



E-News ONLINE is St. Mary Medical Center’s virtual newsletter sent to all SMMC e-mail users every other Friday. Please print, distribute, or post E-News Online for staff members who do not have access to e-mail.

******* TOP OF THE NEWS *******

Census Up in Pediatric Unit

New Pediatric Clinic Helps to Draw New Patients to Pediatric Unit

The OB/GYN, Pediatric Clinic and Pediatric Unit are now working more closely together than ever to ensure health care from birth to 21 years of age. “It’s part of an initiative implemented recently to ensure parents of newborns bring their children to St. Mary Medical Center through adulthood,” said Nancy Louie, RN, MSN, Manager – Children’s Services NICU, Pediatrics, and Postpartum. Louie says that “it’s working” and the census for the Pediatric Unit is up by 10%.



(above) Pediatric patient recuperates with Wii Game. (below) Nancy, Louie, RN, MSN visits with tiny patient with her mother.



She attributes this to concerted efforts including the opening of the Pediatric Clinic.

In the meanwhile, the unit has been busy treating cellulitis and sepsis infections, appendicitis, asthma, gastro, pneumonia, jaundice, apnia, and fractures.

The Pediatric Unit is family centered and offers overnight reclining sleeping chairs for family members, a teen room with computers and a children’s play room. There are also several portable Wii Games on the floor, donated by Colgate-Palmolive and Super A Foods, which allow children to play while recovering. Recently, an appendicitis patient asked his parents if he could stay one more day to play some Wii Games that he had gotten into.

The Pediatric Unit has long-term staff with over 100 years of combined experience. Some of the nurses say that today they treat the children of the patients they treated many years ago. Louie says, “It’s really a family deal here and we do more than just patient care; we also have a wonderful social worker Michelle who works with the families to help with other issues that they are dealing with.”



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Jasminka M. Criley, MD, FACP, FHM Appointed as Interim Director UCLA Affiliated Internal Residency Program at St. Mary Medical Center



Dr. Jasminka Criley has been appointed as Interim Director for the UCLA affiliated Internal Residency Program at St. Mary Medical Center. Dr. Criley has served as the Associate Program Director since 2007. Prior to joining St. Mary Medical Center, Dr. Criley was affiliated with the Stanford University Hospitalist Program. She trained at Johns Hopkins University and completed her internal medicine residency at Vanderbilt University.

Dr. Criley has been recognized for her extensive research and work in cardiac examination competency. Most recently in May 2011, at the Western Regional Conference for the Association of American Medical Colleges, Dr. Criley received the Best Research Poster Session Award for “Using Virtual Patient Examinations to Improve Cardiac Examination Competency of Medical Faculty and Residents: The Positive Effect of a One-Time Skill Development Workshop.”

Also, in 2010, Criley was elected as one of the top 10 American College of Physicians (ACP) Hospitalists. She has lectured extensively with over 40 talks, 55 abstracts and poster presentations. She has written six manuscripts and has had two published interviews including Appreciation for Art of Physical Examination published in ACP Hospitalist, Nov. 2010: <http://www.acphospitalist.org/archives/2010/11/top.htm>.

Dr. Criley has mentored hundreds of residents who have gone on to achieve great success in their medical careers. Currently, she is serving as advisor/mentor to over 40 residents, medical students and undergraduate students while serving on multiple committees (eight Medical Education and sixteen Hospital/Medical Staff), eight Quality Improvement projects, four regional and six national committees.

Welcome New Physician Provisionals—Appointed on 11/17/2011

Physician's Name	Specialty
Emmanuel J. Addo, M.D.	Anesthesiology
Richy Agajanian, M.D.	Hematology/Oncology
Eric M. Cheung, D.O.	Hematology/Oncology
Navrose S. Grewal, M.D.	Thoracic Surgery
Jamal Hussain, M.D.	Interventional Cardiology
Prash F. Jayaraj, M.D.	Cardiac Electrophysiology
Manuel J. Pardo Cobos, M.D.	Infectious Disease
Bina G. Patel, M.D.	Neonatal-Perinatal Med
Louay Shawesh, M.D.	Internal Medicine
Rohini Singh, D.O.	Nephrology
David E. Yomtoob, M.D.	Ophthalmology

