

the HealthSource

A COMMUNITY EDUCATION RESOURCE FOR INLAND NORTH COUNTY

January - April 2005

Transform *Your Life?*

Entertainment Legend

**NAOMI
JUDD**

will show you how at

the 2005 PPH
**WOMEN'S
CONFERENCE**

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Love Your Heart this Valentine's Day

Learn to help prevent heart disease

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Kick the Habit

PPH offers new smoking cessation class

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Welcome!

Dear Friend of PPH,

Welcome to *The HealthSource*! This new health-education guide is published every January, May and September by Palomar Pomerado Health (PPH) and replaces our quarterly community education calendar. Inside, you'll find a wealth of information about upcoming special events, support groups, health screenings and our wide array of health-education classes. Plus, there's a handy calendar to keep you up to date on key events at PPH.

Also included in this two-in-one guide is *The BabySource*, a unique health resource designed specifically for new and expecting parents. If you or someone you know is thinking of starting or growing a family, *The BabySource* is a great place to start.

We hope you'll find *The HealthSource* to be informative and useful as you strive to live your best life.

In Good Health,

Janet A. Gennoe
Director
The HealthSource

Mary Coalson
Education Specialist
The HealthSource



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EDUCATION

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Check out our latest programs and register today!
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Stay up to date on the latest PPH events.

The HealthSource retains the right to cancel a community education class if minimum enrollment is not met. If you have a disability, please notify us 72 hours prior to the event so that we may provide reasonable accommodations.

THE HEALTHSOURCE CLASS LOCATIONS*

Poway

Pomerado Hospital

15615 Pomerado Road
Poway, CA 92064

Women's Health Connection

Gateway Medical Building
15725 Pomerado Rd, Suite 100
Poway, CA 92064

San Marcos

The HealthSource

120 Craven Road, Suite 103
San Marcos, CA 92069

Escondido

Palomar Medical Center

555 East Valley Parkway
Escondido, CA 92025

Redwood Town Court

500 East Valley Parkway
Escondido, CA 92025

OASIS

Westfield Shoppingtown

Robinson's May South**
280 East Via Rancho Parkway
Escondido, CA 92025
760.432.0635

*Off-site classes are also available for groups, businesses and other organizations that would like instruction on a particular health topic. Call 858.675.5372 for more information.

Health Education classes offered at Robinson's May South are provided by OASIS through sponsorship by Palomar Pomerado Health. To register for an OASIS class, call **760.432.0635.

COMMUNITY SUPPORT GROUPS AT PALOMAR POMERADO HEALTH	
Support Group	Times, Dates and Locations
Arthritis & Osteoporosis	Thursday, March 3, 1 – 2:30 p.m. Redwood Town Court
Bipolar Disorder & Depression	Every Wednesday, 6:30 – 8 p.m. Palomar Medical Center
Caregiver Support Group	1st Wednesday of each month, 10 – 11:30 a.m. Poway Adult Day Health Care (858.748.5044)
Chronic Fatigue Immune Syndrome & Fibromyalgia Syndrome	2nd Tuesday of each month, 1 – 3 p.m. Third Floor Meeting Room, Pomerado Hospital
Circle of Caring: Adult Bereavement Support Groups sponsored by The Elizabeth Hospice	Call 800.797.2050 for dates, times and locations.
Crohn's & Colitis Support Group	2nd Thursday of each month, 7 – 8:30 p.m. The HealthSource San Marcos
Diabetes Support Group	2nd Tuesday of each month, 7 – 8:30 p.m. Palomar Medical Center
Domestic Violence Support Group	Call 760.739.2140 for dates, times and locations.
Head Injury, Trauma & Spinal Support System (HITSS)	Every Saturday, 9 – 10:30 a.m. Graybill Auditorium, Palomar Medical Center
Menopause Information & Support	Thursday, February 17, 12:30 – 1:30 p.m. Thursday, April 21, 12:30 – 1:30 p.m. Women's Health Connection
Speech Communication Support Group	Every Tuesday, 3 – 4 p.m. Rehabilitation, Palomar Medical Center
Women's Cancer Support Group	2nd and 4th Tuesdays, 6:30 – 8 p.m. Redwood Town Court 1st and 3rd Wednesdays, 10:30 a.m. - Noon Women's Health Connection



