

Be well

SPRING 2015

Open MRI improves
patient comfort, p4

Stroke: fast action
can save lives, p8



Mercy Medical Center Redding
St. Elizabeth Community Hospital
Mercy Medical Center Mt. Shasta

www.mercy.org

Welcome to *Be Well*

Dear North State Community Members:



We are pleased to present the Spring edition of *Be Well* magazine.

Dignity Health North State is honored to care for our communities, and our goal is to keep you in good health by being the region's only provider of the following services:

- Designated Trauma Center • Beating Heart Surgery • da Vinci Si Robotically Assisted Surgery • Regional Cancer Center • Family Birth Center • Neonatal Intensive Care • Pediatrics • Family Health Center
- Residency Programs • Hospital Affiliated Home Health and Hospice
- Senior Nutrition Program and Adult Day Health Care

These services, combined with our other inpatient and outpatient services, position Dignity Health to be your comprehensive health care provider.

Be Well provides information to keep you healthy and to understand your care options when needed. If you have recently received care from us, I encourage you to register for our Online Patient Center, which allows you to securely review your medical information, such as care instructions and current medications. Additionally, the following pages highlight our new MRI equipment, stroke services, cancer services, and much more.

Our commitment to provide excellent care is our mission, and we appreciate the trust you place in us for all of your health care needs.

Together, we look forward to helping you *Be Well*.

Sincerely,

Mark Korth
President, Dignity Health North State
President, Mercy Medical Center Redding

Dignity Health North State on Facebook and on the Web



Stay connected with us on Facebook—
find us at Dignity Health North State and Mercy Medical Center Redding and 'like' our pages.

Connect with Dignity Health North State through our interactive website at mercy.org. Our website is the perfect place to:

- Find a physician.
- Email a get-well message to a patient.
- Register for classes and events.

Mark Korth

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Information in BE WELL 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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Mercy Medical Center Redding's new open MRI machine offers some of the latest imaging technology available. Its spacious design allows patients to be more comfortable and feel less confined.

Here's looking at you

New MRI machine aids diagnoses, improves patient experience

Mercy Medical Center Redding's new magnetic resonance imaging (MRI) machine is now open—in more than one sense of the word.

It's not just ready for use by patients. It uses improved technology known as open MRI.

Focused on comfort

When patients have an MRI scan, they lie on a table that moves into a cylinder-shaped tube during the exam. In traditional MRI units it was quite an enclosed space—and for some people, that experience was nerve-wracking.

“People, even when they just saw the older scanners, worried about claustrophobia,” says Steve Buhler, Director of Imaging for the Dignity Health North State Service Area.

The new machine comes with a wider opening, making it less confining. “It helps to defeat that psychological concern that people have about being closed

in,” Buhler says. “It's much more comfortable.” And the more open design makes it easier to scan larger patients.

This machine is also the first fixed-site diagnostic MRI at the facility.

For more than 10 years, Mercy Medical Center Redding has offered MRI in a mobile van, explains Buhler. But the new open MRI machine is located in the hospital building, which helps provide patients with an improved overall experience.

Dedicated to quality care

Open MRIs have existed for some time. But the quality of the older images was sometimes lacking.

“Those issues have been resolved with this latest technology,” says Buhler. Now, like traditional MRI, the open machine is very useful for diagnosing soft tissue injuries, cancer, and problems within the

How it works

Imaging tests such as X-rays and CT scans rely on radiation. But an MRI is different. It uses a magnetic field, radio waves, and a computer.

While undergoing an MRI, magnets align hydrogen atoms in your body. The atoms are then displaced by radio waves. When the waves are stopped, the atoms send off signals as they move back into position. The computer reads these signals and uses them to create detailed images.

nervous and musculoskeletal systems.

Of course, it isn't just technology that makes MRI at Mercy Medical Center Redding unique. The human touch hospital staff provide is just as important.

“Part of our mission is to treat people with kindness and respect,” says Buhler. “That's something we think about every day with every patient. We take the humankindness approach very seriously.”

Click here for a snapshot of your health



Online Patient Center allows secure, easy access to personal health records

It's easy to use. It's always open. And it's safe.

It's the Dignity Health Online Patient Center—a one-stop, electronic tool that allows you to review your medical information anytime you want. All you need is an internet connection and a web browser.

