



PEP is following the SCC guidelines based on California's Blueprint for a Safer Economy. To do this, we are offering a mix of VIRTUAL-LIVE and IN-PERSON Classes

pep

CLASSES

FROM DOMINICAN HOSPITAL

JANUARY—JUNE
2021

Your Resource for Community Health & Wellness Education

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REGISTRATION & PROGRAM DIRECTORY

How to register

Online Registration: dignityhealth.org/dominican/pep
Phone-in Registration: Call 831.457.7099, 9 a.m.–4:30 p.m., Monday–Thursday
Mailing Address: PEP - Community Wellness Education
 Dominican Hospital
 1555 Soquel Drive, Santa Cruz, CA 95065

Registration: Advanced registration is required for all classes. Please register at least two days before class starts as classes may be canceled due to low enrollment.

Refund policy: Please read prior to registration: Classes canceled by PEP will be refunded in full. Classes that do not meet their minimum enrollment will be canceled 24–48 hrs before class starts.

Office Hours: Monday–Thursday, 9 a.m.– 4:30 p.m.

Closed for the following dates: Jan 18th, Martin Luther King Jr
 Feb 15th, President's Day
 April 5-9, Spring Break
 May 31st, Memorial Day

The PEP Office is located at Dominican Rehabilitation Services, 610 Frederick St. Santa Cruz

Program directory

Class Registration: 831.457.7099
Class Proposal Information: Terri.Primavera@DignityHealth.org & Juliette.Espiritu@DignityHealth.org
PEP Office: 831.457.7099
Lifestyle Management Program: 831.457.7077
Katz Cancer Resource Center: 831.462.7770
Total Joint Care / Back & Neck: Margaret.Gniewosz@DignityHealth.org or 831.462.7597



PRESIDENT'S NOTE: PEP



PEP is here for you! Classes are held VIRTUAL-LIVE and IN-PERSON!

We are following CDC/STATE/SCC guidelines for COVID-19 precautions.

Dear Community Members,

Happy New Year! As we continue to grapple with the COVID-19 pandemic, we have been working hard to slowly reintroduce our PEP classes after the initial closure in March. The safety of our patients and staff is always our first priority, and while we strive to enhance the health of our community through our class offerings, we have been extremely cautious and diligent to reduce any risk of community spread.

PEP is offering many educational classes via the online platform Zoom, and although we do miss seeing you in person we feel that this is the second best way to provide important health information. PEP has been offering both VIRTUAL-LIVE and IN-PERSON exercise classes, and in some cases, a mix of both. We understand that all of you have different needs, situations and priorities, and our goal is to provide a variety of options for you.

For VIRTUAL-LIVE, please follow safety precautions, including having an exercise buddy at home and clearing a safe place to exercise. For IN-PERSON, we have developed an extremely thorough protocol to keep you safe. All of the PEP



BY NANETTE MICKIEWICZ, MD

classes are limited in size to reduce the number of people in the gym, and everyone is screened for symptoms and temperature before entering the building. During the class all participants will have their own spacious, sanitized exercise “zone” which includes their equipment. All participants and staff are required to wear a mask upon entering the building and during the sessions. In addition, staff are required to wear eye protection, and are health screened and temperature checked daily.

Please check our website, dignityhealth.org/Dominican/pep for the most up-to date class times and for class registration. You may also call our office, at (831) 457-7099 if you have any questions.

We hope to see you on line or in class soon, please stay healthy and safe!

Nannette Mickiewicz, MD

President/CEO, Dominican Hospital








We've Made Some Changes!

Check out our website!

dignityhealth.org/Dominican/pep

Register for classes through our new and improved software system!

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To help you we've categorized each class with the following symbols:



Mind Body



Total Joint



Improving
Neurological
Function



Back And Neck



Heart Health



Freedom from Smoking

VIRTUAL-LIVE



Freedom from Smoking is the American Lung Association program designed for adults who want to quit smoking. This program has helped hundreds of thousands of smokers quit for good, it emphasizes understanding the psycho-social and behavioral aspects of nicotine addiction and methods to 'kick the habit.' A supportive group atmosphere is led by Dominican Hospital respiratory therapists. 8 sessions

Instructor: Cheryl Bezucha, BHSRT
Class fee: \$85, No fee for Medi-Cal Recipients
Class code: FFS

4-5:30 pm
Tuesdays: Feb 2-Mar 16 & Thu Feb 25th
Tuesdays: Apr 6-May 18 & Thu Apr 29th

Achieving Immune Resilience with the 8 Foundations of Health –

VIRTUAL-LIVE



Learn why a strong immune system is more important now than ever before, and what you can do about it. 90% of illnesses are due to lifestyle choices and can be fixed when applying the 8 foundations of health; it can bolster your immunity naturally to live the life of wellness that you desire. Take charge of your health with the information and action steps provided in this virtual class. 1 session

Instructor: Carol Shwery, DC, CCN
Registration fee: \$15
Class code: E8FH

Tue 5/18, 6:30-8pm

Medicare 101– VIRTUAL-LIVE



Whether you're turning 65 or helping a family member navigate the system's complexities, understanding Medicare can be overwhelming. At this virtual seminar, a registered HICAP counselor will help demystify:

- The A, B, C's (and D) of Medicare
- When and how to enroll
- Supplementing Medicare
- Choosing a drug plan
- Original Medicare vs. Medicare Advantage

Health Insurance Counseling and Advocacy Program (HICAP) counselors provide complete, accurate, unbiased information on Medicare. Counselors are highly trained and registered with the California Department of Aging. HICAP is not associated in any way with insurance companies, products, or agents. HICAP of Santa Cruz and San Benito Counties is a program within Senior Network Services, a community-based non-profit organization. Class may be repeated. 1 session