CDC Hand Hygiene Guidelines and SMMC Hand Hygiene Policy

As the flu and cold season begins, the Infection Prevention Department would like to take this opportunity to remind staff, patients, and visitors about hand hygiene. St. Mary Medical Center uses the *Guidelines for Hand Hygiene in Healthcare Settings* published by the Centers for Disease Control and Prevention (CDC) to develop hand hygiene policies. The following list highlights important points to remember:



Indications for Hand Hygiene

- ✦ When hands are visibly dirty, contaminated, or soiled, wash with non-antimicrobial or antimicrobial soap and water.
 - ✦ If hands are not visibly soiled, use an alcohol-based handrub for routinely decontaminating hands.
 - ✦ Perform hand hygiene before:
 - ✦ Patient contact
 - ✦ Donning gloves
 - ✦ Inserting urinary catheters, peripheral vascular catheters, or other invasive devices that don't require surgery
 - ✦ Perform hand hygiene after:
 - ✦ Contact with a patient's skin
 - ✦ Contact with body fluids or excretions, non-intact skin, wound dressings, or other potentially infectious material
- Removing gloves

Reference: Guideline for Hand Hygiene in Health-Care Settings, CDC *MMWR* October 25, 2002/Vol. 51/No. RR-16

Hand Hygiene policies at St. Mary Medical Center

- ◆ Perform hand hygiene, with soap and water or alcohol-based handrub, before entering a patient room.
- ◆ Perform hand hygiene after contact with a patient or with the patient's environment.
- ◆ Wash with soap and water when working with a patient who may have a spore forming bacteria. These rooms are indicated with a bright pink sign instructing to "Wash with soap and water" on the door.
- ◆ No artificial nails, nail extenders, or nail enhancements may be used by direct patient care staff.
- ◆ Natural nails should not extend beyond ¼ inch past the fingertips.
- ◆ The use of gloves does not obviate the need to perform hand hygiene.

Please help to prevent the spread of colds, flu, and other infection by performing hand hygiene frequently and encouraging others to do the same. Remember...Patient safety is in your hands (CDC)!

For more detailed information, please contact the Infection Prevention Department at Ext. 3095 or see policy IC.301.0 in the SMMC Infection Control Manual. Also, if you find a hand sanitizer or soap dispenser that is empty, please call Environmental Services Ext. 3175.

Do not get tired of doing what is good.
Don't get discouraged and give up, for we
will reap a harvest of blessing at the
appropriate time.

- Galatians 6:9



***** HOSPITAL AND DEPARTMENT HIGHLIGHTS*****

Water Contamination – It Could Happen at St. Mary – Are We Ready?



Kathy Dollarhide works with colleagues to ensure readiness for a water contamination emergency.

During a water outage drill on Thursday, November 17, 2011, which was mandated by Los Angeles County, St. Mary Medical Center learned that **yes**, we are ready and prepared to do what is necessary during a water disruption. The California State and Medical Readiness annual drill is based on a different topic every year. This year the State chose a utility failure for medical centers with contamination. Emergency Preparedness Coordinator Kathy Dollarhide organized the event and reports that it was a success. “Each time we conduct a drill, we learn something new. We find out where we are lacking, what we need to be ready for the real thing,” said Dollarhide. “Today we learned that our strengths are in our leadership team and managers. They function well in an incident command system during crisis and work together to solve problems in a disaster. We learned about resource allocation and communication systems during a disaster. This was the first time that we deployed the new DRC purchased Walkie Talkie system throughout the medical center and staff went to the same channel to report in and be part of incident command.”

St. Mary Medical Center was tasked to resolve these critical challenges during a water contamination: patient hygiene, hand washing, drinking water food preparation, Emergency Department overcrowding and Hospital Surge Capacity during a bacterial infection, potential cancellation of non emergency surgeries, flushing toilets and bathing patients, vacuum systems that are powered by water, and suction systems that run on water.

