

Los Alamitos Medical Center  
presents, **“Matters of the Heart”** Education Series  
for Patients and Families  
Schedule for Sept 2011– January 2012



Refer your  
Patients  
and  
Families!



| <i>“Matters of the Heart”<br/>Multidisciplinary Team<br/>Educational Series</i>                   | <i>October -November 2011<br/>PATIENT-FAMILY Series<br/>Location/Date/Time</i>  | <i>December 2011 - January 2012<br/>PATIENT- FAMILY Series<br/>ALERT - Black-out Dates<br/>Location/Date/Time</i>  |
|---|---|--|
| <i>Session/Educator</i>   | <u><b>Alamitos West</b></u><br>3902 Katella Ave, Los Alamitos,<br>Dining room<br><b>October – November 2011</b><br>Weekly - Thursdays<br><b>(10am-11am)</b> | <u><b>Alamitos West</b></u><br>3902 Katella Ave, Los Alamitos,<br>Dining room<br><b>December 2011-January 2012</b><br>Weekly - Thursdays<br><b>(10am-11am)</b> |
| <b>Session 1- Heart Failure</b><br>Dr. Stuart Fischer   | <b>October 2011</b><br><b>10/6/11</b><br>10am-11am*   | <b>December 2011</b><br><b>12/1/11</b><br>10am- 11am*  |
| <b>Session 2- Medications in Heart Failure</b> , Barbara Ailor, PharmD /<br>Dinah Itchon, RN CCRN | <b>10/13/11</b><br>10am- 11am*  | <b>12/8/11</b><br>10am- 11am   |
| <b>Session 3- Nutrition Requirements in Heart Failure</b> , Renee Galas, RD                       | <b>10/20/11</b><br>10am – 11am*   | <b>12/15/11</b><br>10am – 11am*  |
| <b>Session 4- Fluid Management in Heart Failure</b> , Elsa Rogers, RN, MSN                        | <b>10/27/11</b><br>10am- 11am*  | <b>January 2012</b><br><b>1/5/12</b><br>10am- 11am*  |
| <b>Session 5- Exercise and Activity in Heart Failure</b> , Debbie Gold, RN                        | <b>November 2011</b><br><b>11/3/11</b><br>10am -11am*   | <b>1/12/12</b><br>10am-11am  |
| <b>Session 6- Coping with Heart Failure; the meaning of Hospice</b><br>Kristin Harlocker, MSW     | <b>11/10/11</b><br>10am-11am  | <b>1/19/12</b><br>10am-11am  |
| <b>Session 7 – Tests and procedures in Heart Failure</b> , Diane Mielke, RN,<br>MSN               | <b>11/17/11</b><br>10am -11am*  | <b>1/26/12</b><br>10am-11am*   |

Black out dates – December 16, 2011 – January 4, 2012

For Information call:  
**Elsa Rogers, RN, MSN**  
Coronary Artery Disease,  
Program Coordinator  
Los Alamitos Medical Ctr  
562-799-3257