Instructor: Pamela King & William Proudfoot
Class fee: No charge to participate
Class code: MCARE

Thu 1/28, 6:30-8:30pm
Wed 2/3, 6:30-8:30pm
Wed 3/31, 6:30-8:30pm
Thu 4/8, 6:30-8:30pm
Thu 5/27, 6:30-8:30pm
Wed 6/2, 6:30-8:30pm

Healthy Bones: A Holistic Approach to Osteopenia and Osteoporosis –VIRTUAL-LIVE



If you are diagnosed with osteopenia or osteoporosis or have a family history then this virtual class will proactively teach you how to manage your bone health. The pillars of bone health include targeted nutrition, proper supplementation, specific exercises and other lifestyle choices with emphasis on stress reduction. 1 session

Instructor: Marianne Benforado, L.Ac.
Class fee: \$15
Class code: HB

Sat 3/27, 10-11:30am

New options for weight loss in Santa Cruz County at Dominican Hospital

Including exercise classes, support groups, nutritional consults, and surgery.

To find out more about our programs and community educational seminars
808-637-3221



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Emotional Eating; Stress and Your Weight – VIRTUAL-LIVE



Stress and emotional eating can cause the pounds to pile on and lessen your ability to lose weight. Learn some useful strategies and techniques for better managing your emotions for a healthier body. 1 session

Instructor: Melissa DeVera, RD, CWC, CLT
Class fee: \$20
Class code: SAYW

Wed 2/3; 3/3; 4/7; 11am-12noon

Reducing Inflammation with Diet VIRTUAL-LIVE



Do you suffer from a painful inflammatory condition? Our registered dietitian will teach you virtually what foods can help lower inflammation and what foods are considered pro-inflammatory. 1 session

Instructor: Melissa DeVera, RD, CWC, CLT
Class Fee: \$ 20
Class code: RI

Wed 2/10; 3/10; 4/14, 11am-12noon

Immunity, Stress and Inflammation – VIRTUAL-LIVE



Learn why a strong immune system is more important now than ever before, and what you can do about it. Please join this virtual class as we continue to ride the wave during this health and healthcare crisis. It's a perfect time to learn what you can do today to bolster your health immune system and have the most resilient body you can imagine. Learn how stress affects the adrenals, the hormone cortisol and inflammation and how they directly affect the body's ability to have a strong immune system. Discover which foods, nutrients and lifestyle solutions can help bolster your immunity today. 1 session

Instructor: Carol Shwery, DC, CCN
Registration fee: \$15
Class code: ISAI

Tue 1/19, 6:30-8pm

Immune Rejuvenation, Hormones and Leaky Gut – VIRTUAL-LIVE



Please join this virtual class as we continue to ride the wave during this health and healthcare crisis. It's a perfect time to learn what you can do today to bolster your health immune system and have the most resilient body you can imagine. This virtual class will show you the potential root causes of the weakened immune system, and how hormones and a leaky gut can contribute to that weakening. Learn which foods, nutrients and lifestyle choices can help you bolster your immunity. 1 session

Instructor: Carol Shwery, DC, CCN
Registration fee: \$15
Class code: IRHLG

Tue 3/23, 6:30-8pm

Prediabetes: What You Need to Know – VIRTUAL-LIVE



Have you been told you have prediabetes? Did you know that most people who develop type 2 diabetes had prediabetes first? The good news is, if you have prediabetes you can prevent or delay the development of type 2 diabetes with proven lifestyle changes. Come meet virtually with our diabetes educators to learn more about the steps you can take. 1 session

Instructors: Sherri Harrell, RD, CDE and Stacy James-Ryan, RN, CDE
Class fee: \$20
Class code: PD

Tue 5/4, 3-5pm

Aging Well – VIRTUAL-LIVE



Staying healthy and feeling your best is important at any age. Science is now proving that lifestyle choices can be as important as genetics when it comes to aging well. This virtual class will focus on building healthy habits that can give you a boost of energy and vitality. Nutrition, exercise, community, mindset, and stress level-it all has an effect on how fast or slow your body ages. Learn simple ways to keep your mind and body tuned up!

Instructor: Marianne Benforado, L.Ac.
Class fee: \$15
Class code: AW

Sat 2/13, 10-11:30am

Mindfulness Stress Reduction Program – VIRTUAL-LIVE



This virtual program is designed for people experiencing stress and complements management of illness and chronic pain. It consists of training in mindfulness meditation, yoga, and group support. It is modeled after Jon Kabat-Zinn's UMass program. Participants learn life-long tools to promote wellness, even in the midst of stress, pain and illness.

Instructors: Bob Stahl, Ph.D, Jan Landry, BA, Carol Morgan, MA, Tammie Rose, MA
Class fee: \$375 Returning participant fee:\$275
Materials fee: \$25
\$25 for 24 CEU's for MFT, LCSW, LPCC & LEP, Provider CAMFT #136535 \$25 for 24 CEU's for RN's, Provider #CEP15967

Each session includes eight 2.5 hour classes and one all-day retreat. Choose from:

Thu 1/14-3/4, 1-3:30pm
Thu 1/14-3/4, 7-9:30pm
All-Day Retreat: Sun 2/21, 9:30am-4:30pm

Tue 2/16-4/6, 10am-12:30pm
Tue 2/16-4/6, 7-9:30pm
All-Day Retreat: Sat 3/27, 9:30am-4:30pm

Thu 3/25-5/13, 1-3:30pm
Thu 3/25-5/13, 7-9:30pm
All-Day Retreat: Sun 5/2, 9:30am-4:30pm