Transforming Your Life... *with* **Naomi JUDD**



Country music superstar Naomi Judd will provide the keynote address during the 2005 Palomar Pomerado Health Women's Conference to be held Saturday, April 9, 2005, at the California Center for the Arts in Escondido. The popular entertainer will join physician experts and other wellness professionals to address the most significant health issues facing women today.

Judd, a survivor of domestic violence and Hepatitis C, as well as a former nurse, secretary, waitress, clerk and divorced, working mother, has essentially come to represent "every woman." Overcoming some of life's most challenging tests in an elegant yet down-to-earth way has made Judd one of the entertainment world's most admired women. She will share her incredible life journey, along with tips for "Transforming Your Life," to more than 500 conference attendees.

"I'm not an expert in anything except making mistakes, but I do have a Ph.D. from the school of hard knocks," laughs Judd. "America is my research

lab and I'm just a student of human nature. Finding a way to share common experiences is my grand passion."

In addition to Judd's inspiring message, conference participants will enjoy free health screenings, a wide variety of exhibits, gourmet lunch and the opportunity to attend three of 15 educational sessions on topics ranging from heart disease and menopause to fitness and cosmetic surgery. Plus, motivational speaker Kelly Ferrin will provide the luncheon keynote address called "What's Age Got To Do With It?" – an insightful and humorous look at the good news about aging. KFMB Local 8 news anchor Barbara Lee-Edwards will emcee the event.

"Women are the primary decision-makers regarding health care for themselves and their family," says Lorie Shoemaker, chief nurse executive for Palomar Pomerado Health. "Our role is to help empower them by providing the most up-to-date information about the health risks that affect them and those they care about. This conference is a day for women to learn to take care of themselves and have some fun too."

Educational Sessions

Championing “The Change”

Kay Bradshaw, P.A.C., Pomerado Hospital

Unravel the mystery of menopause with a closer look at this midlife change.

The Heart of the Matter

Dennis Leahy, M.D., Cardiologist, Palomar Medical Center

Discover preventive tips for keeping your heart healthy.

Prevention & Detection:

Arming Yourself Against Cancer

Elizabeth Salada, M.D.

Internal Medicine, Palomar Medical Center

Don't ignore your risk for common women's cancers.

Learn to recognize the signs and symptoms while safeguarding yourself with important screenings.

Makeover Madness

Dennis Bucko, M.D.

Cosmetic Surgeon, Pomerado Hospital

Thinking of a nip here or a tuck there? Learn to make informed choices for the best outcomes.

Simple Steps for Looking Skinsational

Nancy Chen, M.D.

Dermatologist, Palomar Medical Center

Do you long for a more youthful facial appearance without surgery? Learn the basics of a good skin-care routine and the benefits of non-invasive procedures.

Keeping Bones Stronger Longer

Nellie Blunt, P.A.C., Palomar Medical Center

Don't let this “silent disease” sneak up on you. Learn to recognize the risk factors of osteoporosis and take steps to prevent, detect and correct low bone mass.

Cushioning the Pain

Mark Stern, M.D.

Neurological Surgery, Palomar Medical Center

Haven't got time for the pain? Discover ways to rejuvenate your joints, manage arthritic pain and more.

A Joint Decision

James Bried, M.D.

Orthopedic Surgeon, Pomerado Hospital

Linda Brown, R.N.

Orthopedic Surgical Nurse, Pomerado Hospital

Are you considering joint replacement for your hip, knee, shoulder or elbow? Explore the latest techniques for surgery, recovery and rehabilitation.

