report called the risk of death from vaccines extraordinarily low. And while serious side effects are possible, they’re extremely rare, according to the Centers for Disease Control and Prevention. When side effects do occur, they’re usually minor and temporary.

Myth: Most people who get diseases were vaccinated against them.

Fact: The vast majority of people who are vaccinated are protected from disease. However, a small percentage won’t develop immunity to a disease despite getting the vaccine for it. Also, more vaccinated than unvaccinated people may get sick in a disease outbreak. But that’s because there are usually many more vaccinated people than unvaccinated ones. The percentage of unvaccinated people who get sick is still higher than it is for vaccinated ones.

DOCTOR VISITS

Can we talk?

From water-cooler chats to first dinner dates, we tend to get from a conversation what we put in. A two-way communica- tion, after all, takes two.

So when it comes to your relationship with your doctor, are you more than a good listener? Do you also ask questions and mention things about your health that he or she might need to know? It matters a lot. Good communication can lead to better health care for you.

If you’d like to help improve your patient-doctor talks, here are some ideas:

Do share. Your doctor can check your blood pressure and more. But he or she won’t know a lot of other things without your help, such as:

- Your health history and lifestyle habits. Paint an honest picture, including about whether you smoke, exercise or eat well. And try not to be embarrassed about sensitive topics.
- All the medicines that you take. Make a list of your prescription and over-the-counter drugs and supplements. Let the doctor know of any side effects or bad reactions you’ve had to medicines.
- Symptoms you’ve noticed. Include what seems to trigger them and what makes them better.
- Ask away. Bring a list of your health questions and concerns to each appointment so you won’t forget. Also, don’t be afraid to ask questions about a diagnosis or about the medicines, tests or treatments that your doctor recommends. Feed free to take notes.
- Would you repeat that, please? Ever nodded yes in a conversation, even though you really didn’t understand? Maybe you were too embarrassed to speak up. Don’t be. Speaking up is especially important if you don’t understand what your doctor is telling you. Ask to have something explained until it’s clear.

Sources: Agency for Healthcare Research and Quality; U.S. Department of Health and Human Services.

IN OUR HOSPITALS

How to be a good visitor

You’re a thoughtful house guest. Among other friendly courtesies, you call before you drop by, and you keep the kids from being overly rambunctious when you visit. But how much do you know about visitor protocol when a friend or loved one is hospitalized?

A guide for guests

Hospital visitors play an important role in infection prevention and overall patient safety. St. Joseph Hospital and Redwood Memorial Hospital offer these guidelines to keep in mind before and during your visit:

- Any visitors with fever, cough or diarrhea should stay home.
- Visitors will be required to wear personal protective equipment such as a gown, gloves and a mask if visiting a patient in isolation.
- Visitors and patients should cover their cough (cough or sneeze into your sleeve).
- Vigorous handwashing is necessary before entering and after leaving the room helps avoid potentially bringing germs in or taking them with you.
- Visitors and patients should wash their hands frequently with soap and water or use hand sanitizer.
- Hand sanitizer is the preferred method unless otherwise indicated (look for a sign near the patient’s door).
- Hand hygiene should be done before and after patient contact.
- Flu prevention stations. Visitors and patients should take notice of the flu prevention stations that have been placed throughout the hospital. The stations include personal protective equipment, such as hand sanitizer and face masks, to help keep you safe.

Sources: Association for Professionals in Infection Control and Epidemiology; St. Joseph Hospital and Redwood Memorial Hospital.

EXERCISE MAY GIVE A LIFT DURING CHRONIC ILLNESS

Exercise can boost the spirits. That’s why people with depression often are encouraged to be more physically active. But exercise may also help people with a chronic physical illness feel happier.

Researchers reviewed the results of 90 different studies that used exercise as a treatment for chronic conditions such as heart disease, arthritis or cancer. The studies also measured depression before and after exercise training. Depression is common in people with a chronic illness.