Tue 4/27-6/15, 10am-12:30pm
Tue 4/27-6/15, 7-9:30pm
All-Day Retreat: Sat 6/5, 9:30am-4:30pm

Thu 6/3-7/22, 7-9:30pm
All-Day Retreat: Sun 7/11, 9:30am-4:30pm



Intermediate Exercise for Parkinson's – IN-PERSON



This intermediate level class is designed to improve functional mobility in individuals living with Parkinson's. The class includes many exercises designed specific for those living with Parkinson's and specifically includes PWR exercises. Participants should be able to get up and down from the floor and walk 100 feet independently without an assistive device. Please call to register. 4-5 sessions

Instructors: Dominican Physical Therapy Staff
Class fee: \$28-35
Class code: IE4P

Monthly Classes:
Tuesdays 10-10:50

Advanced Parkinson's VIRTUAL-LIVE



This advanced level virtual class is a progression of the Intermediate class. Participants must be able to walk 100 feet independently without an assistive device. Please call to register. 4-5 sessions

Instructors: Dominican Physical Therapy Staff
Class fee: \$28-35
Class code: APV

Monthly classes:
Tuesdays: 9-9:50
Thursdays: 9-9:50



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Senior Strength and Exercise

IN-PERSON



This mixed level class is designed to help improve one's flexibility, strength, and general mobility. This class includes fun strengthening training, aerobic training, balance specific exercises, and functional mobility exercises. Participants should be able to walk 600 feet independently without an assistive device. Please call to register. 4-5 sessions

Instructor: Dominican Physical Therapy Staff
 Class fee: \$28-35
 Class code: SSE

Monthly Classes:

Mondays: 9-9:50 , 10-10:50 ,11-11:50

Tuesdays: 11-11:50

Wednesdays: 9-9:50, 10-10:50, 11-11:50

Thursdays: 10-10:50, 11-11:50, 12-12:50





Total Body Conditioning-Cardio – VIRTUAL-LIVE



Looking for a fun, home-based, workout routine in the safety of your home or office? This virtual class is for you! Follow along and be coached by RFC certified personal trainers in this challenging and effective functional program. This 30 minute cardio focused class can be taken separately or combined with the TBC-Strength Training class that precedes this class. 12-13 sessions

Instructor: Rocky's Fitness Staff
Class fee: \$120-130
Class code: TBCC

Tue 1/5-3/30, 6-6:30pm
Thu 1/7-3/25, 6-6:30pm

Tue 4/6-6/29, 6-6:30pm
Thu 4/1-6/24, 6-6:30pm

Total Body Conditioning-Strength Training

VIRTUAL-LIVE



Looking for a fun home-based workout routine in the safety of your own home or office? This class is for you! Follow along and be coached by FRC certified personal trainers in this challenging and effective functional program. This 30 minute strength training focused calss can be taken separately or combined with the TBC-Cardio class that follows this class.

Instructor: Focky's Fitness Staff
Class fee: \$120-130
Class code: TBCCS

Tue 1/5-3/30, 6:30-7pm
Thu 1/7-3/25, 6:30-7pm

Tue 4/6-6/29, 6:30-7pm
Thu 4/1-6/24, 6:30-7pm



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Elementary PE – VIRTUAL-LIVE



Students experience the building blocks of human movement: balance, accuracy, coordination, hopping, skipping, jumping and bounding. Minimal equipment needed; only some simple household items and a child's imagination! 12-13 sessions

Instructor: Rocky's Fitness Staff
Class fee: \$120-130
Class code: EPE

Tue 1/5-3/30, 2-2:30pm
Thu 1/7-3/25, 2-2:30pm

Tue 4/6-6/29, 2-2:30pm
Thu 4/1-6/24, 2-2:30pm

Middle School PE – VIRTUAL-LIVE



This PE class focuses on movement literacy for kids grades 6th to 8th. Participants will learn basic anatomy while exercising with 3 dimensional movements. Minimal equipment needed. 12-13 sessions

Instructor: Rocky's Fitness Staff
Class fee: \$120-130
Class code: MSPE

Tue 1/5-3/30, 2-2:30pm
Thu 1/7-3/25, 2-2:30pm

Tue 4/6-6/29, 2-2:30pm
Thu 4/1-6/24, 2-2:30pm

High School PE – VIRTUAL-LIVE



Physical education means students will be educated about their physical body. They will not be competing in sports or other competitions. Every Student will gain greater awareness of their individual ability and are given tools to improve overall performance. 12-13 sessions

Instructor: Rocky's Fitness Staff
Class fee: \$120-130
Class code: HSPE

Tue 1/5-3/30, 3-3:45pm
Thu 1/7-3/25, 3-3:45pm

Tue 4/6-6/29, 3-3:45pm
Thu 4/1-6/24, 3-3:45pm





TAI CHI FOR HEALTH PROGRAM

Tai Chi is a gentle form of exercise that has been found to be beneficial for improving balance, flexibility, strength, endurance, and overall well-being. The instructor will be able to provide modifications as needed for physical ability and age. Students should be able to walk without assistive devices to participate in these classes.