“It's a secure web portal where patients can access their health information from the electronic medical records system used by their hospital,” says Brian Talbot, Dignity Health's IT Collaboration Director.

“It's login- and password-protected,” he says, “much like online banking.”

How can it help you?

Among other things, the Online Patient Center allows you to:

- See what conditions you've been

Manage your appointments, securely access your health information, and quickly view your lab results with the Dignity Health Online Patient Center.

treated for and what procedures were done during hospital visits

- Review discharge instructions
- Read a list of your current medications and allergies
- Manage your upcoming hospital appointments

Users can also see results of lab tests much more quickly, says Roque Matagulay, RN, Dignity Health Clinical Informaticist.

“The health records office guarantees a 30-day turnaround,” he says. “But online, you can get lab reports within 24 hours. That's a popular feature.”

Additional features—including an app for mobile devices—are planned, he says.

Overall, “The intent is to make sure patients have the opportunity

How to sign up

The Dignity Health Online Patient Center is easy to register for and use. All you need to do is:

- Provide your email address during hospital registration
- Check your inbox for an invitation to enroll
- Click on the link provided and follow the simple instructions

If you have questions after you're enrolled, call the toll-free, 24-hour support line



at **877.621.8014**. Or, go to **DignityHealth.org/Patients** and

select your hospital from the drop-down menu for your region.

to engage in their own health care,” Talbot says. “The more engaged you are, the more likely you are to enjoy better health.”

Keep your family safe

You can't see it, smell it, or taste it, but carbon monoxide (CO)—a gas released when fuel is burned—can be deadly.

In your home, CO can come from a variety of things, such as a heating system, cooking appliance, or fireplace. It's also present in fumes from vehicles, small engines, and barbecues.

There's little to worry about when appliances and other devices are working right and fumes are properly vented. But when they're not, CO levels can get high enough to cause illness and death. Hundreds of people in the U.S. die every year from CO poisoning.

"I've seen several cases of CO poisoning during the past several years due to poorly ventilated generators," says pathologist Dan Purtzer, MD, at Mercy Medical Center Mt. Shasta. "Living in the mountains as we do, we experience loss of power on a regular basis during the winter months. If you must use a portable generator for power, make sure it is in good working order and properly ventilated."

What are the warning signs?

At low levels, CO poisoning can mimic the flu—but without a fever. Common symptoms include headache, fatigue, shortness of breath, nausea, and dizziness. At higher levels, CO poisoning can cause severe headaches, confusion, and a loss of consciousness and death.

If you think you might have carbon monoxide poisoning, get fresh air at once. Open windows, turn off appliances or vehicles, and leave the area. Get to an emergency department and tell the medical staff you suspect CO poisoning.

What else can you do?

According to the Centers for Disease Control and Prevention and others, there are several things you can do to protect yourself and your family from this threat:

- Each year have an expert check anything in your home that burns gas, oil, or coal, such as your heating system, kitchen range, and water heater.
- Make sure all gas appliances are properly vented.

When you need emergency care

Call 911—or head to a Dignity Health North State emergency department:

Mercy Medical Center Redding
Emergency Department
2175 Rosaline Ave., Redding

St. Elizabeth Community Hospital
Emergency Department
2550 Sister Mary Columba Drive,
Red Bluff

Mercy Medical Center Mt. Shasta
Emergency Department
914 Pine St., Mt. Shasta

- Install a battery-operated CO detector, and check it at least twice a year.
- Have your chimney checked or cleaned every year.
- Never leave a vehicle running in the garage—even with the garage door open.

And never try to heat your home with a device not meant for the job, such as a gas range or oven, a barbecue grill, or a portable camp stove.

More than just words: Thanks for your spirit of giving

It took just 13 minutes from the moment one woman first saw the flames racing toward her home for that home to be nothing but ashes. That's how quickly the Boles Fire spread this past Sept. 15 in Weed, California—just a few miles to the northwest of Mt. Shasta.

Fanned by 45 mph winds in tinder-dry conditions, the fire destroyed 157 homes. Seven of those homes belonged to Mercy Medical Center Mt. Shasta (MMCMS) employees, including the woman who will never forget what can be lost in a mere 13 minutes.

