



Contact: Jenna Palacio
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July 30, 2018

FOR IMMEDIATE RELEASE: Community calendar and public service announcements at Barton Health

BARTON HEALTH COMMUNITY CALENDAR OF EVENTS: AUGUST, 2018

Announcements

- Barton Health has **announced its new Chief Nursing Officer, Julie Clayton, RN, MSN, NEA-BC**. A registered nurse with a Master of Science in Nursing, Ms. Clayton brings her expertise to Barton's executive team from her most recent position as Vice President of Patient Care and Chief Nursing Officer at Overlake Medical Center in Bellevue, WA.
- The Barton Center for Orthopedics & Wellness is now open and offering integrated services and coordinated care to help community members achieve their health goals. Call **530.539.6600** or visit **bartonorthopedicsandwellness.com** to learn more.
- Registration for Barton's Medical Wilderness Adventure Race (MedWAR) is open until August 15. Visit bartonhealth.org/medwar to register a team of four to paddle, mountain bike and navigate in the challenging 18-20 mile course.

Ongoing Programs & Support Groups

MOMMY AND ME SUPPORT GROUPS

Infants and Toddler (up to 36 months): Tuesdays, 10:00 a.m. - 12:00 p.m.

Infants only (up to 12 months): Thursdays, 2:00 p.m. - 4:00 p.m.

FREE

Locations vary. Visit bartonhealth.org/mommyandme for August meeting locations.

Mommy and Me Support Groups in August will be hosted outdoors, weather depending. Mothers and their babies or toddlers are invited to attend a weekly support group to share experiences and discuss the joys and challenges of parenting. Get support from other mothers, as well as professional support from a childbirth instructor, nurse, infant massage therapist, and guest presenters. Sign up at bartonhealth.org/mommyandme. For more information, email bhealthy@bartonhealth.org or call **530.539.6629**.

ADULT FAMILY CAREGIVER SUPPORT GROUP - STARTS AUGUST 8

Second Wednesday of each Month, 3:00 - 4:00 p.m.

FREE

Barton Center for Orthopedics and Wellness - 2170-B South Avenue, South Lake Tahoe

This monthly support group is for adults who want to manage the challenges of caring for adults with chronic and disabling health conditions. Group members will learn about community resources, disease processes, coping strategies, importance of self care, and ways to connect with other families in similar situations. If you have an adult family member with a chronic health condition, such as dementia, Parkinson's disease, MS or diabetes, and you would like to participate in this group, please join us. Interested community members can sign up in advance at **bartonorthopedicsandwellness.com** under *Events & Classes*, and select *Support Groups*. Email bhealthy@bartonhealth.org for more information or call **530.539.6629**.

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PARKINSON'S DISEASE SUPPORT GROUP

Second Wednesday of each Month, 3:00 - 4:00 p.m.

FREE

Barton Center for Orthopedics and Wellness - 2170-B South Avenue, South Lake Tahoe

The Parkinson's Disease Support Group offers support for those diagnosed with Parkinson's disease, as well as family members, and caretakers of those affected. For questions, location and registration, contact Emily Barkley at **530.543.5712** or ebarkley@bartonhealth.org.

BARTON HOSPICE "REFLECTIONS OF LIFE AND LOSS:" Grief Support Group

First and third Thursday of each month, 12:00–1:00 p.m.

FREE

2092 Lake Tahoe Blvd, Suite 500 - South Lake Tahoe

Barton Hospice encourages people who have experienced the loss of a loved one or have endured a significant, life-altering event to attend the ongoing bereavement group called "Reflections of Life and Loss." This group helps teach attendees how to cope with certain situations and encourages emotional connections with others. Support and bereavement groups can improve a participant's mood and decrease psychological distress. For questions and registration, call Tina Bruess at **530.543.5592** or Barton Hospice at **530.543.5581**.

WOMEN'S CANCER SUPPORT GROUP

Last Tuesday of each month, 5:30 – 6:30p.m.

FREE

Barton Hospital Mountain Café

The Women's Cancer support group offers a safe, confidential environment where women with cancer, or a history of cancer, can meet others and address their challenges. For questions and more information, call **530.600.1950**.

SURVIVORS OF SUICIDE LOSS SUPPORT GROUP

Fourth Thursday of each month, 6:00–7:00 p.m.

FREE

Barton Public Relations Office - 2092 Lake Tahoe Blvd, Suite 400 - South Lake Tahoe

Sometimes in life, events occur that fracture the very foundation on which we stand. Our life, as we have known it, is forever changed and we find ourselves in an unexpected struggle, first just to survive and then to move forward. Community members who have lost a loved one to suicide are welcome to attend this monthly support group.

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NEW! BARTON WELLNESS: Mastering Mindfulness - STARTS August 13th

Second Monday of each month, 5:30 p.m. - 6:30 p.m.

Course Tuition: \$10

Barton Center for Orthopedics and Wellness - 2170-B South Avenue, South Lake Tahoe

Learn the art of Mastering Mindfulness and become more aware of your present self with your thoughts, feelings, body, and the environment. Decrease stress, improve concentration, and better manage emotional and physical health under the guidance of Marianna Randolph, LCSW. Review the schedule and register online at bartonorthopedicsandwellness.com under *Events & Classes*. Email bhealthy@bartonhealth.org for more information or call **530.539.6629**.