Beginning Tai Chi/Qi Gong

VIRTUAL-LIVE



This virtual class includes Qi Gong warm-ups, concentration practice and instruction in the Tai Chi for Arthritis Form. Tai Chi is a gentle form of exercise that improves balance, strength, endurance and overall well-being. Modifications in practice are incorporated as needed for students. This virtual class is recommended for students who do not need assistive devices for mobility. Students must be in full view of the instructor so she can provide adequate instructions and feedback. 6 sessions

Instructor: Grace Sanchez, OT/L, Tai Chi for Health Instructor, Certified Instructor of Internal Arts
Class fee: \$75
Class code: BTC

Mon 1/4—2/22, 9:30-10:45am
No class 1/18, 2/15
Mon 3/1-4/5, 9:30-10:45am
Mon 5/17-6/28, 9:30-10:45am
No Class 5/31

Tai Chi/Qi Gong: Yang Form

VIRTUAL-LIVE



This virtual class is recommended for students who have completed Advanced Tai Chi/Qi Gong. This class will include Qi Gong warm-ups, concentration practice, and instruction in the Yang 24 Form. In order to learn the entire form students must take consecutive classes over a period of 12-18 months. This virtual class is recommended for students who do not need assistive devices for mobility. 7-8 sessions

Instructor: Grace Sanchez, OT/L, Tai Chi for Health Instructor, Certified Instructor of Internal Arts
Class fee: \$105-120
Materials fee: \$2
Class code: YF

Wed 1/6-2/24, 9:30-11am
Wed 3/3-4/28, 9:30-11am
No class 4/7
Wed 5/19-6/30, 9:30-11am

Tai Chi/Qi Gong-Sun 73 Form

VIRTUAL-LIVE



This virtual class is recommended for students who have completed the Beginning through Advanced Tai Chi/Qi Gong series. This virtual class will include Qi Gong warm-ups, concentration practice, and instruction in the Sun 73 Form. In order to learn the entire form students must take consecutive classes over a period of 24-36 months. This virtual class is recommended for students who do not need assistive devices for mobility. 7-8 sessions

Instructor: Grace Sanchez, OT/L Tai Chi for Health Instructor, Certified Instructor of Internal Arts
Class fee: \$105-120
Materials fee: \$2
Class code: SUN73

Tue 1/5-2/23, 9:30-11am
Tue 3/2-4/27, 9:30-11am
No class 4/6
Tue 5/18-6/29, 9:30-11am



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Yoga for Stress - VIRTUAL-LIVE



Reduce stress, depression, and anxiety with yoga postures, movement, breath work, and meditation in this virtual class. No previous yoga experience necessary. Feel better living in the moment.
4-12 Sessions

Instructor: Constance Kreemer, MS
Class fee: \$40-120
Class code: Y4S

Mon 1/4-1/25, 10:30-11:30am
Mon 2/22-3/29, 10:30-11:30am
Mon 4/5-6/28, 10:30-11:30am,
No class 5/31



All support groups are funded by Dominican Hospital and offered at no charge to participants.



Better Breathers Pulmonary Support Group

VIRTUAL-LIVE



This virtual program offers education and support for adults with chronic lung disorders, their families and caregivers. The group is coordinated by Dominican's Pulmonary Rehabilitation Program and is open to the community. No registration required. Call (831) 457-7077 for more information.

Facilitator: Respiratory Therapist/Registered Nurse
Fee: Free of charge to participate
Funded by: Dominican Hospital

Dates: 1/14, 2/11, 3/11, 4/8, 5/13, 6/10

Time: 1:30-2:30pm

Location: Virtual online Zoom Meeting

To Join Virtual Zoom Meeting go to ADDRESS BELOW:

<https://CommonSpirit-VirtualCareAnywhere.zoom.us/j/97714964129?pwd=ZmIGUEpBVUZnRGJvZXNMWHBFNndFZz09>

Meeting ID: **977 1496 4129**
Password: **890287**

Dial by your location for phone only:
1-669-900-6833 US (San Jose)

Find your local number: <https://CommonSpirit-VirtualCareAnywhere.zoom.us/u/abAMZ27i6i>

Lymphedema Education & Support Group

VIRTUAL-LIVE



This educational and supportive group welcomes men and women with lymphedema and their friends and families. For more information contact Katz Center at (831) 462-7770.

Facilitators: Certified Lymphedema Therapists
Location: ZOOM

Wednesday, 1/3, 3/10, 5/12 6-8 p.m.

Heart Connections: A Heart Health Support Group- VIRTUAL-LIVE



A peer support group for individuals making lifestyle changes that support heart health. A safe place to share ideas and find solutions. The group is coordinated by Dominican Hospital's Cardiovascular Services and Center for Lifestyle Management and is open to the community. All meetings are currently being held online. No registration required. Please call (831) 457-7077 for more information.

Monday, 1/11, 2/8, 3/8, 4/12, 5/10, 6/14 6-7 p.m.

Tuesday, 1/19, 2/16, 3/16, 4/20, 5/18, 6/15 2-3 p.m.

Chronic Illness Support Group



Expressing yourself with simple art, such as a doodle, can help your ability to cope with a chronic illness. Sharing your art with others helps create community and caring. Only tools necessary are pencil and paper. Register at our website or call (831)457-7099.

Wednesdays 2/5-3/11; 5/6-6/10 3-4:30pm

Wheel Chair Support Group



Come check out this monthly peer support group for those living "life on wheels". This group is geared towards connecting people utilizing manual and power wheelchair mobility. It will serve as a place to share resources, receive education, and engage in discussion amongst peers and community guest speakers alike. Let's get rolling! Contact Elisabeth.Brown@Kindred.com for more information

5-6:00 pm
January 27th
February 24th
March 31st
April 28th
May 26th



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Breastfeeding Support

IN-PERSON



Dominican Hospital is recognized as a Baby-Friendly Hospital™ and prioritizes breastfeeding, skin-to-skin contact, and provides a weekly Latch Clinic. We provide information and resources for common concerns, as well as latch and positioning assistance, from an International Board Certified Lactation Consultant. A Baby Weigh® Scale is also available when in person. The Dominican Hospital Breastfeeding Support Clinic is FREE and open to the community, regardless of where you gave birth! Call the Lactation Warm Line at 831.462.7862 for more information.