More than 8 months pregnant at the time, she fled the fire in her car, along with her toddler. She even managed to wake up her sleeping sister two houses away—a fellow MMCMS employee—whose home also burned to the ground

in minutes. Miraculously, no lives were lost in the fire.

A chain reaction of giving

Still, whole families were suddenly without homes or any belongings. “Almost immediately after the fire, employees were approaching me and asking, ‘How can I help?’” recalls Alisa Johnson, Mercy Foundation North Development Officer, who is based at MMCMS.

The answer: The Foundation created a special fund so employees at any of Dignity Health’s 40 hospitals and care centers could help MMCMS employees affected by the fire. So far, employees system-wide have contributed more than \$102,000 to support co-workers many have never met.

Dignity Health itself donated \$100,000 directly to the employee

fund—which aided nine families altogether—and another \$100,000 to the Red Cross to help all the fire’s victims.

“To me this shows so plainly how simple kindness is at the heart of everything we do at Dignity Health,” emphasizes Johnson. “People took care of each other. Although we couldn’t replace everything that was lost, we could make a terrible situation a little better.”

“The families we aided were so, so grateful,” adds Sister Elaine Stahl, RSM, Senior Director of Mission Integration at MMCMS. “It’s been a gift, really, to be able to help them.”



To learn how you can help members of the community who are in need, call Mercy Foundation North at **530.247.3424**.

Standing together

Dignity Health’s national campaign, *Hello humankindness*, encourages all of us to commit acts of kindness—and the campaign was taken to heart at Mercy Medical Center Mt. Shasta this fall. Many employees gave generous donations to help their fellow staff members who were affected by the Boles Fire. Shown here are some of the affected employees and their families thanking the ones who helped them.



A remarkable recovery



Stella hopes her story will inspire others to call 911.

Timely treatment helps stroke survivor recover fully

Stella Johnson had a stroke last September. But you'd never know it.

"I'm back, 100 percent," says Stella, 84, of Redding.

Her complete recovery is due in part to a friend's quick thinking and the care she received from emergency responders and Mercy Medical Center Redding (MMCR).

Struck without warning

Stella's remarkable journey began at the Anderson thrift store where she volunteers. "That morning, I got up and was feeling great," she says. But around noon, suddenly Stella could barely lift her leg. "It was like it weighed a thousand pounds," she says. Within a few minutes, her left arm also fell limp.

Fortunately, the store manager called 911. The ambulance took her to MMCR—designated a primary stroke center for its ability to provide rapid treatment. The hospital set a record that day for its swiftest stroke care yet: Just nine minutes after she arrived, Stella received a CT scan and a "clot-busting" medicine called tissue plasminogen activator (TPA).

On the way to the hospital, Stella had tried to move her left side, but not a toe would budge. Realizing it must be a stroke, she feared she



When Stella Johnson arrived at Mercy Medical Center Redding, the hospital set a record for its swiftest stroke care yet. Within nine minutes she received CT scans and a “clot-busting” medicine called tissue plasminogen activator (TPA).

might be permanently disabled. But after the TPA shot, as friends and family arrived, her symptoms began to subside. “I could actually move my fingers,” she says. “It was a miracle.”

The need for speed

Like most strokes, Stella’s was triggered when a clot blocked circulation to her brain. A less common type of stroke happens when a blood vessel bleeds into the brain. Both types need immediate attention, says emergency medicine physician Jesse Wells, MD, who helped coordinate Stella’s care. “But when it’s a clot-caused stroke, there’s an opportunity to dissolve the clot and resupply blood to that part of the brain,” he explains. “Which means the patient may have much less disability than they would otherwise—and perhaps a complete recovery.”

However, the clot-busting drug must be given quickly to limit a stroke’s devastating effects. For these reasons, MMCR has a system to ensure that patients receive timely care. Often, that starts with early notification from ambulance crews or an evaluation by specially trained emergency room nurses.

“We call it a ‘stroke alert,’” says Kevin Baird, RN, Stroke Services

Coordinator. When that call comes, a stroke team is ready and waiting, with the goal of treating within 60 minutes. That includes performing rapid CT brain scans and preparing the stroke-stopping medicine even before imaging test results are known. “Really, rapid evaluation is the key,” Baird says.

