

# Be well

WINTER 2014



Understanding  
the insurance  
marketplace, p6

Win a day pass to  
Mt. Shasta Nordic  
Center, p13



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

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

# Welcome to *Be Well*



## Hello humankindness

Every single one of our health care professionals chose this profession to give of themselves to others. For us, this isn't just a job; it's our calling.

We truly believe that, together, our humanity and kindness create something that this profession and the world at large need. Our promise is clear, and we are devoted to treating our patients and each other with respect, kindness and the dignity inherent in our name.

When you come to one of our Dignity Health North State hospitals, we want you to experience the truth of our mission and values in every interaction you have. We want you and your loved ones to know that we are dedicated to more than just medicine and are committed to the overall health of our patients—mind, body and spirit.

Medicine has the ability to cure, but it is our shared humanity that holds the power to heal.

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



## The Dignity Health North State Facebook page is growing.

Our page has all the information you need about upcoming classes and events sponsored by the Dignity Health North State Hospitals. Log on and be inspired by the humankindness quotes and stories being shared by our Facebook friends and families. We encourage you to visit our page and invite your friends to 'like' us so we can continue to spread the hello humankindness message.

### **Mark Korth**

*President, Dignity Health North State  
President, Mercy Medical Center  
Redding*

### **Kenneth Platou**

*President, Mercy Medical Center  
Mt. Shasta*

### **Todd Smith**

*President,  
St. Elizabeth Community Hospital*

### **Lisa Ciccanti**

*Director,  
Marketing and Communications*

### **Joyce Zwanziger**

*Editor-in-Chief*

### **Kristin Behrens**

### **Heather Nichols**

### **Kim Trumbull**

*Managing Editors*

BE WELL is published by the Dignity Health North State marketing team as a community service for the friends and patrons of MERCY MEDICAL CENTER REDDING, 2175 Rosaline Ave., Redding, CA 96001; MERCY MEDICAL CENTER MT. SHASTA, 914 Pine St., Mt. Shasta, CA 96067; and ST. ELIZABETH COMMUNITY HOSPITAL, 2550 Sister Mary Columba Drive, Red Bluff, CA 96080.

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.

Models may be used in photos and illustrations.

Copyright © 2014 Coffey Communications, Inc.

CUM29683



# contents



## Community

**Winter sports**  
Get outside—but stay safe with these tips.

12

## Features

**Choosing a PCP**  
Be sure to find the right doctor for your needs.

5

**Need insurance?**  
Exchanges can make finding the right plan easier.

6

**Stay in the saddle**  
Hip replacement helps patient overcome arthritis pain.

8

**Surgery**  
The latest technology makes recovery faster than ever.

10

**Calendar**  
Winter events to stay healthy and in-the-know.

14

10



6



5



Winter calendar 14



Redding physicians: Dr. Norman Arai; Dr. Laura Brusett; Dr. Richard Martinez; Betsy Oppezzo, PA; Aaron Guest, PA; Dr. Sheralene Ng; Dr. Son Dong; and Dr. Shawn Brubaker



Dr. Maja Sandberg  
(located in  
Redding)

### Red Bluff physicians



Dr. Dahlia  
Alspaugh



Dr. Bradley Smith

## Medical group offers convenience and choice

Dignity Health Medical Group–North State (DHMGNS) is a growing medical group that can provide personalized care for you and your family, close to home. Our team of doctors and health care providers has primary care physicians and specialists for the entire family, including family practice and internal medicine physicians, along with physician assistants. For patients requiring more specialized care, DHMGNS has specialists in orthopaedic surgery, breast cancer surgery, thoracic surgery, venous surgery, vein care and women's health.

For your convenience, the medical group has two offices in Redding and a specialty location in Red Bluff. DHMGNS is also affiliated with award-winning Dignity Health North State hospitals, including Mercy Medical Center Mt. Shasta, Mercy Medical Center Redding and St. Elizabeth Community Hospital in Red Bluff.

### A win-win

"It's all about choices at the end of the day," says Robert Folden, Executive Director of Dignity Health Medical Group–North State. "Those choices extend to both sides of the medical equation, for our patients and for the doctors we attract."

