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We make every effort to keep accurate records and apologize for any errors or omissions. Please call us to discuss any corrections.



California Pacific Medical Center

A Sutter Health Affiliate
With You. For Life.



Community Health Resource Center
CALIFORNIA PACIFIC MEDICAL CENTER

2100 Webster Street, Suite 100
San Francisco, CA 94115
415-923-3155
www.cpmc.org/chrc

Beyond Medicine.

Are You On Our Mailing List?

The Community Health Resource Center is a nonprofit organization, located at, but independent from California Pacific Medical Center. We provide a comprehensive array of health and wellness programs to our community. These services include classes, lectures, support groups and health screenings. If you are not already on our mailing list and would like to be added, please send us an e-mail or complete and mail the form below.

Mail to: CHRC, 2100 Webster Street, Suite 100, San Francisco, CA 94115

E-mail us at cpmchrc@sutterhealth.org and request mail and/or e-mail publications. We can be reached by phone at 415-923-3155.

Name _____

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Calendar (published 3/year) Newsletter 2 – 4 /year

We also send information about individual programs depending on specified interests or attendance history. What type of programs would be of particular interest to you?

Donations to support CHRC are always welcome.

I would like to make a donation to CHRC and have enclosed a check.
 Please send me more information on how I can support CHRC.

The CHRC Newsletter "A Healthy Outlook" is published quarterly. For more information or to be added or removed from our mailing list, please call (415) 923-3155.



Community Health Resource Center

Healthy Outlook

AUTUMN 2007

Advance Health Care Directives

ARE YOU THE TYPE OF PERSON WHO HAS ALL OF YOUR IMPORTANT PAPERWORK IN ORDER?

All of the loose ends have been bound together. Everything is collected in one secure place and a responsible party knows where to find the papers. People know what you want done regarding your health care and your possessions and will have the proper documentation when needed. You may aspire to have all of your paperwork in order. You have some important things taken



care of, and have been meaning to speak to a responsible party about your wishes and how to take care of things when you can not.

If you fit the latter category, one of the important things on your list may be an Advance Health Care Directive. This document lets you name someone to make health care decisions for you if you are incapable of doing so or do not wish to do so. Having a directive in place will make it possible for your designee to:

- consent to or refuse care or treatment for you;
- select or discharge health care providers and institutions;
- approve or disapprove tests, procedures and medications;
- and make other difficult decisions on your behalf.

An Advance Health Care Directive allows you to specify the measures you do and do not wish to have put in place in the event you can not act for yourself. You can communicate these decisions and requests to your agent (family member, friend, etc.) well before they are ever needed.

The Community Health Resource Center has Advance Health Care Directive forms available in our office at no charge. Beginning in September, workshops will be available for anyone who wishes to learn more about Advance Health Care Directives. The class size is kept small so attendees receive personal attention. Workshops are facilitated by a social worker, and if prepared, attendees can complete a directive form.

Advance Health Care Directive Workshops

Mondays: 12:00 – 1:30 pm
September 24
October 29
November 26
December 17

2100 Webster St., Suite 100
San Francisco, CA 94115
\$10 registration fee

Please call 415-923-3155 for workshop registration. Class size limited to six.

Better Health Begins with Healthy Choices

Choosing healthy foods is something we can all do. These two recipes were selected by the CHRC staff from the *Cooking Light*, April 2001 magazine. We hope you try them and enjoy them.

Strawberry-Kiwi Salad with Basil

INGREDIENTS:

1/4 cup half-and-half*	3 peeled kiwifruit, each cut into 6 wedges
2 tablespoons white balsamic vinegar	2 cups quartered strawberries (about 1 pint)
1 tablespoon sugar	2 tablespoons finely chopped fresh basil
1/4 teaspoon salt	

PREPARATION:

Combine first four (4) ingredients in a bowl. Add kiwifruit and strawberries; toss well. Cover and chill for one (1) hour. Stir in basil just before serving.

Yield - four ³/₄ cup servings

Nutritional Information

Calories - 90 (23% from fat); Fat 2.3g (sat 1.1g,mono 0.6g,poly 0.4g); Protein 1.6g; Cholesterol 6mg; Calcium 46mg; Sodium 157mg; Fiber 3.8g; Iron 0.7mg; Carbohydrate 17.8g

*reduce your overall fat intake by substituting low fat milk

Jicama Salad with Chili-Spiced Chicken

Chill the chicken; it actually tastes best cold. Jicama, which doesn't discolor like apples and pears, lends crunch to the crisp salad.