The management team acted quickly to shut down water valves to stop flow of contaminated water into the hospital, secure ice machines, inventory supplies of portable water, commodes, portable suction machines, and everything that would be needed to serve all patients and staff within the hospital. Once need was determined, the leadership and management team secured water and supplies internally and from outside organizations and vendors. St. Mary Medical Center reached out to water tank companies and Porta Pottie Andy Gump style public toilet delivery services. We discussed emergency disaster ordering through companies we order through on a regular bases and how during crisis all agencies would require the same resources from the same suppliers.

During this drill, staff learned that the Port of Long Beach in a desalination project may be able to provide water to agencies during a crisis. It was learned that civil unrest could erupt. Therefore, the hospital would need to be locked down and secured and access to certain doors in the hospital may be limited.

According to the California Hospital Association, the importance of water disruption planning for hospitals is evident throughout California. Water is a scarce resource throughout the state and the Los Angeles area has 85 percent of its water imported. California’s source water, water transmission lines, treatment plants and water distribution systems are vulnerable to damage and contamination, which can curtail water usage from hours to days.

Dollarhide said that because of these ongoing drills, the hospital has been able to see where funding is needed to ensure readiness. As an example today’s exercise demonstrated that there is no drinking water stockpiled in the patient care areas. This will be part of the After Action process to bring this to the Environment of Care Committee and make recommendations for St. Mary.

“The idea is to be proactive when it comes to ensuring the safety of our hospital and the patients in our community that we serve,” said Dollarhide. “We are a Disaster Resource Center for the City of Long Beach including the Port of Long Beach and the Long Beach Airport, as well as Catalina Island. Therefore, it is critical that we are prepared to serve, and these ongoing disaster drills help to ensure our readiness.”



St. Mary Medical Center Disaster Team take these mock drills very seriously to ensure readiness and safety of patients and staff during a real emergency.

***** **HOSPITAL AND DEPARTMENT HIGHLIGHTS*******

Yoga and Heart Care

Dr. Amar Kapoor, Director of Cardiology at St. Mary Medical Center and Associate Clinical Professor of Medicine, UCLA School of Medicine, says, “The heart loves, feels, thanks, remembers, communicates and spiritually connects.” Therefore, he says, it needs to be protected from stress and other factors that put it at risk including anger, hostility, and poor nutrition.

According to the American Heart Association, heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.

Today, more than 7 million Americans have heart disease. And with today’s major stressors, Dr. Kapoor says that it is critical to educate people to prevent death from heart disease and sudden cardiac death.

Dr. Kapoor has found that a program of prevention that involves detoxification, reversal diet, heart meditation, life style optimization, and yoga including heart, body, mind awareness at its core, can save lives and improve well being. He says, “In this new age of consciousness, we want to integrate complete heart care with modern therapeutic advances linking the mind, body and the heart in exquisite balance.” He calls this discipline PsychoNeuroCardiology.

Studies show that anger and hostility, perhaps more than other mental stressors, can produce adverse, life threatening changes in cardiovascular physiology. And yoga has the potential to change that and bring the heart back to health because it serves as a great antidote to stress. It combines many popular stress-reducing techniques, including exercise and learning to control the breath, clear the mind, and relax the body. Yoga also relieves stress through stretching. When you are stressed, tension is stored in the body making you feel tight and often causing pain. The intense stretching of yoga releases tension from problem areas, including the hips and shoulders.



Dr. Amar Kapoor

Celebrating Diabetes Month



The outpatient Diabetes Education Program at St. Mary Medical Center celebrated Diabetes month in November by hosting an open house for employees. Program members provided multiple free services to employees including blood sugar testing, nutrition education, advice on meal planning and evaluations by a physical therapist.

(from left) St. Mary Medical Center Diabetes Education Program team members Maria Alvarado, RN, Certified Diabetic Educator; Sara Chavez, RN, Certified Diabetic Educator; May Patam, PT; Susan Flaming, RN, Director; and Mary Crocker, RN, Certified Diabetic Educator, Program Coordinator.