The researchers found that exercise reduced symptoms of depression by 22 percent overall. The greatest effects were seen in those who reported serious depression at the start of a study and who also felt that exercise had improved their physical functioning by the end of it.

Antidepressant drugs aren’t always useful when depression is related to a chronic illness, the researchers note. In those cases, they say, exercise may be a low-risk, low-cost alternative therapy.

Source: Archives of Internal Medicine, Vol. 172, No. 2.
Please accept our Gratitude

St. Joseph Hospital and Redwood Memorial Hospital are able to offer high-quality health care to our community because of your generosity and support. Thanks to you, our faithful donors, the possibilities are endless for health care in Humboldt County. Please accept our gratitude for your contribution, and join us in recognizing our many donors from Jan. 1 through March 29, 2012.

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ST. JOSEPH HOSPITAL FOUNDATION
Easter fun for everyone

Hundreds of children and their families donned their Easter finest for the ninth annual Peter Cottontail & Friends Easter Celebration on Saturday, March 24. The Peter Cottontail event is an annual fundraiser for children's services at St. Joseph Hospital.

For the past eight years, the event has raised funds to support the Pediatric and Neonatal Intensive Care Unit — and this year was no exception. More than $22,000 was raised at this year’s event, bringing the grand total to $165,000 raised over its nine-year history. Proceeds from this year's Peter Cottontail event will go toward the purchase of Panda Warmer equipment for newborn babies and a new security system for Children's Services at St. Joseph Hospital.

For information about next year's Peter Cottontail & Friends Easter Celebration go to www.stjosepheureka.org or call us at 707-269-4200.
ST. JOSEPH HOSPITAL FOUNDATION

Get ready to have a (royal Hawaiian beach) ball

The St. Joseph Hospital Foundation will hold its eighth annual Golf Classic on Thursday, June 28 and Friday, June 29 at Baywood Golf and Country Club. The two-day, royal Hawaiian beach party-themed event will feature a dinner and live and silent auctions on Thursday, followed by 18 holes of fun at the golf tournament on Friday. The Golf Classic sells out quickly each year, so if you’re interested in playing, be sure to secure your spot early!

This year’s dinner and auction portion proceeds will go toward the purchase and installation of new lifesaving equipment for the cardiac catheterization lab in the Northeast Addition at St. Joseph Hospital. This state-of-the-art equipment, as part of the Blueprint for Excellence expansion project, will help our efforts to provide patients with the highest possible quality of health care services.

To learn more about sponsoring this event, call 707-269-4200 or visit the golf page on www.stjosepheureka.org and click on “Special Events.”

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S P R I N G  2 0 1 2  H E A L T H  S C E N E
Loving Tree blooms at Redwood Memorial

The Loving Tree at Redwood Memorial Hospital bloomed with nearly 100 paper ornaments as part of a special program at the hospital that ran during February and March.

Hospital staff, volunteers, physicians and community residents purchased ornaments for the tree in honor of loved ones until the entire tree was covered with pink hearts. Hundreds purchased ornaments or made a donation in honor of loved ones this year, raising more than $3,000 for the Redwood Memorial Foundation, which in turn supports patient care at Redwood Memorial Hospital (RMH).

Proceeds from the purchase of Loving Tree ornaments will benefit areas of greatest need at RMH. The Loving Tree celebration is presented every year by the Redwood Memorial Foundation Outreach and Special Events Committee.

The Loving Tree will bloom again in the RMH lobby next February. Look for details in early 2013 at www.redwoodmemorial.org.

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A BURNING DILEMMA

What to do when you feel the heat

IT HAPPENS EVERY DAY. Someone touches a hot pan, spends too much time in the sun or knocks over a cup of hot coffee into his or her lap. The result: a painful burn.

Most burns are minor and heal fairly quickly, according to the American College of Physicians. But those that are more serious can be extremely painful. And some can even be life-threatening. Knowing how to treat a burn—and when it needs medical attention—can prepare you for an emergency.

