

### Camera in a Capsule— Amazing New Technology Travels Through the Body

Most people suffer from occasional gastrointestinal (GI) upset, but those with chronic pain often have a difficult time finding relief. Endoscopy is the most common diagnostic tool for GI problems; however, the endoscope is not long enough to view the entire small intestine. If the patient's problem lies further down the intestinal tract, it's more difficult for the physician to diagnose and treat.

Now amazing new technology—a wireless, swallowable video capsule—allows physicians to capture images of the small intestine with no pain to the patient. The capsule—about the length of a quarter—packs a camera, light source, radio transmitter and batteries. The procedure requires no hospitalization or sedation. The patient simply swallows the capsule and the camera takes about two images per second as it travels through the GI tract and transmits them to a recording device worn around the patient's waist. After about seven hours, the patient returns to the lab and delivers the recording device. The single-use capsule is eliminated naturally within a couple of days.

Evaluation of the video images is an invaluable tool to assist in diagnosis of GI conditions, including GI bleeds, ulcerations, lesions, small bowel



Photo: Gina Pallari

The Capsule Endoscopy Given® Diagnostic Imaging System is a swallowable video capsule which allows physicians to capture images of the small intestine. The capsule—about the length of a quarter—packs a camera, light source, radio transmitter and batteries.

tumors, inflammatory bowel disease, Crohn's Disease, ulcerative colitis and irritable bowel syndrome.

"The capsule endoscope will allow us to evaluate for the very earliest stages of cancerous conditions," states Kenneth Binmoeller, M.D., director of Interventional Endoscopy Services at California Pacific Medical Center. "The capsule's greatest benefit is its

ability to survey the entire GI tract, possibly eliminating the need for further diagnostic studies." At this time, the capsule is not a replacement for colonoscopy. The battery in the capsule lasts only eight hours—not long enough to view the colon; however, a longer lasting battery and design modifications to the capsule may

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### Helping Your Baby Sleep Helps You to Sleep Like a Baby

If you're dealing with sleep issues in your family, you're not alone. Recent studies show that infant sleep is the number one concern for new, and especially, first-time parents. Sleep deprivation may only be a vague concept before the baby is born, but it can quickly become a harsh reality.

When choosing a sleep strategy, it is important to remember that every baby is unique and each family has its own distinct needs, routine and dynamics. Most parents receive detailed information about labor and delivery and breastfeeding, but get little information about infant sleep.

"One of the biggest challenges for parents is that the most widely practiced sleep methods have very different and often opposing philosophies," says David Tejada, M.D., chairman of the Department of Pediatrics at California Pacific Medical Center. "The best time to become educated about infant sleep is before the baby is born. Even though decisions about sleep are largely based on what

actually works for your family, at least you'll be able to make informed choices."

An additional challenge is that as new parents are trying to make decisions about a sleep strategy, they are often bombarded with advice and opinions from family, friends, and even strangers. What should be a family decision often becomes a tug of war between advice from outside sources and what your instincts tell you to do.

For the first few months of your baby's life, sleep training should not be addressed. Most babies don't sleep through the night until they are at least 8 to 12 weeks old. Newborns should be allowed to feed on demand, which is usually every 1½ to 3 hours around the clock.

The Ferber method of sleep training, named after Richard Ferber, M.D., who pioneered the sleep training methodology, advises parents to implement a consistent bedtime routine, followed by a progressive waiting

technique. The child is put to bed. If he begins to cry, parents are encouraged to wait before calming the baby. If the baby continues to cry, this process is repeated, gradually increasing the waiting period.

This method is based on the premise that babies need to learn how to self-soothe themselves at bedtime and to get back to sleep when they awake during the night. Some babies discover this skill on their own but many children need their parents' help in developing the skill to self-soothe. Parents can help by placing the infant in her crib before she is completely asleep, after feeding or being held, so she can learn to fall asleep in the crib.

Paul and Wendi Gilbert, parents of two small children, know all too well about the stress and exhaustion that come with sleep issues. After meeting countless other parents with the same problem, they began researching the

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California Pacific  
Medical Center

A Sutter Health Affiliate

# Cardiac Rehabilitation: Heart to Heart

A person with crushing chest pain is rushed to the emergency room by ambulance. Doctors and nurses immediately place the patient on an electrocardiogram (EKG) monitor. Tests are done. Medications are given. Most people are familiar with this scenario of a heart attack, whether from television, movies, or a real life experience.

Thousands of people every year are treated for heart disease. However, treatment does not stop at the emergency room or the Coronary Care Unit. The next step is Cardiac Rehabilitation. Once a person has recuperated from initial medical or surgical treatment, the physician may prescribe a plan for prevention of continued heart problems.

Research has shown that a cardiac rehabilitation program improves health and has a positive impact on the quality of life. California Pacific Medical Center's Cardiac Rehabilitation program is an individualized plan of exercise, diet, education, stress management, and counseling. Three days a week clients participate in a personalized exercise regimen in a monitored class atmosphere. The growing Cardiac Rehab program is covered by most insurance plans for the initial 12-week program. Graduates may continue the program indefinitely for a nominal cost.

When Vice President Dick Cheney had a reoccurrence of anginal chest pain, the nation watched as he had a stent placed in one of his coronary arteries (vessels that surround the heart muscle).

After Vice President Cheney returned home from the hospital, California Pacific's Cardiac Rehab 7:00 am class wrote him a letter encouraging him to

practice a healthy lifestyle and join a cardiac rehab program. His response (see below right) was a joy to receive. Participants form new friendships, make new diet and exercise habits, and have fun!

Read what our clients say about California Pacific's Cardiac Rehab program:

*"I'd rather come here than do it on my own. I've been in the program for four months. On the whole, it pays off."*  
—Richard

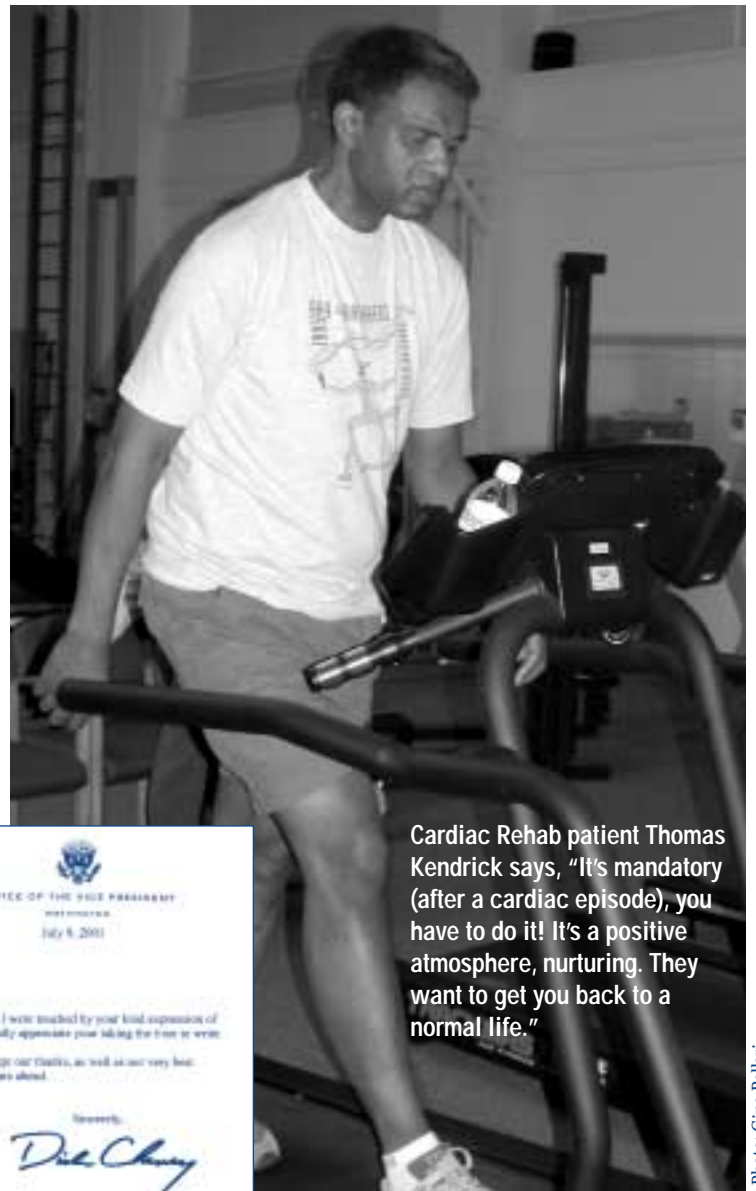
*"Why come here instead of a gym? The biggest benefit is interaction with other people who have similar cardiac problems. You can get information about how others are handling it. At the gym everyone's pumping iron. We're of the same age. It's about the experience and socializing. And the program has a relaxation program which you cannot get at the gym."* —Nihal L. Ratnapala

Read what our staff say about Cardiac Rehab:

*"It's a wonderful opportunity to take control of your life. It's a controlled environment...a safer way to learn exercises for the rest of your life."*  
—Esther Roberts R.N.

