

Be well

FALL 2014



Start your *Hello
humankindness*
journey, p2

Put your heart in
good hands, p12



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

mercy.org

Welcome to *Be Well*

Good health care is in the delivery



We know medicine is more effective when it's delivered with what we call *humankindness*.

At Dignity Health North State, we're constantly working on improving our patients' experience by treating people with dignity, kindness, and humanity, with each and every encounter. Whether it's in one of our hospitals, at one of our outpatient facilities, or even in their own home.

We are so fortunate to live in an area where humankindness is abundant—from community members who want to make a difference to philanthropists and volunteers who give of themselves to provide a healthy future for others. We witness simple acts of kindness from so many people in our community—it is in each and every one of us.

Throughout the following pages, you will see some suggestions from our Kind Deed Checklist. We encourage you to share our commitment to spreading a little more humankindness each and every day. Find ways you can perform your own small acts of kindness to touch others' lives and make the world a kinder place.

While medicine has the ability to cure, it's our shared humanity that holds the power to heal.

Hello humankindness,

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


Hello humankindness™

Act of kindness No. 1:

Take a deep, cleansing breath each day.

Good gear for good people

Announcing the launch of Dignity Health's eStore, where you'll find humankindness in the form of goods with positive messages. Help spread

 some kindness today. Take a look at humankindnessgoods.com.

 Find us on Facebook at "Dignity Health North State."

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Information in BE WELL comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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5 reasons to get a flu shot

Every year there's a flu season. And every year people come up with reasons not to get a flu shot.

But here are five reasons why you should get vaccinated against the flu this year (and every year):

1. The vaccine offers protection from three flu viruses—the viruses deemed most likely to circulate this year.
2. A flu vaccine is now recommended for everyone age 6 months and older. It's almost universal. Talk to your doctor if you have concerns.
3. The flu can make you very sick. Symptoms include fever, sore throat, headache, and fatigue. It can also lead to more serious illnesses, such as pneumonia.
4. The flu vaccine won't give you the flu. The sooner you get vaccinated, the sooner you're protected.
5. Getting the flu vaccine helps protect you and those around you. Skipping the vaccine puts their health at risk too.



Check in with a doctor about getting your flu vaccine. To find a physician, call **888.628.1948**.

Source: Centers for Disease Control and Prevention



When children need emergency care

If your child is so ill or injured that you're headed to the emergency department, you absolutely want expert care when you get there.

And that's just what you'll find at Mercy Medical Center Mt. Shasta. In January 2014, its emergency department was officially designated "kid-qualified." This means it voluntarily met tough national standards for treating children called for by the American Academy of Pediatrics and more than 20 other medical associations.

"While the standards are not yet mandatory, they're crucial," says Martin Towbin, MD, medical director of the emergency department at Mercy Mt. Shasta. "They reflect the fact that children aren't just miniature adults. They require specialized care and medical professionals who can deliver it."

To provide that care, the emergency department:

- Ensures that all doctors and nurses receive yearly training in pediatric emergency care
- Conducts frequent drills so its medical staff can quickly respond to life-threatening emergencies involving children
- Regularly verifies that all policies ensuring patient safety are followed
- Collaborates with pediatric intensivists—specialists who care for seriously sick children—at the UC Davis Medical Center

Lisa Bennett, MSN, director of the emergency department at Mercy Mt. Shasta, confirms: "We have the determination and expertise to ensure that every infant and child we treat receives the best possible care."

Hello humankindness™

☑ Act of kindness No. 2:

Read a favorite story to a child.

☑ Act of kindness No. 3:

Write notes of gratitude to people you are thankful for.

The right fit

Choosing the best health plan for you during open enrollment

Here it comes again—open enrollment. It's your once-a-year opportunity to make changes to your health insurance plan, health savings account, or flexible spending account.