NEW! BARTON WELLNESS: Prenatal Yoga— Ongoing class series starts August 6th

Mondays 4:15 - 5:15 p.m.

Saturdays, 10:00-11:00 a.m.

Class Fees: \$15 per class, \$55 for five classes, or \$100 for 10 classes

Barton Center for Orthopedics and Wellness - 2170-B South Avenue, South Lake Tahoe

Prenatal yoga leads expecting moms through yoga postures modified for each trimester. Alleviate many discomforts associated with pregnancy, find community with other expecting moms, and slow down to connect with yourself and your baby. Prepare for labor and delivery with breathing practices, postures, and positions for labor, increase stamina, and improve mindfulness. Instructed by a labor and delivery nurse, childbirth educator, and certified Prenatal Yoga teacher. Review the schedule and register online at bartonorthopedicsandwellness.com under *Events & Classes*. Email bhealthy@bartonhealth.org for more information or call **530.539.6629**.

BARTON WELLNESS: Weight Watchers at Work

Wednesdays, 7:00-7:45 a.m.

Barton Center for Orthopedics and Wellness - 2170-B South Avenue, South Lake Tahoe

Use the Weight Watchers *Freestyle Program* to guide yourself toward healthier choices while still providing flexibility to eat favorite foods. The series fee includes free online tools. New members can start any time and do not need to RSVP. Contact Leigh Brewer with questions at **530.416.2640** or email bhealthy@bartonhealth.org. Register at bartonorthopedicsandwellness.com under *Events & Classes*, and select *Parents & Family Education*. Call **530.539.6629** or email bhealthy@bartonhealth.org for more information.

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August Events

BARTON WELLNESS EDUCATION: Childbirth Preparation Tuesday Series

Tuesdays, July 31 - September 4 (6-week series), 6:00 - 8:00 p.m.

Course Tuition: \$20 per couple

Barton Center for Orthopedics and Wellness - 2170-B South Avenue, South Lake Tahoe

Childbirth class series on six consecutive Tuesday evenings. Expecting parents should attend childbirth education at approximately 28 to 32 weeks. Learn about the birthing process, labor positions, pre-term indicators, preparing for the hospital, relaxation/breathing techniques, pain management, lactation consulting, newborn + postpartum care and infant CPR. Register at bartonorthopedicsandwellness.com under *Events & Classes*, and select *Parents & Family Education*. Call **530.539.6629** or email bhealthy@bartonhealth.org for more information.

BARTON WELLNESS EDUCATION: Freedom From Smoking Classes

Wednesdays, August 1 - September 12 (plus Friday, August 24 during "Quit Week"), 6:30-8:30 p.m.

Course Tuition: \$30

Barton Center for Orthopedics and Wellness - 2170-B South Avenue, South Lake Tahoe

Ready to quit smoking? Barton Health can help with **Freedom From Smoking®**, an eight class cessation program from the American Lung Association. Register at bartonorthopedicsandwellness.com under *Events & Classes*, and select *Addiction Resources*. Questions? Call **530.539.6629** or email bhealthy@bartonhealth.org for more information.

BARTON WELLNESS EDUCATION: Childbirth Preparation One-Day Intensive Saturday

Saturday, August 11, 9:00 a.m. - 4:30 p.m.

Course Tuition: \$20 per couple

Barton Center for Orthopedics and Wellness - 2170-B South Avenue, South Lake Tahoe

Parents are invited to attend childbirth classes at approximately 28 to 32 weeks. Learn about the birthing process, labor positions, pre-term indicators, preparing for the hospital, relaxation and breathing techniques, pain management and more. Register at bartonorthopedicsandwellness.com under *Events & Classes*, and select *Parents & Family Education*. Call **530.539.6629** or email bhealthy@bartonhealth.org for more information.

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CAMP SUNRISE: Grief Camp for Children

August 16 – 17

Free

Galilee Camp and Retreat Center, Glenbrook, Nevada

Hosted by Barton Health, Camp Sunrise is a free children's bereavement camp for those ages 7 to 14 who have experienced the death of a loved one. The grief camp offers education and support through a variety of fun-filled activities and programs on the shore of Lake Tahoe. Applications are available online at bartonhealth.org/campsunrise or at the Barton Home Health & Hospice office at 2092 Lake Tahoe Blvd, Suite 500 in South Lake Tahoe. Space is limited; applications must be submitted by Tuesday, July 31. For questions and more information, call Barton Hospice at **530.543.5581**.

BARTON WELLNESS OUTING: Mommy and Me Hike to Dardanelles Lake

Thursday, August 23, 2 – 4:00 p.m.

Free

Meet at Christmas Valley Trail Head, end of South Upper Truckee Rd.

Barton Health and its partners at the U.S. Forest Service are teaming up to offer a Mommy and Me hike as part of the Wellness Outings Program. Mothers are invited to pack their little one in an infant or toddler carrier and join us on a challenging hike to Dardanelles Lake. USFS Ranger Joy Barney will lead an Interpretive Talk discussing local flora and fauna. The hike will also feature insight from a Barton Obstetrics Nurse, as well as time to connect with other mothers. The trail climbs gradually, and its duration is approximately one hour out and one hour back. Please Note: These are baby backpack friendly trails but not stroller friendly. Please park at the bridge at the end of South Upper Truckee Road. Email bhealthy@bartonhealth.org for more information or call **530.539.6629**.

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