*"Cardiac Rehab is a friendly and supportive area for those who are starting or returning to exercise after a cardiac event. In my opinion, people will get better, faster both psychologically and physically in Cardiac Rehab than without it."* —Karen Dondero M.S., Exercise Physiologist

If you have been diagnosed with cardiac disease, including myocardial infarction, angina, heart failure, are recovering from angioplasty or sur-



Cardiac Rehab patient Thomas Kendrick says, "It's mandatory (after a cardiac episode), you have to do it! It's a positive atmosphere, nurturing. They want to get you back to a normal life."

Photo: Gina Pallari



gery, or have a history of high blood pressure, lack of regular exercise and are overweight, ask your doctor about cardiac rehabilitation. Living heart healthy may mean life changes of diet, exercise and medication. Hundreds of clients at California Pacific begin that successful change every year. We

hope to see you in the gym!

Cardiac Rehabilitation is located on the Pacific Campus of California Pacific Medical Center  
2360 Clay Street  
San Francisco, CA 94115  
(415) 600-3661

## Irene Swindells: Thriving after Four Years

After four successful years in operation, the Irene Swindells Alzheimer's Residential Care Program at California Pacific Medical Center continues to find new ways to enhance the excellent quality of care we offer. A recent survey of residents' family members yielded a 100% favorable response rate to the question, "Would you recommend this program to others?" Families especially appreciate the relatively small size of the program, which allows for a high level of personalized attention.

During 2001, several generous gifts to the California Pacific Foundation provided the Swindells Program with the resources to offer several new and exciting things to the residents. One gift from an anonymous donor enabled the Swindells Program to purchase a custom designed activity van. Staff uses the van to take residents on sightseeing trips around San Francisco. Another anonymous donor established an endowment to help residents who face financial hardship. Once certain eligibility criteria are met, residents can receive a subsidy to

offset some of the private pay costs. It is expected that this subsidy will help three or four families per year. This continued philanthropic support and gratitude from residents' families solidifies Swindells' reputation as the premiere program of its kind in the Bay Area.

As the only hospital-based residential care program for dementia in the Bay Area, the Swindells Program offers residents a comfortable home-like environment with all the advantages of affiliation with California Pacific. Unlike most assisted living facilities for dementia, Swindells employs a Medical Director, who is a geriatric care specialist, and offers nursing supervision around the clock. Additionally, the Swindells Program features a well-trained staff of creative arts therapists who lead a full daily program of activities. For more information on the Irene Swindells Alzheimer's Residential Care Program, see their web site, [www.cpmc.org/alzheimers](http://www.cpmc.org/alzheimers), or call Robert Sarison, M.A., program manager at (415) 750-6392.

## Warning Signs of Alzheimer's and Dementia

The Alzheimer's Association has devised a list of ten warning signs that may indicate Alzheimer's disease or another form of dementia. If you or someone you love is exhibiting several of these symptoms, contact a health care provider.

1. Frequent forgetfulness or unexplainable confusion.
2. Difficulty performing familiar tasks.
3. Struggling to remember simple words or substituting inappropriate words that make sentences difficult to understand.
4. Disorientation to time and place.
5. Poor or decreased judgement.
6. Problems with abstract thinking or simple calculations.

7. Misplacing items or placing items in inappropriate places.
8. Rapid mood or behavior changes for no apparent reason.
9. Dramatic changes in personality.
10. Sudden and lasting disinterest in hobbies, work or socializing.

The Memory Clinic at California Pacific offers assessment and treatment for those suffering from mild memory loss. For an appointment, please call (800) 242-4227.

The Alzheimer's Association ([www.alz.org](http://www.alz.org)) is a national network of chapters committed to finding a cure for Alzheimer's and helping those affected by the disease.

See page 4 for information about our Alzheimer's Disease and Memory Disorders Program

# Manage Stress...

## Don't Let Stress Manage You!

We all react to everyday events and life experiences differently. From spilling coffee to planning a wedding, stress can take its toll, physically and mentally. Common symptoms of a high stress level range from an upset stomach to losing sleep or drinking too much. The first step to managing stress is to identify its origins – family or relationship problems, the holidays, issues at work, financial problems, managing time, etc. Do you react to these stressors positively or negatively?

### Positive Reactions

Organizing, prioritizing  
Talking things over  
Budgeting  
Letting others participate  
Counseling  
Stretching exercises  
Deep breathing  
Relaxation exercises  
Positive self-talk  
Physical exercise  
Accepting responsibility

### Negative Reactions

Rushing, worrying  
Making insulting remarks  
Overspending  
Controlling  
Tight neck and shoulders

Headaches  
Irritability  
Negative thoughts  
Overeating  
Blaming others

### Take Action

#### Manage Your Time

Take time to plan and organize.

- Make a prioritized To-Do list
- Consolidate similar trips and personal errands
- Create an agenda for meetings and keep on track

#### Exercise

Exercise reduces stress and enables your body to handle stress more effectively.

- Walk, run or do some type of aerobic exercise 3-4 times per week for 20-30 minutes
- Take stretch breaks every couple of hours during the work day
- Walk when possible instead of driving, it is relaxing and a good time to think

#### Consciously Ease Tension

Learn to know your reactions to stress and recognize when you are overwhelmed.

- Close your eyes and breathe deeply



- Engage your mind in something completely different—read, go out to lunch, shop
- Call a family member, friend or co-worker who will make you laugh

#### Reach Out to Others

We all feel isolated at times, especially when our stress level is high.

- Build a strong network with those you love and who love you
- Communicate your feelings—positive and negative—in a positive manner
- Ask for help

### California Pacific Medical Center Board of Directors - 2001

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subject of infant sleep. Three years later, they introduced *Sleep Like A Baby: What Every Parent Needs to Know About Babies & Sleep*, a home video for new and expectant parents.

Their research found that many new parents are committed to the concept of co-sleeping. Co-sleeping refers to babies and parents sleeping where they have access to each other's sight, sounds and smells. Co-sleeping can take place in the family bed, a sidecar or bassinet next to the parent's bed, or in a co-sleeper bassinet, which attaches to the bed. All of these options are convenient for facilitating breastfeeding during the night. The baby can also be in a crib in the parent's bedroom, where she can either see them or hear their voices. Even a baby being rocked and held for a few hours during the night, by either the mother or father, constitutes a form of co-sleeping. Co-sleeping is the norm in 98% of the world.

Some parents were uncomfortable with the thought being separated from their baby at night and in some families, co-sleeping was the only way they could get a good night's sleep. Interestingly, they found many parents still regard co-sleeping as a taboo subject, or something they feel carries a social stigma.

Dr. Tejada advises, "Parents who choose to co-sleep should know that from a medical perspective, they are making an OK choice. The true measure of success is whether it works for the family."



For more information about the video "*Sleep Like A Baby: What Every Parent Needs to Know About Babies & Sleep*" call (888) 795-0555 or visit [www.sleepbaby.com](http://www.sleepbaby.com)

California Pacific's Newborn Connections provides everything new parents need—in one place. Newborn

Connections offers classes and support groups, lactation consulting, a resource library, clothes for babies and breastfeeding moms, breast pumps and accessories, and more! For more information on services, call Newborn Connections at (415) 600-BABY or stop by 3698 California Street and see for yourself!

### Helpful Hints from *Sleep Like a Baby*

- Sleep props—a stuffed animal, blanket or t-shirt that smells like mommy—can make baby's transition to sleep a little easier.
- Changes or disruptions in household routine, such as illness or vacation, may necessitate re-establishing sleep training.
- When babies are going through a major developmental stage, such as sitting up or crawling, expect sleep patterns to be affected.
- The keys to successful sleep training are consistency and commitment. Parents must work together and support one another.

### PARTNERS IN HEALTH

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# Kids and Guns— Know the Facts, Know Your Kids

## Alzheimer's Disease and Memory Disorders Program

**T**he Northern California Care Network for Alzheimer's Disease and Memory Disorders Program invites you to participate in a program to improve care for older people who have concerns about their memory and to provide support to their family and caregivers.

The program aims to improve early recognition of Alzheimer's disease and other types of memory loss, and to improve the quality of care provided to patients and their families throughout the stages of the disease.

Persons involved with the program will receive resource materials on memory loss and Alzheimer's disease, be referred to the local Alzheimer's Association for family care consultation, and learn about community resources. Basic information on participants' health and service use will also be collected in order for us to better understand how to assist persons with various types of memory loss and to provide support to families.

### How will this program benefit you and your loved one?

An early, accurate diagnosis of memory loss such as Alzheimer's disease helps patients and their families plan for the future and pursue care options while the person can still take part in making decisions.

The earlier an accurate diagnosis is made, the greater the gain in managing symptoms and in understanding the natural history of the disease. Today, there are treatment options that can help manage the major symptoms of Alzheimer's disease and help delay the progression of symptoms.

The program provides participants with additional links to specialized care coordination, education and support programs, including early stage support and caregiver support groups.

The care management, education and support provided for both patients and family caregivers will help in navigating the health care system and in finding appropriate community-based services, such as adult day activity programs, legal and financial planning resources, and respite care.

If you are interested in participating in this program or would like more information, please call Susan Roth, M.S., R.N. at (415) 750-4180 x180.