America Recycles Day



Did you know that on November 15 it was **America Recycles Day**? It was a day to remember that as stewards of the environment, we are responsible for preserving and protecting our resources for ourselves and for future generations. We strengthen our commitment to conservation and recognize the increase in recycling over the last three decades.

California was one of the first states to recognize the importance of recycling in the preservation of our environment and sustaining a way of life that co-exist with nature. Today, private-public partnerships and industries are helping to discover ways to reduce waste and cost, cut pollution and greenhouse gas emissions and conserve energy and water.

Additionally, recycling is one of the first ways to create "green" jobs. By recycling and caring for the planet, we have created an entirely new industry and this industry is one of the ways we have started developing the new economy. It continues to be a challenge but it is one we are up too and I will work with both the Governor and the President's Environmental advisors to make sure California continues to be at the forefront of this relatively new green industry. Green jobs for the new economy means putting people back to work.

Did you know...

Many of the products that we use every day contain recycled material. Aluminum cans, appliances, office paper, cardboard boxes, furniture, newspapers and books all contain recycled material. Efforts to recycle motor oil, tires, glass, plastic, batteries and building materials have picked up steam in recent years. Further, we continue to develop new ways to recycle electronic products and new ways to deal with e-waste, the fastest growing portion of municipal waste in America.

Every community has its own guidelines for what should and should not be recycled. When recycling, take a few moments to find out about your community's guidelines and process for recycling. Call your local public works department or recycling organization. For state standards, contact Californians Against Waste, or my office. That way, you can be sure that you are doing your part and doing it right.

Do's and Don'ts of Recycling. A few things to keep in mind:

- **Cleanliness counts.** Rinsing cans and keeping boxes out of the weather makes them easier to process. That keeps cost down.
- **If supplied with a bin, pay attention to what goes in.** Take it upon yourself to be an accurate recycler. A cereal box is probably great, but a greasy pizza box may not be. Maybe milk jugs are good, but not the caps. Check the lid of your recycling bin for guidelines, or make a call or visit your municipal web site to find out the rules.
- **Good bets.** Tin cans, aluminum cans, newspaper, magazines, phone books, plastic beverage bottles, milk jugs, glass
- bottles and jars, cereal boxes, other clean and dry cardboard boxes.
- **Probably not.** Styrofoam, light bulbs, food-soiled paper, wax paper, ceramics.
- **Plastic bags.** In the past, plastic bags would be in the probably not category, however, this year, a number of supermarkets have started a plastic shopping bag recycling program.
- **Hazardous waste have their place.** Household hazardous wastes like paint cans, motor oil, antifreeze, car batteries, pesticides, pool chemicals, etc. usually need to be disposed of separately. Again, check your community resources and guidelines.

IN THE NEWS

St. Mary Medical Center Hosts Historic Freedom Riders 50th Anniversary

According to the Long Beach Times, more than 500 community leaders, youth and residents came out to celebrate and honor the 50th Anniversary of the Freedom Riders on Saturday, November 5, 2011 at St. Mary Medical Center. To see the full article, go to: www.longbeachtimes.org and photos posted at www.Facebook.com/StMaryMedicalCenter



Babies Born on 11/11/11 at St. Mary Medical Center Featured in Press Telegram

On Saturday, November 12, 2011, the Long Beach Press Telegram featured two of the St. Mary babies born on 11/11/11. The paper states, “Marriem Khiev, 22, said her parents were very please that her daughter, Karin Mickey Seivli, was born on 11/11/11. She said her Cambodian immigrant father, Rem Khiev, was sure the arrival of his grandchild on the unusual date will mean good luck.” To see the full article, go to: http://www.presstelegram.com/news/ci_19366939

St. Mary Announces That Sale Won’t Happen—President Chris DiCicco Retires

On Saturday, November 19, 2011, the Long Beach Press Telegram reported that a “St. Mary sale won’t happen” and that our President Chris DiCicco has chosen to retire. Michael Gomez, Vice President, Business Development summarized in the article that, “St. Mary Medical Center and our physician community are excited about moving forward and continuing the mission of servicing the community as it has been over the past 88 years. To see the full article, go to: http://www.presstelegram.com/news/ci_19366939



Helping Hands Needs Your Recycled Bags

The Helping Hands Committee is inviting all who have recycled holiday bags to please contact Sr. Gerard at ext. **3837** or Susan at ext. **3675** for collection. They would like to be able to re-use your holiday bags and/or plain brown bags (especially large ones) when they gather and put together the individual family gift bags for the Helping Hands families.



