

Community Health Education Center

Inform. Empower. Connect.

The Community Health Education Center (CHEC) will inform and empower patients, families, community members and hospital staff by providing accurate health information and connecting them to appropriate hospital and community services and programs.

Inform. Have a question about your medications? Need information about a health condition or ideas to stay well? The CHEC will have trained health professionals available to help you get the answers to your questions. Whether you're interested in viewing a videotape, borrowing a book, picking up a brochure to take home, or learning how to better navigate health information on the web, you will get help to find the information you need.

Empower. The CHEC will empower you to take an informed, active role in your own healthcare. It will provide tools to help you take charge of your wellness, give you tips to manage your chronic conditions, and help you make lifestyle changes to stay as healthy as possible.

Connect. When dealing with a health condition for yourself or a family member, it can be overwhelming to try to figure out where to get accurate information and know what resources are available. The CHEC will provide health information and connect people with health education classes and events, hospital services and community organizations.

Health Resource Center

The Health Resource Center will go far beyond the concept of a time-honored library. It will be THE place to find accurate health information and get connected to appropriate hospital and community services. Resources available will include a lending library, interactive displays, brochures, access to electronic resources, and more. The center will also coordinate and provide community health classes and events.



Dr. J.A. King Clinical Staff Library

Members of the medical staff and hospital employees will have "24x7" access to the latest research, state of the art technology and time-honored favorite clinical resources in the King Staff Library. The library is named in memory of Dr. James Alan (J.A.) King, an internal medicine specialist who practiced medicine in Salem for many years. A portion of the funding for the library has been provided through an estate gift to the Foundation from Dr. King.

Gehlar Wellness Demonstration Kitchen

Whether you're recovering from heart surgery, have just been diagnosed with

diabetes, or are trying to maintain a healthy lifestyle, what you eat makes a big difference. In the Wellness Demonstration Kitchen you can learn about nutrition and food preparations that can not only help you get healthy, but stay healthy as well. Need to decrease the amount of salt in your diet? Want to cut out a little fat? Or perhaps you'd like some tips on vegetarian cooking. Hospital dietitians and featured guest chefs will provide fun and informative classes and cooking demonstrations. The kitchen is named for the Gehlar family, long-time supporters of nutrition education in our community.



Support Group Room

Support groups can play a major role in the healing process through the sharing of common experiences. The support group room will provide a comfortable "living-room" type of environment to encourage this holistic approach to caring for people. Group facilitators and participants will have access to related health information within the Health Resource Center. The CHEC will also include flexible classroom space that will be available for community health education classes.



Salem Hospital

A part of Salem Health