In fact, many physicians are choosing an employment model over running their own medical practice, which gives them the opportunity to focus on their passion—caring for patients.

### Dignity Health Medical Group–North State Locations:

2510 Airpark Drive, Suite 301,  
Redding, CA 96001

1755 Court Street,  
Redding, CA 96001

2528 Sister Mary Columba Drive,  
Red Bluff, CA 96080



To find a DHMGNS primary care physician or specialist, call **530.242.3500** or visit [www.northstatemedicalgroup.org](http://www.northstatemedicalgroup.org).

POWERED BY **InQuicker**

## When comfort matters, get InQuicker

**Sometimes the most comfortable waiting room is your living room.**

InQuicker is an innovative online ER waiting service that allows patients with non-life-threatening or nondebilitating conditions to select a projected treatment time and wait in the comfort of their own home, hotel room, or anywhere convenient until it's time to arrive. This concierge service for the emergency room is just one of the many ways Dignity Health North State hospitals are meeting your needs.

The InQuicker online ER waiting service is available at Mercy Medical Center Mt. Shasta, Mercy Medical Center Redding and St. Elizabeth Community Hospital in Red Bluff.



Visit [www.mercy.org](http://www.mercy.org) to learn more—and consider bookmarking the page so that it's easy to find when you need it.



Do you need a primary care physician? Call our physician referral service at **888.628.1948**.

## PRIMARY CARE PHYSICIANS

# Your partners in health

A cough that won't go away. A swollen ankle. A sore wrist.

These could signal something as benign as a common cold or a mild sprain or as serious as cancer. It's nice to know you can take these concerns to someone you trust—someone who knows more than just your name.

That person is your Dignity Health primary care physician (PCP). PCPs can respond to health issues ranging from the straightforward to the more complicated. And they are already familiar with you and your health care needs.

## Not just any doctor

When you have a health issue, your PCP is the first person you call. PCPs are doctors who specialize in treating the whole person. For example, they can:

- Offer preventative care
- Answer medical questions with sound advice that's specific to your health
- Manage care for chronic conditions, such as diabetes or heart disease
- Refer you to a specialist, such as a neurologist, surgeon or oncologist, when you need to see one
- Coordinate your health care, lab tests and medications among multiple health care providers



Dr. Beth Stelz

## Choosing a PCP

A good relationship with your PCP can have a positive effect on your health and health care. If you don't already have a PCP, make choosing the right one a priority. Look for someone you feel comfortable with and who you believe you can trust. Beth Stelz, DO, Medical Director of Pine Street Clinic in Mt. Shasta, says, "Developing a relationship with my patients is a priority for me as a physician. I feel it improves my ability to

assist them in living the healthiest life possible."

Be sure to choose the right doctor for your age and health history. Often, PCPs are internists, family physicians or pediatricians.

Sources: American Academy of Family Physicians; American College of Physicians

# Humankindness— in your neighborhood

**Dignity Health Medical Group—North State** (three locations)  
2510 Airpark Drive,  
Suite 301, Redding  
Open Monday through Friday,  
8 am to 5 pm  
**530.242.3500**

1755 Court St.,  
Redding  
Open Monday through Friday,  
8 am to 5 pm  
**530.247.8800**

2528 Sister Mary Columba Drive,  
Red Bluff  
Open Monday through Friday,  
8 am to 5 pm  
**530.528.6100**

**Mercy Family Health Center**  
2480 Sonoma St., Redding  
Open Monday through Friday,  
7:30 am to 5 pm  
**530.225.7800**

**Mercy Lake Shastina Community Clinic**  
16337 Everhart Drive,  
Lake Shastina  
Open Monday through Friday,  
8 am to 5 pm  
**530.938.2297**

**Mercy Maternity Center**  
1900 Railroad Ave., Redding  
Open Monday through Thursday,  
8 am to 4 pm  
**530.225.7480**

**Mercy Mt. Shasta Community Clinic**  
912 Pine St., Mt. Shasta  
Open Monday through Friday,  
8 am to 5 pm  
**530.926.7131**

**Mercy Pine Street Clinic**  
408 Pine St., Mt. Shasta  
Open Monday through Friday,  
8 am to 5 pm  
**530.926.7196**





# Need health insurance? It's not too late.

**Imagine** shopping for health insurance the way you shop for clothes at the mall. You could see your choices, get answers to your questions, and select the health plan that fits you and your budget best.

