

Be

well

Women's health, p10

Reduce your cancer risk, p13



Dignity Health.

North State

Mercy Medical Center Mt. Shasta

Mercy Medical Center Redding

St. Elizabeth Community Hospital



# Welcome to Be Well

Dear North State Community Members:



Jon Halfhide  
President, Dignity  
Health North State;  
President,  
St. Elizabeth  
Community Hospital

Dignity Health North State is honored to present you with our first edition of Be Well magazine.

This magazine has news and medical information regarding your health and wellness options so you can live well today and every day. In this edition and future editions, you'll find stories on the latest medical treatments and technology along with articles to help you make wise choices for your vitality and good health.

As your preferred patient- and family-centered care provider, Dignity Health North State takes great pleasure in providing you with a broad array of inpatient and outpatient services for your health and well-being.

This magazine is just one of the many ways to become better acquainted with our comprehensive care at Mercy Medical Center Mt. Shasta, Mercy Medical Center Redding and St. Elizabeth Community Hospital. We look forward to helping you Be Well and remaining your health partner through life.

Sincerely,

Jon Halfhide  
President, Dignity Health North State  
President, St. Elizabeth Community Hospital



## Dignity Health North State on the web

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

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

### Jon Halfhide

President, Dignity Health North State  
President, St. Elizabeth Community Hospital

### Kenneth Platou

President, Mercy Medical Center  
Mt. Shasta

### Mark Korth

President, Mercy Medical Center  
Redding

### Carolyn Helfenstein

Vice President/Chief Strategy Officer,  
Dignity Health North State

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fourteen



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From left: Polaris Razor donor, Red Bluff Yamaha—Robert Carrell. Back: Greg Stevens, Red Bluff Daily News Publisher; Dave Ramelli, Red Bluff Round-Up President; Jolene Kemen, Red Bluff Round-Up Director. Seated: Sister Pat Manoli, St. Elizabeth Community Hospital Senior Director of Mission Integration; Todd Smith, St. Elizabeth Chief Operating Officer.

## Tough Enough to Wear Pink

Every April, Tehama County becomes rodeo central with the hustle and bustle of cowboys, cowgirls and rodeo fans. Many events fill the week leading up to the rodeo, including a chili cook-off, cowboy poetry readings, parades and a pancake breakfast. But no event is more popular than the Sunday rodeo performance and the Tough Enough to Wear Pink campaign. All things are pink on that day—the fans, the flags and even the livestock are decorated in pink.

The pinnacle event is the live auction that takes place center stage in the arena and has showcased a variety of items, such as pink chaps, pink saddles, a pink signature shotgun and, the most recent, a pink Polaris Razor (a four-wheel-drive ranch vehicle). The Red Bluff Round-Up board of directors adopted the event more than six years ago and has since raised and donated over \$208,000 to the St. Elizabeth Imaging Center.

Come to the Red Bluff Round-Up on April 21, 2013, to experience Tough Enough to Wear Pink firsthand. For more information, visit [www.redbluffroundup.com](http://www.redbluffroundup.com). To make a donation, please call Sue Ampi, Mercy Foundation North Development Officer, at **530.529.8016**.



## St. Elizabeth Imaging Center stays in the pink—thanks to you!

The Red Bluff Round-Up annual Tough Enough to Wear Pink campaign has gained great success as a fundraiser, encompassing everything from shooting hoops to shooting sporting clays. It has inspired like-minded groups in the area to donate to the breast cancer services of the St. Elizabeth Imaging Center.

Red Bluff High School junior Jessica MacDonald, supported by her teammates, orchestrated the first February Pink Out through a series of planned events at the high school,

including a dress-up day, a pep rally, sales of pink bandanas and bracelets, and the Pink Out basketball tournament.

In April, the Tehama Shooters Range hosted its second annual sporting clay shoot to support the imaging center.

“We look forward to continuing to support breast cancer awareness, prevention and treatment,” says Bud George, Range Secretary.

The first sporting clay event, Shoot for Purpose, took place in 2006 as an all-women’s amateur sporting clay shoot.

It raised funds to sponsor mammograms for uninsured women in the community.

Soroptimists International of Red Bluff has also donated to the imaging center through various fundraising activities.

“Focusing on the health and well-being of women is core to our purpose as a nonprofit special interest group,” says Vici Miranda, former Soroptimist President.

