

# Classes and Programs

Fall 2009

To help you and your family members lead healthy lives, Mercy Hospital of Folsom offers a variety of educational programs and services. Please join us for any of the classes listed that meet your specific needs. Unless otherwise noted, classes are offered in the Willow Creek Medical Office Building at 1580 Creekside Drive, Suite 120, Folsom.

Please call to register for classes or to receive more information. Unless otherwise noted in the class description, call us toll-free, anytime, at 888.MERCY.56 (888.637.2956), or register online at [mercyfolsom.org](http://mercyfolsom.org).

## ASTHMA EDUCATION

For adults or children. Adopt skills for effective management. Learn how your lungs function, the early warning signs of an asthma attack, the role of medications, equipment for managing your asthma, breathing techniques, nutrition, how to develop an action plan and more. No physician referral is necessary.

### Adult Asthma

*Dates and time:* Tuesdays, Sept. 22 or Nov. 17, 6:30–8:30 p.m.  
*Fee:* \$10

### Child Asthma

Available on an as-needed basis.  
*Fee:* \$10  
*Contact:* 916.817.8656

## CHILDBIRTH EDUCATION

We offer a full range of classes to help you prepare for childbirth. For a complete listing, call the Mercy Women's Center at 916.614.2229.

## DIABETES EDUCATION

If you or a family member has been diagnosed with diabetes, we invite you to attend our two-part series. Call for registration and course fee.

## Learning the Tools to Manage Blood Sugar (Part 1)

Our diabetes nurse educator and dietitian will discuss ways to help you manage your blood sugar, understand diabetes and recognize its effects. Learn guidelines for exercise, medications and meal planning. Registration is required. No physician referral necessary.

*Dates and times:* Tuesdays, Sept. 8, 2–5 p.m., or Nov. 10, 5:30–8:30 p.m.

## Diabetes: Beyond the Basics (Part 2)

This class helps you monitor your blood sugar as well as develop individual exercise and meal plans. Registration is required. No physician referral necessary.  
*Dates and times:* Tuesdays, Oct. 13, 2–5 p.m., or Dec. 8, 5:30–8:30 p.m.

## NUTRITION EDUCATION

### DASH Diet for High Blood Pressure Control

Learn about the DASH (dietary approaches to stop hypertension) diet, an eating plan that can lower blood pressure without or with less medication. You'll get practi-

cal suggestions for following the diet. If you have high or pre-high blood pressure, join us to receive a sensible guide to eating for good health.

*Date and time:* Tuesday, Sept. 15, 6:30–8:30 p.m.

*Fee:* \$10

*Facilitator:* Marilyn Gee, RD

## Eat This Not That! For Kids—Feeding Your Child Healthy Foods

*Eat This Not That! For Kids* is a popular book that helps you and your kids navigate a minefield of calories, fat, sugar and salt in the menu items of our nation's top restaurant chains. With this book as a starting point, you'll learn to incorporate smart tools into your daily routine to keep your family lean and fit for life.

You will also gain the tools needed to read between the lines and find hidden dangers in your children's favorite foods.

*Date and time:* Thursday, Sept. 24, 6:30–8:30 p.m.

*Fee, including book:* \$20; *without book:* \$10

*Facilitator:* Heather Howard, RD

## Food Allergies and Gluten Sensitivities

Does it seem as if food allergies are on the rise? Learn how food allergies develop and how to survive—and even thrive—if you have food allergies and gluten sensitivities. We will discuss the differences between food intolerances and allergies, as well as ways to live and eat healthfully while coping with food sensitivities.

*Date and time:* Thursday, Oct. 1, 6:30–8:30 p.m.

*Fee:* \$10

*Facilitator:* Heather Howard, RD

## Kids in the Kitchen

Does your child enjoy cooking? This hands-on workshop for children ages five to nine covers how to plan, shop for, prepare and enjoy a healthy recipe. Kids learn through interactive cooking that nutrition can be fun. Parents must accompany children.

*Date and times:* Saturday, Oct. 3, 10 a.m.–noon or 1–3 p.m.

*Place:* Raley's, 3935 Park Drive,

*El Dorado Hills*

*Fee:* Free

*Facilitators:* Elaine Reynolds, RD, and Kelli Jones, Health Educator

*Contact:* 916.817.8673

*Space is limited; please call to reserve a spot.*

## Nutrition in the Golden Years

Good nutrition is a key to healthy aging. This nutrition discussion is geared specifically to the special dietary needs of those 60 and older. Topics include nutrient absorption, supplements, changes in taste and smell, key vitamins and minerals, and cooking tips.

*Date and time:* Wednesday, Oct. 7, 1–3 p.m.

*Fee:* \$10

*Facilitator:* Marilyn Gee, RD

## Eat This Not That! For Adults

*Eat This Not That!* is a popular book that helps navigate a minefield of calories, fat, sugar and salt in the menu items of our nation's top restaurant chains. You will gain the tools needed to read between the lines and find hidden dangers in your favorite restaurants. Be a smart consumer, and keep you and your family lean and fit for life!

*Date and time:* Thursday, Oct. 15, 6:30–8:30 p.m.

*Fee, including book:* \$20; *without book:* \$10

*Facilitator:* Heather Howard, RD

## Healthy Foods for the Non-Cook

Have you recently made a commitment to eat healthier but rely on convenience foods for most of your meals? Learn how to select healthy options from frozen meals and ready-to-eat foods from your local grocery store. This class will help you incorporate whole grains,



legumes, vegetables and fruits into your daily food selections. You'll also learn how to mix four ingredients and cook them in less than 15 minutes for quick and nutritious meals.

