It’s all about the patient

PeaceHealth Medical Group focuses on patients, not just their diseases
MESSAGE FROM THE CEO
Summertime and the living is active

Summer is a season welcomed by many of us.

Warmer weather and longer days allow us more time to enjoy the many outdoor opportunities available in our area. Whether it’s gardening, camping, hiking or some other activity, summer is a time for families to reconnect and for all of us to increase our activity level and improve our health.

Promoting personal and community health is part of our mission at PeaceHealth St. John Medical Center. We do this by providing a wide choice of programs and services to help you become more active—through our YOU 101 wellness offerings (see pages 10 and 11) and by supporting the community programs and events listed at right.

To help you stay healthy, PeaceHealth Medical Group has more than 120 board-certified health care providers for family care, specialty care, and more. To learn about what’s new at PeaceHealth Medical Group or how you can sign up with a provider, see our story on pages 6 and 7. You just might find your Dr. Right.

We also continue to provide opportunities to learn about and manage your health online with our Patient-Connection, web page, and Facebook page. We hope you’ll “Like” us and tell your friends. You can even request an online version of HouseCall. To learn how, see the mailing panel.

May your summer be filled with the best of health.

Sy Johnson, CEO
PeaceHealth St. John Medical Center

Our Community. Our Mission.

PEACEHEALTH ST. JOHN MEDICAL CENTER supports and participates in many local activities that continue our healing mission of providing community health. Here’s a sampling of some upcoming activities. We hope to see you there.

Golf Tournament. If you’re a golfer, come out and support the PeaceHealth St. John Foundation’s Golf Tournament on July 9th. It’s a great way to show your support for your community hospital. Interested in being part of a team? Call the PeaceHealth St. John Foundation at (360) 414-7900 or visit www.peacehealth.org/stjohnfoundation (registration is required).

Relay for Life. Saturday, Aug. 11, at the Cowlitz County Fairgrounds. Visit us at the PeaceHealth tent for some fun and educational activities. In addition, many of our caregivers will form walking teams to support finding a cure for cancer as well as to honor those in their lives who’ve been touched by cancer. For more information, visit www.relayforlife.com.

Learn more about our foundation events

www.peacehealth.org/foundation/st-john/events
Tour de Blast. Saturday, June 23. PeaceHealth partnered with Longview Noon Rotary for this bike event that brought hundreds of cyclists from all over the globe to our community to ride to the summit of Mount St. Helens. For details, go to www.tourdeblast.com.

Squirrel Fest. Saturday, Aug. 25, at the Civic Circle, Longview. Stop by the PeaceHealth booth at this fun family event for some great tips to keep you active and healthy. For details, visit lvsquirrelfest.com.


A Women’s Affaire. Saturday, Sept. 29. Resources and shopping for women. Stop by PeaceHealth’s table for some great tips to keep you vibrant and healthy. For information, call Diane at (360) 430-1200.

PODIATRIST SETS LONGVIEW HOURS

PeaceHealth welcomes Jacob Heck, DPM. Dr. Heck is an independent podiatrist with Western Washington Foot & Ankle Specialists in Centralia. He provides comprehensive foot and ankle surgery plus care for trauma and fractures, arthroscopy, sports medicine, bunions, hammertoes, neuromas, heel pain, arthritis, diabetic limb salvage, and ingrown toenails.

Dr. Heck sees patients on the PeaceHealth Medical Group Orthopedic clinic campus on Wednesdays from 9 a.m. to 4:30 p.m. All major insurances accepted. For appointments, call 1-888-811-2527 or (360) 736-2527.

NEW OCCUPATIONAL HEALTH PROVIDER

Brian P. Fawcett, MD, MPH, has taken the clinical lead at PeaceHealth Medical Group Occupational Health. Dr. Fawcett received his undergraduate degree from the University of Vermont and his medical degree from Marshall University, and he completed his master of public health degree and occupational medicine residency at the University of Minnesota.

Board-certified in occupational medicine, Dr. Fawcett also holds a medical review officer certification and was a flight surgeon for the U.S. Navy at Camp Pendleton and Futenma, Japan.