It is because of supporters such as these that the St. Elizabeth Imaging Center is able to continue to provide state-of-the-art services to all.





Clockwise from upper left: A fountain at St. Elizabeth Community Hospital, a waterfall at Mercy Medical Center Redding and the Nepenthe Walking Trail at Mercy Medical Center Mt. Shasta.

## Healing the spirit

The journey to healing after an illness or accident often involves more than just medicine—it involves a person’s mind, body and spirit. The Dignity Health North State hospitals have created tranquil places for patients and visitors to relax their minds and renew their spirits.

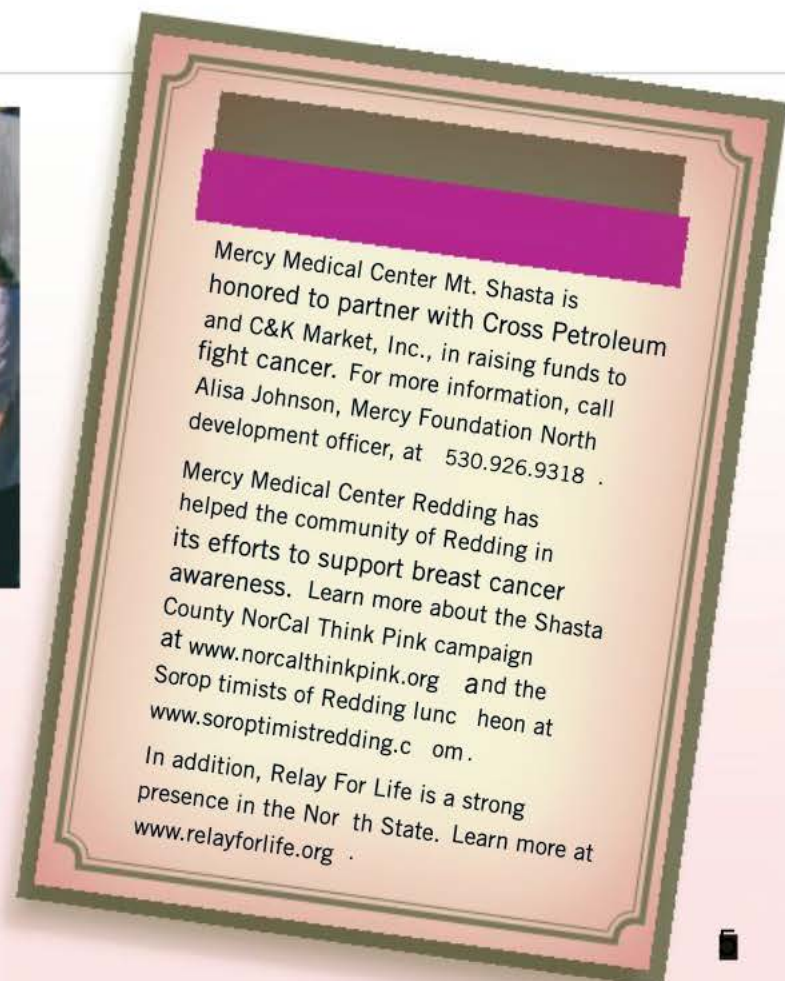
Mercy Medical Center Mt. Shasta created the Nepenthe Walking Trail. Nepenthe—pronounced ne-pen-thay—is a Greek word that generally means anything that makes someone forget their sadness. The wheelchair-accessible trail winds through the hospital grounds and features streams, ponds, picnic tables and benches. The trail provides a scenic pathway for those seeking thoughtful reflection and serenity.

The Healing Garden at Mercy Medical Center Redding was designed to align with Mercy’s mission to provide holistic patient care that addresses physical, emotional and spiritual healing. In 2002, Sister Brenda O’Keeffe, Vice President of Mission Integration, identified an inner court of the hospital as a place for quiet reflection for patients, families, employees and physicians. The garden consists of many themed “rooms,” such as the Heritage and Zen Rooms.

At St. Elizabeth Community Hospital in Red Bluff, a serene, circular garden has been planted, where patients and visitors can sit among lovely rosebushes. The hospital is committed to enhancing the environment of spirituality for all who visit.



Presenting a check for \$1,465 are, from left, Red Bluff High School students and basketball athletes Maka Hoffer, Katelyn Foushee, Jordan Cooper, Sarah Brown, Jessica MacDonald, Kelly Cave, Julia Bellon and Alex Dahnke. Adults on either side are Todd Smith (left), St. Elizabeth Community Hospital Chief Operating Officer; and Lori Raglin, RT (right), St. Elizabeth Imaging Center Coordinator.