That is what is intended when you shop for health insurance on an exchange.

Established through the Affordable Care Act, exchanges are state-based\* marketplaces designed to make it easier for people to purchase health insurance. Small employers will be able to go through exchanges to offer insurance to their employees as well. California is one of the leading states in providing online access to the insurance exchange opportunity.

## **Simplifying your choice**

Now that health care reform is in full effect, most people are required to carry health insurance. That means if you don't currently have health coverage, you'll have to get it or risk being fined by the IRS.

Exchanges bring together information about all of your health insur-

ance options in one online location. They allow you to compare your choices, learn if you're eligible for public health insurance programs or tax credits that will make coverage more affordable, and join the plan of your choosing.

Enrollment began in October and will close **March 31, 2014**.

## **How they can help**

According to the U.S. Department of Health and Human Services, exchanges will perform a number of valuable functions. For instance, they will:

- Certify that a health plan provides key benefits, follows established limits concerning deductibles and co-pays, and meets other requirements.
- Provide information on all of the plans offered in a standardized format.
- Assign ratings to each plan based on quality and price.
- Operate a website and toll-free phone number where you can get information on the plans and purchase them if you qualify. The California website,

Dignity Health North State Hospitals accept the plans offered within Covered California.

**www.coveredca.com**, is among the best. Covered California is an independent part of the state government whose job is to make the new market work for California's consumers.

## **Enrollment resources**

Having health insurance is a tremendous benefit. But finding the right plan takes time. Exchanges will help make the process easier. And that may make good health easier to achieve and maintain. You can also speak with a Certified Covered California insurance agent or counselor to assist with your health care coverage decision by going to the Covered California site. Dignity Health has created a helpful dedicated website to help guide you through the process. You can learn more about exchanges and health care reform at **www.dignityhealth.org/enroll**.

\*Some states have elected not to set up an exchange. In those states, the federal government will operate the exchange.

# Varicose veins

Erase them and reduce your risk

**Do** you struggle with varicose and spider veins? The St. Elizabeth Center for Vein Care can help.

“Not only can varicose veins be unsightly and embarrassing, but they often cause enough pain, aching and swelling to prevent you from doing what you want to do,” says Dahlia Alspaugh, MD, a general, thoracic and vascular surgeon. “But you don’t have to live with this condition.”

Varicose veins—commonly known as venous reflux—and spider veins are associated with chronic venous insufficiency (CVI). More than 30 million people in the United States have undiagnosed CVI.

Certain risk factors make CVI more likely. They include:

- Being a woman
- Prolonged standing
- Obesity
- Multiple pregnancies
- Heavy lifting
- A family history of the disease

## An underlying threat

Healthy leg veins contain valves that open and close to assist the

return of blood to the heart. Venous reflux disease develops when these valves become dysfunctional and allow retrograde blood flow by incomplete valve closure.

“In the early stages, the blood pools in your legs, resulting in varicose veins,” says Dr. Alspaugh.

Other symptoms of venous reflux disease include:

- Restless legs
- Heaviness and fatigue
- Leg or ankle swelling
- Leg pain, aching or cramping
- Changes to the leg skin or burning and itching
- Open sores (ulcers)

## What a simple procedure can do

Fortunately, a newer, minimally invasive treatment option is now available at the St. Elizabeth Center for Vein Care. Let the specialists at the center assist and treat you with an outpatient procedure that



will not only rid you of varicose veins, but help prevent your reflux disease from progressing to a more serious venous stasis disease—and the risk for venous ulcers—as well.

