

CHEC CLASS CATALOG

Updated: 3/16

NOTE: This is a list of all classes and events the CHEC offers. Not all these classes will be offered at any given time; scheduling of classes depends on instructor and room availability, and public demand. In addition, one-time classes not listed here may be offered. Please check the online schedule at www.salemhealth.org/chec or call 503-814-2432 to find out what specific courses are currently being offered.

Cancer-Related Classes/Events: RISE Exercise Program

RISE (Recovery In Strength and Exercise) is a unique cancer exercise program designed specifically for people suffering from fatigue and loss of strength that can result from surgery, chemotherapy or radiation.

This four week class covers several different modes of exercise to promote total body wellness. The focus is on functional strength conditioning using free weights that is appropriate to the individual while offering the support of a small group setting. This class also includes targeted exercise for improvement in balance and flexibility along with restorative relaxation techniques. Individuals attend class three days per week for a total of 12 classes.

RISE does NOT need a physician referral.

This program is made possible through the generous support of the Salem Hospital Foundation. Donations to the foundation in support of patient assistance can be made at www.salemhealthfoundation.org

Cost: \$10

Cancer-Related Classes/Events: Lymphedema Management for Breast Cancer

Lymphedema is a possible side effect of breast cancer treatment.

Taking proper precautions can reduce the chances of developing lymphedema and can significantly reduce side effects for those who already suffer from this condition. Facilitated by physical therapist and certified lymphedema instructor Christine Frank, this one-time class covers the management of lymphedema, prevention, early detection and education.

You'll learn:

- about lymphedema and the symptoms to watch for
- prevention and skin care
- treatment options and techniques

Cost: Free

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Childbirth Classes: Online childbirth

Our online childbirth class is ideal for those expectant parents who can't attend an on-site childbirth class due to work schedules, time constraints, or medical conditions.

The eight-chapter program is an interactive, web-based class that uses videos, personal birth stories, animations, activities, and games to teach all the essential information parents need to know to prepare for their birth.

Our online childbirth class will help you:

- * Understand pregnancy - what's happening to your body, discomforts, warning signs, nutrition, exercise, and more
- * Learn about labor - preparing for birth, pre-labor signs, onset of labor, 3D animation of labor process, and more
- * See how the stages of labor unfold - watch amazing real-life birth stories
- * Discover helpful comfort techniques - breathing, relaxation, massage, visualization, focal points, hydrotherapy, labor and pushing positions, advice for partners , and more

Your eClass registration includes:

- * Online access for 45 days from your first login
- * An on-campus labor rehearsal class at Salem Hospital's Community Health Education Center led by a childbirth educator
- * A tour of the Family Birth Center

If you are an employee of Salem Health, please call the CHEC at 503-814-2432 to receive the employee half price discount.

Currently online classes are not covered by the Oregon Health Plan (OHP).

How it works: after you register, you will receive an email with the link to the class and your login information. Your 45-day access to the class starts when you log in for the first time.

Cost: \$70

Childbirth Classes: Childbirth Preparation (classroom)

These interactive classes will help prepare you and your support person(s) for the labor and birth process. You will also learn how to take care of yourself and your new baby after the birth.

Topics include: breathing and relaxation techniques, stages of labor and the birth process, cesarean birth preparation and mother care after delivery, comfort measures and pain management options, newborns and how to care for your new baby, feeding your baby, parenting skills, and role of the support person.

Register for the class early in your fifth month of pregnancy; plan to take the class during your seventh or eighth month of pregnancy; and try to finish your class series at least three weeks

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before your due date. If registering online as a couple, please only register the mom.

Cost: \$70

Childbirth Classes: Baby Care and Feeding

This class will help prepare you for life with baby! Gain confidence by practicing some of the basic skills, like bathing and diapering, sleep and safety. Topics include baby's first feeding, common early concerns, and expectations around feeding your new baby.

Who should attend: Expectant parents who are not enrolled in the Childbirth Preparation Series who want more information about baby care and feeding. This class is great for adopting parents, grandparents who want to learn what's new in baby care and feeding and foster parents who may be taking care of babies under a year of age. Partners are encouraged to attend.