Funded by: Dominican Hospital
Location: Dominican Rehab Latch Clinic
610 Frederick Street
Santa Cruz, CA 95062

Wednesday, 10am-12noon.

Taking Care Of Mama – VIRTUAL-LIVE



A virtual opportunity for pregnant and new moms to connect and gain support during these challenging times. All are welcome at no cost - Join one meeting or join all. To receive registration link or more info contact: Barbara Sheehy at (415) 544-2395 or Barbara.Sheehy@DignityHealth.org

Tuesdays, January-April 2021
2:00-2:45 pm (PST)
3:00-3:45 pm (MST)

New Moms' Support Group

VIRTUAL-LIVE



An opportunity for new moms and babies to get together virtually, meet other new moms, and discuss common concerns. Call (831) 462-7862 for more information. Open to the community regardless of birthplace.

Facilitator: Journey Revington, CNM, WHNP

Wednesday, 11:30 a.m.–1 p.m.

Prenatal Support – VIRTUAL-LIVE



Congratulations on your upcoming baby! Please join us to connect and share your feelings, enjoy a Mindfulness Meditation exercise, and learn about latest updates of the local Prenatal community offerings to keep you feeling connected and supported during this special time in your life.

Facilitator: Journey Talkovic, CNM, WHNP

Funded by: Dominican Hospital
Fee: No charge to participate

Tuesdays, 5:30-7 p.m.

Car Seat Safety Checks at Dominican Hospital

Did you know that three out of four car seats are installed incorrectly?

Thanks to the support of the Dominican Hospital Foundation, **families giving birth at Dignity Health Dominican Hospital** are offered free individual car seat fittings so that you can go home safely. Our certified car seat technicians will visit you to schedule a car seat check or to give you more information about car seat safety.

All car seats are checked by certified technicians who will:

- Inspect, educate, and help families install the car seat correctly prior to discharge.
- Ensure the car seat has not been recalled by the manufacturer.
- Demonstrate how to install and use the car seat.
- Instruct how to correctly place a child in the car seat.



 **Dignity Health.**
Dominican Hospital



Online Baby Sign Language Introductory Workshop

VIRTUAL-LIVE



This virtual 90-minute workshop gives parents the opportunity to learn how sign language helps babies communicate effectively long before they can verbalize their wants and needs. Signing with babies has been proven to help accelerate language development, reduce frustration, enhance a child's self-esteem and deepen the bond between parent and child. This workshop is based on American Sign language (ASL). You will learn about the latest research and how to teach your baby to sign. Fun activities and songs will show you how easy it can be to integrate more than 20 simple signs into everyday routine. Recommended for babies from birth to 18 months. Expectant parents are welcome. Grandparents and other family members are very welcome to join the fun as well. Guests logging in from different locations are required to register separately. This class will be via internet due to the current 'shelter in place' situation. Only after you have completed the registration, the Zoom meeting information will be provided to you via email prior to class. 1 session

Instructor: William White, BS
Class fee: \$45 per participant or couple
Class code: SL

Wed, 10:30am-12noon
1/20; 3/31

Online Baby Sign Language Series

VIRTUAL-LIVE



The introductory workshop is followed by this six-day virtual series. Build your signing vocabulary with themes like mealtimes signs, colors, animals, family, bedtime, and more! Eighteen sessions are split into two different six-day series. No need to take the in order. Just dive in and start learning now. Recommended for babies from birth to 18 months. Expectant parents are welcome. Grandparents and other family members are very welcome to join the fun as well. Guests logging in from a different location are required to register separately. 6 Sessions

Instructor: William White, BS
Class fee: \$145. per participant or couple
Class code: SL

Wed, 10:30-11:30am
1/27-3/3; 4/14-5/19

Breastfeeding Basics - VIRTUAL-LIVE



This virtual class will help you learn the information you need for getting breastfeeding off to a good start. This one-session class will cover how to ensure a good milk supply, techniques for getting a good latch, how to know if your baby is getting enough, and ways you can avoid common problems. Recommended for mothers in mid-to-late pregnancy. Support person welcome.

Instructor: Holly Goetz, IBCLC
Class fee: \$45/couple
Class code: BFS

Wed, 6:30-8:30pm
1/20; 2/17; 3/17; 4/21; 5/19; 6/16

Childbirth Education Weekend Express Class - VIRTUAL-LIVE



This is a live, virtual childbirth class. You will learn about the stages of labor, when to go to the hospital, pain medication options, medical interventions, cesarean birth, postpartum recovery, and newborn procedures. There is also a focus on training your partner to be the best support they can be; learning effective hands-on techniques such as massage, acupressure points, breathing patterns, and guided visualization. We will explore the concept of optimal fetal positioning prior to labor onset, and we will actively practice positions of labor and birth, so please be dressed for movement! You will also learn several non-pharmacological pain coping techniques, such as mindfulness, sounding, etc. This is a fun and interactive class lead by a Nurse Midwife who is also a Certified Doula, Childbirth Educator and Prenatal Yoga Instructor. You will have fun, be amazed, and enjoy meeting other expectant moms! 2 Sessions

Instructors: Journey Talkovic, CNM, WHNP and Sandra Wiley, BS, CPSP
Class fee: \$100 for mom and support person
Class code: CBE

Sat & Sun, 1-5:30pm
1/30 & 1/31
2/27 & 2/28
3/27 & 3/28
4/24 & 4/25
5/22 & 5/23
6/19 & 6/20



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Dominican Welcomes You To Our Virtual-Live Tour Of Our Birth Center

TUESDAY EVENINGS, 6-7 p.m.
1/5, 1/19, 2/2, 2/16, 3/2, 3/16, 3/30, 4/6, 4/20, 4/4, 5/4, 5/18, 6/1, 6/8, 6/29

Registration is available at dignityhealth.org/dominican or call (831) 457-7099.

