

Health Care Facilitator Program

Summary of 2005 Employee Brown-Bags

March 31, 2005

"Kidney Disease and Related Illnesses"

Guest Speaker: Robert Beallo, M.D.

Internal Medicine and Nephrology, Alta Bates Summit Hospital

- *Discussed the two leading causes of kidney disease, diabetes and hypertension. Total attendance: 41 **

May 23 and June 8, 2005

"Foreign Travel & Claims"

Speaker: Loida Bartolome-Mingao

- *Discussed what our health plan providers will and will not cover while living and working outside of the United States. Total attendance: 21 **

July 14 and July 28, 2005

"Effects of Smoking: Why Do We Start And How Can We Stop?"

Guest Speaker: Marcia Brown-Machen, MPH

Tobacco Prevention Program Director, City of Berkeley

- *Discussed how tobacco is marketed, the diseases caused by smoking, and the effective ways to prevent and quit smoking. Total attendance: 24 **

September 15 and September 20, 2005

"Truths and Myths of Cholesterol"

Guest Speaker: Cathy Luginbill, M.S.N.

Cardiovascular Rehabilitation Program Coordinator, Alta Bates Summit Hospital

- *Discussed the impact of weight loss, exercise, and medication in the control of cholesterol. Total attendance: 56 **

October 4 and October 18, 2005

"Breast Cancer Awareness Month"

- *Prepared 200 packets of collected/solicited materials and offered them as employee hand-outs in the cafeteria lobby, along with "Barbara-made" pink ribbons. Distributed all.*

** Each attendee received a "wellness" gift bag*