Cost: \$20 per family. If registering online as a couple, please only register the mom and cost is \$20.

Note: You will be joining an in-progress childbirth preparation series for this class. Plan to arrive a few minutes before class starts and introduce yourself to the instructor. If you have any questions, please call the CHEC at 503-814-2432.

Cost: \$20

Childbirth Classes: Childbirth Refresher and Rehearsal

This class is an opportunity to practice comfort measures for labor, have some time with a childbirth educator to ask questions, and be with other expectant parents.

Who should attend:

- * If you have already taken a childbirth class with a previous baby and want to refresh your memory.
- * If you attended the weekend childbirth class and would like more practice.
- * If you took the online childbirth class and would like to meet with an educator and practice breathing, relaxation techniques, and have a labor rehearsal with comfort measures. (NOTE: There is no fee to take this class if you have taken the online childbirth classes or weekend childbirth class and would like more labor rehearsal but you will not be able to register online - call the CHEC at 503-814-2432 and we will register you for no fee over the phone.)

Note: You will be joining an in-progress childbirth preparation series for this class. Plan to arrive a few minutes before class starts and introduce yourself to the instructor. If you have any questions, please call the CHEC at 503-814-2432.

Dress comfortably and bring two pillows to class.

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This information is also covered in the childbirth preparation classes.

Cost: \$20

Classes and Forums: Freedom From Smoking

Quitting smoking is the single most important step a smoker can take to improve the length and quality of his or her life, and this program from the American Lung Association is considered the "gold standard" for helping adult smokers quit. The program teaches skills and techniques that have been proven to help you quit.

Meets weekly except for week four, when the class meets twice.

Attention Salem Health Employees: Salem Health will provide a full scholarship for any employee who completes Freedom From Smoking. Call the CHEC at 503-814-2432 to register and get the employee discount.

Many insurance companies offer benefits related to smoking cessation or nicotine replacement - contact your insurance company to find out if your policy will cover the cost of this class.

Cost: \$120

Classes and Forums: Advance Directives: KEYConversations Workshop

Who would make your final health care decisions if you couldn't?

Do they know what you want?

Join us for this free class and receive a KEYConversations™ Planning Guide to help you:

- Talk with your loved ones about end-of-life decisions
- Better understand the medical decisions you may one day face
- Understand Oregon's legal form - the Advance Directive

Family members are encouraged to attend together.

Please understand that we are not able to give legal advice; anyone needing specific legal advice will need to contact their own legal counsel.

KEYConversations is an educational program of Oregon Health Decisions. For materials and more information call 1-800-422-4805 or visit oregonhealthdecisions.org

Cost: Free

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Classes and Forums: Medical Humanities Film Series

Join us for a free night of entertainment, learning and discussion of films relating to medicine, society and culture. After each viewing, experts from Salem Hospital and the community will lead a discussion of themes from the evening's presentation.

These events are free but space is limited so please pre-register.

Refreshments will be available for purchase at the Creekside Cafeteria, right next door.

The Medical Humanities Film Series is coordinated by Hong Lee, Salem Hospital Medical Ethicist, and sponsored by the Salem Hospital Foundation.

Cost: Free

Classes and Forums: Time for Change

Have you been thinking about changing something in your life? Your job, an eating habit, exercise, a challenging relationship, etc. Change can be difficult and even more difficult alone. Give yourself the gift of Cost: \$10 hours (five 2-hour classes) that will provide you with a helpful system and the support that can make all the difference.

Cost: \$35

Classes and Forums: Compassion and Mindfulness

Join this four-week class in mindfulness and mindful self compassion.

Sessions include:

- Group exercises and practice in mindful self compassion
- Mindfulness of body, thought and emotion
- Interactive group dialogue and discussion
- Practice for daily life

Cost: \$20

Classes and Forums: Welcome to Medicare

This session will be led by a Certified Senior Health Insurance Benefits Assistance (SHIBA) Counselor.

The presentation will cover:

- * How Medicare works
- * Supplemental insurance options
- * Assistance for people with low income and resources
- * How the Affordable Care Act improves Medicare
- * How to prevent, detect and report Medicare fraud and abuse

If you are unable to attend or need personal one-on-one assistance, you may call the local SHIBA program office at 503-304-3479.

