

# Be well

SUMMER 2013



Shoulder tear  
repair, p8

When wounds need  
help to heal, p11



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

[www.mercy.org](http://www.mercy.org)

# Welcome to *Be Well*

Dear Community Members:



Dignity Health North State is pleased to announce the implementation of our fully integrated electronic health record (EHR) system. This new computer system allows Dignity Health North State to achieve a new standard of care for the many patients we are privileged to serve. Among its many benefits, the EHR system will better

enable standardized care delivery; improve medication and patient safety capabilities; and provide physicians and other care providers with more convenient and timely access to patient information. For you, the patient, this means that as your information is entered into the EHR system it will become immediately available to the dedicated medical staff, physicians and nurses who care for you and your loved ones.

This edition of *Be Well* highlights many of the orthopaedic services offered by our team of exceptional surgeons; a story about the pioneering spirit of the Sisters of Mercy; and information on our newly expanded emergency services at Mercy Redding, designed with patients and families in mind.

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

Sincerely,

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



Stay connected  
with us on  
Facebook—  
find us at Dignity  
Health North State  
and like our page.



## Dignity Health North State on the Web

Connect with Dignity Health North State through our interactive website at [www.mercy.org](http://www.mercy.org). Our user-friendly website is the perfect place to:

- Find a physician
- Email a patient
- Register for classes and events
- Access medical information in the health library

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# Electing to feel better

How joint and spine surgery can help

**It's** called elective surgery. But joint or spine surgery rarely seems optional for anyone grappling with problems such as degenerative disc disease or severe arthritis in a hip or knee. In those cases, surgery can often help relieve pain, improve function and restore quality of life.

If you're considering joint or spine surgery, you should know about the award-winning **Center for Joint and Spine Health** at Mercy Medical Center Redding. The center has earned a reputation for delivering high-quality orthopaedic care. In fact, it exceeds national patient satisfaction rates and has lower-than-average complication rates.

"These ratings reflect our comprehensive and patient-centered approach," says Brad Jones, MD, Orthopaedic Spine Surgeon and Medical Director at the center.

That approach is based on three elements. "Our quality is built on education, dedication and cooperation," says Shawn Brubaker, DO,

Orthopaedic Surgeon and Medical Director, Adult Reconstructive Orthopaedics, Dignity Health Medical Group North State.

## Education

The education begins as soon as a patient decides to have surgery. He or she receives a guidebook that acts as a text for the preoperative class offered by the center. "In class, we go over everything that is going to happen, from preparing for the surgery through the entire year after the surgery," says Kimber Graves, RN, Clinical Coordinator for Orthopaedics at the center.

All three of the Dignity Health North State hospitals provide extensive pre- and postoperative orthopaedic care. However, the Mercy Center for Joint and Spine Health is the only stand-alone program that includes group therapy sessions, among other specialty patient services. It has made a big difference for our patients. "It may seem simple, but the more information we can give patients, the

fewer surprises they encounter," Dr. Brubaker says. "That makes for a less stressful and more successful experience for the patient."

## Dedication

The center functions as a hospital within the hospital and has its own designated resources. "We have our own patient area, as well as specially trained staff certified in all aspects of orthopaedic care," Dr. Jones says. And that care doesn't stop once patients go home. Within 48 hours after leaving the hospital, someone from the center calls to see how patients are doing. "We check in to make sure they understand their medications and are feeling OK," Graves says. "Our commitment to follow-through helps prevent post-op complications."

## Cooperation

Fewer complications mean fewer readmissions. That's just one of the many quality goals important to the center—goals that are discussed when the staff meet together twice a month. "As a team we assess how our patients are doing," Dr. Brubaker says. "Then we can determine what's going well and how we can better assist them in their recovery."

That teamwork helps keep orthopaedic patients on the path to wellness. And that is the ultimate goal of the center.



Call **888.628.1948** anytime to schedule a consultation with a Dignity Health orthopaedic specialist.