THREE TYPES
Burns are caused by several things, including fire, heat, chemicals, electricity, sunlight, hot water and steam. Generally, they are classified into three categories:

First-degree burns. These affect only the outer layer of your skin—the epidermis. They cause the skin to redden and be sensitive to touch. Within a few days, skin over the burn may peel.

Second-degree burns. These damage both the epidermis and the layer underneath it—the dermis. They may cause considerable swelling of the skin and typically produce blisters.

Third-degree burns. These affect all layers of the skin and may cause it to look white or charred. But if they damage nerves and tissue under the skin, they may not be painful.

As burns increase in severity, so do their potential complications. In large second- and third-degree burns, for example, fluid is lost from the damaged areas. This can lead to shock. Infection also becomes a threat, because damaged skin does not provide the protective barrier for the body that healthy skin does.

HOW TO TREAT
Treatment for a burn depends on the type you have and its size and location.

Any electrical or third-degree burn requires immediate medical attention. Do not soak the burn or put anything on it other than a cool, wet, sterile bandage or a clean cloth. And don’t take off any clothing stuck to the skin.

You should also seek medical attention for: Burns on your face, hands, feet, genitals, buttocks or major joints. First- or second-degree burns that are larger than 2 to 3 inches in diameter. Intravenous fluids, pain management, removal of dead tissue and skin grafting may be involved in your care.

If your burn is less serious, soaking it in cool water may help pull heat away from the damaged skin. It can also be helpful to apply antibiotic cream or other ointment recommended by your doctor and to take an over-the-counter pain reliever, such as ibuprofen or acetaminophen. A sterile, nonstick dressing and a loosely wrapped bandage will protect blistered skin and help prevent infection.

Check with your doctor if you have questions about the severity of a burn or how to treat it.

The entire home
■ Cover electrical outlets if you have small children.
■ Follow manufacturers’ instructions carefully when using space heaters.
■ Place smoke alarms on every level of your home. Test them monthly, and replace their batteries at least every six months.
■ Keep fire extinguishers on hand, and learn how to use them.

In the kitchen
■ Never leave cooking food unattended.
■ Keep hot liquids away from the edges of tables and counters.
■ Turn pot handles to the rear of the stove, and use the back burners when possible.

If you have a serious burn and need medical attention, our emergency department can help.

Additional tips to protect kids
■ Never carry or drink hot liquids while holding a child.
■ Place matches and lighters out of the reach of children.
■ Keep small children away from the stove.
■ Don’t use a microwave to warm baby bottles.
■ Test the water temperature before putting your child in the tub or shower.

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Rene Rezentes
Marline Rienks
Charles and Faye Riley
John and Sally Robey
Joe Rogers
Lauri Rose
Daniel and Abigail Royse
Rudolph and Judith Santsche
Somer Schreiber
Rebecca Simone
David and Gabriele Somerville
Sonoma Imaging Medical Associates, Inc.
Barbara Stinson
Susan Stowe
MRS. JIM Strong
Janice Syverson
Danny and Ruth Thomas
Joe and Anna Toste
Everett and Sue Tosten
Mary Vides
Janet and Victor
Wallerlkamp, MD
Elizabeth Wardell and Fred Long
Laurie Watson Stone and David Stone
Jan and Wesley B. Weiman, DDS
Del and Elise Westman
Roger and Caroline Wilcox
Edward and Mary Wise
Vincent and Joan Woodhurt
Dale and Patricia Zerlang
QUITTING SMOKING

You can reap rewards at any age

You’re not as young as you used to be—but nobody is! Age sometimes is an all-too-easy excuse to keep smoking, yet millions of older adults can and do quit, even after smoking for decades.

The benefits of quitting add up, no matter what your age. People who stop smoking usually breathe easier, improve their sense of taste and smell, and lower their risks for serious diseases, including heart and lung problems.

Older adults sometimes do have a harder time quitting than younger smokers. But giving up tobacco is so important that Medicare now pays for face-to-face stop-smoking medical appointments, with some limitations.