# Mammograms: Digitally yours

**All** mammograms start the same way—with an X-ray of the breast. But a newer type, called a digital mammogram, processes images differently. It records and stores images on a computer instead of on X-ray film.

Digital mammograms still require compressing the breasts to get good images. But according to the American Cancer Society (ACS), they have some advantages over film.

## Viewing and sharing

After you have a mammogram, the images are analyzed by a radiologist. With digital mammograms, the radiologist can adjust the



Rebecca Dyson, MD  
Radiologist, Mercy Medical Center Mt. Shasta

images on the computer screen to get a better look. He or she can change the size, brightness or contrast to see certain areas more clearly. Some studies show that this

reduces the number of women who need to return for extra tests.

If the radiologist wants to send the images to your doctor or show them to another specialist, this can easily be done electronically. Managing images this way is similar to how digital photos can be viewed and shared.

Both film and digital mammograms work well at finding breast cancer. However, several studies show that digital images may be more accurate in women younger than 50 and in women with dense breast tissue, reports the ACS.

“Mercy Foundation North recently completed a campaign to bring digital mammography to Mercy Medical Center Mt. Shasta. This technology makes it easier for our radiologists to detect breast cancer at the earliest possible stage,” says Rebecca Dyson, MD, Radiologist, Mercy Mt. Shasta. “The equipment is the highest quality available and gives us the confidence

that we are providing the best possible care to our patients.”

## Safe and active

While all X-rays use radiation, the dose from both film and digital mammograms is very small. In fact, one mammogram delivers about the same amount of radiation as you get in three months from natural sources.

About half the mammograms done today are digital. But if you only have access to film mammograms, don't worry. Both types are very good at detecting breast changes early, when treatment works best. According to the ACS, women should begin having yearly mammograms at age 40.



To find out more about mammograms and breast cancer, visit the American Cancer Society at [www.cancer.org](http://www.cancer.org).



Schedule your mammogram at Mercy Medical Center Mt. Shasta or St. Elizabeth Community Hospital by calling 888.628.1948.





# Breast biopsies: The MRI advantage

**O**f all the tests that help spot breast cancer in its early stages, magnetic resonance imaging (MRI) is the most sensitive. It can detect malignancies that may not show



Patricia Hadley, MD  
Radiologist, Mercy  
Medical Center  
Mt. Shasta

up on mammograms or ultrasound. It is the only exam that can detect noncalcified ductal carcinoma in situ (DCIS), or the earliest stages of breast cancer.

This is why the American Cancer Society (ACS) advises women at high risk for breast cancer to schedule a yearly MRI scan along with a mammogram. High-risk women include those with a strong family history of breast cancer, those who have had biopsies showing atypia, and those with histories of radiation exposure or history of related malignancies.

Doctors can also use MRI while performing minimally invasive biopsies that leave women with little or no scarring. This type of biopsy is available at Mercy Medical Center Mt. Shasta, using ultrasound or MRI guidance, and will soon be available at St. Elizabeth Community Hospital in Red Bluff. These biopsies can be performed after an MRI screening if the results reveal something suspicious.

## Finding hidden tumors

MRI scans are radiation-free. They

use radio waves, strong magnets and a computer—not X-rays—to create highly detailed images of tissue inside the breast. With MRI, little or no compression is needed to visualize breast tissue.

“Physicians also have the ability to use the images during biopsies to pinpoint abnormal breast tissue and remove some of it for examination under a microscope,” explains Patricia Hadley, MD, Radiologist.

Guided by MR imaging, the radiologist inserts a needle into the area of concern to remove a small tissue sample. Biopsies can be done three ways: fine-needle aspiration, core needle biopsy and vacuum-assisted device. Local anesthetic ensures a relatively painless process.



To learn more about breast biopsies, visit the American Cancer Society at [www.cancer.org](http://www.cancer.org). To learn more about Dignity Health North State Imaging Services, call 888.628.1948.

Sources: American College of Radiology; Radiological Society of North America



Stop by the Mercy Mt. Shasta Imaging Center at Doctors Park or the St. Elizabeth Imaging Center to pick up a free **women's wellness planner**, while supplies last.