# 4 steps to a safer summer

**There's** a lot to enjoy while the summer days last. But be sure to follow these four suggestions for avoiding some potential pitfalls of warmer weather:

**1.** Respect the sun—and the heat. Ultraviolet (UV) rays increase the risk for skin cancer. Soaring temperatures can trigger heat-related illnesses. To decrease your risk:

- Avoid outdoor activities during the hottest part of the day—10 a.m. to 4 p.m. And seek shade.
- Wear some essentials: sunscreen with an SPF of 30 or more on all exposed skin (UVA/UVB or helioplex is best), a wide-brimmed hat, and UV-blocking sunglasses.
- Drink plenty of water. If you begin to feel faint or sick to your stomach, get to a cool place quickly. “Heat-related injuries caused by dehydration are too common during the warmer summer months,” says Jason Swann, PHI Air Medical Operations Manager.

**2.** Don't spoil the picnic! Warmer weather quickens the growth of bacteria in food. Remember to chill leftovers promptly—and toss any food left sitting out for two hours (or one hour in 90-plus degree weather).

**3.** Beware of bugs. Use an insect repellent that contains DEET (follow the directions). After walking in areas with tall grass, remind everyone to check for ticks.

**4.** Watch out around water. Never take your eyes off children around water—not even briefly. Some additional pointers:

- Never swim alone.
- Wear a life jacket when boating.
- Never mix alcohol with water recreation. “In the North State, we commonly air lift people who have sustained boating injuries because of drinking too much alcohol,” Swann says. “Drinking and boating do not mix safely.”

Sources: American Academy of Pediatrics; American College of Emergency Physicians; Centers for Disease Control and Prevention



Help keep your family safe this summer with a **free family first aid kit**. Call **888.628.1948** and we'll send you one (while supplies last).

## Easy campfire recipe: Chicken Bundles for Two

### Ingredients

- 2 boneless, skinless chicken breast halves
- 2 medium red potatoes, quartered and cut into ½-inch slices
- ¼ cup chopped onion
- 1 medium carrot, cut into ¼-inch slices
- 1 celery rib, cut into ¼-inch slices
- ½ teaspoon rubbed sage
- Salt and pepper to taste
- Fresh dill sprigs

### Directions

Divide chicken and vegetables between two pieces of double-layered, heavy-duty foil (about 18 inches square). Sprinkle with the sage, salt and pepper. Top with dill sprigs. Fold foil around the mixture and seal tightly.

Grill, covered, over medium heat for 30 minutes or until a meat thermometer reaches 170 degrees.

Yield: 2 servings.

# Good medicine for good sports



## All athletes can benefit from St. Elizabeth sports medicine program

In a few years, she'll likely be called Dr. Brose. But for now, you can call her a plebe, the name for first-year students appointed to the prestigious U.S. Naval Academy.

As it turns out, the Sports Medicine Program at St. Elizabeth Community Hospital will have had a hand in both titles.

Brose, whose first name is Lily, recently completed a stellar career at Red Bluff High School. Even as a freshman, it was clear she was a phenomenal student and athlete, destined to compete at the collegiate level.

But that appeared unlikely after two anterior cruciate ligament (ACL) tears and a torn meniscus in her knee. A lot of athletes would have hung up their cleats after three surgeries and countless hours of rehab. But Lily had the heart and determination to fight through it. She made a full comeback, earning a track scholarship to Naval Academy. And she's quick to credit the St. Elizabeth Sports Medicine Program.

"It's amazing," she says. "They've helped me beyond words."

## Allies for active living

Lily's is but one of many success stories of the sports medicine program, a team effort of the hospital, the Red Bluff Physical



"They give you a lot of encouragement and a lot of support just to keep going."  
—Lily Brose, patient

Therapy and Wellness Center, and Orthopaedic Surgeon and Medical Director Riico Dotson, MD. (Working together, the three specialize

in helping people of all ages and ability levels play smart, stay safe and return to their game should an injury occur.)

