

What's Happening...

2017 December

Classes/Support Groups

"Healthy Holiday Treats & Recipe Alterations" December Topic for Diabetes Support Group Meetings

■ **Allyn Diabetes Support Group** (Please note date change due to Christmas holiday)

When: Thursday, **December 7** from 1 to 2 p.m.

Where: Port of Allyn building's meeting room

Information: Contact **Debbie McGinnis**, RN, BSN, CDE, at (360) 427-7332.

■ **Shelton Diabetes Support Group**

When: Thursday, **December 14** from 1 to 2 p.m.

Where: Pershing Meeting Room at MGH

Information: Contact **Debbie McGinnis**, RN, BSN, CDE, at (360) 427-7332.

"Living Well with Diabetes" class in February

A two-day class in diabetes self-management.

When: Tuesday and Wednesday, **February 6 & 7**, 2018 from 12:30 to 4:30 p.m.

Where: Pershing Meeting Room at MGH

Registration: *Pre-requisite: diabetes education and advance registration is required* by calling **Debbie McGinnis**, RN, BSN, CDE (360) 427-7332.

Note: There is a fee for this class, however, diabetes education is a covered service under most insurance plans.

Cancer Wellness Workshop in December

Topic: "Gratitude: Blessings, Learnings, Mercies & Protection"

Explore how these four portals develop a capacity for cultivating gratitude. An opportunity to create a personalized gratitude box will be provided!

When: Wednesday, **December 13** from 3 to 5:30 p.m.

Where: Pershing Meeting Room at MGH

Information: *Early registration is advised*, as space is limited. To register, or for more information call **Marcia Stauffer** at (360) 432-7706 or email PatientNavigator@MasonGeneral.com.

First Aid/CPR/AED evening course in December

Class size is limited to 16 persons, and an early, non-refundable registration fee of \$35 (exact cash or check) is required to cover the cost of books and materials. It is open to the entire community and a Spanish interpreter can be made available upon request. Comfortable clothing is recommended.

When: Thursday, **December 14** from 5 to 9 p.m.

Where: MGH&FC's Learning Center, next to the Shelton McDonald's on Olympic Hwy N.

Registration: *Advance registration is required no later than December 4* by calling The Learning Center at (360) 427-3609.

Note: *First Aid/CPR/AED classes are held on the 2nd Thursday of every month from September to June.*

Special Kudos



Congratulations to Yvonne Smith, quality improvement, for being selected by her peers as MGH&FC's November "Employee of the Month".

News Briefs

Would your loved ones be prepared to make health care decisions that honor your wishes in the event of a serious accident or sudden illness that left you incapacitated? Now is the time to begin the process of **Advance Care Planning!** MGH&FC is having a free Advance Care Planning session on Thursday, **January 25**, 2018 from 1 to 3 p.m. in the Washington Room at MGH. You will learn more about Advance Care Planning and how to fill out the documents, which will be provided. You are encouraged to bring the person you wish to be your health care agent along. The session is limited to 20 persons and all participants must pre-register by Saturday, January 20 by calling **Cindy Mortensen** at (360) 427-9544.

**Effective December 10:
The Walk-In-Clinic will
be open on Sundays
10 a.m. - 5 p.m.**



**SCOPE
will be in the mail
December 15!**

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**Open enrollment is
November 1 thru January 15, 2018.**

Free workshop – Saturday, January 6 and 13

from 8 a.m. to 1 p.m. in the

Ellinor Meeting Room at MGH.

To register call

Project Supervisor Susana Lopez at

(360) 432-7766.



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