Stroke care closer to home

A telemedicine program that launched last summer is helping to ensure rapid evaluation is available at all three Dignity Health North State hospitals. It provides patients at MMCR, Mercy Medical Center Mt. Shasta, and St. Elizabeth Community Hospital around-the-clock access to a neurological consult from the Dignity Health Neurological Institute in Sacramento. Using a telestroke robot, the remote neurologist can speak with the patient and perform an exam within minutes. And clot-busting drugs can be administered at all three hospitals.

Back on track

But none of this may matter unless people get to the hospital quickly. Stella hopes her story will inspire others to call 911 if they “even think they’re having a stroke.”

She is happy to have returned to volunteering and has no lasting effects. “I know the good Lord walked with me that day,” she says.

F.A.S.T.

AN EASY WAY TO REMEMBER THE SUDDEN SIGNS OF STROKE

FACE



Can they smile? Is the smile uneven?

ARM



Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH



Can they repeat a simple sentence? Is it slurred or hard to understand?

TIME



Call 911 immediately, even if the symptoms go away. Note the time when the first symptoms appeared. It will help with treatment options.

OTHER STROKE SIGNS

- Sudden numbness or weakness of the leg.
- Sudden confusion or trouble understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, or loss of balance or coordination.
- Sudden severe headache with no known cause.

If someone shows any of these signs, call 911 right away.

Source: American Stroke Association

HOSPITAL VOLUNTEERS

Giving the gift of time

They're students; former pilots and flight attendants; retired nurses, teachers, Wall Street investors, and human resource officers. They're teenagers, adult men and women, and treasured elders in their 90s.

Who are they?

They're the more than 400 people giving back to their beloved communities—

Redding, Red Bluff

and Mt. Shasta—as volunteers with Dignity Health North State's three hospitals. Here, two veterans with St. Elizabeth Community Hospital's volunteer Auxiliary talk about this rewarding work.

It's a win-win

Pat Miller has volunteered some 1,000 hours with the Auxiliary, doing everything from working



Pat Miller



Karen McFarland

at the front desk to welcoming day-surgery patients—and from providing office support to helping with fundraising.

“Remember that when you leave this earth, you can take with you nothing that you have received—only what you have given.”

—St. Francis of Assisi

“Last year, we raised funds to buy wheelchairs, books for expectant mothers—even a \$29,000 mobile support unit to help emergency teams save lives,” Pat says.

“You can actually see the difference you make in the community.”

Auxiliary volunteer Karen McFarland agrees. “You're adding something that wouldn't be there otherwise. And our hospital is so valuable to our community, I'll do anything I can to support it.” She loves interacting with patients, with the “nicest staff ever,” and with the other volunteers—a group she deems compassionate, cohesive, and committed.


In more than 3,800 hours volunteering, Karen has been a patient liaison, worked in the gift shop,



Come join us!

Visit mercy.org to learn more about volunteer opportunities at the three Dignity Health North State hospitals. Or call:

- Mercy Medical Center Redding
530.225.7550
- St. Elizabeth Community Hospital
530.529.8038
- Mercy Medical Center Mt. Shasta
530.926.7147

and served as Auxiliary Board President. She also created  www.sechvolunteers.com, a website where potential volunteers can learn more.

Of course, giving back isn't the only good reason to volunteer. “There's a lot of satisfaction in helping others,” Pat says. “But it can also be a stress relief, a reason to get up in the morning, and a way to get to know your community and make lifelong friends. Besides, it's fun. It's a win-win.”

200 dozen

The number of cookies St. Elizabeth Community Hospital Auxiliary members baked in 2014 to sell at their annual Christmas Cookie Extravaganza.

18,000

The number of passengers Mercy Medical Center Mt. Shasta Auxiliary members have transported to the hospital for appointments.

710

The number of teddy bears the Mercy Medical Center Redding Guild gifted Redding kids at the 2014 Teddy Bear Festival.



HOSPICE CARE

Peace of mind at the end of life

In medieval times, a hospice was a place of shelter and rest for travelers who were weary or ill. Today, hospice is a type of care rather than a specific place. It's the special care given to patients with life-limiting illnesses who are nearing the end of their life's journey.

North State residents have access to this compassionate end-of-life care through Mercy Hospice in Redding, St. Elizabeth Hospice in Red Bluff, and Mercy Hospice Mt. Shasta. All three organizations are committed to providing physical, emotional, and spiritual support and care to patients during their last six months of life, regardless of their financial situation.