Explore all the options and make an informed choice for your birth experience. Take a virtual tour of the Dominican Hospital Family Birth Center, and discover the many ways we provide comfortable, safe, and secure care for mom and baby.

On this virtual tour, you will visit our private birthing rooms and postpartum suites where mom, baby, and partner can stay together. Hear about our Level III Neonatal Care unit, where the sweetest and smallest patients in need receive the most advanced emergency care available. Discover our emphasis on breast feeding and skin-to-skin contact, as a **certified Baby-Friendly hospital**.

Recorridos son solamente por computadora.

Llame para hacer una cita (831) 457-7099.

El segundo Martes de cada mes, 6-7 p.m.
1/12, 2/9, 3/9, 4/13, 5/11, 6/14



Dominican is officially designated as a Baby-Friendly® hospital

Childbirth Refresher Course

VIRTUAL-LIVE



This is a fun, practical 3 hour virtual training for families who are birthing again and that just need a quick refresher course! It will include:

- A brief overview of the stages of labor (and most importantly, how things are likely to be different this time, as it's not your first birth)
- How hospital policies and procedures are different under COVID-19
- AND most importantly... How your birth partner can best provide you with the most support, as they are the ONLY support person allowed into the Labor and Delivery room with you.

THEREFORE: we will spend time developing the birth partner's knowledge on how to coach the birthing mother in effective:

1. Breathing techniques
2. Massage techniques
3. Acupressure points for pain relief and to increase the rate of labor
4. Guided visualizations
5. Mindfulness meditation techniques for relaxation and pain relief
6. Positions for labor and birth

There will be several handouts given to help partners remember the course content and to refer to during labor. 1 Session

Instructor: Journey Talkovic, CNM, WHNP
Class fee: \$75 for mom and support person

Sun, 2-5pm

1/10; 2/7; 3/7; 4/11; 5/2; 6/6

Newborn Care - VIRTUAL-LIVE



This virtual class will give you great insights into newborn behavior and development, including: sleep-wake cycles, newborn reflexes, coos and cries, how to soothe a fussy baby and how to identify a baby who is sick and needs medical attention. You will have the opportunity to learn important hands-on skills, such as: bathing, diapering, dressing, swaddling, burping and soothing your newborn. You will learn some key breastfeeding skills as well, but won't be able to offer much information in this class, as in the comprehensive breastfeeding class, which is offered separately. We will cover important safety considerations for cribs, car seats and other essential baby equipment. This virtual class is a great opportunity to meet other expectant parents in a fun, interactive virtual environment and build your new parents' community. Your instructors are highly experienced health and lactation educators, who are also fellow parents. This is a fun, fast paced and practical virtual class that both you and your support team will enjoy together. 1 Session

Instructors: Journey Talkovic, CNM, WHNP and Sandra Wiley, BS, CPSP
Class fee: \$35 for mom and support person
Class code: NBC

Sat, 2-6pm

1/9; 2/6; 3/6; 4/10; 5/1; 6/5



SUPPORTIVE CARE PROGRAMS

Chemo 101 / Radiation 101 English and Spanish

IN-PERSON OR VIRTUAL-LIVE



A class to help cancer patients and families understand and manage the side effects of chemotherapy and radiation treatments. Recommend taking this class before treatment begins. Physician approval required.

Location: Katz Cancer Resource Center

Individual meeting with an oncology certified nurse. Call (831) 462-7770 for appointment.

Survivorship Care Plan

IN-PERSON OR VIRTUAL-LIVE



Survivorship Care plan is a comprehensive care summary and follow-up plan. It records treatment received and addresses post-treatment needs to improve health and quality of life.

Location: Katz Cancer Resource Center

Individual meeting with an oncology certified nurse. Please call (831)462-7770 for eligibility requirements.

Wig Bank– IN-PERSON



Select a wig from our collection of many styles and colors, for women and men who are losing their hair due to cancer treatment. Hats and scarves are also available.

Location: Katz Cancer Resource Center

Appointment required, call (831) 462-7770.

Eating Well Through Cancer: Guidance for Patients & Families



Learn ways to eat during cancer treatment that can help in the recovery process, how to establish nutritional goals, stay hydrated and cope with changes in appetite.

Location: Katz Cancer Resource Center

Call (831) 462-7770 for appointment with an Oncology Dietitian



Katz Cancer Resource Center
831.457.7770

The Katz Cancer Resource Center Fireside Chat



Guest experts present information on topics surrounding cancer.

Noon–1 p.m.

Location: Katz Cancer Resource Center
3150 Mission Drive, Santa Cruz 95065

Refreshments served. No charge to participate. No registration required.

Wednesday, January 13th Infection Precautions During Cancer Treatment

Denise Ricigliano, NP
Dominican Hospital

Wednesday, February 10th Introduction to Meditation

Trish O'Conner, LCSW

Thursday, March 4 Oral Health Through Cancer Treatment

Sepideh Taghvaei DDS
Dientes

Wednesday, April 14th Gardening for Health

James Stafford Cook
Master Gardener
Dominican Hospital

Wednesday, June 9th Oncologic Genetic Testing

Lisa Moss, MS, LCGC PAMF

Look Good Feel Better

VIRTUAL-LIVE



A program to help women who are undergoing cancer treatment look their best. Licensed cosmetologists teach women how to enhance their appearance. Learn how to choose a wig, tie scarves, and manage skin and nail changes.