Thousands of children are killed or injured each year in the United States in accidents involving adults' guns. The ASK (Asking Saves Kids) campaign is a national public health campaign urging parents to be aware. Before you send your child to someone's house, ask if there is a gun in the home. Don't be confrontational. Present your concerns in a respectful manner—you are simply ensuring that your child is in a safe environment. If you have doubts about the safety of anyone's home, invite the children to play at your house.

- 40% of American households with children also have guns.
- 43% of those guns are unlocked and loaded.
- Every day over 100,000 children in America bring a gun to school.
- Take time to talk to your children about the dangers of playing with guns. It is a parent's responsibility to educate children about the difference between the violence they see on television and the movies and the real-life consequences of gun use.



- Studies show that few children can reliably distinguish a real gun from a toy one.
- Involve yourself in community safety programs and invite your relatives, friends and neighbors to participate as well.
- If you do own a gun, practice responsible gun storage. Never leave the gun loaded. Secure unloaded guns with a gun lock or gun alarm and store the gun in a locked gun cabinet or safe. Keep the keys in a separate location from regularly used keys.

### CAPSULE, continued from page 1

make this possible in the future. Norman Cullen, a 76-year-old Bay Area resident, was the first capsule endoscopy patient in Northern California. Suffering from an undetected GI bleed, Mr. Cullen was losing a pint of blood every week, necessitating weekly blood transfusions. A standard endoscopy, colonoscopy, x-rays, barium studies, and nuclear medicine scan had all failed to find the cause. Dr. Binmoeller then gave Norman the capsule camera to swallow. For the next eight hours, while Norman went about his day, the camera transmitted tens of thousands of pictures to the data recorder on his belt.

Within two hours of receiving the images, Dr. Binmoeller had found the exact point of bleeding in the small bowel, a tiny arterio-venous malformation (AVM).

"Absolutely amazing," is how Dr. Binmoeller describes capsule endoscopy. "The patient was actually oozing bright red blood." Norman has since undergone surgery at California Pacific, and his bleeding problem is cured.

The Capsule Endoscopy Given® Diagnostic Imaging System was first developed in 2000 and was given FDA approval August 1, 2001. "This technology has revolutionized the way I diagnose and treat many of my patients," states Dr. Binmoeller.

California Pacific's IES program features state-of-the-art facilities for interventional procedures in the GI and bilio-pancreatic tract, providing a wide range of specialized diagnostic and treatment modalities. The IES program is located in the GI Lab at the Pacific Campus of California

Pacific. The nationally renowned GI Lab is the top referral source for complex GI problems in Northern California. Physicians offer a comprehensive range of services, including pediatrics and neonatology.

For more information about the capsule endoscopy or any services provided by the Interventional Endoscopy Service at California Pacific Medical Center please call (415) 600-1151 or visit [www.cpmc.org/ies](http://www.cpmc.org/ies).

## Advantages of Capsule Endoscopy:

- **Eliminates Procrastination**  
Many people ignore the symptoms of GI problems to avoid the discomfort and sedation of a traditional endoscopy.
- **Views the Entire GI Tract**  
Traditional endoscopy can view only the upper GI tract.
- **Earliest Cancer Detection**  
The capsule can allow physicians to evaluate and detect GI cancer in its earliest stages, before symptoms occur. It can also detect the earliest stages of an ulcer, bleeding, Crohn's Disease, enteritis, and small bowel tumors.
- **Advances Treatment of Irritable Bowel**  
Capsule endoscopy enables physicians to coordinate timed pictures of the bowel with actual experiences of pain that the patient is feeling, yielding much more informative data.

## SAVE THESE DATES!

### Mini Medical School on Integrative Medicine: Applying Integrative Medicine Techniques to Healing Common and Chronic Illnesses

This lecture series brings together noted scholars and practitioners in the field of complementary medicine to educate the public about holistic forms of healing.

Six consecutive Thursdays  
April 11 – May 16, 2002  
7:00 – 9:00 pm

California Pacific Medical Center  
Pacific Campus Conference Center  
2333 Buchanan Street

For more information, or to request a brochure, please call (415) 600-3660.

# Classes

and groups for the community

Winter 2001

## Take Care of Yourself

General adult health programs are presented by the Community Health Resource Center (CHRC). Classes are held at the CHRC, 2100 Webster Street, Suite 100, unless otherwise noted. Please call (415) 923-3155 for information and to register.

### Asthma Education

Breath-by-Breath is an asthma education program for newly diagnosed asthmatics and those needing to update their knowledge of this common disease. This class covers asthma control, environmental triggers and medication management.

FREE

January 24

February 28

April 11

5:30 – 7:30 pm

### Indoor Air Quality—Asthma at School

How does your asthmatic child fare at school? What are the guidelines for indoor air quality and what can parents do? A close-up look at the school environment and how your child's breathing may be affected.

FREE

January 31

5:30 – 7:00 pm

### Quarterly Health Topics

A nurse educator and dietitian discuss disease management and lifestyle modifications that can impact these common diagnoses.

Community Health Resource Center  
2100 Webster Street, Suite 106

FREE

February 7 – Hypertension and Stroke Prevention

February 14 – Cholesterol and Heart Disease Prevention

February 28 – Osteoporosis  
10:30 am – 12:00 pm

### Medication Management

Are you on many medications? Do you resist taking them and wonder why they have special instructions? Get answers to these and other questions from a nurse educator.

FREE

April 5

10:30 – 11:30 am

### Diabetes Education

Newly diagnosed diabetics or long-term diabetics needing a review can benefit from this introduction/refresher class. Certified Diabetes Educators will stress the importance of blood level monitoring, medication use and common nutritional issues.

FREE

March 1

10:30 am – 12:00 pm

### Smoking Cessation

Quit smoking for life—a six-week class or six individual coaching sessions with our nurse educator help you deal with the addiction of smoking. Discuss aids available to assist with smoking cessation, the psychological issues related to smoking and other pitfalls that interfere with quitting.

Cost: \$85.00 (some discounts may apply)

February 6 (six weeks)

Cost for individual sessions by appointment: \$120 (some discounts may apply)

### What to Know Before You're Pregnant

Are you planning for a baby in your future? Be prepared—a gynecologist talks about fertility, conception, caring for your health before and during pregnancy, and services available at California Pacific.

FREE

January 9

April 10

6:30 – 7:45 pm

### Stroke Education Class

Learn about the common causes of stroke, and how to recognize early warning signs and symptoms of a stroke. The series also covers lifestyle risk factors and ways to reduce the chances of having a stroke.

Davies Campus, Castro & Duboce  
South Tower, 3rd Floor

FREE

Mondays

4:00 – 5:00 pm

For more information, please call  
(415) 565-6889

### Cancer and Career

Concerned about sharing cancer treatment and recovery information with your employer and co-workers? Wondering about resources available in the community to assist you as you try to balance your career and your health? Our social worker leads a panel of experts to aid you in making workplace adjustments during your cancer treatment and recovery.

FREE

February 7

3:00 – 4:30 pm

### Men's Health—What Do All These Numbers Mean?

Health screening numbers—what do they mean? Make sense of the information you have accumulated about your health. What are the risk factors for the most common illnesses affecting men? What should you be asking your doctor? What should your doctor be asking you? First in a series of quarterly health programs directed toward men.

Location to be announced

FREE

February 13

6:30 – 7:45 pm

### My Aching Back

The most common causes of back pain and its management will be discussed. Includes practical suggestions and an overview of treatment options.

FREE

March 6

6:30 – 7:45 pm

### Sleep Disorders

Trouble sleeping? How concerned should you be about a sleep disorder and what can you do about it? Sleep specialists will discuss the most common sleep disorders, health consequences of untreated sleep disorders, and options available for treatment.

Location to be announced

FREE

January 15

6:30 – 7:45 pm

### GERD—Gastro-Esophageal Reflux Disease

GERD is a common and uncomfortable gastrointestinal (GI) problem. Learn more about minimizing and managing GERD at this lecture presented by a California Pacific GI specialist.

January 29

6:30 – 7:45 pm

### HIV Issues and Answers

Periodic program addressing up-to-date issues with answers provided by health care specialists.

Davies Campus, Castro & Duboce

FREE

January 23 – Update on Nutrition and Supplements

7:00 – 8:00 pm

## SENIOR PROGRAMS

Call (415) 923-3155 for information and to register.

### Senior Brown Bag Lecture Series

This series, featuring twice monthly lectures, keep seniors updated on a variety of health topics. Bring your lunch and learn!

FREE – donation requested

January 22 – Yoga for Seniors

February 5 – Senior Nutrition – Healthy Plate

February 19 – Sleep Disorders and Seniors

March 5 – Got Heart Disease? Now What?

March 19 – Emergency Preparedness

April 2 – The Role of Your Thyroid on Your Health

April 16 – Healthy Skin Over 60  
12:15 – 1:15 pm

### Mild Cognitive Impairment—The Aging Brain

A different aspect of cognitive impairment or changes in memory or thinking skills will be addressed each month. This program is offered in cooperation with California Pacific's Memory Clinic.