2005 Palomar Pomerado Health

Women's Conference

“Transforming Your Life”

Saturday, April 9, 2005

7 a.m. to 3 p.m.

California Center for the Arts

340 North Escondido Boulevard

Escondido, CA 92025

Registration: \$55 per person

Includes light breakfast, gourmet luncheon, health screenings, free gift bag and more. Space is limited. To register, call 800.628.2880 or visit www.pph.org.

Managing Stress Every Moment of Your Life

Linda Cammarata, R.N. and Larry Cammarata, Ph.D.

Are you overwhelmed by your responsibilities at work and home? Discover tips for better balance.

Laughing Your Way to Good Health

John Bowling, Ph.D., Silverado Senior Living

Explore the relationship between mind and body to live a longer and happier life.

Sleep Tight

Benjamin Kanter, M.D.

Pulmonary Disease Medicine, Palomar Medical Center

Did you know one-half of all Americans report sleep difficulties at some time in their lives? Learn to develop a sleep plan as you explore common sleeping problems.

You are What You Eat

Janice Baker, R.D., CDE, Centre for Health Care

Looking for the skinny on all the latest popular diets? Wondering which vitamins and supplements make sense? Learn strategies for making the best nutritional choices for you and your body.

Making Your Workout Work

Ann Jaburg, Exercise Instructor, The HealthSource

Debbie Frazer, Exercise Instructor

Refresh and renew your workout with some of the latest trends in fitness such as resistance training, yoga and pilates.

Integrative Health zCare

Cynthia Robertson, M.D.

Internal Medicine, Pomerado Hospital

Looking outside the traditional role of medicine to find answers to health issues? Learn how acupuncture, biofeedback and homeopathy are being integrated with traditional health care.

Health Education Classes

Cancer

I Can Cope

Pomerado Hospital

Tuesdays, February 8, 15, 22 &
March 1, 8, 15
10:30 a.m. – Noon

Oncology nurse Kay Kimball leads this FREE series of educational classes for people confronting a cancer diagnosis. Open to patients and families through the collaborative efforts of the American Cancer Society and PPH Cancer Resource Centers.

FEE: Free

Look Good, Feel Better

Palomar Medical Center (Bilingual)

Monday, February 28
5 – 7:30 p.m.

Pomerado Hospital

Mondays, February 28 & April 25
1 – 3:30 p.m.

A class designed to help women cope with the appearance-related effects of cancer treatment. All cosmetics and skin-care products are complimentary. Sponsored by the American Cancer Society and Palomar Pomerado Health.

FEE: Free

Wigs, Wig Products & Prostheses

Wigs, wig products and prostheses are available at discounted prices from the PPH Cancer Resource Centers and the Women's Health Connection Boutique. Please call for more information.

PPH Cancer Resource Centers:

858.613.4044 (Poway)

760.739.3943 (Escondido)

Women's Health Connection Boutique:

858.613.4894 (Poway)



Nutrition Tips for Reducing Your Cancer Risk

OASIS

Wednesday, March 9
10:30 a.m. – Noon

*Learn how to arm yourself against the battle of cancer by eating a nutrient-rich diet. Oncology nurse Kay Kimball will explain how the healing properties and health benefits of fruits and vegetables can help lower your risk of cancer and heart disease. Rev up your taste buds by sampling some of these healthy morsels. **To register, call OASIS at 760.432.0635***

FEE: \$2/participant

Cancer Conference

Pomerado Hospital

First & Third Thursdays
12:15 – 1:15 p.m.

Palomar Medical Center

Fridays, 12:15 – 1:15 p.m.

For retired and employed health professionals. One CME. Lunch provided.