What does hospice offer?

"We consider hospice a continuation of life," says James Vogus, MD, FAAFP, HMDC, Medical Director for Mercy Hospice in Redding and St. Elizabeth Hospice. "And we focus on meeting the patient's goals regarding quality of life. We often say, 'You can't always cure—but you can always care.'"

To enhance quality of life, Dignity Health North State hospice care always includes:

- Pain management and symptom control at whatever level the patient desires
- Care from skilled hospice nurses
- Emotional and spiritual support from chaplains and social workers
- Help in planning for legal needs

According to Kristine Neel, RN, BSN, Hospice Manager at Mercy Medical Center Mt. Shasta, "Hospice enables people to die in the comfort of home—surrounded by those they love. Hospice supports what every person deserves: quality and dignity at the end of life."

Dignity at home

Hospice care usually takes place where people are most comfortable: at home. "It's wonderful to see people spending time with their families who may not have been able to, had their symptoms not been controlled," says Charlotte Haisch, RN, MBA, Director of Home Health and Hospice Care for Mercy Medical Center Redding and

St. Elizabeth Community Hospital. And even though most patients are at home, there is always someone from hospice they can call, 24/7.

Despite its many benefits, hospice is frequently a last-minute choice. "When people come on hospice service sooner, we can do so much more to prepare them," Dr. Vogus says. "Probably the most common thing we hear is, 'I wish I had chosen hospice sooner.'"

Before you need hospice

"Learn now what hospice is, before a crisis," Haisch says. "Whether you're in our service area or not, please call us for information."

Learn more

Mercy Hospice in Redding:
530.245.4070

St. Elizabeth Hospice
in Red Bluff:
530.528.4207

Mercy Hospice Mt. Shasta:
530.926.6111, ext. 455

Blue skies ahead

How Margie Milne weathered her “cancer storm” one treatment at a time



While she faced her share of hurdles, Margie Milne is getting back to the things she loves. This includes playing the piano, which she has enjoyed since childhood.



Margie also volunteers in her youngest grandson's kindergarten/first-grade classroom each week. As a former schoolteacher, she loves helping the children with their reading and writing.

Margie Milne and her husband, Jim, were enjoying a quiet retired life in rural Montague, California, when suddenly life threw them a curve ball. One day, as Margie was performing a breast self-exam, she discovered a lump. From previous mammograms, Margie had been told that she had dense breast tissue, so she wasn't too alarmed—although she recalls now that the lump did feel a little different.

At her yearly well-woman exam a few weeks later, Margie's OB-GYN did a clinical breast exam and told her—due to her dense breast tissue—that she should have an ultrasound. The ultrasound revealed a suspicious mass, and a physician performed a breast biopsy. The results revealed that she did indeed have breast cancer.

Margie's husband was just as shocked as Margie was at the diagnosis. “He said, ‘It can't be you—you lead such a healthy lifestyle.’” Margie had always tried to maintain her health and had made it a point to eat as many fruits and vegetables as she could. With no family

history of breast cancer, the diagnosis came out of left field.

The way forward

After seeing a surgeon, she was told that while the lump was small, it was an aggressive form of cancer—triple-negative breast cancer. She had to make the decision to either have a lumpectomy in the affected breast or to have a complete mastectomy in both breasts. She decided on a lumpectomy, which was then followed up with another surgery to remove lymph nodes under the arm. And as Margie recalls, “Thank heavens, they were clear.”

That was just the beginning of her treatment. Margie needed chemotherapy and radiation following surgery to make sure the tumor was eradicated. She and her family decided that the best place for treatment was at Mercy Regional Cancer Center in Redding, where she worked with oncologist, Alireza “Dr. Ali” Abdolmhamadi, MD. Margie then underwent 16 rounds of chemotherapy at the outpatient chemotherapy department at Mercy Medical Center Redding.



“I tried to have a grateful heart, constantly, especially for my husband and daughter, who were with me every step of the way.”

Margie and her husband made the two-hour drive into Redding every two weeks. They were both impressed by the nurses who administered her chemotherapy rounds. “They were wonderful,” Margie says. “My husband and I felt really blessed to have such caring people. They always took time to explain things.”

