

Dignity Health - St. Mary Medical Center

Navigator

The Bazzeni Wellness Center Community Newsletter

January 2020

Annual Membership Meeting

Tuesday, January 14th

10:00AM-11:00AM

Join us in our Annual Membership meeting to learn about our programs for 2020. Your attendance is valuable and will give you the opportunity to share your ideas and thoughts on what programs to expect for the upcoming year. To register please call, 888-478-6279.



All classes are held in the John Parr Health Enhancement Center, 1055 Linden Avenue, unless otherwise noted.

ALL CLASSES ARE SUBJECT TO AVAILABLE SEATING – CLASSES ARE OPEN UNTIL FULL!

Look for us on the web at www.dignityhealth.org/socal/stmarymedicalcenter



Fitness/Classes | Adults of all ages

Fitness



Yoga

Every Tuesday
1:30PM-2:30PM

Tami leads a one (1) hour gentle yoga class designed for everyone. Seated postures, forward folding, side bending, twists, as well as balance poses. A final guided relaxation ends the class-leaving students with a peaceful and calm state of being. Students should bring mat, blanket or beach towel and water. Please call to reserve your spot, 562-491-9811.



Senior Fitness

Monday, Wednesday & Friday
9:30AM-10:30AM
\$20 Blue Card Members
\$18 Gold Card Members

This class is enjoyable and easy to follow. Exercises such as chair workouts, stretching & balancing, light & moderate movements all help increase strength and muscle tone. Sign-up today!
To sign-up today call, 562-491-9811.

Fitness

T'ai Chi Chih

Tuesday, January 7th
Meets weekly on Tuesday for 10 weeks

The T'ai Chi Chih movemenets can bring tremendous benefits to those who practice regularly, and there is certainly a long list of benefits including Weight/Blood Pressure Regulation/Improved Balance/Coordination/ Improved Flaxibility/Improved Concentration/Focus/Strengthened Immune System. To register call, 562-491-9811.

Classes



Fall Prevention/Safety

Learn more about our Fall Prevention programs. We offer fall risk assessments, evidence-based fall prevention workshops and more!
For more information call, 562-491-9187.



January is Glaucoma Awareness Month

What is Glaucoma? Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma – yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

Risk Factors

Are you at risk for glaucoma? Those at higher risk include people of African, Asian, and Hispanic descent. Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted. Regular eye exams are especially important for those at higher risk for glaucoma, and may help to prevent unnecessary vision loss.

Regular Eye Exams are Important

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this year will reach 4.2 million by 2030, a 58 percent increase.

Glaucoma is a leading cause of blindness among African-Americans. And among Hispanics in older age groups, the risk of glaucoma is nearly as high as that for African-Americans. Also, siblings of persons diagnosed with glaucoma have a significantly increased risk of having glaucoma. Here are some ways you can help raise awareness:

1. Talk to friends and family about glaucoma. If you have glaucoma, don't keep it a secret. Let your family members know.
2. Refer a friend to our web site, www.glaucoma.org.

Information collected through www.glaucoma.org/news/glaucoma-awareness-month.php

Maternal Child Health



Tours of Delivery Suites and Private Rooms

We invite expectant mothers and their companions to join us for a maternity tour of the hospital, including private patient rooms and labor and delivery suites. Tours are weekly in English and Spanish for more information call, 888-478-6279.

Childbirth Classes

Welcoming a baby is an exciting time and there is a lot to learn and prepare for. That's why St. Mary offers childbirth preparation classes for you and your labor companion.

- Week 1 – Stages of Labor
- Week 2 – Breathing Techniques, Medications
- Week 3 – Labor & Delivery Process
- Week 4 – Breastfeeding Class

When: Tuesday evenings from 6:00 to 8:00 p.m.
Who: For expectant mothers and their labor companion
To register for classes, please call, 888-478-6279.



Dignity Health®

St. Mary Medical Center

1050 Linden Avenue
Long Beach, CA 90813

RETURN SERVICE REQUESTED

January 2020

Bazzeni Wellness Center

1027 Linden Avenue, Long Beach
Hours: Monday - Friday 9:00 a.m. - 4:30 p.m.
Closed 12:00 a.m. - 1:00 p.m. daily
Office Line: 562-491-9811

STAFF

Kit G. Katz
Community Health Director

Damaris Pelayo
Community Health Manager

Sister Celeste Trahan, CCVI
VP Mission Integration

VOLUNTEERS

Patrick Houston
Florence St. Peter

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If you would like to receive this newsletter directly at home, please contact the **Bazzeni Wellness Center at 562.491.9811.**

Si le gustaria recibir este foyeto en español porfavor llame al 562.491.9187.



Bingo!

Tuesday, January 21st
10:00AM-11:30AM

Start the year with BINGO FUN!
To register call 888-478-6279.