## Where to find breast MRI

Breast MRI services are available at Mercy Medical Center Mt. Shasta. St. Elizabeth Imaging Center has raised funds to add the breast MRI coil to its machine. To learn more about this campaign or to donate, visit [www.supportmercynorth.org](http://www.supportmercynorth.org) or call Sue Ampi, Mercy Foundation Development Officer, at 530.529.8016.





## Kathy's story of survival

An interview by Megan Mills

Kathy Hammond pauses for a photo on the trek up Mt. Whitney.

**When** I met Kathy, her smile was just about as bright as the hot pink running shirt and Nikes she wore.

"I like your shoes," I said.

"Oh yes!" Kathy exclaimed. "My trainer helped me pick these out. They are for walking, not running, but specially formed to be excellent for walking."

She said it all in one breath. I couldn't help but smile. You would never know by looking at Kathy—with her wavy brown hair, toned body and delightful demeanor—that not long ago she was fighting a battle no woman wishes to face.

### **A suspicious lump**

In summer 2010, Kathy, an intensive care nurse, was performing her monthly breast self-exam when she

felt something out of the ordinary—a lump situated between her breasts.

"I was concerned, but I had just had my mammogram a month ago, and nothing came up on the results," Kathy says.

She made an appointment with her doctor and a second mammogram was done. The results again returned nothing. Kathy underwent an MRI and a biopsy on the lump—and learned that she had breast cancer.

"I felt very small and helpless, but I was not surprised," she says. "Both my grandmothers, an aunt and a couple of cousins have had cancer. The reason the mammogram had not detected the lump was due to its location between the breasts. My experience proves just how important monthly breast

self-exams are. I joke now that the 'valley view' is important.

"I texted my husband following my appointment, 'I have breast cancer.' I wouldn't recommend texting bad news to your husband," Kathy says. "He came home from work just devastated. We spent the rest of the evening going through the education materials I had been given and talking about how we felt. It really helped to have this time with my husband to learn that there are options, there are treatments."

Kathy discussed her options with Michael Figueroa, MD, who works at Solace Cancer Care and is a member of the medical staff at Mercy Medical Center Redding (MMCR).

"He is a very kind, compassionate and honest man," Kathy says.



## Outpatient chemotherapy available at Mercy Regional Cancer Center

If you or a loved one has been diagnosed with breast cancer or any other type of cancer, Mercy Medical Center Redding's Regional Cancer Center offers an outpatient chemotherapy department. Designed with healing in mind, the area is conveniently located on the north side of the hospital campus with a beautiful view of Mt. Shasta. This center is staffed by experienced oncology nurses, specializing in the administration of chemotherapy and biotherapeutic agents.



Kathy Hammond and her husband, Bob, have committed to living a healthy lifestyle. Exercise has become a large part of their lives together.

She underwent surgery to remove the tumor on Aug. 2, 2010. Following her recovery from surgery, Kathy began chemotherapy treatments at MMCR's Outpatient Chemotherapy Center.

"I never missed an appointment," says Kathy. "I looked at taking care of myself as my job. Mercy's infusion center is top-notch. I got to know a lot of the nurses. They were always supportive."

**Into the valley and up to the peak**  
Even with the support of all those around her, the burden of cancer began to weigh Kathy down.

"I felt like I had lost confidence in myself," Kathy admits. "I felt sad.

I talked to Dr. Figueroa about my feelings. He drew me a diagram of a diagonal line that went from the bottom of the page to the top, but before it got to the top it had a dramatic drop down and then swirled around many times. Then he drew

another diagonal line as straight as a ruler. He said, 'A lot of people think reaching their goals should look like this,' while pointing to the straight line, 'but it really looks like this,' pointing to the first line he drew. That really stuck with me. I couldn't stop living life just because I had cancer. I had to get up every morning and do what needed to be done.

"One year after my surgery, on Aug. 2, 2011, I began working out," Kathy says. "I sought out a personal trainer, and I took one step at a time. I began losing the weight I had gained and started to regain my confidence."

Kathy had conquered one of life's deepest valleys, the one we call

cancer, and was ready to climb her way to the peak.

"My husband and I decided we were going to summit a mountain. Mt. Whitney has the highest peak in the continental United States, so that became our goal," Kathy says.

After months of training, Kathy and her husband, Bob, climbed Mt. Whitney together.

"Cancer has given me a new perspective on life," says Kathy. "I go up to people I see with cancer and talk to them now. I no longer wait until tomorrow to start doing the things I want to do."