The key word here is *opportunity*. Most health plans are accepted by Dignity Health hospitals. However, if yours is not, now is the time to sign up for one that is. By selecting a plan that includes Dignity Health hospitals, you can take advantage of:

- The latest medical technology, including telemedicine and da Vinci robotic surgery
- Advanced orthopaedic, cardiac, and stroke care close to home
- A specialized medical team that will always treat you as an individual and a partner in your health care decisions

If you're already with a plan affiliated with us, congratulations. For you, open enrollment means reviewing your health needs and adjusting your coverage or contributions if needed.



If you're not sure whether your plan covers care with Dignity Health hospitals, call our open enrollment specialists at **855.233.0688** or ask your health plan representative.



Choosing an agent

By Garrett Viggers

It's important to find a certified insurance agent who understands the lay of the land, especially with new tax credits available to purchase affordable coverage. Your agent should also be able to explain Medi-Cal eligibility for both adults and kids at certain income ranges. A knowledgeable agent understands the ins and outs of what makes you

eligible to receive a tax credit as well as what makes you ineligible. Now, more than ever, an agent is valuable in helping you analyze all your options and getting you enrolled on the right plan. Lastly, it may be helpful to find an agent who was a part of last year's open enrollment season.

Garrett Viggers is chief product officer for Limelight Health, which creates technology to help simplify the decision-making process for certified brokers and their customers when purchasing health insurance.



NURSE NAVIGATORS

Guiding our patients through cancer

When you find out you have cancer, you want support to deal with the diagnosis. And you want someone who can help you understand the medical options available to you.

The health professionals of St. Elizabeth Community Hospital (SECH) understand this fully. That's why we're launching a nurse navigator program, available this fall, for anyone facing a possible lung or breast cancer diagnosis. These are the two most common cancers in Tehama County.

Jaci Franseth, RN, a veteran SECH nurse with 36 years of experience caring for patients—many of them cancer patients—has been chosen

to be the program's first nurse navigator. She is skilled at guiding patients through all stages of cancer care and giving them both practical and emotional support.

Continuous help

Nurse navigator support starts when a mammogram or chest X-ray first detects an abnormality that might be cancerous. And it continues as patients undergo biopsies and—if cancer is found—throughout treatment.

Franseth provides care by:

- Working as a liaison between patients and the medical team
- Coordinating treatments and appointments
- Connecting patients with

services or resources that might be helpful

- Explaining test results and treatments

“There's so much to take in when cancer is part of your life,” says Franseth. “This extra support is truly helpful to patients.”

Perhaps most important, Franseth is a patient advocate. “She takes every step possible to ease the concerns of people coping with cancer,” says Penny Costa, senior director of patient care services at SECH.

“You don't have to add the stress of long-distance travel to get lifesaving cancer care,” Costa says.

Exceptional care close to home

The creation of the nurse navigator program at SECH is only one example of exceptional cancer care at all three Dignity Health North State hospitals. Other services include:

- A regional cancer center at Mercy

Medical Center Redding, where oncology doctors, a clinical nurse liaison, and oncology team use the latest advances in surgery, chemotherapy, and radiation therapy.

- Comprehensive surgical, radiation therapy, and medical treatment for cancer at Mercy Medical Center Mt. Shasta (MMCMS).
- Digital mammography and other state-of-the-art imaging technology at SECH and MMCMS.

Beyond hospital walls

We're committed to serving you and your community's needs

In addition to meeting the need for high-quality health care, Dignity Health gives back to the community in many other ways. These are just some of the projects made possible in part through Dignity Health community grants:

Mercy Medical Center Mt. Shasta (MMCMS) granted funds to the Great Northern Corporation to address childhood obesity. The corporation's classes for low-income families emphasize healthy eating using the USDA's Commodity Supplemental Food Program. According to Sister Elaine Stahl, senior director of mission integration, MMCMS, "Learning to

prepare healthy meals using the materials they're given can make a huge difference to these families."