Cost: \$5.00 per lecture

February 26 – Overview of Cognitive Impairment

March 26 – Pseudo Dementia and Depression

April 23 – Evaluation of Cognitive Changes

### Senior Support Groups

Senior men and women benefit from group support facilitated by health professionals. Separate free groups for men and women meet for 8–10 weeks. New groups begin in mid-January. Call to arrange an interview.

### Community Screenings

CHRC joins forces with the Senior Centers of several YMCAs for free monthly health screenings.

FREE

Screening times and locations vary

## SUPPORT GROUPS

### Hepatitis C Support Group

Learn more about the Hep C virus, discuss your concerns and share experiences for mutual support.

FREE

First and Third Tuesdays

6:45 – 8:15 pm

Additional information groups and programs are held at the Davies Campus. Please call (415) 333-2411 for information prior to attending the group.

### Compulsive Hair Pullers Support Group (Trichotillomania)

Get group support and help for compulsive hair pulling. Groups meet weekly for adults and adolescents.

FREE

Adolescent Group – Mondays, pm.

Locations vary

Adult Group – Tuesdays, 7:00 – 9:00 pm.

Davies Campus

Please call (415) 923-3155 for referral prior to attending the group.

### Epilepsy Meeting

Learn about what epilepsy is...and is not. Hear stories from people living with epilepsy, or with a loved one who is. Discussion topics include sharing accomplishments of living with epilepsy and how to deal with social challenges. Guest speakers and videos on occasion.

2333 Buchanan Street

Pacific Campus, Dining Rooms 1 & 2

FREE

Second Thursdays

7:00 – 9:00 pm

For more information, please call Diane or Amy at (415) 751-1907

# Classes

and groups for the community

## BEREAVEMENT GROUPS

### Widow/Widowers Group

Group support for anyone who has lost a spouse or partner.

Drop-in basis

FREE

### Mondays

1:00 – 2:30 pm

For more information, please call (415) 750-6800 x21680

### Family and Friends Group

Group support for anyone who has lost a family member or friend.

Closed group

FREE

### Thursdays (10 weeks)

For more information, please call (415) 750-6800 x21680

## FAMILY PROGRAMS

Call (415) 923-3155 for information and to register.

### Parents of Asthmatics

Gain a better understanding of the disease process of asthma. Get practical tips on reducing triggers in the home, and managing medication.

FREE

### February 12

5:30 – 7:30 pm

### Perinatal Lecture Series

With a different topic each month, new and future parents get questions answered related to care of their newborns. Increase your knowledge base and comfort level. This program presented in cooperation with California Pacific's Newborn Connections. Your infant is welcome also!

Location to be announced

**January 16** – Nutrition During Breastfeeding

**February 20** – Infants and Immunization

**March 20** – Child Safety and Childproofing Your House

**April 17** – Common Illnesses of Infancy

6:30 – 7:45 pm

### Toddler Topics

Normal developmental, common behavioral and medical issues related to toddlers are presented at quarterly symposia for parents.

Call for specific topics and location

8:30 am – 12:00 pm

**February 2**

### Teen Topics

Parents of teens get information on common issues such as setting limits, adjustment problems, sibling harmony.

Call for specific topics and location

**January 30**

**April 3**

6:30 – 7:45 pm

## NUTRITIONAL PROGRAMS

Call (415) 923-3155 for information and to register.

### Change of Heart

Heart disease reversal through nutritional change is the focus of this four-week program offered in cooperation with California Pacific's Cardiac Rehabilitation Program. A Registered Dietitian emphasizes a very low-fat, plant-based diet for improved health.

Cost: \$120.00 (w/partner \$150.00; some discounts may apply)

Start date subject to change

**January 8** (4 weeks)

9:30 – 11:00 am

**March 4** (4 weeks)

6:00 – 7:30 pm

**March 5** (4 weeks)

9:30 – 11:00 am

### Weigh to Go

Forget about dieting... Lifestyle modification, balanced diet, and identification of individual food issues help you change your eating patterns and improve your energy, attitude and look. This six-week class taught by a Registered Dietitian gets you started.

Cost: \$150.00 (some discounts may apply)

Start date subject to change

**February 5** (6 weeks)

**April 2** (6 weeks)

6:00 – 7:30 pm

### Weight Management

Individual consultation with Registered Dietitians help you modify your food intake to improve nutrition, energy and weight management.

### Weighty Issues of Midlife

Have you noticed a few extra pounds that seem harder to get rid of? Are you experiencing mood shifts and energy fluctuations? Does your body seem to be in a revolt? Learn how improving your nutrition during this phase of life can bring short and long-term health benefits. Taught by a physician and a Registered Dietitian.

Cost: \$10.00

**January 22**

6:00 – 7:15 pm

### Nutrition and the New Family

Quick and healthy meal planning for new parents. A Registered Dietitian offers tips for good nutrition during your transition to parenthood.

Cost: \$5.00

**February 21**

10:30 – 11:30 am

### Starting Solid Foods

Help your baby and yourself during the transition from liquid to solid foods. Get ideas from a Registered Dietitian on how and when to start solids and how to cope with food issues that may arise.

Cost: \$5.00

**March 13**

10:00 – 11:30 am

## SCREENINGS

Call (415) 923-3155 for information and to register.

### Blood Pressure

FREE

### Thursdays

10:00 – 11:00 am

### Body Fat

Body fat screening with nutritional information available.

Cost: \$5.00

### February 6

1:30 – 3:30 pm

### Osteoporosis Screening

Ultrasound measurement of the heel is used to obtain bone density information.

Cost: \$5.00 donation requested

### February 25

By appointment only

*CHRC frequently adds programs and classes after the deadline for this publication. Stop by our office or see our website, [www.cpmc.org/chrc](http://www.cpmc.org/chrc), for the most up-to-date listing of programs.*

## Diabetes Services

The following classes/programs/services are offered by the Center for Diabetes Services, [www.cpmc.org/diabetes](http://www.cpmc.org/diabetes). Classes are held at 3700 California Street, unless otherwise noted.

For information and to enroll, please call (415) 600-0506. An individual phone assessment is completed prior to consultation or classes so that people can be put in the appropriate class or individual appointment. Brown and Toland members receive services for free. Most insurance is accepted.

### Ongoing weekly classes for people with Type 2 diabetes:

#### Basics/Monitoring/Medication

**Mondays:** 1:30 – 4:30 pm

**Thursdays:** 9:30 am – 12:30 pm

#### Nutrition Basics/Meal Planning/Nutrition Issues

**Tuesdays:** 1:30 – 4:00 pm

**Fridays:** 9:30 am – 12:00 pm

#### Prevention of Complications/Exercise Benefits

**Wednesdays:** 1:30 – 4:00 pm

**Occasional Wednesdays:**

9:30 am – 12:00 pm

#### Adjustment Issues/Stress Management

**Thursdays:** 1:30 – 4:00 pm

**Occasional Wednesdays:**

9:30 am – 12:00 pm

In addition, individual appointments are offered to those who are unable to attend the classes, are non-English speaking or have special needs.

### Diabetes Review Class

For those who have completed the above series and feel they need more assistance.

### First Mondays

9:30 – 11:30 am

### Intensive Management Program

For people with Type 1 diabetes and people interested in an insulin pump. Class topics include: carbohydrate counting, insulin to carbohydrate ratio and adjustment of insulin and finding the right correction factor. Class four is dedicated to learning about insulin pumps, including terminology, expectations and follow-up. In addition, individual appointments are offered to those who are unable to attend the classes, are non-English speaking or have special needs.

### Wednesdays

9:00 – 11:00 am

## SUPPORT GROUPS

Call (415) 600-0506 for information and to register.

### Insulin Pump Support Group

Offered every six weeks.

### Wednesdays

6:00 – 7:30 pm

Call for start date

### Diabetes Support Group

#### Every other Tuesday

11:00 – 12:30 pm

Call for start date

## Women's Health

The following classes/programs/services are offered through the Women's Health Resource Center (WHRC). Classes are held at 3698 California Street, lobby level, unless otherwise noted. For information or to register, call (415) 600-0500.

### Mid-Life Health Series

Please see back page for information.

### Speaking with Presence and Passion

A 2½ hour class that will help empower you to overcome the dread and panic you often experience speaking in front of others. These classes are coached by Suzanne Fried, M.D., MFCC, a keynote speaker, licensed psychotherapist, and stand-up comic.

Cost: \$150.00

### Saturdays

**April 6, 13, 20, 27 or May 4**

10:00 am – 12:30 pm

## Massage Therapy

Stressed out? Achy muscles? Treat yourself to a Swedish, Deep Tissue, Shiatsu, or Prenatal massage, or get a gift certificate for a friend. In addition, we provide massage therapy at the bedside while you are a patient at California Pacific Medical Center.

Cost: \$35.00 for 1/2 hour; \$60.00 for 1 hour; \$80.00 for 1 1/2 hours

## The Gynecological Cancer Recovery Program

Comprehensive services address physical, emotional and spiritual healing after gynecological cancer surgery and/or during treatment.

FREE

## Osteoporosis Program

Bone densitometry ultrasound screening and education on prevention and management options with our nurse practitioner.