# Women's Health

BREAST CANCER AND ONCOPLASTIC SURGERY

## Technique helps conserve breast tissue

**Surgery** to remove a cancerous tumor from your breast may save your life. However, it may also change the appearance of your breast, giving a poor cosmetic result. That's why breast cancer surgeons consistently work to preserve both your health and the appearance of your breasts.

One surgical method, oncoplastic surgery, employs techniques that combine breast-sparing tumor removal with plastic surgery.

### How it works

With oncoplastic surgery, the surgeon first performs a lumpectomy or partial mastectomy. The initial goal is to remove the entire tumor, along with a small rim of surrounding breast tissue, while preserving normal breast tissue. Once the tumor is removed, the next goal is to reposition the remaining breast tissue to fill in the resulting defect.

“The role of oncoplastic surgery is to make the breast look as cosmetically pleasing as possible and still provide a surgical cure,” says Julie Conyers, MD, General Surgeon. “In some cases, the healthy breast will also be reshaped during the operation. This

ensures that both breasts are similar in size and shape.”

### Who is a candidate for the surgery?

Most women who can have breast-sparing surgery are also candidates for oncoplastic surgery. New techniques have extended breast conservation surgery to women who previously would not have been eligible. Depending on the size and position of the tumor, surgery is tailored to each woman's needs.

Dr. Conyers recently joined the medical staff of Mercy Medical Center Mt. Shasta. She is certified by the American Board of Surgery and provides oncoplastic surgical techniques for women in the North State.



For a comprehensive list of Dignity Health North State breast reconstruction surgeons in your area, call 888.628.1948.

Sources: American Society of Plastic Surgeons; American Cancer Society; Annals of Surgery, Vol. 237, No. 1; International Journal of Breast Cancer, Vol. 2011, Article ID 303879, doi:10.4061/2011/303879



Julie Conyers, MD  
General Surgeon,  
Mercy Medical  
Center Mt. Shasta



# Look Good...Feel Better

**Melina** Robison has dedicated her healthy and cancer-free life to creating “me time” for female cancer treatment patients.

“Cancer is a surreal experience. Everyone asks you how you feel, how you are doing. It’s nice to have a few hours to indulge in feeling better,” Robison says.

“Look Good...Feel Better” is a free program through the American Cancer Society (ACS) that helps female cancer patients take control of their appearance and approach their disease with greater confidence.

“Oftentimes the women in our group share different resources and network about services that are available—women leave feeling empowered,” Robison says.

Robison has dealt with breast cancer three times in seven years, but she rarely takes the group’s time to share her story. Instead, she works with the certified cosmetologist to experience the joy of seeing participants open their gift bags and learn how to use the donated cosmetics and beauty supplies. The two-hour sessions engage four or more women at a time and take place every other month in

a room donated by St. Elizabeth Community Hospital.

“When I went through the program several years ago, I attended in Redding,” Robison says. “I thought it would be nice to bring the program to Tehama County, as cancer patients can find it difficult to drive or find transportation.”

Robison works closely with ACS Regional Director Cindy Bahl. According to the ACS, studies have shown that the appearance-related effects of cancer treatment can significantly affect patients’ lives.

“I like being a part of transitioning their treatment into a treat—just for them,” Robison says.



For more information, call 800.395.LOOK (800.395.5665) or visit [www.lookgoodfeelbetter.org](http://www.lookgoodfeelbetter.org).

## Living Better with Cancer Support Group

Mondays,  
10 a.m. to Noon  
Mercy Medical Center  
Redding board room  
or the Floyd Morgan  
Family Cancer  
Resource Center.  
Call **530.225.7479** for  
more information.

“Look Good...  
Feel Better”  
is also offered  
in Redding at  
the American  
Cancer  
Society  
Discovery  
Shop at  
2961 Churn  
Creek. Call  
**800.227.2345**  
to learn more.

HOPE

WISHES

DREAMS



## da Vinci® robotic surgery on duty in the OR



### Benefits for the patient

Although it's not suitable for every procedure, the da Vinci® Surgical System allows surgeons to perform complex operations through incisions the size of a dime. The smaller openings benefit the patient with:

- Less pain, scarring and blood loss

- Faster recovery

- A shorter hospital stay

- A lower risk of infection

The da Vinci surgical system can be used for a variety of operations.