Mercy Medical Center Redding granted funds to the Good News Rescue Mission for an early intervention program that helps people with mental health issues receive diagnoses and enter into effective treatment.

St. Elizabeth Community Hospital helps fund the Tehama County Medical Waste Sharps Collection program. The program's free disposal program for needles helps keep this hazardous waste out of local landfills.

All three facilities also give back to their communities by funding hospital programs and services such as:

- Healthier Living classes, which promote self-management for people living with any chronic disease, from diabetes to fibromyalgia
- Free discharge medications for those who cannot afford them
- College scholarships for local high school seniors planning health care careers



If your nonprofit organization is interested in applying for a Dignity Health Community Grant, learn more at morehealth.org/grants.

Since 1990, Dignity Health has granted more than \$50 million to support more than 3,000 projects that improve quality care—and overall quality of life—in the north state.

Fast fact

In fiscal year 2014, funding from Mercy Medical Center Mt. Shasta Auxiliary ensured free transportation to medical appointments for 818 people, for a total of 25,000 miles traveled.



Keep on *moving*

Surgery helps community leader return to active lifestyle

With deep professional and personal roots in the town of Weed, California, Jim Taylor has been a familiar face in the community for decades. He was a well-known butcher for 30 years and has devoted his retirement to the continued improvement of the Weed area. However, those years of working on his feet eventually led to chronic knee pain that jeopardized his ability to maintain an active lifestyle.

A familiar face

Jim became interested in the meat industry in the mid-1960s, eventually remodeling an old Arco Mart into his own deli and butcher shop. Famous for its amazing sandwiches, steaks, and roasts, Jim's Place became a

hangout for the locals. His shop had concrete and tile flooring that is typical of most delis—and while concrete floors are an effective feature when it comes to clean-ups, their lack of shock absorbency can lead to health problems too.



The Mercy Medical Center Mt. Shasta team kept Jim and Mary Taylor informed at every step.

“I spent years walking on concrete floors, and the impact really took a toll on my knees,” says Jim. “When

I first began to experience chronic pain in my left knee, I knew it would become a bigger medical problem down the road.”

Surgery on the left knee

Eventually, Jim underwent a total knee replacement on his left knee at Mercy Medical Center Mt. Shasta. At the time, his doctors informed him that in the future he would more than likely need the same surgery on his right knee and advised him to continue his care with regular check-ups.

Over the next two years, the pain in his right knee worsened considerably. At first, Jim managed the pain through a treatment known as Synvisc-One, a series of shots that ease chronic

arthritic knee pain. This treatment minimized his pain for a while. Over time, however, the cushion in

Mercy Medical Center Mt. Shasta is a Top 100 Critical Access Hospital and the recipient of the Healthgrades Outstanding Patient Experience Award™. It is also ranked among the top 10 percent in the nation for Outstanding Patient Experience in 2013.

his knee joint wore down until his knee was rubbing bone-to-bone.

Jim opted to postpone his second knee operation because of his active leadership role on the Weed Pride committee. The group is dedicated to revitalizing the downtown area

of Weed, with projects including replacing old concrete, planting new trees, and installing lights and pedestrian signs.

“Last year was a real struggle because the project required a lot of manual labor, and I was hindered by the pain,” Jim says. “I planned my surgery after the first phase of the Weed Pride Committee construction project would be completed.”

By December 2013, Jim’s community activities were limited by the amount of pain he could tolerate.

Right time, right knee

Todd Guthrie, MD, orthopaedic surgeon at Mercy Medical Center Mt. Shasta, and a team of experienced medical professionals made sure that Jim was well-informed of all the processes involved in his surgery and recovery. Jim’s wife, Mary Taylor, was also kept in the loop—by

what Jim describes as an “excellent and caring” team of nurses.



Jim Taylor is back to working for the community he loves.

“I could not have asked for better medical care and treatment [than I got] at Mercy Medical Center Mt. Shasta,” Jim says. “It was an overall great experience. I went in to surgery on a Friday, was up and walking the

next day, and was home by Sunday.”