Location: Katz Cancer Resource Center

Date: Mondays, January 11, February 8, March 8, April 12, May 10 and June 14, 2021
Time: 10:00 a.m. –12:00 noon

Call (831) 462-7770 to Register or go online at: <http://lookgoodfeelbetter.org/workshop-registration/>

Gentle Yoga Before, During and After Cancer Treatments

VIRTUAL-LIVE



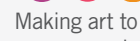
Gentle stretching, yoga and relaxation to help ease discomfort and improve overall sense of well-being. Adaptable to all physical abilities.

Instructor: Victoria McCharen
Location: Dominican Rehab Solarium
610 Frederick St. Santa Cruz

Every Monday, Wednesday and Friday of the month via Zoom. Time: 9:15-10:15pm

Creative Expression Through Art

VIRTUAL-LIVE



Making art to express one's journey through cancer can be healing, inspiring and transforming. This class requires no art experience, just your willingness to participate. Materials and refreshments provided.

Instructor: Heidi Brancatelli, LCSW
Location: Zoom

Dates: January 20, March 17, May 19, 2021. 11 a.m.–12:30 p.m.

Katz Knitters– VIRTUAL-LIVE



A knitting group for patients during and after cancer treatment. Drop-in support group.

Call for more information at (831) 462-7770

Parent Child Art Class– VIRTUAL-LIVE



Pizza and art event for parents with cancer and their children (ages 4 yrs and up)

Facilitators: Allison Brookes, LCSW
Heidi Brancatelli, LCSW

Saturday, March 13; Saturday, May 15
11 a.m.–1 p.m.

Call to register (831) 462-7770

Nutrition Workshop– VIRTUAL-LIVE



Learn about the evidence-based nutrition guidelines for cancer prevention and survivorship in this 3 week course that will teach you how to put what you learn into action.

PLEASE ENSURE THAT YOU CAN COMMIT TO ALL 3 SESSIONS. NOT INTENDED FOR ACTIVE TREATMENT.

To register call: 831-462-7770, by April 12, 2021

Monday, May 3 and May 10
Time: 1:00p.m. to 2:30 p.m.



PEP is following the SCC guidelines based on California's Blueprint for a Safer Economy. To do this, we are offering a mix of VIRTUAL-LIVE and IN-PERSON Classes

CANCER SUPPORT GROUPS

Ongoing professionally facilitated support groups for people with cancer and/or support persons.

Cancer Support Group VIRTUAL-LIVE



Drop-in support group for cancer patients whose lives are challenged by cancer.

Facilitator: Allison Brookes, LCSW
Location: Zoom

First and third Tuesday of every month. Call for more information (831) 462-7770.

Advanced/Metastatic Cancer Support – VIRTUAL-LIVE



Drop-in support group for cancer patients whose lives are challenged by cancer.

Facilitator: Allison Brookes, LCSW
Location: Zoom

Second Monday of the month; January 11, February 8, March 8, April 12, May 10, June 14, 2021.
11 a.m. – 12:00 p.m.

Lymphedema Education & Support Group – VIRTUAL-LIVE



This educational and supportive group welcomes men and women with lymphedema and their friends and families.

Facilitator: Dominican Hospital Certified Lymphedema Therapists
Location: Zoom

Wednesdays, January 13, March 10, May 12
Time: 6–8 p.m.

Cancer Support for Young Adults VIRTUAL-LIVE



For men and women 19–40 years old with a diagnosis of cancer.

Call for more information (831)462-7700

Family & Friends Cancer Support Group– VIRTUAL-LIVE



Drop-in support group for families and friends of cancer patients.

Facilitator: Nancy Samsel, LMFT
Location: Zoom

Second and fourth Tuesday of every month.
Time: 5:30–6:30 p.m

Bone Marrow Transplant Support Group – VIRTUAL-LIVE



Drop-in support group.

Facilitator: Nancy Samsel, LMFT
Location: Zoom

Second and fourth Thursday of every month.
Time: 7–8:30 p.m.

Prostate Cancer Support Group VIRTUAL-LIVE



Drop-in support group for men and their partners dealing with the issues of prostate cancer. No registration required.

Location: Zoom

Last Wednesday of every month.
Time: 7–9 p.m.

LAS PROGRAMAS EN ESPAÑOL

Quimioterapia 101/Radioterapia 101 VIRTUAL EN VIVO



Una clase que ayuda a los pacientes y sus familias entender y manejar los efectos secundarios de la quimioterapia y radiación. Recomendamos tomar este clase antes de comenzar su tratamiento.

Lugar: El Katz Cancer Centro de Recursos 3150 Mission Drive, Santa Cruz 95065

Llame (831) 462-7870 para una junta individual con la enfermera navegadora de oncología

Luzca Bien ... Siéntase Mejor VIRTUAL EN VIVO



Un programa que ayuda a las mujeres que están bajo el tratamiento del cáncer lucir mejor. Cosmetólogas enseñara a las mujeres como mejorar su apariencia, escoger una peluca, y manejar el cambio de la piel y unas durante el tratamiento del cáncer.

Lugar: El Katz Cancer Centro de Recursos

Fechas: Lunes, Enero 11, Febrero 8, Marzo 8, Abril 12, Mayo 10 y Junio 14, 2021

Grupo hispano de apoyo para el cancer/Hispanic Cancer Support Group – VIRTUAL EN VIVO



La familias son bienvenidas.