“We’re here for all active people in our area,” says Lonnie Scott, a Certified Athletic Trainer who also serves as Business Manager at the Wellness Center.

According to Dr. Dotson, the team focuses on three areas:

### **1. Education and prevention.**

Keeping an injury from happening is the best sports medicine strategy. This is accomplished through coaches’ clinics, public presentations and individual instruction.

Female athletes, for example, are at high risk for ACL injuries, like those Lily Brose experienced. But teaching them how to strengthen their legs and land better when jumping can make a big difference.

“It significantly reduces the number of injuries that occur,” says Dr. Dotson.

**2. Sideline support for sporting events.** This includes high school athletics as well as community events, like road races, Cowboy Camp and the annual Red Bluff Round-Up rodeo. Having trained professionals at an event ensures someone will immediately evaluate any injury and get the injured person to the most appropriate care.

**3. Surgical and nonsurgical treatment.** When an injury needs treatment, program staff provide

it. “Everybody here is top-of-the-line,” says Dr. Dotson.

Sometimes that care includes instructions for home treatment or physical therapy. Other times, as in Lily’s case, surgery and more extensive rehabilitation may be necessary.

### **Aid and inspiration**

Lily is a strong believer in what

sports medicine can do for people. Her experiences with Dr. Dotson and others in the program have nurtured a desire to become an orthopaedic surgeon herself.

“They’ve helped me do things I never thought I’d be able to do again,” she says. “They give you a lot of encouragement and a lot of support just to keep going. It’s something I’m forever grateful for.”

“We’re here for all active people in our area.”  
—Lonnie Scott, Certified Athletic Trainer

## **Rehab after repair**

No matter what kind of orthopaedic joint surgery you have, physical therapy will most likely be a part of your postoperative experience. Whether you experience an ACL tear, as Lily Brose did, or a rotator cuff tear, as you’ll see on the next page, rest and rehabilitation are key to a successful recovery.

You’ll likely start slowly, with a passive workout (where gravity, a therapist or a machine moves your joint for you). Gradually, however, you’ll progress to a more active (using your own muscles) stretching and strengthening routine, according to the American Academy of Orthopaedic Surgeons (AAOS).

Your formal rehab program may last several months. If you want to keep your joint in the best possible shape, however, you’ll need to turn the exercises you learn into a lifelong habit.

“That’s one of the keys to a good outcome post-surgery,” says Todd Guthrie, MD, one of Mercy Medical Center’s Orthopaedic Surgeons.

In fact, it’s No. 3 on his list of four important steps for a successful recovery:

- 1** Enroll in a rehabilitation program.
- 2** Follow through with the program as directed.
- 3** Incorporate the exercises into your regular routine.
- 4** Avoid heavy lifting and extreme movements, which could lead to reinjury.

Repaired rotator cuffs can tear again, Dr. Guthrie says. It’s more likely to happen when the first tear was chronic—caused by years of degeneration—as opposed to an acute, or sudden, tear.

One of the advantages of going through rehab is that you may have a better chance of maximizing your function and minimizing your risk of recurrent pain or problems, says Dr. Guthrie.

# Repairing a tattered shoulder

Meticulous surgical care returns patient to favorite activities

**When** the big snowstorm hit in the winter of 2010, Morris Eagleman did what he ordinarily does—lend a hand. Along with other members of the Mt. Shasta community, he went out and shoveled. He pushed and pulled snow blowers. He helped move generators. And that’s when his right shoulder gave out.

“During the clean up, I told someone, ‘Something’s not right with my shoulder,’” Morris recalls. “Later, I couldn’t lift anything or even raise my arm above my head. I knew I had a real problem.”

Arm weakness and sleep-stealing pain soon sent him to Todd Guthrie, MD, one of Mercy Medical Center’s Orthopaedic Surgeons. An MRI showed a lot of blood inside Eagleman’s shoulder, and Dr. Guthrie recommended surgery.