The vast experience Dr. Fawcett brings to the Occupational Health Program will benefit employers and workers in our community.

PeaceHealth Medical Group Occupational Health provides injured worker care, employment exams, DOT exams, HAZMAT exams, after-hours collections, mobile services, hearing conservation services, respiratory protection services, CPR/First Aid instruction, vaccinations related to employment, drug screening and breath alcohol testing. PeaceHealth Medical Group Occupational Health is located a half block from the main campus of PeaceHealth St. John Medical Center at 1405 Delaware St., Longview, Wash. To learn more, call (360) 414-2776 or visit www.peacehealth.org/st-john.
Helping you sleep

On-site Sleep Equipment Center

The PeaceHealth St. John Sleep Equipment Center supports your equipment needs by offering the highest quality products and experienced staff to enhance compliance for successful sleep. Our sleep equipment specialists focus on patient education and your satisfaction.

Why choose us for your sleep equipment needs?

- We are an accredited sleep equipment center.
- We have durable medical equipment specialists on staff.
- Registered sleep technologists are available.
- We have a large variety of equipment options.

Our dedicated team wants you to be successful with your CPAP (continuous positive airway pressure) machine and offers desensitization techniques and 24/7 support. Are you in need of a new CPAP machine? Most insurances will replace your machine every five years.

Call (360) 414-7827 today to learn about new models and options for enhanced comfort.
SLEEP 101: EDUCATION AND SUPPORT

• Sleep 101: Understanding CPAP Humidification. Free community class, Tuesday, Aug. 21, 4 to 5 p.m., PeaceHealth St. John Conference Room C/D

Do you have dryness and congestion caused by dry CPAP air? Does your tube gurgle at night? Learn about new advanced heated tubes. Register online at www.peacehealth.org/st-john or call (360) 501-3701.

• Join the PeaceHealth A.W.A.K.E. support group to learn and share about CPAP usage. Group meets quarterly. Next meeting: Wednesday, Sept. 5, 5 to 6 p.m., PeaceHealth St. John Conference Room C/D. No preregistration needed.

• Teens and Sleep Forum—Wednesday, Sept. 26, 6 to 8 p.m. Let us help your teens understand the importance of sleep and how lack of it affects their mood and performance at school. Much more to come!

You lead a busy life. Between work, family, and social activities, you’re always looking for ways to fit more into your day. But the one thing you don’t want to do is cut back on your sleep.

Sleep is a necessary part of life—as important to your health as air, food, and water.

“Sleep restores your immune system and physical health,” says Renata Shafar, MD, board-certified sleep physician. “Sleep solidifies your memory, calms down your aches and pains, and increases your energy level for the next day.”

Benefits of sleep. Planning your day so that you get enough sleep is essential to your overall health and quality of life. Not getting enough sleep can lead to poor job performance, risk for injury and illness, and difficulty getting along with others. It also can make it harder to perform tasks, concentrate, and make decisions, according to the National Sleep Foundation.

Sleep needs vary from person to person. But most adults need to get seven to nine hours of sleep a night. It’s also important that your sleep be uninterrupted. An estimated 40 million Americans aren’t getting the sleep they need. Many have debilitating sleep disorders and most go undiagnosed.

Think you have a sleep disorder? Ask yourself these questions.

• Does it take me more than 30 minutes to fall asleep at night?

What you should do?

• Ask your provider for a referral to an accredited Sleep Disorders Center—it makes a difference.

• Schedule a consultation with one of our board-certified sleep physicians at PeaceHealth St. John Sleep Disorders Center.

For more information, call the sleep experts at PeaceHealth St. John Sleep Disorders Center at (360) 414-7800.

What can you expect? The Sleep Disorders Center’s caring, experienced staff will ask you questions about your sleep and daytime habits in order to compile a sleep history.

You may be asked to return for a diagnostic sleep study, which will evaluate possible sleep disorders.

When the study is complete, a sleep specialist will conduct a thorough evaluation and recommend treatment options.

Why choose us?

At PeaceHealth St. John Sleep Disorders Center, our compassionate team will help you feel better and enhance your health with improved sleep. What sets us apart?