So if you need help quitting, see your doctor. There are many aids that can help you succeed, no matter how many candles you’ll light on your next birthday.

Or try our free Quit Tobacco workshop at the St. Joseph Hospital Wellness Center on the third Monday of each month, 5:30 to 8:30 p.m.

Call 707-443-2341 for more information.

Sources: American Medical Association; National Institute on Aging; U.S. Department of Health and Human Services.

The dangers of lead

There’s no safe level for children

Kids are natural explorers, crawling, touching and tasting their way through their exciting world. That’s how lead becomes a danger for them: Contaminated particles make their way onto hands and toys and into mouths. Still-developing bodies and brains absorb the toxin, which can cause serious learning and behavior problems.

So how can adults help young explorers avoid lead?

The Centers for Disease Control and Prevention and other groups offer these tips:

● Know the age of your house, apartment or daycare center. Lead paint was used up until 1978. Older buildings often have painted surfaces that still give off lead-contaminated dust and chips. If you own an older home, hire a lead-safe certified professional to paint or renovate it. If you rent an older home, tell your landlord about any peeling or chipping paint. Landlords are legally required to repair lead problems found on their properties.

● Make a clean sweep. Clean floors, windowsills and window wells with a wet mop or cloth every two weeks. Wash your children’s hands, bottles, pacifiers and toys often too. This picks up dust and paint flecks and limits the amount of lead that may be ingested.

● Remove shoes before entering your home. This keeps dust from being tracked through your home.

● Don’t let your kids play in bare dirt around older buildings. The dirt can contain lead from deteriorating paint.

● Use cold water for cooking, drinking and mixing formulas. Hot water is more likely to carry lead from plumbing, pipes or solder. Run cold water before using to make sure it’s fresh.

● Feed your children a balanced, healthy diet. Healthy amounts of calcium and iron help kids absorb less lead.

● A white or red patch on the gums, tongue, tonsils or lining of the mouth.

● Ongoing pain or a sore in the mouth that bleeds easily or doesn’t heal.

● A lump or thickening in the cheek.

● A sore throat or feeling that something is caught in the throat.

● Difficulty chewing, swallowing, or moving your tongue or jaw.

When oral cancer is detected in its earliest stage, it is easier to treat than when detected later.

Sources: American Cancer Society; American Dental Association.

Regular dental checkups can help detect oral cancer

Dental checkups don’t only find problems with your teeth. They may also help you detect oral cancer.

It’s estimated that oral cancer will strike more than 34,000 people in the U.S. this year.

Most cases of the disease are related to tobacco or alcohol use. But about 25 percent of those affected do not smoke or have any other risk factors.

You and your dentist should watch for:

● A lump or thickening in the mouth that bleeds easily or doesn’t heal.

● A white or red patch on the gums, tongue, tonsils or lining of the mouth.

● Difficulty chewing, swallowing, or moving your tongue or jaw.

When oral cancer is detected in its earliest stage, it is easier to treat than when detected later.

Sources: American Cancer Society; American Dental Association.

EXPERT CARE: Hospitalist Jennifer Heidmann, MD, examines a patient at St. Joseph Hospital.

Hospitalists: Your in-hospital specialists

When you were young, your mother told you not to talk to strangers. That’s often good advice. But if you find yourself spending time in St. Joseph Hospital, you may end up talking to a type of doctor you’re not familiar with, and that’s OK. Because that doctor is a hospitalist—someone who specializes in the comprehensive medical care of hospitalized patients.

These physicians are fast becoming more common in hospitals across the country. In fact, there are now more than 30,000 hospitalists practicing in more than 3,300 hospitals, according to the Society of Hospital Medicine.

Instead of specializing in caring for a specific disease, such as an oncologist or cardiologist does, a hospitalist is trained to take care of you during your entire hospital stay—from when you’re admitted to the time you’re discharged.

A hospitalist works closely with your primary care doctor and any surgeons or other specialists who have treated you. If you don’t have a primary care doctor, a hospitalist can fill that role. And unlike other doctors, a hospitalist is available at the hospital all the time.