To date, gynecologic and urologic procedures are being performed by surgeons using the da Vinci system at Mercy Medical Center Redding.

**In** medical matters, bigger isn't always better. From pills to needles, we'll take the smallest we can get.

That's also true of surgical incisions. And the very smallest incisions are likely to come when a doctor uses the da Vinci Surgical System—among the latest in robotically assisted minimally invasive surgery.

Minimally invasive surgery is a technique that lets a doctor operate through a series of tiny openings instead of one larger incision. Smaller incisions come with potential benefits for the patient, such as less discomfort and a quicker recovery.

Until recently, minimally invasive procedures were mostly used for simpler operations, according to the *Journal of Minimal Access Surgery*. The da Vinci system changed that. Now, even complex surgeries can be done using this system.

### Picturing da Vinci

The da Vinci system is a computer-enhanced surgical tool that has two main parts: a cart and a console.

The cart stands next to the patient. It features up to four robotic arms. Three can be fitted with a wide array of surgical instruments, and the fourth is equipped with a sophisticated 3-D camera.

A few feet away, the surgeon sits at the console. Using precision forceps-like controls, he or she manipulates the robotic arms. The doctor's every hand, wrist and finger movement is translated to the surgical instruments inside the patient. Every action is directly controlled by the surgeon. The robotic arms cannot be programmed to move on their own.

While the surgeon works, he or she views the operation on a magnified, high-resolution screen.

Mercy Medical Center Redding has surgeons who are highly trained in using the da Vinci Robotic Surgical System for gynecologic and urologic procedures.



For more information, visit our website: [redding.mercy.org](http://redding.mercy.org). To find a da Vinci Robotic surgeon at Mercy Medical Center Redding, call: 530.225.7779.



# Reduce your cancer risk

By Elaine Patterson, RD

**Each** year, about one-third of all cancer deaths are attributable to lifestyle choices. Paying attention to your diet, weight and activity level will increase your odds of preventing cancer.

## What can you do?

Eat healthy, with an emphasis on plant foods, such as fruits, vegetables, beans and whole grains. Aim for 2 to 3 cups of vegetables and fruits every day.

Limit refined, high-sugar and high-fat foods such as chips, creamy sauces, dressings, ice cream and high-calorie drinks. Choose more fish, chicken, turkey and legumes. Limit red meat and avoid processed meats such as sausage, ham, lunch meats and hot dogs.

## Control your weight

To reduce cancer risk, most people need to keep their body mass index, a score based on height and weight, below 25. If you are overweight or obese, losing even a small amount of weight brings health benefits.

## Limit alcohol

Evidence suggests that all types

of alcoholic drinks may increase your risk of a number of cancers, including cancer of the mouth, esophagus, breast and colon. Alcohol is considered more harmful when combined with smoking. If consumed at all, limit alcoholic drinks to two per day for men and one per day for women.

## Consume less salt

Besides affecting blood pressure, eating too much salt increases your risk of stomach cancer. Read food labels to learn exactly how much sodium is in a product. Limit yourself to 2,400 milligrams a day.

## Be physically active

An active lifestyle may reduce the risk of cancer. Being active also helps prevent weight gain and obesity, which may in turn reduce the risk of developing cancers that have been linked to excess body weight.



Nutrition counseling is available at our facilities. Please request a referral from your physician. Need a physician? Go to [www.mercy.org](http://www.mercy.org) and select the hospital campus closest to you, then go to our "Find a Doctor" page—or call 888.628.1948.



Elaine Patterson, Registered Dietitian, Mercy Medical Center Mt. Shasta.

## Cancer care, close to home

The Cancer Center at Mercy Medical Center Mt. Shasta provides comprehensive surgical, radiation and medical treatment for cancer, allowing area residents to remain close to home when receiving treatment.

Mercy Medical Center Redding's Regional Cancer Center has a dedicated 16-bed area, the Ida C. Emerson Oncology Unit, which provides inpatient and outpatient services by skilled surgeons, pathologists, medical oncologists, radiation oncologists and specialized nurses right here in our community.



# calendar of events



### Light Up a Life Celebration—Mt. Shasta

Thursday, Dec. 6, 5 p.m.

At the Hospice Tree in front of the hospital

Mt. Shasta Hospice 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.

### Childbirth Class

Tuesdays, Jan. 8, 15 and 22—for babies due in February and March

6 to 9 p.m.