Among its many benefits, the procedure:

- Is done on an outpatient basis
- Results in relief of symptoms within 48 hours
- Allows you to resume your normal activities within a few days
- Has proven results with positive patient outcomes and experiences



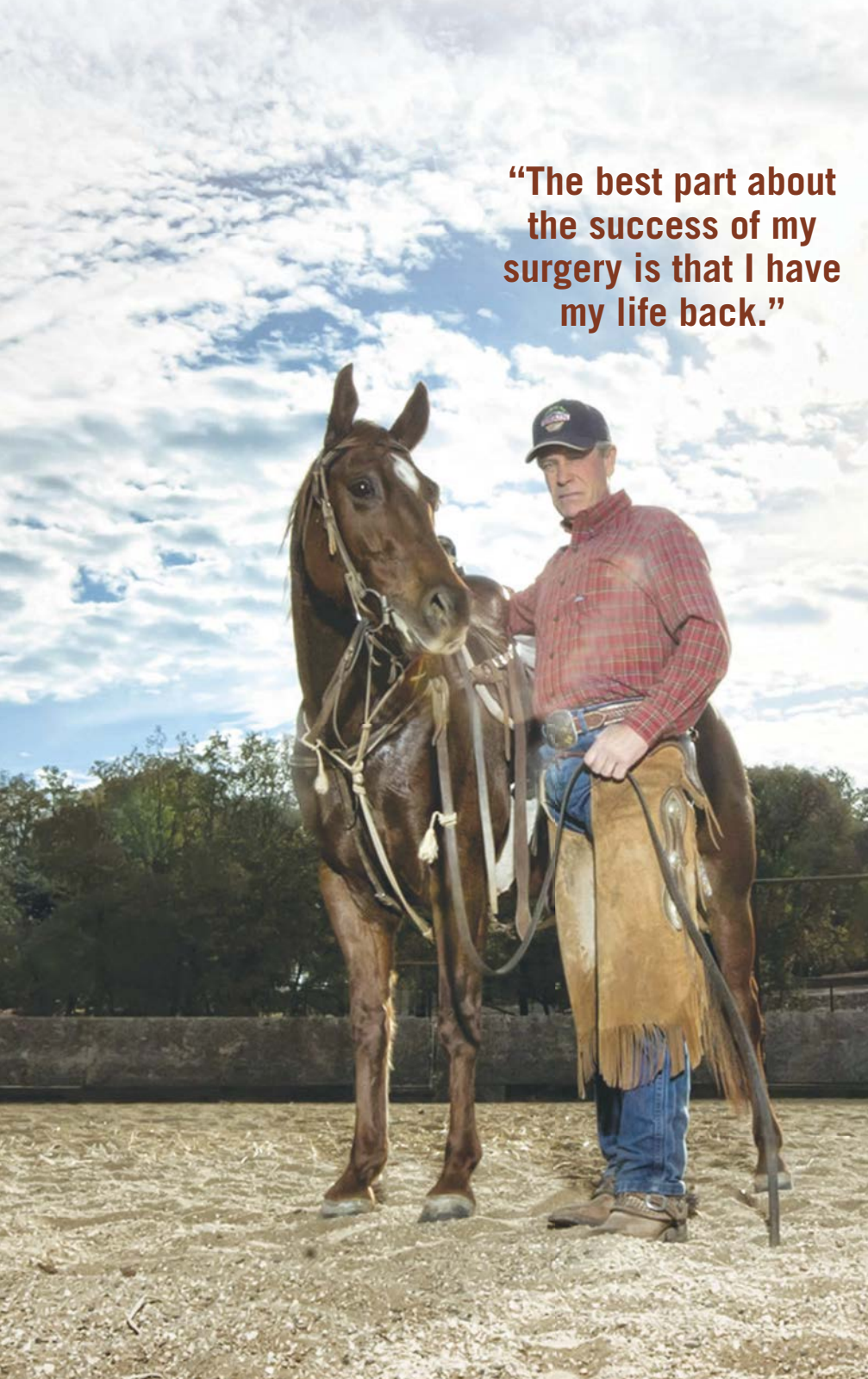
Kick those varicose veins to the curb.

To learn how we can help, visit our website at [redbluff.mercy.org/veincare](http://redbluff.mercy.org/veincare), or call us at **888.628.1948** to speak to a specialist.



