

EVENT Calendar

JANUARY 2012

COMMUNITY

SJH New Tower Open Houses

Jan. 2111:30 am - 5 pm

Jan. 229 am - 3 pm

In celebration of the completion of St. Joseph Hospital's Northeast Tower, come see the new state-of-the-art medical facility, speak with staff and learn about the cutting-edge technology.

HEALTH/WELLNESS

Cardiac Clinics - Fortuna

Jan. 179 am - 12 pm

Humboldt Medical Specialists - Cardiology will be holding Cardiac Clinics in Fortuna. By appointment only, for information, call 442-1182.

Cardiac Clinics - Crescent City

Jan. 10, 2410 am - 4 pm

Humboldt Medical Specialists - Cardiology will be holding Cardiac Clinics in Crescent City. By appointment only, for information, call 442-1182.

Mobile Medical Office

The Mobile Medical Office provides comprehensive outpatient primary care services to rural teens, rural low income communities and the homeless. Located at the St. Vincent dining facility. Call for dates and times: 443-1186.

SUPPORT

I Can Cope telephone support classes

Call 800-227-2345 to register. Pre-registration is required. Classes are for cancer patients and caregivers.

Jan. 1110 am - noon

This class is about exploring self-esteem and intimacy. Registration is required by Jan. 4.

Jan. 1810 am - noon

This class is about supporting your loved one and yourself through the cancer experience. Registration is required by Jan. 11.

Feb. 110 am - noon

This class is about nutrition during and after the cancer experience. Registration is required by Jan. 25.

Mended Hearts

Second Wed. of month7 pm

This group meets in Conference Room 1 at SJH. Contact Stan for more information at 443-2529.

Mother to Mother Support Circle

Tuesdays10 - 11:30 am

Come chat and socialize with other moms and their babies. Newborns to one year. Conference room at 317 3rd Street, Eureka.

Parent to Parent Autism Network

2nd Wed. of month6:30 - 8 p.m.

A support group for families and caregivers raising and caring for children and adults on the autism spectrum. Free. Held in the St. Joseph Hospital C1. Call (707) 845-6115 for details.

Stroke Support Group

First Mon. of month.. 10:30 - 12 noon

Conference room - 2nd floor at General Hospital. Call Susan Brayton at (707) 445-8121, ext. 5655 for more information.

Diabetes Support, Eureka

First Mon. of month6:30 - 8 pm

Held at the General Hospital Burre Room. Each month brings support in a variety of up-to-date information and guest speakers to assist and help manage those with



St. Joseph Hospital's new patient care tower is scheduled to open to patients in the Spring. Join us for Open Houses in January!

St. Joseph Hospital
Redwood Memorial Hospital



diabetes. No charge. Call Lonnie for more information: 442-7819.

Community Resource Centers

St. Joseph Health System - Humboldt County has resource centers in Blue Lake, Eureka, Loleta, Rio Dell, and Willow Creek that offer a variety of assistance including: Prescription assistance programs, Healthy Families, MediCal, AIM, health care referrals, and more! To find out which services are available near you, call 442-5239.

Lactation Assistance Program (LAP)

Mondays2 - 6 pm
Eureka, 618-9536.

Tues. & Thurs.9:30 am - 1:30 pm
Fortuna 725-7323.

This program provides hands-on assistance, education and support to moms and babies who need extra help with breastfeeding regardless of where you delivered.

CHILDBIRTH CLASSES - SJH

Childbirth/Pregnancy Info. and Tour

Jan. 26th6:30 - 8:30

A tour of the Childbirth Center and what to expect when you are

expecting. Registration is required. To register call 269-3605.

CHILDBIRTH CLASSES - SPANISH

To register call 441-4477.

Clases Prenatales Fortuna

(Primer Miercoles del mes)

Enero 4, 11, 18, 256 - 8 pm

Padres y Madres Eureka

(Ultimo Martes del mes)

Enero 316 - 8 pm

Padres y Madres Fortuna

(Tercer Martes del mes)

Enero 176 - 8 pm

Madre a Madre Eureka

(Primer Miercoles del mes)

Enero 41:30 - 3:30 pm

Clases de Sillas de Seguridad Fortuna

(Segundo Martes del mes)

Enero 105:30 - 8 pm

St. Joseph Hospital
Redwood Memorial Hospital



All are welcome!

An Open House

for the new patient care facility at St. Joseph Hospital

St. Joseph Hospital will open its doors to the community for two days of special open houses showcasing the hospital's new Northeast Tower.

Saturday, January 21, 2012

Ribbon cutting - 11 a.m. • Open House 11:30 a.m. to 5 p.m.

Sunday, January 22, 2012

Open House 9 a.m. to 3 p.m.

For more information about the open houses at St. Joseph Hospital, visit www.stjosepheureka.org.



New Hospital Visitor Restrictions

Because of a high level of concern for the health of our patients and staff, St. Joseph and Redwood Memorial hospitals are limiting visitor access during the flu season. (October to April 1st).

VISITOR GUIDELINES

- No visitors under the age of 16 are allowed in the hospitals unless they are a patient or parent of a patient (exceptions need to be cleared with the charge nurse).
- Any visitors with fever, cough, or diarrhea should stay home.
- Anyone coming into the hospitals with flu or cold symptoms will be required to wear a mask.
- Visitors and patients should cover their cough (cough or sneeze into your sleeve).
- Visitors will be required to wear personal protective equipment such as gown, gloves, and a mask if visiting a patient in isolation.
- Visitors will be asked to wear a name badge.



HAND HYGIENE

- Visitors and patients should wash their hands frequently with soap and water or use hand sanitizer.
- Hand sanitizer is the preferred method unless otherwise indicated (look for a sign near the patient's door).
- Hand hygiene should be done before and after patient contact.

FLU PREVENTION STATIONS

Visitors and patients should take notice of the flu prevention stations that have been placed throughout the hospitals. The stations include personal protective equipment, such as hand sanitizer and face masks, to help keep you safe.

Thank you for helping us keep our patients and you healthy!

St. Joseph Hospital
Redwood Memorial Hospital 
ST. JOSEPH
HEALTH SYSTEM

In the rare circumstances a visitor with influenza-like illness is permitted into the hospital, they will have to follow these rules: Wear a mask at all times while in the hospital, go directly to the patient's room, and leave the hospital when the visit is complete.