Steps to recovery

After surgery, Jim began working with the Physical Therapy Outpatient Program at Mercy Medical Center Mt. Shasta. The outpatient program provides patients with specialized services during their surgical recovery period at home.

In particular, Jim says that he was overwhelmed by the kindness and dedication shown by nurse Kate

Hello humankindness™

✔ Act of kindness No. 4:

Share a humankindness story at hellohumankindness.org.

West, RN, who offered to bring ice therapy units to Jim’s home. “She really went above and beyond her job description, and her compassion and commitment are much appreciated,” Jim says.

Just three months after Jim’s surgery, the success of his operation is evident. His knee flexibility and mobility have increased significantly, and the aches associated with surgery have lessened considerably with each new day. With a life no longer governed by chronic pain, Jim has been able to resume his active role as an unassuming community leader.

“I can help carry on the downtown renovations even more now, due to my two successful knee replacements,” he says. “And for that I have the wonderful and dedicated medical team at Mercy Medical Center Mt. Shasta to thank!”

BEFORE SURGERY

Want to get back to an active life?

The Total Joint Replacement Wellness class covers important topics such as:

- Preparing for surgery
- What to know about your procedure
- Anesthesia
- What to expect the day of—and the days after—surgery

- Services available at Dignity Health and in the north state community
- The class is offered at Mercy Medical Center Mt. Shasta and the Center for Joint and Spine Health at Mercy Redding. To learn more, call **888.628.1948**.



The St. Elizabeth Imaging Center offers advanced technology in the north state region.

PET/CT: Two views can be better than one

When your doctor needs a clearer image of what's happening inside your body than an individual PET or CT scan can provide, a combination PET/CT scan could be the right choice.

This technology combines the imaging power of positron emission tomography (PET) and computed tomography (CT). The dual-purpose machine provides more complete information than can be obtained when PET and CT scans are done separately, according to the Radiological Society of North America (RSNA).

Individually, the machines produce different kinds of information. A PET scan measures bodily functions, such as blood flow, oxygen use, and how the body uses glucose (sugar). A CT scan produces detailed cross-sectional pictures of organs, bones, and other tissues.

Images from both scans can be called up on a computer, where they can be merged and manipulated.

However, details are easier to see when the scans are taken at the same time using a PET/CT machine.

“It provides one-stop shopping, so to speak,” says Danny Casey, MD, a radiologist at St. Elizabeth Community Hospital. “You have one appointment but two simultaneous procedures. Overall, the exam is more accurate and sensitive than other imaging procedures, and it provides some of the most useful information needed to make a diagnosis or determine treatment.”

Common uses

PET/CT is commonly used to:

- Detect cancer or assess how well it is responding to treatment
- Examine areas of the heart that might be damaged
- Evaluate brain abnormalities, such as tumors, memory disorders, and seizures

What to expect

PET/CT requires the introduction of radioactive materials (radiotracers) into your body. The tracer may

be given as a liquid, as a gas or by injection.

After the scan is complete, a radiologist reviews the images and sends a report to your doctor. The test rarely causes any significant discomfort or side effects, reports the RSNA. The amount of radioactive material used for the scan is small, and it will lose its radioactivity over time. It may be eliminated in your urine or stool during the first few hours or days following the test.

While avoiding radiation when possible is important, the test is very advantageous to many people—especially those with cancer.

“The benefits of the test, which include improved staging and checking on response to treatment, far outweigh any risk associated with radiation,” says Dr. Casey.



For more information about St. Elizabeth imaging services or PET/CT, ask your doctor or call the imaging center at **530.529.9729**.

Life-saving stroke care, close to home

Telestroke program means expertise is always nearby

When someone is having a stroke, time saved is brain saved.