Hospitalists also work closely with other key people in the hospital, such as nurses, pharmacists, discharge planners and clergy.

To learn more about our hospitalists, go to www.stjosepheureka.org.
Nurse honored for calm, compassionate care

A St. Joseph Hospital (SJH) nurse is the newest recipient of a prestigious DAISY Award after impressing colleagues with his calm and compassionate care. The hospital honored Relief Charge Nurse Glenn Holbrook, RN, who works on the fourth floor medical-surgical unit, with the award in recognition of his dedication to patients.

An acronym for "Diseases Attacking the Immune System," DAISY awards are presented to nurses at hospitals around the country who have gone above and beyond the call of duty to care for patients.

In addition to working as a relief charge nurse, Holbrook is cross-trained to work in other clinical departments and also serves as a leader helping hospital staff learn to use new electronic health record technology.

When asked what set Holbrook apart from other nurses, Nurse Manager Liana Medina cited his kind and compassionate demeanor and informative and calm nature. Holbrook has worked at St. Joseph Hospital since 2007. Learn more about the DAISY Awards at www.daisyfoundation.org.

Welcome to our new physicians

St. Joseph and Redwood Memorial hospitals have had the pleasure of welcoming several new physicians to the medical staff in recent months. In this issue of Health Scene, we proudly welcome two physicians who specialize in medical oncology and hematology.

Jeffrey Allen, MD, medical oncology/hematology: Dr. Allen recently joined Humboldt Medical Specialists (HMS)–Hematology/Oncology. Dr. Allen completed his medical training at Albany Medical College, followed by an internship and residency at Albany Medical Center. In 2008, he completed a fellowship at the University of Tennessee Cancer Institute. He taught at the University of Tennessee College of Medicine from 2009 to 2011. He joined HMS–Hematology/Oncology in January.

Robert Lemon, MD, medical oncology/hematology: Dr. Lemon arrived in Humboldt County last fall to join Eureka Internal Medicine as a medical oncologist and hematologist. Dr. Lemon received his medical degree from the University of California, Irvine, and completed a residency at Loma Linda University Medical Center, followed by a fellowship at Scripps Clinic and Research Foundation. Prior to relocating his practice to Eureka, Dr. Lemon practiced in Cedar City, Utah.

Design for Perfect Care

How we’re using technology to improve patient care

When you are a patient at a hospital, you witness first-hand the effort that goes into helping you heal. From taking your temperature to giving you medication, you are directly involved with your care. At St. Joseph and Redwood Memorial hospitals, a lot takes place behind the scenes in an effort to continuously improve how we care for patients.

Design for Perfect Care is our strategic initiative aimed at unifying knowledge and technology to deliver perfect care at the bedside. A big component of that program is the transition to electronic health records (EHR). This process started in 2010 and involves many important steps. Some of the advancements include:

● A system that allows physicians to electronically place orders for medications and lab and other diagnostic tests.
● The ability to document and monitor everything from lab results to vital signs from anywhere in the hospital or from off-site medical offices.
● A tool for confirming patients get the right medication at the right time.

How we’re using technology to improve patient care

The next time you’re online, check out our new, user-friendly websites. Just go to www.stjosepheureka.org or www.redwoodmemorial.org.

Check us out online!

St. Joseph Hospital (SJH) and Redwood Memorial Hospital (RMH) recently redesigned their websites to feature a new, user-friendly format that makes it easier to search for services, physicians, and job listings—among other things.

The enhanced websites offer information about the hospitals’ services, resources for patients and visitors, a listing of health-related classes and events, and information about the hospitals’ community-benefits work—plus much more.

With the click of a button, you can search for physicians, learn more about volunteering at or donating to the hospitals, or research the wide variety of medical services available to you at SJH and RMH. The website can also be accessed through your mobile device.

COMING SOON

A new look for our community magazine

St. Joseph and Redwood Memorial hospitals’ newly designed health and wellness community magazine is almost here!