## **Presurgery education, better outcomes**

Morris just happens to be the Vice President of Patient Care Services at Mercy Medical Center Mt. Shasta, so he knew he was in good hands. “We recruit and retain outstanding medical staff who are sought out throughout the region,”



“Today, I’m lifting weights, riding my bicycle 80 miles at a time, golfing—everything I enjoy. And I have full range of motion.”  
—Morris Eagleman





he says. He also knew what his next step would be: receiving presurgery education.

“Research shows that surgery patients who are better prepared have better outcomes and fewer complications,” says Paul Schwartz, Senior Staff Physical Therapist and Orthopaedic Services Coordinator in the Therapy Services department. Schwartz developed the patient education program that’s one hallmark of the hospital’s excellent orthopaedic care. As part of it, every patient has a presurgery appointment that includes:

- **A meeting with a surgical nurse.** The nurse spends time getting to know the patient and taking a health history. One goal is to be sure the medical chart is complete. Another is to discuss the patient’s past health successes and answer questions.
- **A meeting with a physical therapist.** The physical therapist offers information about anatomy to help the patient understand what’s happening in his or her body. The physical therapist also describes the specific surgery and teaches some of the simpler exercises that may be part of post-surgery rehabilitation.

Also covered in patient education are medications, nutritional needs, nursing care and discharge planning. Each patient receives a personalized guidebook and leaves knowing what to expect before, during and after surgery.

According to Schwartz: “We want patients to go home feeling at ease about what to expect. We tell folks, ‘We want you to be comforted by knowledge.’”

### The ‘oh, golly’ tear

Thanks to the patient education, Morris felt prepared to go into surgery. But the surgical team had a bit of a surprise in the operating room. Dr. Guthrie, who performed the surgery, discovered that Eagleman had a complete tear in his rotator cuff along with other internal shoulder injuries.

Schwartz was on hand to observe the surgery. When he saw the rotator cuff tear, he said, “Oh, golly!” The surgical team agreed it was an “oh, golly” tear: a 1½-inch hole through the tissue. In the two-hour minimally invasive procedure, Dr. Guthrie (whose colleagues have called him the best technical surgeon they’ve worked with) used eight anchors to repair Morris’ shoulder.

### Protecting the injury

Because he watched Eagleman’s surgery, Schwartz was well prepared for the post-surgery consultation every patient receives.

“Knowing the location of the tears helped me explain to Morris why he had the pain he had, and later influenced my physical therapy,” says Schwartz. Morris went home the same day, wearing the sling that would protect his shoulder for six weeks.

In order to protect the injury, rehabilitation started slowly. Eventually Eagleman was getting outpatient physical therapy every week to regain strength and range of motion.

“The physical therapist is in constant contact with your surgeon, and they alter your exercises based on how you’re doing,” says Morris. “I was able to do a little bit more each week. It took time, but at four or five months I was close to normal. Today, I’m lifting weights, riding my bicycle 80 miles at a time, golfing—everything I enjoy. And I have full range of motion.”

### No reason to live with pain

To anyone with joint pain, Morris and Schwartz offer the same advice—see a specialist in orthopaedics. With physical therapy, time and patience, many patients can get back to doing the things they enjoy, free from pain.

“At Mercy Medical Center Mt. Shasta, every patient gets individualized, well-thought-out care—from tailored patient education to excellent care in the hospital, to rehab and physical therapy that’s integrated into the care model,” says Morris (who admits he may be slightly prejudiced). “It’s a great experience for our patients.”



Are you living with joint or shoulder pain?

Call **888.628.1948** anytime to learn about how the award-winning orthopaedic care at the Dignity Health North State Hospitals can help you live a pain-free life.