Facilitators: Renee Aispuro Gonzales, RN, OCN
Lugar: Katz Cancer Resource Center 3150 Mission Drive Santa Cruz, CA 95065

Primer Jueves de cada mes.

Enero 7, Febrero 4, Marzo 8, Mayo 6, Junio 3, 2021
11:30 a.m.–12:30 p.m.

Debe registrar por teléfono:
(831) 462-7870





LIFESTYLE MANAGEMENT PROGRAMS

Cardiac Risk Reduction Program (Cardiac Rehabilitation)– IN-PERSON



Lowering risk factors such as high cholesterol, weight, high blood pressure and stress has been shown to significantly reduce future cardiac problems. Designed for individuals who have had angina, heart attack, cardiac procedure (angioplasty, atherectomy, stent), bypass surgery, valve surgery or congestive heart failure. This nationally certified program includes cardiac education classes, nutrition assessment, risk factor counseling, lifestyle coaching, and monitored exercise therapy.

The Dominican Cardiac Risk Reduction Program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.

FOR MORE INFORMATION ABOUT THE CLASSES ABOVE, CALL LIFESTYLE MANAGEMENT AT (831) 457-7077.

Diabetes Management (Type 1 & 2)– VIRTUAL-LIVE



The Diabetes Management Program provides information and support to help create a personal, successful path to diabetes management. The program includes education classes and individual appointments provided by our team of health care professionals including certified diabetes educators, registered nurses, and registered dietitians.

The Dominican Diabetes Management Program is recognized by the American Diabetes Association.

Pulmonary Rehabilitation Program– IN-PERSON



This nationally certified program provides education, breathing retraining exercises and a monitored exercise program to increase functional ability in individuals coping with COPD, chronic bronchitis, emphysema, bronchiectasis and pulmonary fibrosis. Specially trained professionals will develop individualized program on initial assessment.

The Dominican Pulmonary Rehabilitation Program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.

Supervised Exercise Therapy for Peripheral Artery Disease (SETPAD)– IN-PERSON



Are you an individual living with symptomatic peripheral artery disease (PAD), including discomfort or cramping in the legs? This program is designed for individuals like you, offering customized therapy in a supervised setting. The goal of the program is to increase stamina, mobility, improve overall health and quality of life. To reach these goals, the individual receives supervised exercise therapy, education classes, a nutrition assessment, risk factor counseling and lifestyle coaching. Led by a multi-disciplinary team of registered nurses, exercise physiologists and dietitians.

Nutrition Counseling– VIRTUAL-LIVE



Meet with a Registered Dietitian to assess and plan personal and medical nutrition goals. Receive nutrition and lifestyle guidance for weight management, cholesterol, hypertension, pre-diabetes, intestinal disorders, eating disorders, and general healthy eating. Call for price. Insurance may cover based on diagnosis.

Call for price. Insurance may cover based on diagnosis.



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FITNESS & HEALTH SERVICES

Weigh To Go Weight Management Program- IN-PERSON



This 10-week lifestyle-focused program includes exercise classes, nutrition workshops, education and inspiration to make behavior changes that will have a lasting impact on your health. Led by a dedicated team of dietitians, exercise physiologists and nurses.

Price: \$225

Location: Dominican Rehab Lifestyle Ed Room & Gym
610 Frederick St.

Wednesdays, 3/24,-5/26, 6:00-8:00 p.m.
call 831 457-7077 for information

Cholesterol Screening- IN-PERSON



30 MINUTES Blood test provides complete cholesterol panel (total cholesterol, HDL, LDL, triglycerides) and glucose levels. A health professional will explain the test results and provide recommendations.

Price: \$62 Please note that pricing is subject to change.

Body Composition Analysis

IN-PERSON



30 MINUTES Based on results from skinfold measurements or bioelectrical impedance, participants will receive an individualized report that includes body fat percentage, lean weight, and goal weight.

Price: \$62 Please note that pricing is subject to change.

call 831 457-7077 for information

Medical Fitness Program

IN-PERSON



Whether you are managing chronic medical issues or simply prefer a supervised exercise setting, this is the program for you. Meet individually with one of our clinical specialists for an assessment prior to starting the program. The small-group 60 minute sessions include warm-up, stretching, aerobic exercise, resistance training and cool-down.

Initial Assessment: \$116

Monthly Fee: \$80 2x/week (8 sessions)

\$110 3x/week (12 sessions)

Please note that pricing is subject to change.

Strides Program - IN-PERSON



A personalized walking program designed to help you get fit, improve your health and achieve and maintain a healthy weight. We will help you set personal, achievable walking goals based on your current level of fitness with the use of a pedometer.

Includes: Pedometer, initial consult, pedometer set-up with an Exercise Physiologist

Price: \$88 Please note that pricing is subject to change

call 831 457-7077 for information

FOR MORE INFORMATION ABOUT THE CLASSES ABOVE, CALL LIFESTYLE MANAGEMENT AT (831) 457-7077.



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Dominican Hospital's PEP Catalog Inside!

Our Personal Enrichment Program (PEP) is located at 610 Frederick Street in Santa Cruz.

PEP offers something for everyone in our community:

- **Mind/Body Training**
- **Health and Wellness classes**
- **Exercise and Fitness**
- **Aquatic Rehabilitation Programs**
- **Improving Neurological Function**
- **Back and Neck Program**
- **Total Joint Care**
- **Cardiac Risk Reduction**
- **Nutrition Counseling**
- **Childbirth and Parenting**
- **Support Groups**
- **Katz Cancer Resource Center Support Groups**



pep
CLASSES FROM
DOMINICAN
HOSPITAL

Learn more and register for classes
at dignityhealth.org/Dominican/PEP or call 831.457.7099.