• We are a nationally accredited, hospital-based Sleep Disorders Center.

• We are a recognized Center of Excellence.

• We are an accredited out-of-center sleep-testing facility.

• Our sleep specialists are board-certified.

• Our sleep technologists are registered.

• We specialize in CPAP comfort techniques and usage.

www.peacehealth.org/st-john
Imagine a doctor visit where you don’t feel rushed. Instead, your physician takes extra time to get to know you—not only your health condition, but how it affects your life.

That’s what happens at PeaceHealth Medical Group. It’s called patient-centered care, and it opens up exciting ways to help patients.

“Each patient has a unique history—a mind and spirit as well as a body,” says Lawrence Neville, MD, medical director of PeaceHealth Medical Group. “Attending to the whole person is critical for relieving suffering and helping patients to flourish.”

Taking time. Patient-centered care has been gaining standing in medicine for about a decade.

It changes a long-standing trend of focusing more on the disease or condition than on the person who has it.

Instead of that model, patient-centered care is about getting to know the patient and including him or her in the decision-making process.

“It would be easy to just say: ‘I’m the doctor. I know best,’” Dr. Neville says.

That would save time for busy doctors—but the patient may not come away from the visit with a good feeling. Worse, he or she might not get the most appropriate treatment.

With patient-centered care, doctors spend extra time to learn about other factors that might be influencing the patient’s health, such as stress from a family situation. According to
“Patient-centered care dramatically improves how patients feel about their care, because they’re being addressed as human beings.”
—Lawrence Neville, MD, medical director of PeaceHealth Medical Group

Dr. Neville, knowing these details helps doctors make the right treatment decisions.

Going the extra mile. In addition to getting to know each patient, physicians and other caregivers at PeaceHealth Medical Group have these goals for patient-centered care:
- **Include the family.** “We have meetings that include the key people in the patient’s life,” Dr. Neville says.
- **Expand access.** Patients can schedule doctor visits after normal business hours and even on weekends. And some appointment times are reserved for people who need to see their doctor right away. “We try to make space for patients on their timeline,” Dr. Neville says.
- **Coordinate care.** Patients do better when their care is seamless. That means making sure information about hospital treatment or visits with specialists gets quickly to the primary care physician. It also means scheduling convenient follow-up visits.
- **Keep patients in the know.** There often are several ways to treat a health problem. According to Dr. Neville, explaining treatment options—and in ways the patient understands—helps the patient be part of his or her care. For example, charts can vividly demonstrate the risks and benefits of various treatment approaches.

Reaping the benefits. PeaceHealth Medical Group’s move to patient-centered care is paying off.

“Patient-centered care dramatically improves how patients feel about their care, because they’re being addressed as human beings,” Dr. Neville says.

For physicians, getting to know patients can lead to more opportunities to help. That can mean clearing obstacles that inhibit the patient’s care. For example, financial difficulties make it hard for some people to buy medicine they need.

“With that information, we can start thinking about creative ways to solve the problem,” Dr. Neville says. “That could mean finding free generic medicines for that patient.”

Paying it forward. This kind of care can put doctors in the unofficial roles of counselor or advocate as well as physician. That’s OK with Dr. Neville. For him, it’s evidence of the caring and kindness that sets PeaceHealth St. John apart.

“We have a strong tradition of providing care and respect to everyone, regardless of their ability to pay,” Dr. Neville says. “We take the extra steps to meet their needs, whatever economic problems they’re struggling with.”

Doctors aren’t financially compensated for taking extra time to get to know their patients. That can make the process hard to sustain in this difficult economy.

But the rewards make it well worthwhile. According to Dr. Neville, patient-centered care turns doctors back into healers instead of just providers.

“We’re not in it for the money,” he says. “It’s the right thing to do.”

Better outcomes

Patient-centered care takes more time. But in the long run, it’s efficient because it helps patients fare better.

One reason is that when patients are partners in their own care, they are more likely to keep up with treatments.

