



Monday Morning Briefing

Mendocino Coast District Hospital

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www.mcdh.org

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Assemblyman Wes Chesbro To Visit This Saturday

We have been informed that Assemblyman Wes Chesbro will be at Mendocino Coast District Hospital on Saturday, March 13, because of his interest in MCDH's Healing Hospital program. He has requested a tour of our facility. According to Mr. Chesbro's Field Representative, Ruth Valenzuela, "Mr. Chesbro is looking forward to the visit." Members of the Hospital Board and MCDH Citizens Advisory Committee have been invited to meet Mr. Chesbro and participate in the tour. The regular monthly meeting of the MCDH Citizens Advisory Committee will be held on Saturday, beginning at 10:00 a.m.



Citizens Advisory Committee to Meet This Saturday With Special Guests

In addition to having an opportunity to meet with Assemblyman Wes Chesbro, the MCDH Citizens Advisory Committee will meet at their regular time on Saturday at 10:00 a.m. Committee Chair, Rob Scott has also scheduled a panel of speakers, including Marcia Weeks, Carol Steele and Jeri Erickson, who will be speaking on Scholarship opportunities for Mendocino Coast residents that are interested in pursuing a career in the medical field. The CAC is encouraging new members to join.

Last "Create Your Health" Class for Winter - Spring Season

The last free "Create Your Health" class for the Winter - Spring season is being offered on Tuesday March 9th from 5:30-7:30 in the Hospital's Redwoods Room. The topic for this class is "Connection." This class is being taught by Tanya Wyldflower who comments "Our health is reflected in the 4 levels; physical, mental, emotional and spiritual. At each level we connect in an interdependent way to all the rest of life. True wellness has its foundation in our self-identity and relations to self and others. The tools of gratitude, forgiveness, meditation and cultivating our intuition will be examined."

There are five classes in this series to be offered quarterly. Participants may attend any or all in the series free of charge, purchase of workbook is optional. Ed leave can be used for this series. All hospital personnel are encouraged to take at least one of the Wellness Classes in this series.

Diabetes Prevention Lecture

On Thursday night, March 11, from 6:00 pm to 7:00 pm, MCDH will be presenting its monthly Wellness Lecture. This month's lecture is being taught by Teresa McDonald, Family Nurse Practitioner and Certified Diabetes Educator. In her presentation, she will talk about methods to prevent the onset of Type II diabetes in the general population, using the renowned Diabetes Prevention Project (DPP). This lecture is free to the public and will be held in the hospital's Redwoods Room.



Upcoming Schedule of Events

- Mar 9 "Create Your Health" Class Number V on "Connection," 5:30 pm to 7:30 pm
- Mar 11 MCDH Wellness lecture "Diabetes Prevention," by Teresa McDonald, FNP
- Mar 13 MCDH Citizens Advisory Committee