Cost: Ultrasound screening only \$30; Osteoporosis consultation \$25 per 1/2 hour

## Makeover Program for Women with Cancer

Have you lost your eyebrows and eyelashes due to chemotherapy? Would you like to pamper yourself with a free one-on-one makeover consultation?

FREE

For an appointment, call (415) 600-0500

## Look Good...Feel Better

Join a group of women, like yourself, who are facing the challenges of a cancer diagnosis and receive free cosmetics and lessons on how to compensate for thinning eyelashes and/or eyebrows, a free wig and tips on hair styling, free scarves and scarf/turban tips. Breast forms/bras are also available for the uninsured.

Offered in collaboration with the American Cancer Society.

**January 17**

**March 21**

**May 16**

## WHRC Lending Library and Internet Access

A vast collection of books, videos, audio cassettes, medical and consumer periodicals, and newsletters on women's health issues. Online computer system provides access to the Internet for personal searches of nationwide databases. A library membership (annual fee \$20.00) allows materials to be checked out. Ask about our one-on-one Internet tutoring program for women 60 years and older.

## WHRC Boutique

Women's health books and soy and calcium products are available for purchase. In addition, we offer consultation and products for women who are undergoing temporary hair loss or who have post-surgical breast needs. We offer wigs, hats, turbans, breast forms, swimsuits and bras.

For an appointment, call (415) 454-6058

## SUPPORT GROUPS

Call (415) 600-0500 for information and to register.

### Support Group for Women with Gynecological Cancer

FREE

Call for dates and times

### Support Group for Women with Recurrent Ovarian Cancer

FREE

Call for dates and times

### Women and Hair Loss Support Group

WAGA is a support group for women with Androgenetic Alopecia and other forms of hair loss or thinning. At our meetings, we discuss all aspects of hair loss or thinning including psychological and social issues; practical tips and information; and sharing of referrals and resources for hair replacement and other hair products.

Cost: \$5.00

**January 31**

**March 21**

**May 30**

7:00 – 8:30 pm

## BREAST HEALTH

The following programs are offered by the Breast Health Center and are held at 3698 California Street.

For information or to register, call (415) 750-6420.

### The Breast Cancer Recovery Program

Addresses physical, emotional and spiritual healing before or after breast cancer surgery and before or after treatment.

FREE for all patients of California Pacific Medical Center

### Patient-to-Patient Support Program

If you feel the need to talk to another woman living with breast cancer, either by telephone or in person, please call.

FREE

### Support Group for Women with Breast Cancer

FREE

**Mondays:** 5:30 – 7:00 pm

**Thursdays:** 5:00 – 6:30 pm

### Breast Self-Examination (BSE) Instruction

Individualized, private session with a Breast Health Nurse Specialist.

Cost: \$146.88 for 1 1/2 hour session;

1/2 hour follow-up session – FREE

## Complementary Medicine

The following programs are presented by the Institute for Health and Healing™.

Program locations vary. Please call (415) 600-3660 for details. [www.cpmc.org/ihh](http://www.cpmc.org/ihh)

## SPECIAL PROGRAMS

### An Evening with Jean Shinoda Bolen, M.D.

Dr. Jean Shinoda Bolen is a Jungian analyst, psychiatrist and internationally known lecturer and has been invited to speak at the Fifth United Nations Conference on Women in 2005.

Marin Civic Center Showcase Theater

**February 7**

For information, call (415) 925-7624

For tickets, call (415) 472-3500

### Pioneers in the Art, Science and Soul of Healing

The Institute for Health and Healing™ will be honoring Dr. Jean Shinoda Bolen at the 7<sup>th</sup> annual Pioneers in the Art, Science and Soul of Healing. The dinner and presentation will take place at the Westin St. Francis Hotel, Union Square.

**Wednesday, February 6**

Tickets are \$250.00

For information, please call Finola Poynton at (415) 600-1562

## GENERAL PROGRAMS

For information or to register, call (415) 600-3660.

### Weight Management from the Inside Out

It is easy to see how self-development in eating habits can take a back seat to daily survival—and change is not easy. The closer we get to the heart of ourselves, the more we realize that what stops us is not outside—but within us. A coach can help us to get out of our own way.

An individual 1 1/2 hour session utilizes a comprehensive appraisal tool to evaluate your symptoms and nutritional needs.

Instructor: Judy Burgio, RPH, C.N.

Cost: Package Option (saves you \$50.00):

\$295.00 includes 1 1/2 hour individual

assessment and class

Individual Options:

- Weight management class \$200.00

- 1 1/2 hour individual assessment \$145.00

**February 25** (8 weeks)

6:00 – 8:00 pm

### The Doctor is In at the Health and Healing Clinic

Unsure if you are a candidate to be seen in the Health and Healing Clinic? Wondering what Integrative, Complementary, Alternative and Conventional Medicine are about? William B. Stewart, M.D., medical director of the Institute, invites you to attend an overview and orientation to our services.

FREE

**Second Thursdays**

4:30 – 5:30 pm

For more information and to secure your reservation, please call (415) 600-3503

### Discover Yourself—Healing through Chi Energy

Master Ko Wong is internationally recognized for his exceptional skill at Healing Chi Kung. Practice Chi Kung meditation to achieve deep stillness and relaxation and learn moving Chi Kung.

Free introductory session: **January 26,**

9:00 – 11:00 am; registration required

Cost: \$250

**Tuesday, January 29** (10 weeks)

6:00 – 8:00 pm

**Saturday, February 2** (10 weeks)

9:00 – 11:00 am

Pre-registration required for introductory session and classes. Please register early as classes sell out quickly.

### Beginning T'ai Chi: Meditation in Motion

T'ai Chi is an ancient Chinese movement therapy that utilizes deep, regular breathing in sequences of slow, graceful movements to help increase energy, calm the mind and promote self-healing. Barry Bastian, M.S. will guide you in a safe and nurturing environment that will engage both your physical and inner self. While T'ai Chi can benefit anyone, it is especially helpful to those recovering from injury or illness.

Cost: \$195.00

**Wednesday, January 9** (12 weeks)

2:00 – 3:30 pm

### Continuing Your T'ai Chi Practice

This ongoing, year-long graduate class is designed for students who have completed the beginning course, or who have previous T'ai Chi experience and wish to learn the complete T'ai Chi sequence in a nurturing and friendly environment with Barry Bastian, M.S., instructor.

Cost: \$195.00

**January 9** (12 weeks)

6:00 – 7:30 pm

## PROGRAMS FOR SENIORS

For information or to register, call (415) 600-3660.

### T'ai Chi for Seniors

Designed specifically for individuals over 59 years of age, especially those seeking to recover from injury or chronic illness. It uses slow, gentle movements to help restore balance, strength and mobility and promote health. Individual attention is given to those with physical challenges.

Instructor: Barry Bastian, M.S.

Cost: \$125

**Friday, January 11** (12 weeks)

10:00 – 11:30 am

Early registration is recommended as this class sells out quickly.

# Classes

and groups for the community

## Yoga for Seniors

Developed exclusively for people over 59 years of age, these gentle and compassionate integrative yoga therapy classes focus on helping participants increase range of motion, improve posture, restore flexibility and increase breath capacity.

### Level 1: Chair Yoga

Chair Yoga is designed for those unable to lay or kneel on the floor. Participants will be led through a series of standing and seated movements and stretches. Relaxation tools such as guided imagery and breath work are also taught.

**Wednesdays**; 11:30 am – 1:00 pm

### Level 2: Beginning Yoga

This restorative and healing yoga combines slow, gentle standing and floor stretches with standing meditation and guided imagery to help participants heighten body awareness and increase range of motion. This class is good for those suffering from chronic pain.

**Thursdays**; 9:00 – 10:30 am

### Level 3: Graduate Yoga

This class incorporates a full series of both seated and standing yoga postures adapted specifically for seniors. Prior yoga experience and teacher approval is required.

**Thursdays**; 2:30 – 4:00 pm

Instructor: Kathryn Keller, CYT

Cost: \$75.00 for 10 classes or \$9.00 per class

## YOGA PROGRAMS

For information or to register, call (415) 600-3660.

### Introduction to Integrative Yoga Therapy

Brings together many facets of yoga with mind-body techniques that are particularly effective in reducing stress and facilitating wellness. The approach is tailored to each individual and uses gentle yoga postures and meditation techniques. This class is great for those recuperating from an illness or trauma, or for simply melting away muscle tension to feel refreshed.

Cost: \$175.00; includes one-day workshop and individual session

**February 21** (10 weeks)

6:30 – 8:00 pm

One-day workshop: **March 24**

### Continuing Your Yoga Practice

Ongoing graduate class designed for students who have completed the 10-week course, or who have previous yoga and meditation experience and wish to continue to evolve their personal practice within a structured and supportive environment.

Instructor: Kathryn Keller, CYT

Cost: \$100.00 for 10 classes; \$12.00 per class

**Wednesdays**

7:00 – 8:30 pm

## Yoga and Healing for People with HIV/AIDS and Chronic Illness

This class explores yoga postures, breathing practices, guided imagery and meditation as tools to reduce stress and support the immune system. The class includes yoga philosophy and group sharing to support an inward, healing journey.