For example, people with diabetes are more likely to check their blood sugar regularly if they take part in creating their care plan. Well-controlled blood sugar can help minimize complications from diabetes.

Good outcomes such as these make good sense in health care.

To make an appointment with a PeaceHealth Medical Group provider, call (360) 414-2000
Giving in honor of our caregivers

On March 30, National Doctors’ Day, the nation took time to acknowledge and thank all the men and women who have chosen the field of medicine. Most physicians will tell you it was a calling to help others that led them to their career. Others might say that it was their interest in science. Whatever their reason for entering the medical profession, the physicians in our community are among the very best. The Guardian Angel program allows grateful patients, their families, and friends the opportunity to express their gratitude with a contribution that honors those whose grace and compassion make a positive difference in the experience of patients and their families at PeaceHealth St. John Medical Center. Every caregiver has been touched and humbled by your thoughtful and generous contribution. Guardian Angels can be awarded to caregivers at any time of the year.

Honor our Guardian Angels

Any caregiver who touches your life can be a Guardian Angel, and your gift honoring Guardian Angels can benefit any program at PeaceHealth St. John Medical Center. To learn more about the Guardian Angel Program and the St. John Foundation, contact Cathy Barr, the Foundation’s Executive Director:

Phone: (360) 414-7900
Fax: (360) 414-7903
Email: cbarr@peacehealth.org
Mail: St. John Medical Center Foundation
P.O. Box 3002
Longview, WA 98632

Or visit www.peacehealth.org/stjohnfoundation.
“Like” us on Facebook! Visit www.facebook.com/StJohnFoundation.
Honoring our volunteers

**PeaceHealth St. John Volunteers** were honored with a Greatest Show on Earth celebration, featuring magnificent jugglers and unicycle riders from the Beacon Hill Extreme Team, during National Volunteer Week, April 15 to 21.

In the last year, our volunteers have donated more than 44,700 hours of time, and since 1989 they have graciously donated 935,252 hours to PeaceHealth St. John.

We can’t thank our volunteers enough for helping to make PeaceHealth St. John such a great place to work and for providing such service to our community. Thank you, PeaceHealth St. John volunteers, for all that you do!

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**Teen Volunteer Silver Presidential Award Winners** are (from left) Emily Plough, Susana Naranjo-Pelayo, Ashley Kellar, Elizabeth Dalgardno, Candace Melerine, Davis Boswell, Dallas Garrison, Sam Bates, Jaynie Snaza, and Riley Seay.

**Outstanding Volunteer: Gracey Giberson, Jacquelyn Johnson, Candace Melerine, Macy Ruth and Klancy Shriver.**

**Most Hours Worked:** Breanna Jungwirth (380 hours).

**Gold Presidential Awards (250+ hours):** Breanna Jungwirth, Amy Vasilichenko, and Mason White.

**Silver Presidential Awards (175-249 hours):** Jessica Abbott, Ashley Kellar, Riley Seay, Sam Bates, Candace Melerine, Jaynie Snaza, Davis Boswell, Susana Naranjo-Pelayo, Alison Sweet, Elizabeth Dalgardno, Olivia Nordquist, Christina Tran, Dallas Garrison, and Emily Plough.

**Rookies of the Year:** Erin Akin, Cameron Church, and Emily Plough.

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**PeaceHealth St. John Medical Center's 2012 Outstanding Volunteers** are (from left) John Ward, Adam Pond, Mary Lang, Carol LaMere, and Bill Lammi, with Sy Johnson, PeaceHealth St. John CEO. The volunteers were recognized for their leadership, positive attitude, professional appearance, and embodiment of PeaceHealth’s mission and values.

**Rookie of the Year volunteers for 2012** are (from left) Tom Nazarian, Joyce MeWhinney and Gloria Bailey, with Sy Johnson, PeaceHealth St. John CEO.

**Phil Cahoon,** who earned the Most Hours Worked Award for 1,256 hours donated in the Emergency Department, receives his award from Sy Johnson, PeaceHealth St. John CEO.

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You know you. We know health. Let’s share.

Women’s Health Pavilion Classes

The following women’s health classes are held in the Women’s Health Pavilion. Register online at www.peacehealth.org/st-john or call the Pavilion at (360) 501-3700.