Cost: Free

Classes and Forums: Reducing Sodium in a Salty World

Eating less salt (sodium) is a heart healthy way to eat. This class series is taught by our registered dietitians who will offer nutrition tips, snack suggestions, how to manage dining out and answer your questions about how to eat less salt.

Cost: Free

Classes and Forums: Healthy Back

Learn tips and exercises to keep your back strong

Good posture, body mechanics, and exercise are essential to maintaining a healthy back.

- * How to keep your back strong and decrease the risk of injury.
- * Learn easy-to-follow strength and flexibility exercises to keep your spine strong, so you can keep doing activities you enjoy.

This class is offered by the Salem Spine Center and is taught by an experienced physical therapist.

An Achilles heel bone density screening is offered for each participant at no extra charge - be sure to wear shoes and socks that are easy to remove.

Cost: \$5

Classes and Forums: Mindful Eating

This four-week series includes eating activities, discussion and simple guided mindfulness exercises to help you consider food habits and connect with your body's innate wisdom of hunger and satisfaction. You'll discover a variety of practical ways to integrate mindful eating into your daily life.

Cost: \$20

Classes and Forums: Womens Self Defense

Do you know how to avoid potential attack situations?

Unfortunately, these attacks happen more often than we might like to think. Join this class, taught by Salem Health's Walt Myers, to learn important information to help you avoid potential problems as well as develop a plan for safety.

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All women, ages 15 years and older, will want to learn this information.

Information covered in this class will include:

- Profile of a predator

- Instincts that will help you recognize potential attack situations

- Effective strategies to avoid problems

Cost: \$10

Classes and Forums: Heart Healthy Living

Learn tips to keep your heart healthy and prevent chronic diseases such as diabetes

* Join us for this free presentation on heart healthy living. Learn risk factors for heart disease as well as lifestyle changes you can make to keep your heart healthy.

Cost: Free

Classes and Forums: Sleep Well Education Series

Sleep Well Education Series is an educational support group presented by Salem Hospital Sleep Center, designed to help you learn more about sleep disorders, the newest treatment options, and tools to improve your sleep quality.

Sleep physicians and industry experts educate, answer questions, and offer advice on an array of sleep-related topics. Come with questions for our physicians and experts in the field.

These events are free and open to the public.

Cost: Free

Cooking Classes

Cooking classes at the CHEC present easy, healthy recipes in an informal atmosphere. Our instructors will prepare the recipes while you watch and share samples with the class, while also sharing nutrition tips and answering your questions.

Cost: normally \$15, may vary

En Español: Reanimacion Cardiopulmonar Infantil

Aprenda lo basico en como ayudar a un bebe; que se esta asfixiando, como responder a una emergencia respiratoria o cardiaca y como proteger a sus hijos al convertir su casa en un lugar a prueba de ellos. Estas tecnicas son basadas en informacion ofrecida por la Asociacion Cardiaca Estadounidense, pueden ser usadas con nios de hasta un ao de edad. Quienes asistan a esta clase de tan solo un dia recibiran un certificado de participation.

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Inscribase para asistir a la clase. Hay becas disponibles. Si el bebe esta en el NICU, no habra cargos. No hay servicio de guarderia.

Cost: \$10

En Español: Clases Prenatales

Esta clase le ayudara a usted y a su pareja a entender mejor lo que pasa durante el parto, al dar a luz y que es lo que usted debe hacer para cuidarse a si misma y a su bebe despue del parto. Haga planes para asistir a la clase durante el septimo u octavo mes del embarazo. Aolares por pareja, esto incluye materiales. Inscribase para asistir a la clase. Hay becas disponibles. No hay servicio de guarderia.