She also found oncology nurse liaison Michelle Woods to be a wonderful resource. “She advised me to make my life more than just about this cancer,” says Margie. “She was a wealth of knowledge, and she gave me the tools to get through each new stage of my ‘cancer storm.’ That’s what I call it, because it was all a bit of a whirlwind.”

A grateful heart

Margie finished her last chemotherapy treatment on July 4, 2014. “When it was over, I just thought, ‘Praise God; I want to celebrate,’”

she says. Like they do for all patients, the staff gathered round and sang Margie a song to celebrate her final chemotherapy.

Her chemotherapy was followed up by seven weeks of radiation treatment planned by radiation oncologist Matthew Allen, MD. Prior to the treatment, Margie and her husband decided to move to

Redding to be closer to her doctors and her daughter, son-in-law, and three grandchildren.

“I have a strong faith, and I knew I would get through this—that there was an end to this,” says Margie. “I tried to have a grateful heart, constantly, especially for my husband and daughter, who were with me every step of the way.”

Margie would like others to know just how important it is to reach out to someone you know who may have just heard the words, *You have cancer*. “I didn’t want to hear about other cancer stories,” she says. “I just wanted someone to say, ‘Let’s have tea together’ or ‘Let’s go on a walk.’ Just be there to listen.”

While she faces more follow-up appointments, Margie is making plans again and is glad her cancer storm has cleared the way for blue skies ahead.



Learn more about cancer services in the North State area at morehealth.org/cancer.

Could lung cancer screening save your life?

Lung cancer kills more Americans than any other cancer. “Yet if it’s found early, it can often be successfully treated,” says Michele Woods, RN, MA, Oncology Nurse Liaison at Mercy Medical Center Redding.

That’s why a new screening program launched this past December to help detect lung cancer in its earliest stages with low-dose CT scans. The program is especially crucial in Shasta County, where nearly 25 percent of all residents smoke.

To find out if you’re a candidate for this potentially lifesaving test, please contact your primary care physician. He or she will be able to refer you for the screening. You can also take a quick online quiz to learn more about your lung cancer risk. Visit www.morehealth.org/lung.

calendar of events



Mercy Medical Center Redding

Call **888.628.1948** to register, or register online at **Redding.Mercy.org** for classes offered at Mercy Medical Center Redding. Seating is limited, and registration is strongly encouraged. Classes and support groups are FREE unless otherwise noted.

Advanced Health Care Directive Class

Monday, May 11, 6 to 8 pm

This class will discuss the process for creating a legal document recording your care and treatment preferences.

Cancer Support Groups

- **Living Better with Cancer**—cancer patients and those who care about them.

Mondays, 10 am to Noon

- **Embrace the Healing**—cancer caregivers.

Wednesdays, 1 to 3 pm

Floyd Morgan Family Cancer Center

Please call **530.225.7479** for more information.

Grief and Bereavement Support Groups

Please call **530.247.4070** for more information about various groups offered through Mercy Hospice.

Living Well With Better Nutrition

This class is for people who want to learn more about nutrition and how it can help them live a healthier life.

Mondays, April 13 or June 8, 6 to 8 pm

Living Well With Diabetes

This is a comprehensive overview of diabetes from medications, glucose monitoring to meal planning.

Mondays, April 6 and 13, or June 1 and 8, 6 to 8 pm

Maternal Childbirth Education Classes

We offer a wide variety of prenatal classes. Please call or visit our website for information.

New Online Childbirth Education Class

Many couples find it hard to fit a series of classes into their schedules. This online program allows you to learn at your own pace and convenience. If you have questions, please call **530.225.7474**. To register, call **888.628.1948**.

Quit for Good Smoking Cessation

Call or visit our website for upcoming classes.

Spine Pre-Operative Class

Thursdays, March 26, April 23, May 28, June 25, or July 23, Noon to 2 pm

Mondays, April 6, May 4, June 1, or July 6, 5 to 7 pm

Total Joint Replacement Wellness Class

Mondays, March 23, April 27, May 18, June 22, or July 27, 5 to 7 pm

Thursdays, April 9, May 14, June 11, or July 9, Noon to 2 pm

St. Elizabeth Community Hospital

Call **888.628.1948** to register, or register online at **RedBluff.Mercy.org**, for classes offered at St. Elizabeth Community Hospital. Seating is limited, and registration is strongly encouraged. Classes and support groups are FREE unless otherwise noted and meet in the Coyne Center.