**FEE: Free/ PPH Employees
\$5/non-PPH Employees**

Heart Health

Good Fats, Bad Fats: Controlling Cholesterol

OASIS

Wednesday, February 23
10:30 a.m. – Noon

*Fat and cholesterol are both good and bad, making it a complicated matter for anyone trying to stay healthy. Registered nurse Kathy Lunardi will explore the effects of "bad" cholesterol (LDL), including Trans Fatty Acids, and the benefits of "good" cholesterol (HDL). Ideal cholesterol levels will be discussed as well as ways to improve your levels. **To register, call OASIS at 760.432.0635***

FEE: \$2/participant

Cardiac Rehabilitation

Palomar Medical Center

Call **760.739.3566** for dates, times and fees.

Medically supervised program for those recovering from a cardiac event.

Finding the Right Doctor is Easy at PPH

Looking for a physician and don't know where to start? At Palomar Pomerado Health, we make it easy to find the doctor that's right for you. Just call The HealthSource at **800.628.2880**, and one of our friendly representatives will help you to select the doctor who best fits your needs. Our more than 600 affiliated physicians are committed to providing you and your family with top-quality clinical care in a caring environment.

Diabetes

Diabetes Education

Palomar Medical Center Pomerado Hospital

Classes offered weekly.

Call **858.613.4164** for dates, times and fees.

DiabetesHealth education classes are designed to help individuals with diabetes and their families improve their health status and quality of life. Classes range from a core education series to specific needs that focus on self-blood glucose monitoring, nutritional meal planning, carbohydrate counting, oral medications and gestational diabetes. DiabetesHealth is certified by the American Diabetes Association and accredited by California's "Sweet Success" program for gestational diabetes.

Love Your Heart

Palomar Pomerado Health and the Women's Health Connection invite you to take action against the risks of heart disease and learn to *Love Your Heart*

"Love Your Heart" Open House
Wednesday, February 9, 2005
3 to 7 p.m.
Women's Health Connection
Admission is Free

Women's Health Connection

Gateway Medical Building • 15725 Pomerado Road, Suite 100 • Poway, CA 92064
Tel 858.613.4894 • Fax 858.485.7736 • www.pph.org

- ♥ Ask-the-doctor opportunities
- ♥ Free stroke, blood pressure and body fat screenings
- ♥ Information on nutrition, exercise and smoking cessation
- ♥ Interactive heart exhibit
- ♥ Coupon for discounted cholesterol screening
- ♥ Physician referral information
- ♥ Patient testimonial
- ♥ Refreshments, giveaways and more!

Empower yourself to live a long and healthy life. Join us on February 9 and fight back against heart disease.



Kick the Habit: Smoking Cessation

Palomar Medical Center, Graybill Auditorium

Eight-week series

Wednesdays, February 16 – April 6

5 – 6:30 p.m.

PPH's new smoking cessation class, led by oncology nurse Kay Kimball, explores the challenges of "quitting" and provides the tools and support necessary to help you kick the habit. This eight-week series meets on Wednesday evenings and includes six sessions of information followed by two weeks of support group meetings for those who quit.

FEE: \$150 / participant



Meet the Instructor

Kay Kimball RN, MSN, OCN

Kay Kimball facilitates PPH's new smoking cessation class, "Kick the Habit." Kimball, a 24-year PPH employee, directs the Cancer Resource Centers at Palomar Medical Center and Pomerado Hospital and leads numerous cancer support groups and wellness classes. A former smoker, Kimball understands the challenges of quitting. With her program, she hopes to provide class attendees with the tools to quit, even if they don't succeed the first time.

Lung Health

Pulmonary Rehabilitation

Palomar Medical Center

Pomerado Hospital

Call 760.739.3685 for dates, times and fees.

Education and physical conditioning for those suffering from any form of pulmonary disease.

CPR/First-Aid

HeartSaver & Health Professional CPR*

Call for dates, times and locations.

These classes provide CPR certification and are designed for the lay responder who may serve as a rescuer in the workplace, and for the health-care professional who must master special techniques of resuscitation.

FEE: \$40 / participant

CPR for Family & Friends*

Call for dates, times and locations.

You could save a life. This basic CPR course will teach individuals how to relieve an obstructed airway and perform CPR on all ages. It is suggested for new parents, babysitters or caregivers that do not need certification.