That's why Dignity Health North State has expanded its telestroke program, which means that advanced stroke technology and rapid treatment is now available at Mercy Medical Center Redding, St. Elizabeth Community Hospital, and Mercy Medical Center Mt. Shasta.

A high-tech tool

Blood clots cause most strokes, but lifesaving medication can often limit long-term damage. However, these drugs must be given quickly—and they're not right for everyone. Doctors have to evaluate each patient, and often that requires a neurologist.

Now, through the telestroke program, neurologists from the Dignity Health Neurological Institute in Sacramento can assess patients in any of the three north state hospitals within minutes.

A telemedicine robot placed next to the patient's bedside makes it possible. The neurologist appears via video screen and—in real time—observes the patient and sees all test results. Working with local emergency physicians, the

[See the back page for a map of the Dignity Health North State service area.](#)

neurologist then determines if a stroke is occurring—and how to treat it.

A team effort

The program is well-established at Mercy Medical Center Redding, and Mercy Medical Center Mt. Shasta and St. Elizabeth Community Hospital (SECH) joined the program in June. Within days, patients benefited. Following a consultation with a telestroke physician, a SECH patient received a clot-busting drug within 60 minutes of arriving at the emergency department. “This neurological consult would not have occurred at our hospital without the telestroke program,” says Doug Winter, RN, MSN, CEN, emergency department manager at SECH.

Act F.A.S.T.

If you think someone's having a stroke, watch for these signs and take action:

- F**acial droop; uneven smile
- A**rm numbness or weakness
- S**lurred speech and difficulty speaking
- T**iming is critical; call 911 immediately

If you or your loved one suspects a stroke, the most important thing to do is to get to the hospital quickly, says Deb Wedick, RN, CNRN, Dignity Health North State telemedicine coordinator at the Stroke Center at Mercy Medical Center Redding. “Be fast,” she says. “Dial 911 and get in so we can help you.”

Proven quality you can trust

Getting rapid stroke care is crucial. But so is getting high-quality care.

Thankfully there's no need to compromise. The Stroke Center at Mercy Medical Center Redding provides both and has been honored with the:

- American Heart Association/American Stroke Association (AHA/ASA) Get With The Guidelines®—Stroke Gold Plus performance award
- AHA/ASA Target: Stroke honor roll award
- Joint Commission Gold Seal of Approval
- Healthgrades five-star designation for stroke treatment



**American Heart Association
American Stroke Association
CERTIFICATION**

Meets standards for
Primary Stroke Center





MERCY HEART CENTER

A heart in good hands

**Surgery helped
David 'Duke' Spath return
to his active lifestyle**

David “Duke” Spath was born with a bad heart valve. But it didn’t stop him from climbing Mt. Shasta, taking 20-mile bike rides and swimming Whiskeytown Lake for hours on end.

Despite his heart condition, he was healthy enough to enjoy an active lifestyle. He took care of his body, mind, and spirit—and lived with a fearless heart.

And then about five years ago, Duke started feeling short of breath and weak.

“It just kept getting worse and worse—until eventually I couldn’t carry my lunch pail from the parking lot to my office,” he says.

With Duke’s condition, the aortic valve in his heart had calcified and stiffened, reducing the flow of oxygen-rich blood through the heart. “You feel like you’re short of breath,” he says. “And without air, you get fatigued.”

Duke had been seeing a cardiologist in the Bay Area and knew he'd need a new heart valve. One day a friend at church mentioned that he'd had open-heart surgery at Mercy Medical Center Redding (MMCR). After hearing his friend's experience, he turned to MMCR. His cardiac surgeon, Edward W. Pottmeyer, MD, replaced Duke's faulty aortic valve on April 4, 2014.

"Surgery can often help so many patients return to their normal function and lifestyle," Dr. Pottmeyer says.

A healing journey

Duke left the hospital after only three days and began his road to recovery. With his doctor's approval, he gradually began to exercise.