There’s Still Time For You To Play Santa and Adopt a Family For Christmas!

The annual event will take place this year on Tuesday, December 13. St. Mary employees are welcome to assist those in need. If you would like to adopt a family (departments or individuals), please contact Sister Gerard ext. **3837** or Carolyn ext. **3010** for details and forms.

THANKSGIVING FOOD DRIVE



**The Need Need is Great This Year.
Please Donate Non-Perishable Food Items
To Our C.A.R.E. Program.**

WHEN: November 14 to 22

WHERE: Bring items to Nursing Administration Office

**In Support of Breast Cancer Awareness Month
The Breast Center at St. Mary Presents:
Save Lids to Save Lives**



Please start collecting your pink lids! Yoplait is now selling specially marked yogurts with pink lids in your local stores and here in the cafeteria.

For every pink lid, Yoplait will make a \$.10 donation to the Susan G. Komen Breast Cancer Foundation up to \$1.5 million. Help us join the fight against breast cancer.

For your convenience, we have a pink lid drop off box in the cafeteria, the medical library, the Breast Center and Pacific Shores Medical Group Drop off your "**CLEAN**" lids and we will mail them off by **December 31, 2011**.

Please tell your friends and family to collect the pink lids. Remember every woman counts...mothers, daughters, sisters, and friends!

For more information you can visit www.Yoplait.com

Give thanks to the Lord, for He is good. Everlasting is His love.

**Thanksgiving Day
Thursday, November 24, 2011**

Mass will be celebrated at 11:30 a.m. in the Hospital Chapel.

Everyone is Welcome.



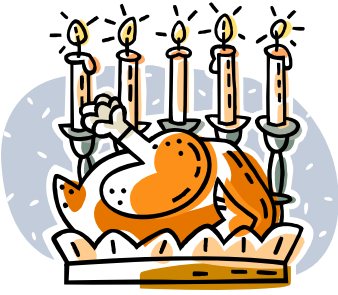
Spiritual Care Week 2011

**November Events:
All Soul's Month (Month of Remembrance)
Food Drive (recipient is usually the C.A.R.E. program)**

**December Events:
Helping Hands— December 13, 10:00 a.m.—2:00 p.m. HEC**



HISTORY OF THANKSGIVING DAY



Most stories of Thanksgiving history start with the harvest celebration of the pilgrims and the Native Americans that took place in the autumn of 1621. Although they did have a three-day feast in celebration of a good harvest, and the local natives did participate, this "first thanksgiving" was not a holiday, simply a gathering. There is little evidence that this feast of thanks led directly to our modern Thanksgiving Day holiday. Thanksgiving can, however, be traced back to 1863 when President Lincoln became the first president to proclaim Thanksgiving Day. The holiday has been a fixture of late November ever since.

However, since most school children are taught that the first Thanksgiving was held in 1621 with the Pilgrims and Indians, let us take a closer look at just what took place leading up to that event, and then what happened in the centuries afterward that finally gave us our modern Thanksgiving.

The Pilgrims who sailed to this country aboard the *Mayflower* were originally members of the English Separatist Church (a Puritan sect). They had earlier fled their home in England and sailed to Holland (The Netherlands) to escape religious persecution. There, they enjoyed more religious tolerance, but they eventually became disenchanted with the Dutch way of life, thinking it ungodly. Seeking a better life, the Separatists negotiated with a London stock company to finance a pilgrimage to America. Most of those making the trip aboard the *Mayflower* were non-Separatists, but were hired to protect the company's interests. Only about one-third of the original colonists were Separatists.