FEE: \$25 / participant

***These courses follow the American Heart Association outlines and guidelines.**

First-Aid Basics

Call for dates, times and locations.

This four-hour class is led by an American Heart Association Certified First-Aid Instructor and includes instruction on the general principles of first aid, as well as medical, injury and environmental emergencies. Topics covered include choking, chest pain, fainting, seizures, low blood sugar, bleeding, burns, shock, bites, stings, poisoning and much more. This course complies with OSHA regulations but is open to anyone, including those whose work may require this training such as police officers, firefighters, flight attendants, lifeguards, etc.

FEE: \$25 / participant

Blood Pressure Screenings

Check your blood pressure regularly at no charge.

OASIS

Second and Fourth Mondays, Noon – 2 p.m.

Pomerado Hospital Lobby

Second Tuesday of each month, Noon – 2 p.m.

Palomar Medical Center Lobby

Third Thursday of each month, 11 a.m. – 1 p.m.
(New time and location)

Women's Health Connection

Monday, Tuesday, Thursday, Friday

9 a.m. – 5 p.m.

Wednesdays, 11 a.m. – 7 p.m.

(Call 858.613.4894 for an appointment.)



Lifeline

Palomar Pomerado's Lifeline Personal Emergency Response Service is designed to summon help when a subscriber has a sudden illness or injury and is unable to get to a telephone to call for help. Simply press the waterproof personal help button worn as a pendant or on a wristband and within seconds you'll be connected to a highly trained Lifeline operator who can quickly summon the appropriate help.

**For more information about Lifeline
call 858.675.5371.**



Talk Time

Do you have questions for your doctor that you always forget to ask? Are you confused by a general health issue and need more explanation? Get the answers you need during Talk Time, a new health-education opportunity featuring relaxed, informal chats with physicians and other wellness professionals. Join us in the inviting atmosphere of the Women's Health Connection and take advantage of this unique opportunity to chat with an expert. Light refreshments will be served. Space is limited, register today!

Talk Time with Monica Ormsby, M.D.

Women's Health Connection

Wednesday, February 23

2 – 3:30 p.m.

Dr. Ormsby, Internal Medicine, believes in a holistic approach to helping patients achieve the best emotional, mental and physical health.

Talk Time with Kay Bradshaw, P.A.C.

Women's Health Connection

Tuesday, April 12

2:30 – 4 p.m.

A family practice physician's assistant, Kay Bradshaw addresses many health issues in her practice and encourages her patients to take a natural approach when dealing with medical concerns. Join her at this informal discussion as she discusses the challenges women face with diet and exercise.



Exercise & Nutrition

Get Fit and Stay Strong

OASIS

Tuesdays & Thursdays

February 8 – 23

March 8 – 31

April 7 – May 3

12:30 – 1:30 p.m. or 1:45 – 2:45 p.m.

Halt osteoporosis! Certified Exercise Instructor Ann Jaburg leads this fitness class using bands and weights to increase your bone density, strength and endurance – all while you're having fun.

FEE: \$32 for 8 sessions

*New participants start at the beginning of each session. To register, call **OASIS** at **760.432.0635**.*

Keep On Exercisin'

The HealthSource, San Marcos

Tuesdays and Thursdays

9 and 10 a.m. sessions

Join Ann Jaburg as she teaches low-impact aerobics, stretching exercises, and using lightweights for strength and endurance.

FEE: \$24 per month /participant

New participants start at the beginning of each month.

Adult Fitness

Palomar Medical Center

Pomerado Hospital

Call **858.613.4631** for dates, times and fees

A medically supervised exercise program for anyone.

Westfield Walkers

Westfield Shoppingtown North County

Tuesdays and Thursdays

8:30 a.m.

*A free walking program co-sponsored by Palomar Pomerado Health. Meets near the concierge kiosk on the lower level. **Registration is not required.***

Special Nutrition Needs for Seniors

Women's Health Connection

Wednesday, March 16

2 – 3:30 p.m.