# Avid horseman's life no longer dictated by pain

**“The best part about the success of my surgery is that I have my life back.”**



—

**Ken** Davis' professional career and lifelong passion have been one and the same for the last 40 years. Ken is a third-generation, avid horseman who has spent the majority of his life training horses. His physically demanding life as a horse trainer, competitor and rancher has given Ken endless joy, but also created hip problems that he once feared would threaten his lifestyle.

His area of expertise—cutting horses—is Ken's strength and has been the focus of his career since the mid-1980s. This difficult feat of horsemanship showcases the ability of a rider to seamlessly guide his horse and separate one specific cow away from a herd of cattle. Ken, who has won ten major titles at renowned competitive shows, instructs people who share his passion for cutting horses at his own ranch—the Ken Davis Ranch LLC.

## **Trouble ahead**

In 2006, Ken began experiencing the initial signs of hip arthritis, which in severe cases is indicative of the need for hip replacement surgery. He experienced chronic pain in his lower right back, the inside of his right knee, and groin.





All photos are by Studio 530 Photography

“Chronic pain due to hip arthritis and displacement is not uncommon for people who have been riding horses for as long as I have,” says Ken. “It is the result of a natural wear and tear on the body that can be caused by this particular kind of lifestyle.”

Ken successfully had his right hip replaced and was able to return to his seven-day-a-week, full-time ranching life. However, he recognized a familiar increase of pain and loss of mobility in his left hip approximately three years later. This second time around, Ken knew he would inevitably have to undergo another hip replacement.

### **Spurred into action**

Bradley Smith, MD, was Ken’s orthopaedic surgeon at St. Elizabeth Community Hospital in Red Bluff. Dr. Smith and a dedicated medical team helped lessen Ken’s stress about the surgery. Ken credits his hospital team for creating a calm setting that allowed him to go into surgery confident, comfortable and at complete ease.

“The whole surgery was wonderful and stress-free,” Ken says.

“Dr. Smith, the preoperation and postoperation team, the financial staff, and the home health staff were all excellent and provided me with great hospital care from start to finish.”

### **Back in the saddle**

Just 22 days after his hip replacement surgery, Ken was able to get back on a horse. He was thrilled when seven weeks post-surgery he regained full range of mobility and was able to return to riding and training cutting horses again. For Ken, the success of the surgery strengthened not only his appreciation for the active life he has built, but also his determination to continue to broaden his knowledge about horses.

“Ever since I was a kid, I have always had an ever-increasing curiosity about horses and ranching. I couldn’t imagine my hip pain getting in the way of my life passion,” says Ken. “The best part about the success of my surgery is that I have my life back. I can be in the saddle much longer, which means I can spend more time doing what I love without the distraction of pain.”

## **DIGNITY HEALTH NORTH STATE ORTHOPAEDIC SERVICES**

If chronic joint, muscle or back pain are interfering with your life, look to Mercy Medical Center Mt. Shasta, Mercy Medical Center Redding and St. Elizabeth Community Hospital in Red Bluff.

### **Experience you can trust**

Our hospitals offer award-winning, nationally recognized care that includes a dedicated orthopaedic care team to guide patients through every step of their care. The Dignity Health Hospitals of the North State work with experienced surgeons who treat patients on both an elective basis and when unexpected emergencies occur. With state-of-the-art surgical technology, we are able to offer minimally invasive procedures with benefits that include reduced postoperative time, reduced pain and blood loss, and faster recovery.

### **Dedicated hospitals, dedicated people**

Learn about our outstanding clinical quality and patient safety at [www.hospitalcompare.hhs.gov](http://www.hospitalcompare.hhs.gov) and our nationally recognized orthopaedic care at [www.healthgrades.com](http://www.healthgrades.com). Or call our physician referral service at **888.628.1948**.

# Going robotic

Machinist Doug Woods trusted da Vinci® robotic technology for his prostate surgery

**James** “Doug” Woods knows a thing or two about precision machinery. A retired heavy-duty truck mechanic and lifelong motorcycle enthusiast, he’s spent countless hours rebuilding complicated engines. So it’s not surprising that precision was a factor in his choosing da Vinci robotic surgery to treat his prostate cancer.