"At first it was just walking across the street, resting and coming back," he says. "Every day I pushed a few feet farther."

Duke says he's now getting stronger every day. He's back to work at the U.S. Forest Service and is already walking, biking and swimming again. "I feel 15 years younger," he says. He's even looking forward to scaling Mt. Lassen.

He credits his faith first. And he's

also grateful for his family, friends, and medical team. "My whole life depended on Mercy Medical Center Redding and Dr. Pottmeyer, and they came through," he says.

The heart of care

Duke's successful valve surgery is just one example of the comprehensive cardiac services at the Mercy Heart Center—from diagnosis to treatment to recovery. The center offers a wide range of cardiac services, including heart valve repair and replacement.

Dr. Pottmeyer and the heart center team are able to perform coronary artery bypass surgery without stopping the heart. This type of surgery avoids the need for a heart-lung machine. It's technically challenging. But at MMCR, about 90 percent of heart surgeries can be done that way, reducing postoperative side effects and helping patients get back to their lives quickly.

"You don't have to travel to San Francisco or Sacramento to get quality heart care anymore," Dr. Pottmeyer says. "The quality that's delivered at Mercy Medical Center Redding is every bit as good as it is in the larger cities for the majority of situations."




Edward W. Pottmeyer, MD
Medical Director,
cardiothoracic
surgery

Find award-winning care at Mercy's Heart Center

Whether you need heart surgery or help managing a cardiac condition, it's good to know there's access to award-winning care.

Mercy Medical Center Redding has garnered the following honors for taking good care of hearts:

- Ranked among the best for coronary bypass surgery outcomes by Consumer Reports (one of only five hospitals in California)
- Five-star recipient for treatment of heart attack in 2014
- One of the Healthgrades America's 100 Best Hospitals for Cardiac Surgery™ 2013
- Healthgrades Cardiac Surgery Excellence Award™ 2013
- Five-star recipient for valve surgery for two years in a row (2012 to 2013)
- Five-star recipient for heart failure treatment for two years in a row (2012 to 2013)

 Give your heart the care it deserves. Take our heart health assessment today at dignityhealth.org/heart.

Hello humankindness™

Act of kindness No. 5:

Share a heart-healthy snack with a friend at work.

calendar of events



Dignity Health™
Mercy Medical Center
Mt. Shasta

Childbirth Class

Tuesdays, Nov. 4, 11 and 18, 6 to 9 pm—for babies due in December and January
Please call **530.926.6111, ext. 331**, to register or for more information.

Light Up a Life

Thursday, Dec. 4, 5 pm
At the Hospice Tree in front of hospital
Mt. Shasta Hospital invites you to attend this annual event to remember the special people who have brightened our lives with their love, with a tree lighting and indoor reception.

Individualized and Group Activities for Type 2 Diabetes

Please call McCloud Healthcare Clinic at **530.964.2389** for more information.

Growing Through Grief

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



Dignity Health™
Mercy Medical Center
Redding

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

Living Well With Diabetes

Mondays, Oct. 6 and 13, or Mondays, Dec. 1 and 8, 6 to 8 pm

Total Joint Replacement Wellness Class

Thursdays, Oct. 9, Nov. 13, or Dec. 11, Noon to 2 pm
Monday, Oct. 27, 6 to 8 pm

Spine Preoperative Class

Thursdays, Oct. 23 or Nov. 20, Noon to 2 pm
Mondays, Oct. 6, Nov. 3, or Dec. 1, 6 to 8 pm

Coping With the Holidays

Tuesday, Oct. 28, 6:30 to 8:30 pm
Mercy Oaks
This is a Mercy Hospice-sponsored event, offering grief education, processing and suggestions for getting through the holidays after a death. For information or to register, please call Mercy Hospice **530.245.4070**.

Advance Health Care Directive Class

Monday, Nov. 10, 3 to 5 pm
This class will discuss the process for creating a legal document recording your care and treatment preferences.