The maturing process of adults often requires an adjustment to food intake due to issues with weight management, blood pressure, diabetes or cholesterol. Registered Dietitian Janice Baker will teach ways to maintain good health and prevent common nutrition risks associated with aging.

Fee: \$5 /participant

General Health

Personal Safety Hints and Strategies for Seniors

OASIS

Wednesday, March 16

10:30 a.m. – Noon

You can never have too much information when it comes to your personal safety. Lori Walsh and Helene Shaughnessy will teach awareness of environment and self, assertive communication and physical techniques.

To register, call OASIS at 760.432.0635

FEE: \$2 /participant

Taking Charge of Your Health

OASIS

Wednesdays, April 20 and April 27

10:30 a.m. – Noon

Are you at risk for specific health issues unless you make some lifestyle changes? Community Instructor Christina Hendrick will help you make a plan, set realistic goals and discover and maintain a healthier you.

To register, call OASIS at 760.432.0635

FEE: \$8 for two sessions

Joint Replacement May Be Your Answer

Palomar Medical Center, Graybill Auditorium

Wednesday, April 27

1:30 – 3 p.m.

If you're considering joint replacement surgery, don't miss this informative class. Orthopedic surgical nurse Linda Brown, R.N., will share the latest information on surgical techniques, recovery and rehabilitation. Replacement parts will be on display.

FEE: \$5 /participant

January 2005						
Su	M	T	W	Th	F	S
23	24	25	26	27	28	1/29
January is National Volunteer Blood Donor Month.						
2/30	3/31	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22

February 2005						
Su	M	T	W	Th	F	S
/27	/28	1	2	3	4	5
February is National Heart Health Month.						
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26

March 2005						
Su	M	T	W	Th	F	S
/27	/28	1/29	2/30	3/31	4	5
March is National Nutrition Month.						
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26

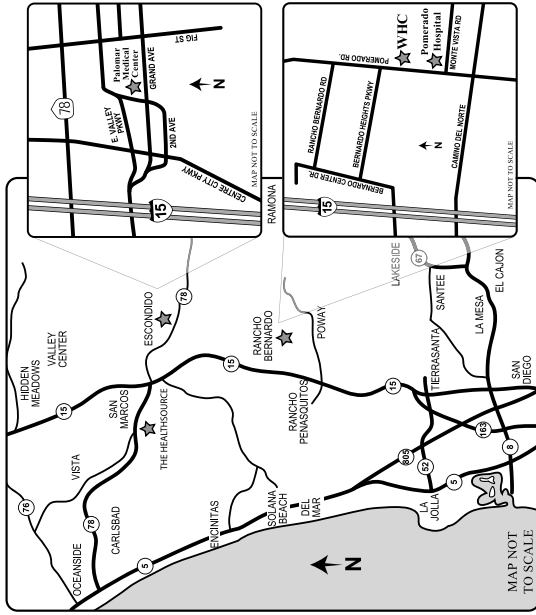
April 2005						
Su	M	T	W	Th	F	S
24	25	26	27	28	29/1	30/2
April is National Foot Health Awareness Month.						
3	4	5	6	7	8	9
10	11	12	13	14	15	16
SAVE THE DATE! Escondido Street Fair May 15						
17	18	19	20	21	22	23



The HealthSource
 15255 Innovation Drive
 San Diego, CA 92128

**PALOMAR
 POMERADO
 HEALTH**

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Palomar Medical Center
 555 East Valley Parkway
 Escondido, CA 92025
 760.739.3000

Pomerado Hospital
 15615 Pomerado Road
 Poway, Ca 92064
 858.613.4000

Women's Health Connection (WHC)
 15725 Pomerado Road, Suite 100
 Poway, CA 92064
 858.613.4894

The HealthSource - San Marcos
 120 Craven Road, Suite 103
 San Marcos CA 92069

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.