Instructor: Jivana Jason Heyman

Cost: \$7.00 donation per class

**Wednesdays**

5:00 – 7:00 pm

## MOVEMENT PROGRAMS

### Continuum™—Healing Through Fluid Movement

Adrienne Mohr's evolution of Continuum™, the life work of movement pioneers Emilie Conrad and Susan Harper. Through instruction and demonstrations, you will use breath, slow movement and sound to help break free of rigid, habitual movement patterns to discover greater mobility and increased mental and physical awareness.

Cost: \$95.00

**February 28** (4 weeks)

6:00 – 8:00 pm

For information, call (415) 600-3660

## MINDFULNESS MEDITATION

For information or to register, call (415) 600-3660.

### Mindfulness-Based Stress Reduction for Healthier Living

Teaches you to use your inner resources to relieve stress and manage pain more effectively. This program was developed by Jon Kabat-Zinn, Ph.D. and is featured on the Bill Moyer's PBS special *Healing and the Mind*. Participants regularly report decreased physical and psychological symptoms, an increased ability to cope with chronic pain, improved self-esteem and a greater enthusiasm for life. The Jon Kabat-Zinn book *Full Catastrophe Living* is highly recommended, but is not provided. Call the Healing Store at (415) 600-1311 to get your copy.

Instructor: Kathryn Guta, R.N.

Cost: \$250.00

**February 5** (8 weeks)

6:30 – 8:30 pm

Includes one-day workshop on **March 16** from 9:00 am – 4:00 pm

Brown and Toland members receive a 50% discount on this program, photocopy of insurance card required.

## Special Version! Mindfulness-Based Stress Reduction for People with Chronic Illness

This class is designed specifically for people living with chronic illness and their caregivers. See previous description.

Instructor: Adrienne Mohr, CMT

Cost: \$250.00 (scholarships available)

**February 28** (8 weeks)

10:00 am – 12:30 pm

Free introductory class on **February 21**;

10:00 – 11:30 am; All-day workshop on

**April 6**; 9:00 am – 4:00 pm

## Continuing Mindfulness-Based Stress Reduction

This graduate class is available for students from San Francisco or Marin who have completed the initial eight-week course and who wish to further develop their mindfulness practice and conscious living within the structure and support of an organized class.

Instructor: Kathryn Guta, R.N.

Cost: \$10.00 donation suggested

**Second Mondays**

7:00 – 8:30 pm

## PROGRAMS FOR CANCER PATIENTS

### Women and Cancer: A Healing Program

Women undergoing treatment and women who have completed treatment for cancer will learn stress reduction, nutrition and exercises to create a healthier lifestyle. A support group is included. Led by a multi-disciplinary team who work in consultation with California Pacific oncologists and integrative medicine physicians.

Program formats:

- 12-week program. Women meet twice weekly for 2½ hour sessions.

Women's Health Resource Center  
3698 California Street, lobby level  
Cost: \$480.00

**Mondays and Wednesdays**, beginning **February**

- A two-day overnight retreat in San Francisco where participants experience a sense of community and respite. For dates and location, please call. Cost: \$480.00

Both programs are led by Rosalind Benedet, R.N., MSN, N.P. and Barb Silver, RNC, M.S., FNP. For more information, call (415) 600-3660.

## SUPPORT GROUPS

For information or to register, call (415) 600-3660.

### Spiritual Support Group for Women with Cancer

Women meet to discuss how they access and use their inner resources for spiritual health and healing. The group uses creative arts, guided imagery and visualization to aid this process in a non-denominational setting.

**Wednesdays**; 1:30 – 3:00 pm

## Prostate Concerns Support Group

Peer-led forum for men to share information and provide mutual support on issues related to prostate illness. The group also sponsors guest speakers on related topics.

**First Mondays**; 7:00 – 9:00 pm

## Children and Families Facing Life Threatening/Chronic Illnesses

These support groups are for children and families faced with severe or life-threatening illness, such as but not limited to cancer. These groups offer support and guidance in a safe setting to explore the issues relevant to the child and family's experiences. They focus on the experience of illness, hospitalization, pain, fear, communication and relationship with health care providers.

**Second and Fourth Tuesdays**

6:30 – 7:30 pm

## Support Group for Women with Hepatitis C

Led by Rev. Susan Turley, Spiritual Care Coordinator

**Wednesdays**; 5:30 – 6:30 pm

## SAVE THESE DATES!

### Mini Medical School on Integrative Medicine: Applying Integrative Medicine Techniques to Healing Common and Chronic Illnesses

This lecture series brings together noted scholars and practitioners in the field of complementary medicine to educate the public about holistic forms of healing.

Six consecutive **Thursdays**

**April 11 – May 16, 2002**

7:00 – 9:00 pm

California Pacific Medical Center  
Pacific Campus Conference Center  
2333 Buchanan Street

For more information, or to request a brochure, please call (415) 600-3660.

## Pregnancy, Childbirth and Parenting

The following classes are offered through Newborn Connections. Private in-home instruction for most classes is available upon request. Unless otherwise indicated, please call (415) 600-BABY (2229) for fees, location, and to request a registration form.

## PREPARING FOR YOUR FIRST BABY

### Thinking Pregnant

A workshop for women and their partners who want to have children but also want to prepare for the reality of having children. Topics include: healthy lifestyle choices, practical and financial considerations, your changing relationships and identity, pregnancy after 35, and dads-to-be. The book *Thinking Pregnant* is included in the class fee. This one-session meeting is offered once a month.

## Individual Pregnancy Consultation

An individual consultation to help you design your ideal month-to-month pregnancy plan. By appointment only.

## Healthy Pregnancy

This class covers the physical and psychological changes of pregnancy, comfort measures, exercise, fetal development, prenatal tests and nutrition.

### Mondays

6:45 – 9:30 pm

## Understanding Pre-Term Labor

Recommended for women with first-time and high-risk pregnancies. Learn to recognize and respond to the earliest signs of problems that could lead to a premature delivery. It is best to attend this class near the 20<sup>th</sup> week of pregnancy. Partners are encouraged to attend.

### Mondays

5:00 – 6:30 pm

## Preparing for Twins, Triplets and More

This class focuses on special considerations and resources during pregnancy, birth and the early months for those expecting a multiple birth.

Offered monthly on **Wednesday**

6:00 – 8:30 pm

## Finding a Nanny in the Bay Area

Learn how to find, interview and hire a trustworthy caregiver... someone who will be a "good fit" for you and your child. The book *Finding a Nanny for your Child in the San Francisco Bay Area* is included in the class fee.

Offered monthly on **Monday**

4:00 – 6:00 pm

## Choosing Childcare

When it comes to choosing childcare, many parents feel clueless about their options. In this workshop you will learn about childcare options, solutions and strategies that best fit your lifestyle.

Offered monthly on **Monday**

4:00 – 6:00 pm

## Childbirth Preparation\*

Classes draw upon a variety of techniques including Lamaze, Bradley, Read, Simkin, and many others. A certified childbirth instructor prepares expectant mothers and their partners for birth. The series includes instruction in relaxation and breathing skills to reduce the discomfort of labor, alternative labor and birth positions, massage, the partner's role, hospital and possible medical procedures, medicated and non-medicated labor, anesthesia and caesarean birth. Select a series that will end approximately two to four weeks before your due date. (May be taken as a 4-week or 3-week series on weekdays, or as a 2-day or 1-day intensive class on weekends.)

## The Mind in Labor: Working with Pain in Childbirth

A one-day Mind/Body Skills Workshop co-sponsored by the Institute for Health and Healing™. Through awareness of breathing, you will learn how to use the powerful tool of mindfulness—moment to moment non-judgmental awareness—for cultivating deep mental and physical relaxation for working with pain and fear during childbirth. An excellent complement to any childbirth preparation class, including refresher classes. Partners are encouraged to attend.

### Saturdays

9:00 am – 4:00 pm

## Newborn Parenting\*

Learn survival tips for life with your newborn. Includes baby care basics (hands-on practice with diapering, wrapping, dressing and bathing), newborn appearance and behavior, infant development, and practical tips. Offered as a two-session class on weeknights or as a one-day intensive on weekends.

## Breastfeeding: Highly Recommended!\*

A certified lactation educator discusses the benefits and basic techniques of breastfeeding; how to prevent, recognize and manage potential difficulties; and considerations for partners.

This one-session 2½ hour class meets weekday evenings; or Saturdays.

## For Expectant Fathers Only

A class designed especially for fathers-to-be. Topics and group discussions include tips for helping your partner through pregnancy and childbirth, caring for a new baby, balancing work and parenting, and maintaining a healthy relationship.

Offered monthly on **Mondays**

6:30 – 9:30 pm

## Prenatal Massage Therapy

Treat yourself to a massage during your pregnancy! Come to the Women's Health Resource Center to receive a prenatal massage, or we can provide massage in your hospital room if you are on bedrest during your pregnancy. In addition, you may purchase a prenatal massage gift certificate for a pregnant friend or family member in need!!!