Basic Life Support (BLS)/CPR Classes

Tuesdays, April 14, May 12, or June 9, 6 to 10 pm

Registration is required. \$45.

Childbirth Classes

We offer six-week childbirth classes, weekend childbirth classes, and water birth classes. Find details on our website, or call **888.628.1948**.

Diabetes Support Group

First Monday of each month, 6:30 to 8 pm
Columba Room

No need to register.

Living Well With Better Nutrition

This class is for people who want to learn more about nutrition and how it can help them live a healthier life.

Wednesdays, March 25 or May 27, 1 to 3 pm

Living Well With Diabetes

This is a comprehensive overview of diabetes from medications, glucose monitoring to meal planning.

Wednesdays, March 25 or May 27, 1 to 5 pm

Mercy Medical Center Mt. Shasta

Call the numbers below to register for classes at Mercy Medical Center Mt. Shasta. Seating is limited, and registration is strongly encouraged. Classes and support groups are FREE unless otherwise noted.

Childbirth Class

Tuesdays, May 5, 12, and 19—for babies due in June and July, 6 to 9 pm

Shasta Room

Please call **530.859.2155** to register or for more information.

Mercy Auxiliary Annual Swing Into Spring Golf Tournament

Friday, May 15

Mt. Shasta Resort

Funds raised will be used for the Auxiliary Transportation System. Please call **530.926.7147** for more information.

Castle Crags Century Bike Ride

Saturday, June 20, ride begins between 6:30 and 9 am

Mt. Shasta City Park

Visit www.castlecragscentury.com for more information.

Growing Through Grief

This is a six-week session led by a hospice social worker. Please call **530.926.6111**, ext. 455, for more information.

Orthopaedic Pre-Surgery Class

Please call Paul Schwartz at **530.926.7144** for more information.

Veggie chili

Makes 4 servings.

Ingredients

- 1 tablespoon olive or canola oil
- ½ large onion, chopped
- 1 medium red bell pepper, chopped
- 1 garlic clove, finely chopped
- 1 jalapeño pepper, seeded, deribbed, and minced
- 1 tablespoon ground chili powder
- 1½ teaspoons ground cumin
- 1½ teaspoons dried oregano
- 1 can (14½ ounces) no-salt-added diced tomatoes in juice
- 1½ tablespoons tomato paste
- 1 cup water
- 2 cans (15 ounces each) black beans, rinsed and drained
- ½ teaspoon salt
- Fresh cilantro, chopped, for garnish
- Chopped scallions, for garnish
- Reduced-fat sour cream, for garnish (optional)



Directions

- Heat oil in large saucepan.
- Add onions, bell pepper, garlic, and jalapeño pepper, and cook until onion is translucent, about 5 minutes.
- Add chili powder, cumin, and oregano, and cook, stirring, for 1 minute.
- Add canned tomatoes, tomato paste, and water, and then beans and salt.
- Bring to boil; reduce heat; and simmer, uncovered, for 30 minutes.
- Serve garnished with chopped cilantro and scallions and a dollop of sour cream, if desired.

Nutrition information

Amount per serving: 214 calories, 5g total fat (less than 1g saturated fat), 35g carbohydrate, 11g protein, 12g dietary fiber, 367mg sodium.

Source: American Institute for Cancer Research

About Dignity Health's North State hospitals

Mercy Medical Center Mt. Shasta, Mercy Medical Center Redding, and St. Elizabeth Community Hospital in Red Bluff are members of Dignity Health. We are passionate about patient care; committed to community outreach; advocates for the underserved; and dedicated to delivering quality, affordable health services to those in need.

All three hospitals have been honored with numerous awards. Mercy Medical Center Mt. Shasta has been recognized as a Top 100 Critical Access Hospital in the Nation by the National Rural Health Association. Mercy Medical Center Redding has received National Research Corporation's Consumer Choice Award for eight consecutive years and is the five-star recipient for treatment of heart attack from Healthgrades two years in a row. St. Elizabeth Community Hospital has been named a Thomson Reuters 100 Top Hospital in the Nation for seven consecutive years (2007 to 2013)—an honor no other California hospital of its size has achieved. The hospitals also offer a broad array of outpatient services and the senior services of the Golden Umbrella Adult Day Health Care and Shasta Senior Nutrition Program.



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