## Choosing precision

When a biopsy confirmed that Doug had cancer, his urologist, **Patrick Fowler, MD**, outlined the treatment options, including da Vinci surgery, which Dr. Fowler considered a good option for Doug. When Doug watched a DVD of the da Vinci procedure, his mechanic’s eye was impressed.

“The precision of the instruments was awesome,” he says. Doug was convinced—but a friend who’d previously had traditional surgery for prostate cancer questioned whether the da Vinci could look inside the surgical site as well as doctors could with the naked eye. Doug soon found out that the da Vinci actually enhances what physicians can see.

In fact, da Vinci technology gives surgeons a high-definition, 3-D view inside the body—at up to ten times its actual size. Not only is the view magnified, but the instruments also are more flexible than a human hand. And da Vinci surgery can result in less blood loss—and less pain—than with traditional surgery.


Dr. Fowler’s partner, urologist **P. Tryg Stratte, MD**, performed Doug’s procedure. “With da Vinci robotics, we can perform entire procedures through incisions about the size of a dime,” says Dr. Stratte. “For the surgeon, this means an extremely high level of precision. For the patient, it means a faster return to everyday activities. That’s a win-win.”

## Recovering and enjoying life

Doug underwent his prostatectomy on Oct. 2, 2013, and went home two days later. Soon, he was out walking his dogs, Lambie and Sophie, and taking short motorcycle rides.

“Once I came home, I didn’t need any pain medicine,” he says. Doug’s friend, meanwhile, had required heavy pain medication after his surgery. “He’s a tough guy, but he said he was in a lot of pain afterward.”

“My recovery has gone better than I ever hoped. I can’t say enough about both of my doctors.”



Doug Woods couldn't wait to get on the road again—and thanks to da Vinci surgery, he didn't have to wait long.



Find out if da Vinci robotic surgery is an option for you. For more information or a referral, call Mercy Medical Center Redding: **888.628.1948**.





# Take steps to prevent heart disease

**When** it comes to their hearts, women are wising up. The number of women who know that heart disease is their No. 1 killer has nearly doubled in roughly the past 15 years, the American Heart Association reports. Still, there's a worrisome knowledge gap.

Younger women are less aware of the toll of heart disease than older ones. That's a concern since heart disease can start early, even in adolescence.

The bottom line: Every woman needs to take steps to protect herself from heart disease. Among the most important safeguards:

**Partner with your doctor.** Ask your doctor what your specific risk for heart disease is—and what you can do to control it.

**Take risk factors seriously.** It only takes one heart disease risk factor to double your risk of heart problems.

Risks that you can control include having high blood pressure, high cholesterol or diabetes; smoking; or being overweight or inactive.

**Don't light up.** This is especially important if you use birth control pills.

**Move some more.** Aim for 150 minutes of moderate-intensity aerobic activity every week, as well as muscle-strengthening on two or more days each week. If you have a chronic condition, get your doctor's OK before ramping up your activity level.

**Eat a heart-smart diet.** Go easy on foods that are high in saturated fats, trans fats and cholesterol.

**Drop a few pounds.** If you're overweight, losing as little as 5 to 10 percent of your body weight can help you head off heart disease.

## Mercy Heart Center: A leader in healing hearts

- Healthgrades Five-Star Recipient for Treatment of Heart Attack in 2014
- Comprehensive cardiovascular care
- Diagnostic and therapeutic treatments
- Designated STEMI-receiving center for heart attack treatment
- Nationally renowned leader in “beating heart” surgery
- Hospital-based cardiologists, available 24/7
- Cardiac rehabilitation
- Community education and seminars



At the core of our Healthgrades recognition—and all that we do—is to provide care you can trust. Visit [redding.mercy.org/heart](http://redding.mercy.org/heart) or to learn more, call 888.628.1948.



Even your youngest family members can enjoy their day on the mountain.

It's always a good idea to talk to your doctor before the start of a sports season—especially if you're older than 50, have any health concerns or have been inactive for a while.

## What you can do to keep safe—and active—this season

**The** snow and ice of winter are tailor-made for sports. They're slick. They're slippery. They're perfect for sliding, gliding, skating and jumping—all at high speeds. Which also makes them perfect for getting hurt.