Preparing for Delivery 101
A four-week series to help expectant parents prepare for labor, birth, feeding, and baby care.
• Mondays, 6 to 8:30 p.m., September
• Tuesdays, 6 to 8:30 p.m., August, September
• Wednesdays, 3 to 5:30 p.m., August
• One-session Saturday class, 9 a.m. to 4 p.m., July 21, Aug. 25, Sept. 22, Oct. 20
• Spanish class: Mondays, 6 to 8:30 p.m., July, October
$60 per couple; state medical card accepted

Online Childbirth Class
$60
If you are on bed rest, need a refresher course, or can’t attend a childbirth class, then this online class is perfect for you!

Infant Feeding and Care 101
Free
Get in-depth information to make your transition to parenthood a smooth one. You may join even if you are not taking the Preparing for Delivery class. Register online or call (360) 501-3700.

It’s a Baby… Reunion!
July 31 or Oct. 30, 6 to 7:30 p.m., free
Swap birth stories, celebrate, and show us your sweet new addition. For parents who attended a Women’s Health Pavilion childbirth class.

Big Sister, Big Brother 101
Sept. 6, 10:30 to 11:30 a.m.
Free class for siblings ages 3 to 10 who are expecting a new baby in the family. Kids learn their important role.

Golden Health
Second Thursdays, 10 to 11:30 a.m., free

New Me
Third Thursdays, 6 to 7:30 p.m., free

NICU Survivors
Second Thursdays, 6 to 7:30 p.m., free
Share your experiences with other NICU parents. Find support, give support. Supervised children welcome. Toys will be provided.

Advance Care Planning
Monday, Sept. 10, 10 to 11 a.m., free
PeaceHealth St. John conference room C/D
Attend this important class offered by Kristine Deough Forte, MS, MA, Regional Bioethicist. Take comfort in knowing that your wishes are documented and that YOU are in control of your health care choices. Learn about Health Care Durable Power of Attorney, Living Wills or Advance Directives, and what “Life Support” means. Register online or call (360) 501-3701.

Healthy Moms: Tips for a Healthier, Happier 9 Months and Beyond
First Thursdays, 6 to 7:30 p.m, free
Stay strong and fit during pregnancy and lose the baby weight after. Kirsten Buswell, DC, CPT, is a fitness expert specializing in women’s health. Register online or call (360) 501-3701.

Heart Health 101
First Fridays, 1 to 3 p.m., $25 (self-pay, physician referral not required)
Worried about your cholesterol? Learn about lifestyle changes that can help prevent and treat heart disease. Call (360) 636-4943 for more information.

Prediabetes 101
Second Fridays, 1 to 3 p.m., $25 (self-pay, physician referral not required)
This class will cover everything you need to know to successfully manage your prediabetes and lower your risk of developing diabetes. Call (360) 636-4943 for more information.

Weight Loss 101
Third Fridays, 1 to 3 p.m., $25 (self-pay, physician referral not required)
Learn quick, easy ways to help you start on your path to a healthy weight—and receive your own weight-loss workbook to keep you on track! Call (360) 636-4943 for more information.

Diabetes Education Classes
A physician referral is required (call us or your physician to find out how to get a referral). In our four-week series, you’ll learn about meal planning, medications, self-management options, and much more! Friends and family members are welcome. Call (360) 636-4943 for more information.

One-to-One Individual Weight-Loss Program
Start anytime! $250 (self-pay, physician referral not required)
In our individualized program, weight-loss educators will help you set goals and support you.
as you begin your journey. Initial assessment is followed by six follow-up appointments. Call (360) 636-4943 for more information.

**Thinking About Joint Replacement 101**

Thinking about having joint replacement surgery to gain your mobility or relieve pain? Our state-of-the-art Joint Replacement Center offers a team of experts to get you moving again. For information, call (360) 636-4846.

**Scheduled for Joint Replacement 201**

Mondays, 9:30 to 11:30 a.m.