# On the road with a full heart

By Sister Anne Chester

**When** traveling 250 miles to Auburn for a meeting with other Sisters of Mercy, I do enjoy the smoothly banked curves of Highway 5, but I complain about the length of the trip. Then I remember another sister traveling a similar route—Sister Mary Baptist Russel. In the spring of 1857, this well-educated daughter of a middle-class Irish family climbed into a stagecoach in Sacramento for the bumpy, often dangerous trip to Shasta County to assess needs for the sisters' services.

In 1871, a long train and stage-coach trip brought Sisters of Mercy from New Hampshire to Yreka to open a boarding school. They discovered only a piano in the house "prepared" for them! The school survived until the mining rush slowed 10 years later. The sisters moved on to Red Bluff, first to start a school and, 25 years later, to accept the donation from Elizabeth Kraft to operate what became St. Elizabeth Community Hospital.

In the late 1940s, the Sisters of



ABOVE: Sister Mary Baptist Russel

ABOVE: St. Caroline's Hospital (built in 1907) was located on the corner of Sacramento and Pine streets in Redding, Calif. In 1944 the Sisters of Mercy Sacramento assumed ownership.

Mercy assumed responsibility for St. Caroline's Hospital, now named Mercy Medical Center Redding. Living space was again spare. A tale recounts that the house was so small that one of the sisters slept in the bathtub!

In 1985, the Eskaton hospital in Mt. Shasta needed new sponsorship, and sisters began to serve in the shadow of the mountain. Sister Mary Baptist's dream of service in the farthest north of the state was completed.

Why did these women make such sacrifices? What drew them to leave family and relative comfort for unknown sites and hardships? Letters they wrote reveal that their strength was drawn from the healing mission of Jesus, as well as from the shared life in community with other women drawn to that

mission. Sister Catherine McAuley, the first Sister of Mercy, wrote, "[God] knows I would rather be cold and hungry than the poor... should be deprived of any consolation in our power to afford."

Concern for the marginalized of society impelled the pioneers. It continues to motivate all employees, sisters and laypersons who serve in the three hospitals in the North State. When one's job is transformed into one's mission, then caring for others and living out the Dignity Health core values of dignity, excellence, stewardship, collaboration and justice become a source of energy.

So how can I continue my petty complaints about a few long hours on the road? I am in the company of Sister Mary Baptist and her companions. Enjoy the ride!

# Healing chronic wounds

Specialized care brings high success rate



Douglas G. Hatter, MD

**You** count on most wounds getting better with some time and attention. But if you have health issues that are preventing healing, you

may develop a chronic wound that requires special treatment.

If you're living with such a wound, know that there are people who are experts in your health problem waiting to care for you at the Wound Healing & Hyperbaric Medicine Center at Mercy Medical Center Redding.

## Great results

Vascular Surgeon Douglas G. Hatter, MD, helped launch the center in 2008. He saw a need for specialized care of open wounds that resist healing—diabetic ulcers or sores related to circulation problems are two examples. “And the best way to provide that care is at a center whose whole focus is on taking care of that problem,” Dr. Hatter says.



Photo by Bret Christenson, West Coast Marketing

**The center's 97 percent healing rate exceeds the national average, and most wounds are improving within weeks.**

The center has a 97 percent heal rate, exceeding the national average. Most patients we see at the center are improving in a few weeks. Dr. Hatter says a focus on clinical guidelines and underlying causes are among the reasons for such success.

“I often look at chronic wounds as sort of the tip of the iceberg,” Dr. Hatter says. “When you start to delve into why it's not healing, you often find a number of issues that contribute to the problem and need to be addressed.”

## Time to heal

Wound experts at the center take the utmost care with each patient to understand all of his or her health needs. Then they work with the patient's doctor to create a care plan that may include:

- Weekly debridement (removal of dead or damaged tissue) to promote new tissue growth.
- Special wound dressings and wraps.
- Advanced treatments when needed. Bioengineered tissue grafts and hyperbaric oxygen therapy (HBOT) are two examples. HBOT involves breathing 100 percent oxygen inside one of the center's two pressurized chambers to help a wound heal.