Inside the next issue, which will arrive in your mailbox in August, you will find timely medical news and useful information aimed at promoting good health and well-being for the North Coast. We’ll also introduce you to new physicians and share information on new and exciting things that are happening at our hospitals. We hope these stories will inspire you to take action for your own health and the health of those you love.

We want you to find the new magazine useful and informative and hope that you will continue to turn to us as a trusted source of health and wellness information. We hope you will share your thoughts and comments and let us know about topics you would like us to include in future editions by emailing leslie.broomall@stjoe.org.

For more than 90 years, St. Joseph Health System–Humboldt County has been providing high-quality health care for the North Coast community. We are guided in all we do by our four core values: dignity, service, excellence and justice.
The safe storage of insulin

Proper care of insulin is an important part of managing diabetes. These four steps can help keep your insulin safe and stable.

1. Store your current bottle of insulin at room temperature. Refrigeration or cool storage can help your backup bottles last longer. But cold insulin may make injections painful, so most doctors don’t recommend putting your current bottle in the refrigerator. At room temperature, insulin lasts about one month.

2. Don’t let insulin get too hot or cold. Extreme temperatures can weaken insulin. Don’t keep it in the freezer, and never use insulin that has been frozen. Also, don’t let insulin sit in the glove compartment or trunk of your vehicle, and keep insulin out of direct sunlight. A travel pack can help protect your medicine from the elements.

3. If you use insulin pens, know where to store them. Disposable pens are preloaded with insulin and should be kept in the refrigerator until you’re ready to use one—once opened, it can be kept at room temperature. Reusable pens do not go into the refrigerator. But insulin cartridges (bought separately) should stay in the refrigerator until they are loaded into the pen.

4. Don’t use insulin that is expired.

Source: American Diabetes Association

LUNG CANCER SCREENING

Is it right for you?

Lung cancer kills more men and women in this country than any other type of cancer. One reason is that lung cancer is hard to detect in its early stages. By the time it causes symptoms, it often has spread outside the lungs, making it difficult to treat.

That’s why the National Cancer Institute sponsored a major study called the National Lung Screening Trial (NLST). The study compared two different methods used to spot lung cancer: standard chest x-ray and low-dose helical computed tomography (CT). Researchers wanted to find out if screening current and former smokers with either test would result in fewer lung cancer deaths.

More than 53,000 people took part. All were between the ages of 55 and 74 with a history of heavy smoking. Each person was randomly assigned to undergo three annual screenings with either chest x-rays or CT scans.

At the end of the study, there were 20 percent fewer deaths from lung cancer in the people who received CT scans compared with those who got chest x-rays.

What this means for you

If you currently smoke or have done so in the past, you may be wondering if you should be screened for lung cancer with a CT scan. Although the results of the NLST suggest that this type of screening may help prevent deaths from lung cancer, the study also found that more than 96 percent of the CT scans that appeared positive for lung cancer were false alarms. Each false positive required added testing.

In addition, most insurance providers don’t pay for CT screening, and the radiation in CT scans can raise your lifetime risk for cancer.

Talk to your doctor about the possible benefits and risks of lung cancer screening for you.

For helpful information about quitting, visit www.smokefree.gov.

St. Joseph Hospital receives award for lactation services

The International Board of Lactation Consultant Examiners (IBLCE) and International Lactation Consultant Association (ILCA) have recognized St. Joseph Hospital (SJH) for excellence in lactation care.

The IBLCE Care Award, which has been given to SJH, honors facilities that have International Board Certified Lactation Consultants (IBCLC) on staff and that provide a lactation program for breastfeeding families.

SJH has also been recognized for providing breastfeeding training for nurses who care for new families and have recently completed activities that help protect, promote and support breastfeeding.

The award highlights the efforts being made by maternity facilities all across the world to help mothers get off to a good start with breastfeeding and to support them in reaching their goals.

“Breastfeeding is a crucial first step in protecting the health of mothers and infants, and hospital practices have an enormous impact on its success,” says Star Siegfried of IBCLC.