The Pilgrims set ground at Plymouth Rock on December 11, 1620. Their first winter was devastating. At the beginning of the following fall, they had lost 46 of the original 102 who sailed on the *Mayflower*. But the harvest of 1621 was a bountiful one. And the remaining colonists decided to celebrate with a feast - including 91 natives who had helped the Pilgrims survive their first year. It is believed that the Pilgrims would not have made it through the year without the help of the natives. The feast was more of a traditional English harvest festival than a true "thanksgiving" observance. It lasted three days.

Governor William Bradford sent "four men fowling" after wild ducks and geese. It is not certain that wild turkey was part of their feast. However, it is certain that they had venison. The term "turkey" was used by the Pilgrims to mean any sort of wild fowl.

Another modern staple at almost every Thanksgiving table is pumpkin pie. But it is unlikely that the first feast included that treat. The supply of flour had been long diminished, so there was no bread or pastries of any kind. However, they did eat boiled pumpkin, and they produced a type of fried bread from their corn crop. There was also no milk, cider, potatoes, or butter. There were no domestic cattle for dairy products, and the newly-discovered potato was still considered by many Europeans to be poisonous. But the feast did include fish, berries, watercress, lobster, dried fruit, clams, venison, and plums.

This "thanksgiving" feast was not repeated the following year. Many years passed before the event was repeated. It wasn't until June of 1676 that another Day of thanksgiving was proclaimed. On June 20 of that year the governing council of Charlestown, Massachusetts, held a meeting to determine how best to express thanks for the good fortune that had seen their community securely established. By unanimous vote they instructed Edward Rawson, the clerk, to proclaim June 29 as a day of thanksgiving. It is notable that this thanksgiving celebration probably did not include Native Americans, as the celebration was meant partly to be in recognition of the colonists' recent victory over the "heathen natives," (see the [proclamation](#)). By then, it had become apparent to the settlers that the natives were a hindrance to their quest for more land, so the good will they shared at the first feast had long been lost.

A hundred years later, in October of 1777 all 13 colonies joined in a thanksgiving celebration. It also commemorated the patriotic victory over the British at Saratoga. But it was a one-time affair.

George Washington proclaimed a National Day of Thanksgiving in 1789, although some were opposed to it. There was discord among the colonies, many feeling the hardships of a few pilgrims did not warrant a national holiday. And later, President Thomas Jefferson opposed the idea of having a day of thanksgiving.

It was Sarah Josepha Hale, a magazine editor, whose efforts eventually led to what we recognize as Thanksgiving. Hale wrote many editorials championing her cause in her *Boston Ladies' Magazine*, and later, in *Godey's Lady's Book*. Finally, after a 40-year campaign of writing editorials and letters to governors and presidents, Hale's obsession became a reality when, in 1863, President Lincoln proclaimed the *last* Thursday in November as a national day of Thanksgiving.

Thanksgiving was proclaimed by every president after Lincoln. The date was changed a couple of times, most recently by Franklin Roosevelt, who set it up one week to the next-to-last Thursday in order to create a longer Christmas shopping season. Public uproar against this decision caused the president to move Thanksgiving back to its original date two years later. And in 1941, Thanksgiving was finally sanctioned by Congress as a legal holiday, as the *fourth* Thursday in November.

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Thanksgiving

For each new morning with its light,
For rest and shelter of the night,
For health and food,
For love and friends,
For everything Thy goodness sends.

- Ralph Waldo Emerson (1803-1882)

Green News.... Sharing information to help us become more environmentally friendly

Top Green Thanksgiving Day Tips

Shop for your staples and non-perishable items

Thanksgiving is a wonderful opportunity to hit up your local [farmers' market](#) for organic, [locally-sourced produce](#). Since these traditional recipes typically rely on food that's in season, you can pretty much find everything you need in the way of root vegetables (carrots, potatoes, sweet potatoes, yams) as well as specialty items like honey or even beeswax candles to adorn your table. **Timeline: One week out.**