“There's no better place to have a chronic wound evaluated and treated than at a center dedicated to taking care of that specific problem,” Dr. Hatter says.



For more information or to schedule an appointment at Mercy Medical Center Redding's Wound Healing & Hyperbaric Medicine Center, call **530.245.4801**.



## A circle of philanthropy

**Mercy** Foundation North has established its first women's donor club, the Catherine McAuley Circle, at St. Elizabeth Community Hospital in Red Bluff.

The inaugural luncheon for the Catherine McAuley Circle at St. Elizabeth Community Hospital was held on June 4, with 27 of 33 charter members attending. Three Sisters of Mercy—Patricia Manoli, Gloria Heese and Janel Sawtaski, who live in Red Bluff—also attended and were recognized as Honorary Members of this philanthropic group.

Attendees were treated to a gourmet luncheon prepared by St. Elizabeth Chef Scott Graves and served by volunteers from the St. Elizabeth Community Hospital Auxiliary. Sister Pat Manoli, Senior Director of Mission Integration, presented the story of Catherine McAuley, the foundress of the Religious Order of the Sisters of Mercy. Members also learned about Mercy hospitality, which includes the “comfortable cup of tea” tradition. Their dining experience included this tradition with a serving of tea and scones.

Their next luncheon will be held later in September. At that time, they will be presented a menu of needs at the hospital and the Circle members will select the

project that their collective donations will support.

The Catherine McAuley Circle is a donor club that will meet three times each year for a nice lunch and short program. As a group, Circle members will select hospital programs or projects their collective donations will support. Because this is a philanthropic circle, each member is asked to contribute \$1,000 a year.

“This is the perfect opportunity for women who want to support St. Elizabeth Community Hospital but don't have the time or ability to engage in other types of volunteer work or fundraising efforts,” says Sue Ampf, Development Officer for Mercy Foundation North.

Work is underway to establish similar donor circles at Mercy Medical Center Redding and Mercy Medical Center Mt. Shasta. These groups will surely have a positive impact on their communities through support of their local hospitals and by following in the footsteps of Catherine McAuley.



Anyone interested in joining one of the donor circles should contact Sue Ampf for St. Elizabeth Community Hospital at **530.529.8016**, Dawn Waybright for Mercy Redding at **530.247.3420**, or Alisa Johnson for Mercy Mt. Shasta at **530.926.9318**.

## ER expansion enhances emergency and trauma care

The long-awaited \$18 million expansion of the emergency department at Mercy Medical Center Redding (MMCR) is finally completed. The spacious new facility is designed to dramatically enhance the patient experience—and provide more streamlined processes.

“We’ve built a world-class trauma center with all the space and infrastructure needed to provide the same level of care you find in the best trauma centers in the world,” says Jesse Wells, MD, Medical Director of the department.

### Patient-centered build

The new design has features that will help speed treatment, which can often mean shorter wait times. “We have put a sizeable investment into expanding,” says Rob Barth, Director of Emergency Services. “In doing so, we have made sure that the space where patients are treated is comfortable and better equipped to meet their needs.”

The enhancements include:

- **More room.** There are 10 new rooms (for a total of 30 beds)

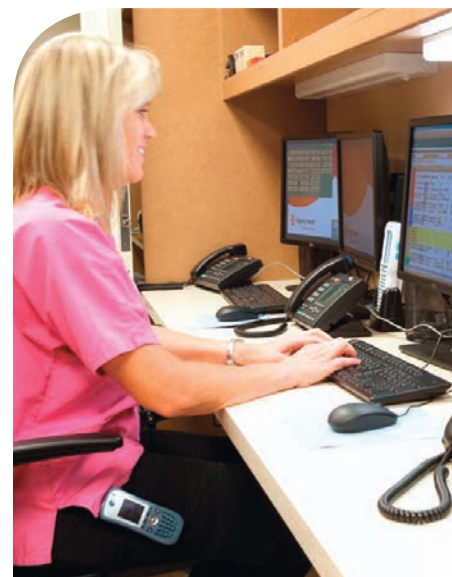
along with a new trauma area.