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

### Type 2 Diabetes Support Group

Second Thursday of each month

5:30 to 7 p.m.

Mt. Shasta Community Resource Center

There is a topic discussed each month.

No registration needed—just drop in. Call 530.926.1400 to learn more.

### Individualized and Group Activities for Type 2 Diabetes

Please call McCloud Healthcare Clinic for more information at 530.964.2389.

### 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.



You can call 530.225.7779 or 888.628.1948 to register for all classes offered at Mercy Medical Center Redding (MMCR). Seating is limited, and registration is strongly encouraged.

### Advance Health Care Directive Class

Monday, Nov. 19

3 to 5 p.m.



### Light Up a Life Celebration—Redding

Sunday, Dec. 2

2:30 p.m.

MMCR lower level auditoriums

MMCR Hospice invites you to attend this annual event to honor loved ones and celebrate the lives of those who have passed away. The program of music, readings and prayer culminates with the lighting of the Tree of Life.

### Spine Surgery Pre-Operative Class

Mondays, Dec. 3, Jan. 7

6 to 8 p.m.

Thursday, Jan. 24

Noon to 2 p.m.

### Living Well with Diabetes

Mondays, Dec. 3 and 10

6 to 8 p.m.

### Look Good...Feel Better

Monday, Dec. 10

2 to 4 p.m.

Call 800.227.2345 to register.

### Total Joint Replacement Wellness Class

Thursdays, Dec. 13, Jan. 10

Noon to 2 p.m.

Monday, Jan. 28

6 to 8 p.m.

### Life Line Screening

Monday, Jan. 28

9 a.m. to 4 p.m.

Call 800.690.6313 for appointment times. Fee applies.

### Maternal Child Education Classes

We offer a wide variety of prenatal classes, including:

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

Please call 530.225.7779 to register, or register online at <http://redding.mercy.org>

### Quit for Good Smoking Cessation

6 to 8 p.m.

Call 530.225.7779 for upcoming classes.

### Type 1 Diabetes Support Group

Second Saturday of each month

Please call 530.275.2708 or visit the website, [www.ncdiabetesgroup.org](http://www.ncdiabetesgroup.org)

### Living Better with Cancer Support Group

Mondays, 10 a.m. to Noon

Floyd Morgan Family Cancer Resource Center

Call 530.225.7479 for more information.

### Grief and Loss Support Groups

Call Emily at 530.245.4070 to learn more.

Classes and support groups are free unless otherwise noted.





**Look Good...Feel Better**

Monday, Nov. 26  
10 a.m. to noon  
Call 800.227.2345 to register.

**Diabetes Education**

Wednesday, Nov. 28  
12:30 to 4:30 p.m.  
Coyne Center-Columba Room, SECH  
Registration is required—call 530.529.8026

**Light Up a Life Celebration—Red Bluff**

Thursday, Dec. 13  
7 p.m.  
Coyne Center-Columba Room, SECH  
St. Elizabeth Hospice invites you to attend this annual event—culminating in the lighting of the Tree of Life—to honor loved ones and celebrate the lives of those who have passed away.

**Diabetes Support Group**

First Monday of each month  
6:30 to 8 p.m.  
Coyne Center-Columba Room, SECH  
No need to register.

**Cardiac Support Group**



7 to 8:30 p.m.  
Coyne Center-Columba Room, SECH  
No need to register.

**Basic Life Support/CPR classes**

Please call 530.529.8026 for class dates and to register. \$45 fee.

**Grief Support Group**

Thursdays, 3 to 5 p.m.  
Call 530.528.4207



## About Dignity Health North State

The Dignity Health North State hospitals—Mercy Medical Center Redding, Mercy Medical Center Mt. Shasta 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 were honored with Avatar International's 2011 Exceeding Patient Expectations Award. Mercy Medical Center Redding has received National Research Corporation's Consumer Choice Award for four consecutive years. Mercy Medical Center Mt. Shasta has been recognized as a Top 100 Critical Access Hospital in the Nation by the National Rural Health Association. St. Elizabeth Community Hospital has been named a Thomson Reuters 100 Top Hospital in the Nation for six consecutive years—an honor no other hospital in California has achieved.

Dignity Health North State also offers a broad array of outpatient services and the senior services of the Golden Umbrella Adult Day Health and Shasta Senior Nutrition Programs.





Dignity Health

North State

2175 Rosaline Ave.  
Redding, CA 96049

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Need a  
doctor?

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