Clean house

Maybe you're doing it, maybe you have help. Either way, using [non-toxic cleaners](#) can make your house sparkle without chemicals. Run out of sink or tub scrub? Mix up some baking soda and water (here's a [recipe we like](#)). Wondering how to get your windows squeaky clean? Try vinegar and newspaper. These household staples really work-and you won't run the risk of inciting a synthetic-fragrance induced allergy attack in your guests. **Timeline: The day before.**

Decorate lightly

This is the fun part. Think outside the box when it comes to [decorating your home](#). Eschew the traditional wreath in favor of one made from living, organically grown succulents and cacti. Recycle old wrapping paper or the funny pages and cut them into snowflakes to put in the window or hang from thread over your table. Make your table arrangements from [organic flowers](#), or collect bouquets from your yard or neighborhood (adding herbs like rosemary and lavender make for gorgeous, fragrant bouquets). Got kids (or kids coming to the party)? Enlist them to set your table and place your candles. **Timeline: The day before.**

Give thanks

Many families say a traditional prayer led by the head of the table before eating. Some go around the table, with each member saying what he or she is giving thanks for this year. Whatever happens at your table, make sure you're conscious of the religious considerations of your guests. **Timeline: On the big day.**



Save the Date!

Wednesday, November 30th– Osteoarthritis: Presented by Jason R. Koh, D.O.

12:00 p.m. ~ 1:30 p.m.– Health Enhancement Center

Join Dr. Koh for an educational workshop where you'll find answers to the questions listed above, and information about osteoarthritis, arthritis pain, new treatment options and more!

- Complimentary lunch provided



Thursday, December 8th– St. Mary Senior Health Holiday Party

12:00 p.m. ~ 3:30 p.m. — Health Enhancement Center

St. Mary Senior Services and HealthCare Partners will host the annual Senior Health Holiday Lunch and Bingo Party. Guests will be welcomed with a traditional holiday feast– fresh roasted turkey and all of the fixing– pumpkin pie for dessert!

According to Senior Services Coordinator Sandy Bazant, entertainment will be provided by Patrick Bell with a bit of “Singing and Magic.” A trivia quiz and several rounds of BINGO with complimentary prizes will also be featured.

- Free Parking with your Gold Senior Health Card
- Senior Health Membership **REQUIRED** for attendance
- **PLEASE NOTE:** For entrance to the Holiday Party, each attendee **MUST** bring their confirmation letter and valid Senior Health membership card (required: blue, gold or platinum) ready to present at registration!

Ongoing Senior Programs

Monday, Wednesday, Friday - SeniorFit Exercise One-Hour Class

9:00 a.m. – Advanced, 10:00 a.m. – Beginning

Offers a variety of mild to moderate exercise for seniors - \$20.00 (\$15 with Gold Card paid on or before the 1st class of each month). Pre-registration required! Call: 1-888-478-6279



Thursdays- Tai Chi

2:45 p.m. - Health Enhancement Center

\$12 per month (Gold Card members \$5, SMIPA- FREE). Pre-Registration required!



Wednesdays- By Appointment- REIKI Healing Touch- \$20

Reiki is an ancient form of touch therapy. It works in a very similar way as acupuncture, in that it brings the body into balance by removing blocked “chi” or “energy,” but without the use of needles. It is non-invasive and there are no side effects. Reiki works on the physical, mental and emotional levels. Call: 562-491-9811 or ext. 3811.



Month- Long Observances

1-31 Safe Toys and Celebrations Month

Week-Long Observances

1-7 Aplastic Anemia & MDS Awareness Week

Recognition Days/Events

1 AIDS Day (World)



[www.Facebook.com/StMaryMedicalCenter](https://www.facebook.com/StMaryMedicalCenter)

Send your events, awards, and good news and photos to post on the St. Mary Facebook page to stmarypr@chw.edu.

St. Mary employees, physicians, and volunteers are encouraged to use *E-News Online* as a way to communicate important information. Please send your news in Word document format and list your extension by Friday at 5:00 p.m. on the “non-pay” week to Francine Marlenee in Public Relations at Francine.marlenee@chw.edu.