“It’s not just the increase in capacity—it’s an increase in elbow room and comfort,” Dr. Wells says.

- **Added comfort.** Treatment rooms are private and no longer separated only by curtains, and the soothing décor is designed to reduce patient stress and promote healing. “An environment that is calm and relaxing is going to aid in the healing process,” Barth says.
- **Technology.** Digital X-rays make it easier to diagnose and treat life-threatening conditions more quickly. And computer terminals built into the rooms link to a new electronic health record system.

### World-class care

As the region’s only Level 2 trauma center, MMCR handles many types of critical injuries, including orthopaedic trauma—care for severe bone and joint injuries. You might expect to find an orthopaedic trauma doctor at a metropolitan center. And, Dr. Wells notes, MMCR has not one but two.



## Kids and emergencies

It’s important to make sure kids know how to call for emergency help.

According to the American College of Emergency Physicians, kids as young as 3 years can understand the concept of 911. Stress that you call only for emergencies—it’s not a game. And talk about what some emergencies might be. You can help your child practice making an emergency call by pretending to be a 911 operator. Ask your child questions such as: What is your emergency? What is your address? What is your full name?

Hopefully, your young child will never have to call 911. But knowing he or she is prepared can give you peace of mind.

SUMMER 2013

# calendar of events



## Dignity Health™

Mercy Medical Center  
Mt. Shasta

### Childbirth Class

Tuesdays, Sept. 3, 10 and 17—for babies due in October and November

Tuesdays, Nov. 5, 12 and 19—for babies due in December and January

6 to 9 pm

Please call **530.926.6111, ext. 358**, to register or ask questions.

### Orthopaedic Pre-Surgery Class

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



## Dignity Health™

Mercy Medical Center  
Redding

Call **530.225.7779** or **888.628.1948** to register for all classes offered at Mercy Medical Center Redding (MMCR), or register online at [redding.mercy.org](http://redding.mercy.org). Seating is limited, and registration is strongly encouraged. Classes and support groups are FREE unless otherwise noted.

### Advance Health Care Directive Class

Monday, Aug. 12, 6 to 8 pm

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

### Date Night—Hand in Hand

Thursday, Sept. 12, 6 to 8:30 pm

Mercy Oaks

This Thursday Date Night might save a life. Hand in Hand® is designed to raise awareness and educate couples on the risks of

cancer and the benefits of education, awareness, screening and early detection. This program motivates couples to take action by scheduling appointments for screenings together to help ensure their continued good health. Space is limited and registration is strongly suggested.

### Living Well With Diabetes

Mondays, Oct. 7 and 14, 6 to 8 pm

### Living With Diabetes Expo

Saturday, Nov. 9, 8 am to 2 pm

Gaia Anderson Hotel

This Expo will have a wealth of information on both type 1 and type 2 diabetes. Included this year are guest speakers, information booths, support groups, food, prizes and much more. Preregistration is required. Please call **530.225.7779** or register online at [redding.mercy.org](http://redding.mercy.org).

### Diabetes Seminar

Wednesday, Nov. 13, 6 to 7:30 pm

Mercy Oaks

Please join our panel of physicians to learn about the causes, symptoms, prevention and treatment of diabetes-related ailments.

### Maternal Child Education Classes

We offer a wide variety of prenatal classes, including:

- Childbirth Preparation (a five-week class)
- Cesarean Preparation
- Childbirth Refresher
- Breastfeeding Basics
- Infant and Toddler Safety

Please call **530.225.7779** to register, or register online at [redding.mercy.org](http://redding.mercy.org).

### Quit for Good Smoking Cessation

Classes are held three nights a week for three weeks, 6 to 8 pm.