Women's Health Resource Center  
3698 California Street, lobby level  
Cost: \$35.00 for ½ hour; \$60.00 for 1 hour; \$80.00 for 1½ hours

For more information or to schedule an appointment, please call (415) 600-0500

**\*Enroll in Childbirth Preparation, Newborn Parenting and Breastfeeding classes together and receive a 25% discount on each class!**

## FOR YOUR NEXT PREGNANCY

### Childbirth Refresher

Refresher course for those who have previously attended a childbirth class and have had a child. This one-session class is an intensive review and update of labor and birth, breathing and relaxation methods and the partner's role during birth. Plan to attend during your third trimester. This one-session class offered monthly on **Wednesdays**

6:30 – 9:30 pm

### Vaginal Birth After a Caesarean (VBAC) Class

Review the newest information regarding vaginal birth after a caesarean birth. Discussions about your previous caesarean delivery, VBAC advantages, risks, complications, and hospital procedures will be included in the class. This class can be taken as a single class or in combination with the Childbirth Refresher. Class meets at 5:15 pm, one hour before the Childbirth Refresher class. Offered monthly on **Wednesdays**

### Big Brother, Big Sister Sibling Celebration

Future siblings (3 to 10 years old) are prepared for the new baby's arrival through games, stories and role-playing. All siblings receive an "I'm a Big Sister" or "I'm a Big Brother" t-shirt. A parent must attend with his/her child. We recommend you attend close to your due date. Offered monthly on **Saturdays**

10:30 am – 12:00 pm and 12:30 – 2:30 pm

## AFTER YOUR BABY ARRIVES

### Lactation Consult Services

Certified lactation specialists are available to assist you through:

- Telephone counseling
- Private office consultations
- Breastfeeding support groups

### Breastfeeding and the Working Mother

This class offers options and practical tips for working mothers. Topics include maintaining your milk supply, breast pumps, storage of breast milk, and work schedules. Babies are welcome!

Offered monthly on **Fridays**

12:00 – 2:00 pm

### Postpartum Massage Therapy

Wouldn't you enjoy a relaxing massage after your baby arrives? Available in your hospital room or at the Women's Health Resource Center. Ask about joint massage for you and your baby! Gift certificates available.

Women's Health Resource Center  
3698 California Street, lobby level  
Cost: \$35.00 for ½ hour; \$60.00 for 1 hour; \$80.00 for 1½ hours

For more information or to schedule an appointment, please call (415) 600-0500

## Traveling Boutique

Convenient, in-room shopping for your breastfeeding, baby and new mother needs. Call (415) 750-6800 x23152 for a product brochure.

## NEW FAMILY FORUM

### Breastfeeding Mothers Groups

These ongoing groups, facilitated by certified lactation educators, focus on support and helpful hints for breastfeeding mothers and include: losing weight while breastfeeding; expressing and storing milk; nursing in public; and more. Babies are welcome! No registration required.

**Mondays, Wednesdays and Fridays**

### Twins and Multiples Support Group

Meets monthly

For more information regarding fees, dates, time and location, please call (415) 440-TWIN

### New Parents Forum

For parents of babies newborn to eight months. An informal drop-in group for new parents and their babies to share the joys and challenges of parenting. Groups discuss topics of interest including:

- Will I Ever Sleep Again?
- Nutrition for the Family
- Fussy Babies, Frazzled Mothers
- Sharing the Workload
- The Childproofers
- ...and more

No registration required

**Tuesdays and Thursdays**

10:00 – 11:30 am

### Postpartum Depression Support Group

Designed to deal with some of the more challenging aspects of early parenting and adjustments in the first year, this group offers support and facilitates sharing ideas and solutions. In addition, concerns such as insomnia, anxiety, panic attacks and depression will be addressed.

Group meets **Friday** afternoons and is facilitated by a doctoral candidate in clinical psychology who is also a mother. Pre-registration required

## MISCELLANEOUS

### Infant CPR

For information, dates, and location, please call the Nursing Education Department at California Pacific, (415) 923-3042

### Infant Massage

Enhance your communication and confidence with your baby. Learn strokes for full-body massage; develop new ways to "talk" and "listen" to your baby; learn relaxation techniques for you and your baby and strokes to help relieve colic and gas. Recommended for parents with babies aged three weeks to crawling. For fees, dates, times, and location, please call (415) 333-2462

# Philanthropy

## “Wishes for Wellness” Success

November 6, 2001 was a magical day for California Pacific Medical Center Foundation. After the *Wishes for Wellness* luncheon honoring Dr. Laurie Green and Dr. Bill Gonda was postponed from September 12 due to the tragic national events of September 11, it was uncertain how a new date would be received—but it was most gratifying when 850 supporters poured into the Grand Ballroom of the Westin St. Francis on November 6 to pay tribute to the Honorees and enjoy the hilarious remarks of guest speaker Robin Williams.

Carol Bonnie and Sharmin Bock, Foundation Trustees and Luncheon Co-Chairs, created a remarkable event in support of programs and equipment to benefit women and children who depend on California Pacific for their health care needs. Friends and patients of Drs. Green and Gonda responded to invitations for support. The reward for all their dedication and efforts? Over **\$500,000 net** will go directly to make the “Wish List,” put together by Drs. Gonda and Green in concert with their colleagues, come true. Their list includes the kinds of programs and equipment they would like to see at the Medical Center to help provide superior care for San Francisco’s community of women and children.



With the spirit of generosity so evident at the luncheon, we are well on the way to reaching the \$750,000 needed to fund the entire “Wish List.” Thank you to the many who supported *Wishes for Wellness* and to our Co-Chairs, Honorees, and of course, Robin Williams. You all helped to make magic happen!



Above, Robin Williams regaling the crowd with his wit and humor at *Wishes for Wellness*. Left, clockwise: Robert M. Tomasello, Foundation Board Chair with Carol Bonnie; Dr. Laurie Green with friend and patient Laura St. Claire; Sharmin Bock with Dr. Bill Gonda.

## Mark Your Calendar!!

**February 6 – Wednesday**

**Institute for Health & Healing’s** 7th annual “*Pioneers of the Art, Science and Soul of Healing*,” honoring renowned psychiatrist and author, **Dr. Jean Shinoda Bolen**. Westin St. Francis Hotel. Proceeds benefit the Institute. Information and tickets: **(415) 600-1562**.

**March 9 – Saturday**

**The Little Jim Club of California Pacific Medical Center’s** 50th annual Mardi Gras Ball, “*An Affair to Remember*.” Ritz-Carlton Hotel. Proceeds benefit pediatric programs. Information and tickets: **(415) 563-4064**.

Right: Julie Plunkett, Mardi Gras Ball 2001 Chair, presents \$73,500 from the 2001 Ball to Suzanne

Giraud, Director of California Pacific Medical Center’s Child Development Center.



For general Foundation event information, please call (415) 750-4408.

## \$2 Million Distributed for Special Medical Center Needs

The Grants and Disbursement Committee of California Pacific Medical Center Foundation enables funding for high priority programs and equipment that, due to cost constraints, may not have been included in the formal budget. It is understandably popular with the Medical Center, particularly in 2001 when the Committee made grants of \$2 million, all of which was funded by the generous unrestricted gifts of our community. Projects that have benefited include:

- Specialty Nursing Education & Professional Skill Development
- 3 Twin Fetal Monitors
- Breast Health Center Ultrasound System
- Lymphatic Tracking “Neoprobe”
- Radio Frequency Ablation System
- Liver Transplant Video
- Women’s Urodynamic System
- Microsurgery Microscope
- Mini Medical School

If you would like to make an unrestricted gift to California Pacific Medical Center Foundation, please call (415) 750-2407.

### Outstanding Opportunity! LIFETIME INCOME

6 – 12%

RATES BASED ON AGE - \$5,000 MINIMUM IRREVOCABLE GIFT

#### Income Guaranteed for Life

- Charitable deduction in the year you make your gift. • No fees.
- Each year some of the income is tax-free.
- You may designate the remainder to the Medical Center program of your choice.

#### Sample One-life Rates

Your Age	CPMC Pays
55	6.0%
60	6.4%
65	6.7%
70	7.2%
75	7.9%
80	8.9%
85	10.4%
90+	12.0%

Rates vary between the age brackets noted and are lower if more than one person is to receive income from the annuity.

**Call California Pacific Medical Center Foundation at (415) 750-2410 for your exact rate and a free brochure.**

## Students Look to the Future

A lot of kids don’t like hospitals—but the open-minded and inquisitive students at Galileo High School are different. As they face their futures, they are leaving no stone unturned, including considering the myriad of career opportunities in the field of health care.

California Pacific Medical Center Foundation’s Volunteer Services Department has created an innovative school-to-career speakers forum entitled *The City Within*. This theme, taken from the Medical Center’s 2000 Annual Report, compares the diverse functions of the hospital to a fully functioning city. Twenty-two Galileo students will participate over seven weeks, coming to the Medical Center for one-hour sessions to hear about nursing, physical therapy, surgery, transplant, print shop, transportation, infection control, and more. Designed to be as interactive as possible, there will be tours of work areas and other activities to give the students a sense of “the real thing.”