SJH’s lactation services include inpatient consultation, a lactation assistance program and a CARE line, all free of charge. Additionally, Siegfried provides continuing lactation education for staff.

For more information, please visit www.stjosepheureka.org.

BLOOD DONATION

It’s worth doing

If you’ve ever thought about giving blood, don’t give it another thought—just do it!

Donating blood is quick, safe and relatively painless. It’s also really important. Nearly 44,000 units of blood are needed in American hospitals and emergency facilities every day. And just one donation can help save the lives of up to three people.

Among other things, the blood you donate can be used to help someone who’s:

- Undergoing chemotherapy.
- Been injured in a car crash or a fire.
- Getting an organ transplant.
- Having a baby.
- Having surgery.

One problem is that donated blood is often in short supply, especially around the holidays and during the summer. The good news is that you can donate often—every eight weeks in some cases.

To learn more about donating blood, visit the American Red Cross website, www.redcross.org or the AABB website, www.aabb.org.
RADIATION THERAPY: HOW IT WORKS

Radiation therapy is a powerful weapon in the fight against cancer. So much so, in fact, that more than half of all people battling the disease receive it as part of their treatment, reports the American Society of Clinical Oncology.

If you’ve been diagnosed with cancer, it’s helpful to know about this common cancer-fighting tool.

**Potent Energy** Radiation therapy uses strong beams of energy to attack cells that are growing uncontrollably. There are two main types of the therapy. Both destroy the DNA in cells, causing them to stop dividing or to die.

External beam radiation. This is the most commonly used radiation therapy. It’s delivered by a machine that moves around the outside of your body.

Internal radiation therapy. This type of radiation attacks cancer from inside your body. Generally, it comes from radioactive seeds, ribbons or capsules that are placed within or near your tumor.

With computer guidance, doctors can adjust the size and shape of the radiation beam so that it targets cancer cells, while minimizing damage to surrounding tissues.

In most cases, treatment is given on an outpatient basis for several weeks. Usually, you’re treated once a day, five days a week.

Delivery of the radiation takes just one to five minutes, according to the National Cancer Institute (NCI). But each full visit may take half an hour or more. The treatment does not make you radioactive.

Internal radiation therapy. This type of radiation attacks cancer from inside your body. Generally, it comes from radioactive seeds, ribbons or capsules that are placed within or near your tumor.

Sometimes this is done with a needle. Other times, doctors deliver the radiation source with a small tube, called a catheter, or a larger device, known as an applicator.

The implant itself may be left in the body permanently. Over time, the radiation weakens and becomes less dangerous for others.

According to the NCI, internal radiation may be used for cancers of the head, neck, breast, uterus, cervix, prostate, gallbladder, esophagus, eye and lung. Sometimes liquid internal radiation—either swallowed or given intravenously—is used for thyroid cancer and non-Hodgkin’s lymphoma.

Talk to your doctor for more information.

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**Supplements and cancer treatments: A risky combination**

Supplements and cancer treatments don’t always mix.

So if you’re about to begin treatment and you’re taking—or considering taking—a vitamin or a botanical or herbal product, it’s crucial to talk with your doctor.

Many people think natural products are always safe. But often, they have biologically active compounds. When these compounds mix with therapies your doctor orders, it can be especially risky.

Certain herbs, for example, might interfere with the way a chemotherapy drug is absorbed or passed from the body. That might cause less of the drug that is needed to kill cancer cells to circulate in your bloodstream. On the other hand, in some cases, too much of the drug may stay in your body. That could lead to serious side effects.

Even vitamins can prove troublesome. Taking vitamin E, for instance, might interfere with radiation therapy’s ability to damage cells’ DNA and destroy cancer.
**Foundation Events**

St. Joseph Hospital Foundation Golf Classic 2012
Thursday and Friday, June 28 and 29
Baywood Golf and Country Club
Mark your calendars for St. Joseph Hospital’s largest fundraiser of the year! Join us for a delicious dinner with live and silent auctions on Thursday, followed by a golf tournament on Friday. To buy tickets, volunteer or support the Golf Classic, call 707-269-4200.