Please call **530.225.7779** for upcoming classes.

### Spine Preoperative Class

Thursday, Aug. 22, Sept. 26, Oct. 24 or Nov. 21, Noon to 2 pm

Monday, Sept. 9, Oct. 7 or Nov. 4, 6 to 8 pm

### Total Joint Replacement Wellness Class

Thursday, Aug. 8, Sept. 12, Oct. 10 or Nov. 14, Noon to 2 pm

Monday, Aug. 26, Sept. 23 or Oct. 28, 6 to 8 pm

### Grief and Loss Support Groups

Please call Emily at **530.245.4070** for more information.

### Living Better with Cancer Support Group

Mondays, 10 am to Noon

The Floyd Morgan Family Cancer Resource Center

Call **530.225.7479** for more information

### Mended Hearts Support Group

First Monday of each month, 9:30 to 10:30 am

Lower Level Conference Room

Mercy Medical Center Redding

This is a peer-to-peer support group for patients who have received a heart disease diagnosis and for their family members and caregivers. Call Deanna Gunter at **530.225.6288** for more information.



Photo by Studio 530



# Dignity Health<sup>™</sup> St. Elizabeth Community Hospital

Please call **888-628-1948** to register for all classes offered at St. Elizabeth Community Hospital (SECH) or register online at **RedBluff.Mercy.org**. Seating is limited, and registration is strongly encouraged. Classes and support groups are FREE unless otherwise noted.

### BLS/Community CPR classes

Aug. 13, Sept. 10, Oct. 8, Nov. 12,  
6 to 10 pm  
Class fee: \$45

### Childbirth Classes

Please call **888.628.1948** for class dates and more information or to register. You can also register online at **RedBluff.Mercy.org**.

### Living Well with Diabetes

Sept. 18 and 25, 6 to 8 pm  
Nov. 13 and 20, 1 to 3 pm  
Coyne Center—Columba Room SECH  
Registration required.

### Diabetes Support Group

First Monday of the month, 6:30 to 8 pm  
Coyne Center—Columba Room SECH  
No need to register.

### Look Good... Feel Better

Monday, Sept. 23 or Nov. 25, 10 am to Noon  
Call **800.227.2345** to register.

**Classes and support groups are free unless otherwise noted.**

I-5

Mt. Shasta

Siskiyou County

### MERCY MEDICAL CENTER MT. SHASTA

- 914 Pine St., Mt. Shasta, CA 96067
- Orthopaedic, General Medical and Surgical Services
  - Maternal Child Services
  - Physical Therapy Services
  - Emergency Care
  - Imaging Services, including digital mammography
  - Community Health Clinics throughout Siskiyou County
  - Hospice Care

I-5

Redding

### MERCY MEDICAL CENTER REDDING

- 2175 Rosaline Ave., Redding, CA 96001
- Cardiovascular, Neuro-Stroke and Cancer Care
  - Center for Joint and Spine Health
  - Advanced Trauma & Emergency Care
  - Level III Neonatal Intensive Care Unit
  - Outpatient Surgery Centers/Wound Healing Center
  - Mercy Family Health Center
  - Shasta Senior Nutrition Programs
  - Home Health and Hospice Care
  - Mercy Maternity Center

Shasta County

### ST. ELIZABETH COMMUNITY HOSPITAL

- 2550 Sister Mary Columba Drive  
Red Bluff, CA 96080
- Orthopaedic, General Medical and Surgical Services
  - Maternal Child Services
  - Emergency Care
  - Outpatient Imaging Center, including digital mammography
  - Multiple Laboratory Service Locations
  - Outpatient Surgery Center
  - Home Health and Hospice Care
  - All Private Rooms

Tehama County

Red Bluff

I-5

## About Dignity Health's North State Hospitals

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

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



2175 Rosaline Ave.  
Redding, CA 96049

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

**[www.mercy.org](http://www.mercy.org)**