Cost: \$20

En Español: Visitas

Visita al centro de maternidad de Salem Hospital presentada en Español. Reunase con una enfermera certificada en el vestibula principal del Centro de Partos de la Familia minutos antes de comenzar la orientacion. La visita dura aproximadamente 40 minutos. Una charla con distribucion de folletos educativos se llevara acabo al final de la visita. Gratis. No hay servicio de guarderia

Cost: Free

En Español: Clases Educativas de TDAH

Presentadas por la Dra. Joy Mauldin, Psy. D

Opciones de Clase:

* Edad Preescolar & Edad Elemental - Habilidades de afrontamiento, tecnicas de crianza, preguntas y respuestas.

Que observar en un nino/a para saber si tiene TDAH, preocupaciones de ninos ya diagnosticados, efectos secundarios, medicamentos lvacunasr, crianza de hijo/a y afrontamiento.

* Escuela Secundaria y Preparatoria - Como tratar con el cambio de hormonas, agresion o preocupaciones de humor, incremento de dosis, transicion de escuela, crianza de hijo/a y afrontamiento.

* Panel de Profesionales - Panel de Enfermera Psiquiatrica, Pediatra y Psicologo discutiendo implicaciones fisicas y mentales del TDAH. Opciones de medicamento.

*Nota: Esta clase es para todas las edades.

Quien deberia asistir:

* Padres, cuidadores, y profesionales que trabajan con ninos con Trastorno por Deficiencia de Atencion e Hyperactividad (TDAH) en las escuelas y en la comunidad.

* No se proveera cuidado de ninos.

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* Certificados SET ONE bajo el registro de oregon CKC - Necesidades especiales, estaran disponibles para cuidadores de ninos-pendiente.

Cost: \$5

En Español: Exámenes Preventivos de Salud: Conozca Sus Numeros

Exámenes: Colesterol, glucosa (niveles de azúcar en la sangre), el índice de Masa Corporal , la densidad osea (prevencion de osteoporosis); y juntas con una enfermera para ver sus resultados y como trabajar hacia sus metas.

Abierto a miembros de la comunidad - Personal de habla hispana disponible.

Cost: \$5

First Aid and CPR: Heartsaver First Aid and CPR

This class is intended for anyone who wants to learn First Aid and CPR and those who have a duty to respond as a first responder to an emergency. An American Heart Association Heartsaver First Aid and CPR/AED card which includes Adult, Child and Infant is awarded to those successfully completing the class and is valid for two years.

Schedule: Class runs from 8:30am to 4:30pm, with a half hour lunch break. Basic First Aid is taught in the morning and CPR/AED is taught in the afternoon.

Manual: The Heart Association requires all students to have a course manual and to bring it to class with them. The manual is mailed to students registering at least 5 business days prior to class date. Late registrants may pick up a manual at the CHEC Center, Building D, Salem Hospital, Monday - Friday, 9am- 6pm.

IMPORTANT NOTE: Healthcare professionals (physicians, nurses, EMT's, paramedics, and CNAs) who need a CPR course should NOT take this class -- contact Staff Education at 503-561-5639 to inquire about BLS for Healthcare Providers.

If you have questions about Heartsaver classes, call the Education Department at 503-561-5639.

Cost: \$85

First Aid and CPR: Infant CPR

Spend a few quick hours to learn how to help a baby who is choking, respond to a breathing or cardiac emergency, and how to childproof your home. These techniques, using America Heart Association Family and Friends information, can be used with children up to one year of age.

Scholarships are available. No charge to families with a baby in the Neonatal Intensive Care Unit.

Cost: \$10

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Health Screenings: Know Your Numbers Health Screening

Knowing and understanding your numbers is a component vital to good health. Heart disease and other health issues can be predicted using this information.

Join us to learn your numbers and how to decrease your personal risk for disease. The screening includes cholesterol and blood sugar levels, blood pressure, body mass index (BMI), and education. There will be a group session with a registered nurse who will discuss the implication of the results for the participants. Complimentary heart healthy snacks and drinks provided. Suggested for those 20 years or older.

Note: The Centers for Disease Control (CDC) recommends checking your cholesterol level once every five years if it is in the normal range. We are hoping to reach new people with this screening who do not have easy access to health care and who may not have had their numbers checked in a long time.

* You will need to fast for 12 hours prior to the cholesterol testing (no food or beverages except water).