INGREDIENTS:

4 (6-inch) corn tortillas, cut into strips	1/4 cup fresh lime juice
Cooking spray	2 tablespoons extra-virgin olive oil
2 teaspoons chili powder	1 tablespoon honey
2 teaspoons ground cumin	3 cups (1/8-inch) julienne-cut peeled jicama (about 3/4 pound)
1/2 teaspoon salt, divided	1/4 cup minced fresh cilantro
1/4 teaspoon ground red pepper	Lime wedges (optional)
1 pound skinless, boneless chicken breast halves	

PREPARATION:

Preheat oven at 375°. Arrange tortilla strips in a single layer on a baking sheet and coat with cooking spray. Bake at 375° for eight (8) minutes or until toasted. Combine chili powder, cumin, 1/4 teaspoon salt, and pepper in a medium bowl. Add chicken, turning to coat on both sides. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken; cook seven (7) minutes on each side or until done. Cool. Cut chicken diagonally into 1/4-inch slices. Combine 1/4 teaspoon salt, juice, oil, and honey in a medium bowl. Add jicama, cilantro, and tortilla strips; toss well. Divide salad evenly among four (4) plates; top with chicken. Garnish with lime wedges, if desired.

Yield - four ²/₃ cup salad servings 3 ounces of chicken.

Nutritional Information

Calories 307(29% from fat); Fat 9.9g (sat 1.5g,mono 5.8g,poly 1.6g); Protein 28.8g; Cholesterol 66mg; Calcium 87mg; Sodium 427mg; Fiber 6.2g; Iron 2.8mg; Carbohydrate 26.3g

Eric Hernandez, R.D.

WE ARE DELIGHTED TO INTRODUCE OUR NEWEST TEAM MEMBER, REGISTERED DIETITIAN ERIC HERNANDEZ.

Eric joins CHRC after working for over six years at the San Francisco Department of Public Health (SFDPH), where he was involved in multiple nutrition-related projects in the area of maternal and child health. While at SFDPH, he conducted presentations, training sessions, and counseled community members regarding nutrition education. He also led two nutrition grant projects, oversaw the development of a nutrition education curriculum, and led the Child Health and Disability Prevention (CHDP) program's - Childhood Obesity Prevention Workgroup meetings.

Eric is interested in obesity prevention, weight management, and helping patients become resilient to the environmental factors that promote weight gain. He has a particular focus on the convenient availability of high-calorie foods and beverages used as snacks and quick meals. He under-



stands that today's television commercials, and other media messages play a significant role in "educating" people on what to eat. Often the wrong foods are promoted by TV ads, especially those with high-fructose corn syrup, trans fats (hydrogenated oils), and excess calories. He works to assure patients are informed and motivated to make healthy food choices. He is inspired to help patients clearly understand that manufacturers'

motivation to sell products has nothing to do with nutritional value or the body's need for that product.

Eric is available to see patients who are affected by a variety of health conditions such as heart disease, hypertension (high blood pressure), cancer, and more. Many health conditions have side effects that can be treated with changes in food choices. Patients and community members can also be seen for general nutrition advice to help improve their energy level and for sports nutrition counseling.

Eric is fully bilingual in Spanish/English and has a deep understanding of Latin American cultural food practices, thus enhancing CHRC's ability serve Spanish speaking community members.

Patients can take advantage of nutrition consultation services with or without a doctor's referral. Please inquire about fees when calling to schedule an appointment at 415-923-3155.

Social Work at CHRC

SOCIAL WORK AT CHRC CONTINUES TO BE A KEY ELEMENT IN THE OVERALL MISSION OF OUR ORGANIZATION.

During recent months Scott Plymale MSW, the current CHRC social worker, has been involved in a number of different projects. Scott worked closely with the Partnership for Community Health (PCH) to help organize specific and time sensitive medical appointments for individuals referred from eight San Francisco community clinics. Most of the individuals receiving the medical appointments face socio-economic

hardships and would have had their treatment delayed if it were not for the collaborative efforts provided by the community clinics, PCH, and the CHRC's social work. Our participation is a part of a larger project funded by California Pacific Medical Center through the Community Benefits program.

Direct care and supportive services provided by the CHRC social worker are available to the general community in a number of different ways. There are two ongoing free support groups open to the general public including the cancer support group and the

Caregivers' Café. These groups meet twice a month for one hour and focus on issues relevant to participants needs. Additionally, social work services are provided via a special contract to patients in the oncology-radiology and cardiac rehabilitation departments at California Pacific Medical Center. The services available to patients through these contracts include consultation regarding advance directives, brief counseling, referral for supportive care, and case management services.

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