Classes and support groups are free unless otherwise noted.

Light Up a Life

Sunday, Dec. 7, 2:30 pm
Mercy Medical Center Auditoriums
This is an opportunity to celebrate and honor the lives of those who are no longer with us. It is an afternoon of music, readings, and prayer closing with the lighting of the Tree of Life.

Cancer Caregiver Support Group

Wednesdays, 1 to 3 pm
Support for you as you support someone else. For more information, call Michele Woods, RN, at **530.225.7479**.

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.

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 **888.628.1948** to register or register online at redding.mercy.org/Classes_And_Events.

SAVE THE DATE

Mercy Foundation North's 2nd Annual Festival of Trees Celebration

The Wonder of Christmas

Saturday, November 22

Turtle Bay Museum • Tickets \$75

Proceeds will benefit hospice services for the Dignity Health North State hospitals.

Advance reservation required.
Call **530.247.3424**.



Staying well-hydrated is a must

Every cell in your body needs water to stay healthy. Water also helps regulate your temperature, cushion your organs, lubricate your joints, and keep your digestive system going strong.

Your body loses water through sweat, when you use the restroom, and even when you exhale. And that water must be replaced. Keeping your body hydrated is usually a matter of drinking something when you're thirsty and with meals.

In addition to water, beverages such as milk, fruit juice, and even (in moderate amounts) coffee or tea can help meet your body's need for fluids.

However, you may need to drink more fluids when it's hot out or if you play sports or do a lot of vigorous exercise. Otherwise, your body could overheat or become dehydrated. You are also more likely to become dehydrated when you have a fever or diarrhea or you're vomiting.

Turn on the tap

Here are some ideas that can help you stay well-hydrated:

Have some H2O to go. Carry a refillable water bottle.

Please your palate. Don't like how plain water tastes? Add a lime or lemon slice.

Plate up more produce. Fruits and veggies are often water-rich, including carrots, tomatoes, lettuce, melons, and oranges.

Up your intake. Make sure you drink water before, during, and after exercising.



Stay hydrated.
The first 200 callers
will receive an
infuser bottle! Call
888.628.1948.



Dignity Health™

St. Elizabeth Community Hospital

Please call **888.628.1948** to register for all classes offered at St. Elizabeth Community Hospital. Seating is limited, and registration is strongly encouraged. Classes and support groups are FREE unless otherwise noted.

Basic Life Support (BLS)/Community CPR Classes

Tuesdays, Oct. 14, Nov. 11, or Dec. 9, 6 to 10 pm

Please call **530.529.8026** for more information and to register. \$45.

Living Well With Diabetes

Wednesday, Nov. 19, 1 to 5 pm

Coyne Center—Columba Room

Registration is required.

Light Up a Life

Wednesday, Dec. 17, 7 pm

St. Elizabeth Coyne Center—Columba Room

This is an opportunity to celebrate and honor the lives of those who are no longer with us. Please call **530.528.4207** for more information.

Diabetes Support Group

First Monday of the month, 6:30 to 8 pm

Coyne Center—Columba Room

Registration is not required.

Maternal Child Education Classes

Water Labor & Birthing Class

Weekend Childbirth Prep

Please call **888.628.1948** to register, or register online at redbluff.mercy.org/Classes_And_Events.

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 seven consecutive years, and is the recipient of the Healthgrades Distinguished Hospital Award for the third consecutive year. St. Elizabeth Community Hospital has been named a Thomson Reuters 100 Top Hospital in the Nation for seven consecutive years (2007 to 2013)—an honor no other California hospital of its size has achieved. The hospitals also offer a broad array of outpatient services and the senior services of the Golden Umbrella Adult Day Health Care and Shasta Senior Nutrition Program.



2175 Rosaline Ave.
Redding, CA 96001

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**Need a
doctor?**
Call us any day,
any time, at
888.628.1948.



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

The Leader for Health Care Services in the North State

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