Winter sports injuries send hundreds of thousands of people in the U.S. to hospitals and doctors' offices every year, according to the American Academy of Orthopaedic Surgeons (AAOS). Many, if not most, of those injuries are avoidable.

The following advice comes from the AAOS and the American College of Emergency Physicians, as well as other experts in sports medicine and safety.

### Stay safe in any sport

**Warm up before you set out.** Cold muscles, tendons and ligaments are ripe for injury.

**Wear the right stuff.** That means protecting yourself with the

appropriate safety gear, such as goggles, helmets and padding. It also means dressing in layers to keep your body warm and dry as you sweat in the cold.

**Check your equipment beforehand.** This is especially important if the equipment has been in storage all summer.

**Get trained.** If you're new to a sport, consider taking lessons from a qualified instructor, particularly for sports like skiing and snowboarding.

**Buddy up.** Don't set out solo on your snowboard or skis or go skating alone. Go with a buddy or a group. Let someone know where your group is heading and when you plan to return.

**Stay hydrated.** Drink water—before, during and after exercise.

**Keep an eye on the weather forecast.** Be aware of any storms or sharp drops in temperature.



# TIPS



## Skiing and snowboarding

Both of these popular winter sports require strength, endurance, balance and coordination. If you're not physically fit before you hit the slopes, you might end up hurting yourself. The American Council on Exercise recommends starting a training program well in advance of opening day.

Other safety tips for skiing and snowboarding include:

- Make sure the bindings on your skis or board are adjusted correctly.
- Consider having your ski boots and bindings tested by a shop that adheres to American Society of Testing and Materials standards.
- Learn how to get on, ride and get off a ski lift.
- Keep your eyes open, and yield to others before heading downhill or merging onto a trail.
- Don't push yourself to keep going if you're tired. "One more run" is the preamble to many accidents, according to the AAOS.
- If you're a snowboarder, resist the urge to try fancy stunts and maneuvers without proper instruction.

## Sledding

The majority of those hurt while sledding are kids 14 and younger. That's probably because sledding is often a child's pastime. Adults might enjoy it too, but their presence is most important as a supervisor.

Here's what the grown-ups should do:

- Provide a safe sled. It should have runners and steering control. Sleds with those features are safer than snow disks. Don't let your kids slide on plastic sheets or other materials that can't be steered or that can be pierced by sharp objects on the ground.
- Take kids to a hill designated for sledding. It's not safe for kids to zip down a slope that's peppered with trees or lined by fences or that opens onto a street.
- Check the hill first. Clear it of any rocks, sticks or other debris.
- Tell them to always look out for others and to never head downhill if someone is in the path. Also, make it clear they should never ride head-first—they should sit facing forward and steer with their feet or a rope tied to the handles of the sled.
- Never pull a sled with a motor vehicle. No exceptions.

## Ice skating

It's hard to think of a more wholesome family activity than ice skating. And it is also one of the safest winter sports. Still, accidents on the ice do happen. The National Safety Council offers these tips for safe skating:

- Wear skates that fit comfortably and give good support to your ankles.
- Have your skate blades sharpened by a professional at the start of every season.
- Skate only on ice that is prepared for skating and where you know the ice is thick and strong enough to support your weight.
- Always check the surface for cracks, holes or debris.



# calendar of events



## Dignity Health™

Mercy Medical Center  
Mt. Shasta

### 19th Annual Mercy Auxiliary Swing into Spring Golf Tournament

Friday, May 16

Mt. Shasta Resort

Funds raised at this event will be used for the Auxiliary Transport System. Please call **530.926.7147**

### Castle Crags Century Bike Ride

Saturday, June 21, 6:30 to 9 am

Mt. Shasta City Park

Visit [www.castlecragscentury.com](http://www.castlecragscentury.com) for more information.

### Childbirth Class

Tuesdays, March 4, 11 and 18—for babies due in April and May

Tuesdays, May 6, 13 and 20—for babies due in June and July

6 to 9 pm

Shasta Room

Please call **530.926.6239** to register or ask questions—or visit us online at [www.mercymtshasta.org/classes\\_and\\_events](http://www.mercymtshasta.org/classes_and_events).