Cost: \$5

Health Screenings: Health Screening

Screening tests available include cholesterol, glucose, blood pressure, and body mass index. Health educators will be available at the screening to help you understand your results and what the information means for your health.

IMPORTANT: If you plan to have your cholesterol tested please do not eat any food or drink any beverages other than water ("fast") for 12 hours prior to your test appointment for more accurate biometric numbers.

Cost: Free

Older Adults: Mastery of Aging Well

Join this 3-week class series for healthy living. You will learn practical, research-based solutions to the challenges you or aging family members may be encountering. This is a video series with a nurse-facilitator.

Memory and driving: Should I be worried?

Depression in later life

Medication jeopardy

Food as medicine

Physical activity and exercise

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Developed by Oregon State University Outreach and Engagement, 2012. Researched and written by Sharon Johnson, MS, Associate Professor of Family and Community Health. Free covered parking is available in the Hospital parking structure.

Cost: \$5

Older Adults: Brain Agility

A seven-week program to help you keep a healthy and youthful brain. The Brain Agility program combines weekly presentations on brain health with a unique program of mental exercises designed by a psychologist to enhance your brain's ability to remember, stay focused, be aware, and be alert. Enjoy daily mental exercises covering a number of cognitive functions with increasing levels of difficulty to continue challenging your brain as it improves.

Cost: \$35

Parenting Classes: Boot Camp for New Dads

For expectant dads, and dads with babies up to three months old. New dads and dads-to-be will learn the ropes from men who have successfully made the transition to being a father. Discussion topics include what it means to become a dad, forming your new family, and caring for new moms. Veteran dads teach skills like burping a baby, diapering, swaddling, ways to comfort crying babies and the value of playing with your baby. Discuss work hours, bonding with baby, safety and dealing with relatives. Spend some time with just the guys and take home new confidence.

Check out this website for more great information: www.dadsadventure.com

Cost: \$10

Parenting Classes: ADHD Educational Classes

3 Class Sessions:

Preschool & Elementary Age - ADHD coping skills, parenting techniques, questions and answers. What to look for in your child to see if he/she has ADHD, concerns of children already diagnosed, side effects, medication "vacations", parenting and coping.

Middle and High School - How to deal with hormone changes, aggression or mood base concerns, increased dosage, school transitions, parenting and coping.

Panel of Professionals - Psychiatric Nurse Practitioner, Pediatrician and Psychologist panel discuss physical and mental implications of ADHD. Medication options. Note: This class is for all age ranges.

Who should attend:

- * Parents, caregivers, and professionals who work with children with Attention Deficit Hyperactivity Disorder (ADHD) in schools and the community.
- * Child care is not provided.

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* Oregon Registry SET ONE certificates under the CKC - Special Needs, will be available for child care providers - pending.

Cost: \$5 for each class. All participants are encouraged to attend the Panel of Professionals.

Note: If the child is currently a patient at Childhood Health Associates of Salem (CHAOS) there is no charge.

Physical Activity: Lunch Hour Power

- * Have you been looking for a way to gain strength and reshape your body?
- * Do you lead a busy lifestyle and have trouble finding the time to exercise?
- * Does lifting weights on your own seem confusing or dull?

Lunch Hour Power is the answer to all! Join us for a fun and productive strength workout wrapped up in a neat 45 minute package to get you out and on your way. The benefits of a functional strength workout are many: increased muscle to stronger bones not to mention looking and feeling great.

Meets Mon/Wed/Fri

Cost: \$40

Physical Activity: Yoga Basics

A great introduction to yoga for beginners, or anyone who is looking for a mid-day activity.

This non-intimidating yoga class will connect you with your breath and movement, allowing you to find more comfort, mobility, and fitness in your life. All experience levels can participate in this class regardless of flexibility and stamina. You will be encouraged through traditional yoga postures with emphasis on steady breathing, proper alignment, and self-awareness.

You are sure to leave this class smiling from ear to ear. It is the perfect afternoon pick-me-up, allowing you to float through the rest of your day.

Cost: \$40

Physical Activity: Chair Yoga

A gentle yoga class that is truly accessible and safe for everyone.