This class is for patients and their families/support team who are scheduled for a joint replacement service. Class includes what to expect upon check-in, answers to your questions, recovery tips and your support team's special role in the rehabilitation. To register, call (360) 636-4846.

**Joints On the Move 101**

Our team of exercise specialists, physical therapist assistants, and nutrition experts will work with you to help you lose weight and gain mobility in preparation for your joint replacement surgery. Program acceptance is by provider referral and is self-pay. For more information, call (360) 636-4846.

**Sleep 101: Understanding CPAP Humidification**

Tuesday, Aug. 21, 4 to 5 p.m., PeaceHealth St. John conference room A/B

Do you have dryness and congestion due to dry CPAP air? Does your tube gurgle? Learn about ThermoSmart humidification at this free class. Register online or call (360) 501-3701.

**ASPARAGUS ARUGULA SALAD**

**Dressing**

Juice and zest of one orange, one lemon and one lime. Add 1 T. Dijon mustard; whisk and add 1/4 cup grape-seed oil. Whisk well.

**Ingredients**

1 small bunch pencil asparagus (snap off hard ends)
1 12-ounce bag fresh arugula

**Directions**

Lightly spray grill pan with cooking spray. Grill asparagus until al dente. Remove from pan, cut on bias into bite-size pieces. Season with touch of kosher salt; freshly ground pepper. Place a small handful of arugula on plate; arrange asparagus on top and drizzle with dressing.

**Nutrition information**

Servings: 5; Calories: 140; Protein: 4 grams; Fiber: 3 grams; Fat: 11 grams; Saturated Fat: 1 gram; Monounsaturated Fat: 2 grams; Polyunsaturated Fat: 6 grams; Cholesterol: 0; Vitamin A: 2150 IU (43% DV); Vitamin C: 25 mg (40% DV); Calcium: 130 mg (13% DV); Iron: 1.5 mg (10% DV); Sodium: 96 mg (4% DV).

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**Support 101**

**Better Breathers Club**

Third Mondays, 2 to 3:30 p.m., free
Women’s Health Pavilion
PeaceHealth St. John Medical Center, in partnership with The American Lung Association, offers support for living well with chronic lung disease. For patients and their families. No registration is needed. For more information, call (360) 414-7384.

**Learning to Live With Cancer 101**

Join us for a special four-week series as we learn about cancer and living our lives to the fullest during treatment. Family and friends welcome. Call (360) 414-7968 for more information.

**I Understand Breast Cancer Support Group**

July: No meeting
August: Picnic replaces meeting. Call for information, Sept. 24, 6:30 to 8:30 p.m.
PeaceHealth St. John conference room C/D
Compassionate and supportive women help one another at this group. Call (360) 414-2707.

**Bereavement Support Program**

Four-week group, Thursdays, starting Sept. 6, 6 to 8 p.m., free
The loss of a loved one can be an emotionally difficult time. Find valuable information to assist in the grieving and healing process. A $10 donation is suggested, but scholarships are available. Call (360) 414-7575 to register.

**Cancer Support Group**

First and third Fridays, 2 to 3:30 p.m., free
This group is open to cancer patients and their families. Our goal is to provide support and education through the cancer journey. Call Susan at (360) 414-7968 for information.

**A.W.A.K.E. CPAP Support Group**

Wednesday, Sept. 5, 5 to 6:30 p.m., quarterly group, PeaceHealth St. John conference room C/D
Find support and information for users of CPAP. Call (360) 636-4930 for information.
PeaceHealth Medical Group
Where healthy leads to happy
The right care, right here.

PeaceHealth Medical Group offers a wide range of care for the whole family—from routine care to specialized medicine for diabetes, sports medicine, OB-GYN, and beyond. The local providers at PeaceHealth Medical Group have you covered. And, for your convenience, we offer onsite lab services and imaging.

To make an appointment with a PeaceHealth Medical Group provider, call (360) 414-2301.

To learn more about PeaceHealth Medical Group, visit www.peacehealth.org/st-john.

Are you looking for a career in health care that engages your mind as well as your heart? We encourage you to apply at PeaceHealth! Please visit us at www.peacehealth.org.