### Orthopaedic Presurgery Class

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



## Dignity Health™

Mercy Medical Center  
Redding

Call **888.628.1948** to register for all classes offered at Mercy Medical Center Redding, 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.

### Spirit Girls' Night Out—Save the Date

Thursday, May 8, 5 to 9 pm

Gaia Hotel and Spa

Gather with girlfriends for an evening of pampering, shopping, health talks, fashion tips, special gifts and much more. Please call **888.628.1948**.

### Living Well With Diabetes

Mondays, April 7 and 14, 6 to 8 pm

### Maternal Child Education Classes

Our wide variety of prenatal classes include:

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

Please call **530.225.7779** for more information.

### Quit for Good Smoking Cessation

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

Please call **888.628.1948** for upcoming classes.

### Spine Preoperative Class

Mondays, March 3, April 7, May 5, 6 to 8 pm

Thursdays, Feb. 27, March 27, April 24, Noon to 2 pm

### Total Joint Replacement Wellness Class

Mondays, Feb. 24, March 24, April 28, 6 to 8 pm

Thursdays, March 13, April 10, May 8, 12 to 2 pm



## Dignity Health™

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](http://redbluff.mercy.org). Seating is limited, and registration is strongly encouraged. Classes and support groups are FREE unless otherwise noted and meet in the Coyne Center.

### Basic Life Support (BLS)/Community CPR classes

Tuesdays, March 11, April 8 and May 13

6 to 10 pm

Class fee: \$45

Preregistration is required.

### Childbirth Classes

We offer 6-week childbirth classes on Thursday evenings, weekend childbirth classes, and water birth classes. See class details on our website or call **888.628.1948**.

### Diabetes Education

Wednesdays, March 26 or May 28, 1 to 5 pm

St. Elizabeth Community Hospital

Registration is required.

### Diabetes Support Group

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

Coyne Center—Columba Room SECH

No need to register.

### Color in Motion

5K Run to benefit girls and women in sports.

Saturday, March 8

Preregistration \$25; day of run \$30.

Call Tehama Family Fitness Center at **530.528.8656**.





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, breast MRI
- Community Health Clinics throughout Siskiyou County
- Hospice Care

I-5

Shasta County

**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 Program
- Golden Umbrella Adult Day Health Care
- Home Health and Hospice Care
- Mercy Maternity Center
- Dignity Health Medical Group—North State

Redding

**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, breast MRI
- Outpatient Surgery Center
- Home Health and Hospice Care
- All Private Rooms
- Dignity Health Medical Group—North State

Tehama  
County

I-5  
Red Bluff

## 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—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.



## Grandma's chicken vegetable soup

Preparation time: 30 minutes  
Number of servings: 4

### Ingredients

- 1 can (14½-ounce) reduced-sodium chicken broth
- ½ cup water
- 1 pound (3 medium) potatoes, cut into ½-inch cubes
- 1 medium carrot, cut into ¼-inch slices
- 1 pound boned and skinned chicken breasts, cut into 1-inch chunks
- 1 medium zucchini, cut into ¼-inch slices
- 3 green onions, sliced
- 2 teaspoons dried basil
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper

### Directions

- In 3-quart saucepan over medium heat, combine broth and water.
- Cover and bring to boil.
- Add potatoes and carrot; cover and cook 5 minutes.
- Add chicken, zucchini, onions and basil; bring to boil, reduce heat, cover and cook until chicken is opaque throughout, about 7 minutes.
- Season with salt and pepper.

### Nutrition information

Per serving: 240 calories (12% calories from fat); 25g carbohydrates; 3.1g total fat; 65mg cholesterol; 1g saturated fat; 4g dietary fiber; 216mg sodium; 28g protein

Source: Produce for Better Health Foundation (supplied courtesy of the United States Potato Board)



2175 Rosaline Ave.  
Redding, CA 96001

Nonprofit Org.  
U.S. Postage  
**PAID**  
Dignity Health



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

# Humanity is the perfect remedy.

When we care for one another, we help each other heal.

**Hello humankindness™**

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

Share your humankindness at [hellohumankindness.org](http://hellohumankindness.org)  
[#humankindness](https://twitter.com/humankindness)