Redwood Memorial Foundation Scramble for RMH Golf Tournament
Friday, Sept. 28, Redwood Empire Golf and Country Club, Fortuna
All community members are invited to join us for this fun-in-the-sun event. Golfers will enjoy a variety of hole contests, hole-in-one prizes, long drives and tournament tables throughout the course. To buy tickets, volunteer or support the Scramble, call 707-725-7270. Space is limited; early reservations are encouraged.

**Health and Wellness**

Free mole check/screening
Saturday, May 19, 9 a.m. to 2 p.m.
HMS Dermatology, 2350 Buhen, Suite B, Eureka
No appointment or referral needed! Free mole exam only, no other procedures or tests are included.

Quit tobacco workshop/support group
Third Monday of each month, 5:30 to 8:30 p.m.
SJH Wellness Center
Free. Call 707-443-2241 for more information.

Cardiac Clinics
- Fortuna: Tuesdays, June 19, July 17 9 a.m. to noon
- Crescent City: Tuesdays, June 12, July 10 10 a.m. to 4 p.m.
The cardiac clinics will be conducted by Humboldt Medical Specialists–Cardiology. Registration is required. Call 707-442-1182.

**Support**

Bariatric Surgery Support Group
Second Wednesday of each month, 6:30 to 8 p.m.
General Hospital Campus, Burre Room.
A support group for those considering bariatric surgery and those who are post-surgery. Call 707-872-4866 for information. Free.

Mother to Mother Support Circle
Tuesdays, 10 to 11:30 a.m.
317 Third St., Eureka
Come chat and socialize with other moms and their babies. Newborns to 1 year old.

Diabetes Support (Eureka)
First Monday of each month, 6:30 to 8 p.m., General Hospital campus, Burre Room
Get support each month with up-to-date information and guest speakers who help people with diabetes manage their disease. Free.

Parent to Parent Autism Network
Second Wednesday of each month, 6:30 to 8 p.m., St. Joseph Hospital, Conference Room 1
A support group for families and caregivers raising and caring for children and adults with autism. All are invited. Call Pam at 707-845-6115. Free.

Stoke Support Group
First Monday of each month, 10 to 11 a.m., General Hospital campus, Conference Room (second floor)
For more information, call Susan Brayton at 707-445-6121, ext. 5655.

Mended Hearts
Second Wednesday of each month, 7 p.m., St. Joseph Hospital, Conference Room 1
Call Stan at 707-443-2529.

**Resource Center**

St. Joseph Health System–Humboldt County has resource centers in Blue Lake, Eureka, Loleta, Rio Dell and Willow Creek. They offer a variety of assistance programs—including prescription assistance programs, Healthy Families, Medi-Cal, AIM, health care referrals, hygiene supplies and more—to all members of our community. To find out which services are available at a center near you, call 707-442-5239.

**Supportive Services**

Free mammography
First Tuesday of each month, 8 to 9 a.m., Redwood Memorial Hospital, 2350 Buhen, Suite B, Eureka
Free. Call 707-442-5239 for reservations.

**Healthy Scene**

Our Vision: We bring people together to provide compassionate care, promote health improvement and create healthy communities. We demonstrate this through our four core Values: Dignity, Excellence, Service, and Justice.

Dignity We respect each person as an inherently valuable member of the human community and as a unique expression of life.

Excellence We foster personal and professional development, accountability, innovation, teamwork and commitment to quality.

Service We bring together people who recognize that every interaction is a unique opportunity to serve one another, the community and society.

Justice We advocate for systems and structures that are attuned to the needs of the vulnerable and disadvantaged and that promote a reliance of redemptivity among all persons.


Jim Strong
CFO, St. Joseph and Redwood Memorial Hospitals
Joe Rogers
VP and COO, Redwood Memorial Hospital

Information in *Health Scene* comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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