*Date and time: Wednesday, Oct. 21, 1–3 p.m.*

*Fee: \$10*

*Facilitator: Marilyn Gee, RD*

### Healthy Eating With IBD/IBS

Millions of Americans suffer from inflammatory bowel disease (IBD) or irritable bowel syndrome (IBS). Join us to learn about IBD/IBS, foods that may cause problems, as well as foods and supplements that may help to heal, improve your immune system, reduce inflammation and prevent symptoms. Learn about achieving a healthy eating lifestyle while living with these chronic conditions.

*Date and time: Thursday, Oct. 29, 6:30–8:30 p.m.*

*Fee: \$10*

*Facilitator: Heather Howard, RD*

### Eating Healthy with Diabetes

Join our registered dietitian to learn how to make healthy food choices to manage your blood sugar. Topics include meal planning, product comparisons using the Nutrition Facts label and grocery shopping tips.

*Date and time: Tuesday, Nov. 3, 6:30–8:30 p.m.*

*Fee: \$10*

*Facilitator: Marilyn Gee, RD*

### Healthy Holiday Eating

Want to prevent the dreaded 10-pound holiday weight gain? Join us for ideas to go lean with your favorite holiday recipes. We'll have tips to prevent overeating while still enjoying all your holiday favorites. Don't forget to bring your treasured holiday recipes to convert with a healthy twist.

*Date and time: Thursday, Nov. 12, 6:30–8:30 p.m.*

*Fee: \$10*

*Facilitator: Heather Howard, RD*

### PARENTING EDUCATION

*Facilitator: Janet Schwartz-Edmisten, MSW, Parenting Consultant*

### Parenting Series—Preschool Cooperation

Are you interested in learning how to gain cooperation from your child with less stress and more ease? In

this class, participants will learn techniques for getting preschoolers to comply, as well as tips on how to help them become more self-reliant. In addition, you will learn about getting your family on the path to becoming a harmonious working unit.

*Date and Time: Thursday, Sept. 17, 6:30–8:30 p.m.*

*Fee: \$10 per family*

### Parenting Series—School-Age Cooperation

If you would like to reduce the stress of parenting while strengthening your family's bond, this class is for you. The class addresses homework hassles, getting kids to do their chores, disrespectful attitudes and much more. You will learn simple techniques that can make a positive change.

*Date and time: Thursday, Oct. 15, 6:30–8:30 p.m.*

*Fee: \$10 per family*

### Saying No—Setting Limits and Logical Consequences

In this class, you will learn effective strategies to help your child respond to limits set by a parent or caregiver. You will also gain an understanding of logical consequences and how to use them, with specific suggestions given for real-life situations.

*Date and time: Thursday, Nov. 5, 6:30–8:30 p.m.*

*Fee: \$10 per family*

### ADULT HEALTH

### Stress Management Retreat for Women

It's no secret, women today juggle more demands than ever and have unique needs for stress relief and achieving a healthier lifestyle. This all-day retreat looks at the definition of stress and symptoms of stress overload. You will learn the role of the brain and how to activate it for sleep, happiness and memory; how exercise, nutrition and vitamins affect your body; and how to look inward to identify distractions, limiting beliefs and mental blocks. You will experience meditation and breathing exercises, progressive muscle relaxation and journaling. You will also learn how to design goals to create your new, less stressful life. Wear comfortable, loose clothing. Lunch will be provided.

*Dates and time: Saturdays, Sept. 19*



## Our Mission and Values

Mercy Hospital of Folsom is committed to furthering the healing ministry of Jesus.

Our mission:

- To deliver compassionate, high-quality, affordable healthcare services
- To provide direct services to our sisters and brothers who are poor and disenfranchised, and to advocate on their behalf
- To partner with others in the community to improve the quality of life

*or Nov. 7, 9 a.m.–4 p.m.*

*Fee: \$25*

*Facilitator: Rosemary Parker, RN*

### Advance Healthcare Directives

What are your wishes for care and treatment? If you were to suddenly experience a serious health crisis and were unable to speak, who would speak for you? Join Michael Gaddini, MD, family medicine, and Sister Cornelius O'Connor, Vice President of Mission Services, to discuss your advance healthcare directives. The program includes time for questions and answers, and each participant will receive an advance healthcare directive planning packet.

*Date and time: Tuesday, Oct. 13, 6–7:30 p.m.*

*Fee: Free*

### Smoking Cessation (Stop Smoking)

Stopping smoking represents the single most important step that a smoker can take to enhance the length and quality of his or her life. Get motivated and learn to quit smoking your way. To have the best chance of quitting, you need to know what your options are and where to go to find help. Join us for our seven-session stop-smoking

program. Topics include: identifying your smoking triggers, health risks of smoking, steps to quitting, nutrition and weight management, and smoking cessation aids that will help you to quit smoking for good.

*Dates: Session 1—Mondays, Sept. 14, Sept. 21, Sept. 28, Oct. 5, Oct. 12, Oct. 19, Oct. 26*

*Session 2—Mondays, Nov. 2, Nov. 9, Nov. 16, Nov. 23, Nov. 30, Dec. 7, Dec. 14*

*Time: 6:30–8:30 p.m.*

*Fee: \$50*

*Facilitator: Judy Edgar, RT*

### The Caring Center

The Caring Center provides a wide variety of treatments, including Therapeutic Touch, craniosacral therapy, massage, reflexology, Reiki and Healing Touch.

*Dates and time: Every Wednesday, 7 p.m.*

*Fee: Free*

*Contact: 916.817.8656*



Mercy

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