A key goal of the program is to add to the students’ learning curve in their physiology/medical terminology class while acquainting them with the complex world of the Medical Center. California Pacific staff is eagerly looking forward to introducing these young minds to the rewarding aspects of their profession.

### Become a Volunteer!

Volunteering at California Pacific Medical Center is a rewarding experience. If you’re interested in sharing your skills and experience with us or would like more information about our program, please call the Volunteer Office at (415) 600-3402. Volunteers who are available during the day, Monday through Friday are particularly needed.

## California Campus MRI Groundbreaking

**M**rs. Nancy Hamon donned her special California Pacific Medical Center Foundation “angel” hard hat, took charge of a ribbon bedecked shovel, and dug into a mound of soil, officially breaking ground for the Nancy Hamon MRI Suite, which will be located at the California Campus. The much needed Suite is made possible by the extraordinary generosity of Mrs. Hamon, who made gifts totaling \$3.2 million after experiencing an MRI in the current “suite”—a trailer in the Medical Center’s parking lot! The new Suite will be located adjacent to the existing Gift Shop, which will be moving to the lobby, and is expected to be completed this summer. We are very grateful to Mrs. Hamon, and thank her on behalf of the many patients who will benefit from access to this technology **inside** the Medical Center.

(left to right): Jerry W. Mapp, California Pacific Medical Center Foundation President & CEO; Gerry Brinton, California Pacific Medical Center Board Chair; Mrs. Nancy Hamon; Martin Brotman, M.D., California Pacific Medical Center President & CEO; Robert M. Tomasello, California Pacific Medical Center Foundation Board Chair at the Hamon MRI Suite Groundbreaking.



## Palliative Care Family Room

**R**onald F. Smith was one of the first patients to experience California Pacific Medical Center’s Palliative Care Unit. “Before the death of my father, I had no notion of what to expect,” said his daughter, Susan Weir. “The death of a loved one is an extremely difficult process, but the support we received was truly unique and led us through a strenuous, complex experience.”

Palliative Care helps individuals near or at the end of life by treating pain and other symptoms and by providing personal support for the patient and family. Started in July 2000, the Palliative Care Unit now has four dedicated rooms, each with a home-like feel. Every patient is served by a team of doctors, nurses, pharmacists, social workers, physical therapists and chaplains.

Thea Drayer, M.D., worked closely with Mr. Smith and his daughters, helping them to understand that their primary goal should be to focus on end of life issues. “The whole issue of death is very complicated,” said Susan Weir. “We train ourselves not to think or talk about it, and Dr. Drayer was an angel. She had to break down barriers in all of us—myself, my sisters and my father. And for each one of us, that process was different.”

In memory of their father, Susan, her two sisters—Sarah Carey and Elizabeth Friel—and their friends, have donated funds to create a Family Room for the Palliative Care Unit. They wished for a room where families could have a private place to address the sensitive issues of someone ending their life, and spend the night if necessary.

“I can’t put into words how very special the whole Palliative Care team is,” said Susan. “They have unequaled sensitivity, providing excellent care not just to my dad, but to our whole family. It was everyone—physical therapists, the social worker, even the pharmacist came by to discuss how my father was doing on the medicine. They were all there for us and at the end, they even grieved with us. The support was incredible and we’re very thankful to Dr. Drayer and her team.”

Susan and her sisters see their gift of the Family Room as an extension of the Palliative Care teamwork. “There’s something very special driving this staff to do this difficult work. Death is an inevitable process and the team helped us recognize that things weren’t going to get better for my father. In the end, we were all at peace.”

## The McBean Family—A Tradition of Giving

**H**onoring family tradition can be a weighty and powerful charge. It often creates additional responsibilities and requires great contributions of time and energy. Thus, it is heartening to see a family uphold the beliefs and values that their parents held dear, and do so with enthusiasm and determination.

Such is the case with one special family—the McBeans, one of California Pacific Medical Center Foundation’s most faithful partners. With more than \$1 million in gifts, the McBean Family Foundation’s devotion to enhancing the level of health care available to the community has resulted in countless improvements at the Medical Center.

Atholl McBean, a generous man who held a soft spot for the former Children’s Hospital, and the Nursing Department in particular, began the tradition. His appreciation for the great work being done continued with his son Peter McBean, and has been a strength the Medical Center has relied on for decades.

Peter McBean’s descendants have now picked up the torch with passion. Their latest commitment, a \$150,000 grant to create the McBean Family Education Center, will promote independent instruction and professional development for all employees by providing a sanctuary of learning within the Medical Center.

Located at the Medical Center’s East Campus, staff will be able to use the Education Center to practice, validate their skills, and expand their knowledge base. “The McBean Family has been very generous in their support over the years. The nurses are well aware of it and are greatly appreciative. We are very excited about the new Education Center,” said Enea Zolezzi, director of Staff Development and Nursing Education.

The Center is complete, and the official opening of the McBean Family Education Center, expected in January, is eagerly awaited by everyone at California Pacific Medical Center.

And the McBean Family tradition lives on...for that, we are truly grateful.

## To make a gift to the Foundation...

You may send a check or use Visa/Mastercard: CPMC Foundation, P.O. Box 45234, San Francisco, CA 94145-9813. If you are interested in specific funds, naming opportunities, or donating appreciated securities, please contact Mara Hook, Vice President of Development at (415) 750-2342 or hookm@sutterhealth.org. To donate goods or services, please contact Marsha Daniels, Manager of Donor Relations & Events at (415) 750-4442 or danielm@sutterhealth.org. You may want to visit our web site, [www.cpmc.org/philanthropy](http://www.cpmc.org/philanthropy) for additional information. **Thank you!**

Please write to us at the above address if you wish to have your name removed from the list to receive fundraising requests supporting California Pacific Medical Center Foundation in the future. Thank you.

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### Mid-Life Health Series

Series of eight classes led by a team of health experts, focusing on health issues women face during mid-life.

Please call (415) 600-0500 to register. Cost: \$10.00 per class, \$60.00 for series • 6:00 – 7:30 pm

#### April 4 — Hormone Replacement Therapy

Learn more about this constantly changing subject. Tailoring HRT is important as every woman responds differently. Katherine McGregor, RNP, a Certified Menopause Specialist and Educator, will speak about estrogen, progesterone, testosterone and DHEA use.

#### April 11 — Alternatives to HRT: The "Natural" Solution to Menopause

Marsha Nunley, M.D., Medical Director of Woman's Care Clinic and the Women's Health Resource Center, will present options including botanicals, phytoestrogens and alternative modalities to help alleviate menopausal symptoms.

#### April 18 — Osteoporosis Prevention: Make No Bones About It

Osteoporosis is a preventable condition that is a concern for women. Nancy Carteron, M.D., will discuss risk factors, prevention, and management of osteoporosis.

#### April 25 — Urinary Incontinence: You are not alone!

One woman in four has episodes of urinary incontinence after age 40. Heidi Wittenberg, M.D., will discuss non-surgical and surgical techniques to help women alleviate incontinence symptoms.

#### May 2 — Diabetes: Lecture and Screening

Eight million women are living with diabetes—half do not know it. Mindy Schwartz, R.N., Center for Diabetes Services, will review lifestyle changes that can help decrease your risk, recognizing symptoms, and management options. Also features a blood glucose screening (fasting is not necessary).

#### May 9 — Aches and Pains: Update on Arthritis

David Curtis, M.D., FACR, Internal Medicine and Rheumatology specialist, will discuss risk factors, symptoms, prevention, and management of osteo and rheumatoid arthritis.

#### May 16 — Cardiovascular Disease: An Equal Opportunity Disease

Heart disease and stroke continue to be the leading causes of death among women. Evelyn Taverna, R.N., MSN, Cardiology Clinical Nurse Specialist, will provide an overview of heart disease and stroke, as well as strategies for prevention and risk reduction.

#### May 23 — Breast Health: Risk Reduction and Early Detection

A positive, proactive discussion of breast health. Learn breast self-examination using life-like silicone breast models. In addition, Rosalind Benedet, N.P., MSN, the Breast Health Center's nurse specialist, will address a healthy anti-cancer lifestyle.

#### Mid-Life Health Series Class Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

Please check the class(es) you are registering for:

- Hormone Replacement Therapy (\$10) \$ \_\_\_\_\_
- Arthritis (\$10) \$ \_\_\_\_\_
- Alternatives to HRT (\$10) \$ \_\_\_\_\_
- Cardiovascular Disease (\$10) \$ \_\_\_\_\_
- Osteoporosis Prevention (\$10) \$ \_\_\_\_\_
- Breast Health (\$10) \$ \_\_\_\_\_
- Urinary Incontinence (\$10) \$ \_\_\_\_\_
- Diabetes (\$10) \$ \_\_\_\_\_
- Entire Mid-Life Health Series (\$60) \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

Check made payable to "WHRC"

Credit Card (Visa, MasterCard, American Express, Discover)

Acct #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Name on card: \_\_\_\_\_

Signature: \_\_\_\_\_

If paying by check, please mail payment with this form to: Women's Health Resource Center, 3698 California Street, San Francisco, CA 94118. If paying by credit card, you may fax this form to: (415) 750-6559. Questions? Call (415) 600-0500.

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