This chair based yoga class is perfect for anyone, especially those with limited mobility, arthritis, injuries, or chronic pain. The chairs are used for seated poses, resting, and stabilizing.

In this class you will never have to get on the floor and all postures can be modified. You will be guided through a series of movements with emphasis on steady breathing, proper alignment,

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and self-awareness.

Cost: \$40

Physical Activity: Tai Chi: Moving for Better Balance

Want to try Tai Chi? Come to this eight-week, 16-session class that is perfect for those who have never tried Tai Chi before or for those who are looking for a class that moves at a slower pace. The program can be performed sitting or standing and is adaptable to most anyone's ability and comfort level. You will learn the research-tested 8 Form program of Tai Chi specifically designed to improve balance and prevent falls in older adults.

Cost: \$48

Physical Activity: Tai Chi II: Skill Growth

This 16-session class is especially for those who have taken one of the beginning Tai Chi classes and want to continue learning and refining their Tai Chi forms. We will foster the balance skills, good posture, energy flow and calm spirit introduced in the beginning class.

Cost: \$48

Physical Activity: Tai Chi for Arthritis

This gentle form of Tai Chi is based on Sun style Tai Chi and is created for the Arthritis Foundation by Paul Lam, M.D. The program can be performed sitting or standing and is adaptable to most anyone's ability and comfort level. Though developed for those who experience arthritis, it is a good fit for any adult, regardless of age, who wishes to increase mobility, movement and decrease pain. A person does not need to have arthritis to enroll. This eight-week class is led by instructors certified to teach Tai Chi for Arthritis. No prior experience needed.

Cost: \$48

Physical Activity: Tai Chi: Moving for Diabetes

Do you have any type of diabetes or have a family history of diabetes? Come to this eight-week, 16-session class series, designed by medical and Tai Chi experts, for enhancing the health benefits of people with diabetes. Though developed for those with diabetes, it is a good fit for any adult, regardless of age, who wishes to increase balance, mobility and movement. A person does not need to have diabetes to enroll. The program can be performed sitting or standing and is adaptable to most anyone's ability and comfort level. No prior experience needed.

Cost: \$48

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Physical Activity: Move n Groove

Move n Groove is a unique dance class that keeps you jamming to upbeat music, such as R&B, Pop, Hip-Hop, Latin and a variety of other music genres. The focus is to have fun and promote wellness with easy-to-follow dance steps in a supportive environment. Individuals attend class two days a week for a total of 12 classes. Get ready to dance away your worries and move n groove to a healthier and happier lifestyle!

Cost: \$40

Physical Activity: Exercise Ball

The Exercise Ball Class is designed to improve the strength and endurance of your abdominal and back muscles while promoting better balance. Sculpted and strong with the Exercise Ball! Exercise balls are provided.

Cost: \$40

Physical Activity: Zumba

Zumba is an exercise class that incorporates Latin and modern dance to give an exciting workout experience. Good for all ages and levels of fitness. Bring on the fun!

Cost: \$40

Tours of the Family Birth Center

Families are invited to join a Family Birth Center tour at any time during the pregnancy. Tours start in the lobby of Building D and last about 40 minutes. Pre-registration is encouraged but not required.

Note: Tours of the Birth Center are included with all of the childbirth classes so if you are signed up for a childbirth class you don't need to sign up for a tour.

Cost: Free

West Valley Hospital (Dallas) Classes/Events: Better Balance and Fall Prevention with Eight Form Tai Chi

Did you know that one-third of adults over age 65 fall each year, and that falls are the leading cause of injury-related deaths for that age group?

Join us for this balance improvement program that includes stretching, strengthening and dynamic balance activities.

Who should attend? Participants must be living independently in the community, not currently using a walker (cane is okay), and no more than two falls in the last six months. Participants must be able to perform some repetitive activities, such as sit to stands and moving side-to-side.

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More Information

* The Better Balance class usually meets twice a week, for eight weeks, on most Mondays and Fridays

* West Valley Hospital, 525 SE Washington Street NE, Dallas, OR 97338

Note: It is recommended that participants check with their healthcare provider before beginning an exercise class.

Cost: \$48