For years, you may have known us by many different names. We are now proud to unveil one name — PIH Health — your health and wellness partner.

Inside ➔ Introducing PIH Health ➔ It’s Time for Open Enrollment ➔ What Do You Know About Diabetes? ➔ Your Guide to a Healthy Holiday Season
Cover Stories
2 Introducing PIH Health
4 It’s Time for Open Enrollment
14 Understanding Diabetes
18 Your Healthy Holiday
Survival Guide

In Every Issue
21 Office Locations
22 Meet Our New Doctors
23 Support Groups
24 Community Health Education Calendar
26 Life Connections Calendar for Seniors

In This Issue
6 Advanced Primary Care
8 Thanks for Past Generations by Dr. McKeon
10 New Community Effort to Keep Children Healthy
12 Breast Health Care
14 Promoting a Healthy Community
16 Activating Whittier is a Collaborative Effort to Improve the Health of Local Families
19 Busted: Three Flu Shot Myths Debunked
20 New Plaza Tower Provides Efficient, Healing Environment

Over the years, you may have known us as Presbyterian Intercommunity Hospital, Whittier Pres, Pres, Presbyterian, PIH, Bright Health Physicians, BHP, Bright Medical or many other names. Now, the one name you need to know is PIH Health.

Our name has changed, but our mission remains the same. For nearly six decades, we have been here to care for the health of this community and this change reaffirms our dedication to you. “This new name reflects our commitment to our mission – providing high-quality healthcare without discrimination and contributing to the health and well-being of the neighborhoods we serve,” said Jim West, president and chief executive officer of PIH Health.

Our medical group, outpatient offices, urgent care and community education programs all work together to serve as a health and wellness partner for you, your family and your neighbors. Through preventative screenings, regular check-ups and health education, PIH Health aims to keep you and your loved ones healthy, happy and out of the hospital. When needed, our team of highly trained and compassionate physicians, advanced practice professionals, nurses, staff and volunteers are here for you.

“PIH Health is a regional healthcare network with resources to meet the ever changing healthcare needs of this community,” said Rich Casford, immediate past Chair of the PIH Health Physicians board.

While our name may have changed, the expertise and care you have come to know remains the same. We are still your community healthcare partner.

For nearly six decades, we have been here to care for the health of this community and this change reaffirms our dedication to you. “This new name reflects our commitment to our mission – providing high-quality healthcare without discrimination and contributing to the health and well-being of the neighborhoods we serve,” said Jim West, president and chief executive officer of PIH Health.

Our medical group, outpatient offices, urgent care and community education programs all work together to serve as a health and wellness partner for you, your family and your neighbors. Through preventative screenings, regular check-ups and health education, PIH Health aims to keep you and your loved ones healthy, happy and out of the hospital. When needed, our team of highly trained and compassionate physicians, advanced practice professionals, nurses, staff and volunteers are here for you.

“PIH Health is a regional healthcare network with resources to meet the ever changing healthcare needs of this community,” said Rich Casford, immediate past Chair of the PIH Health Physicians board.

While our name may have changed, the expertise and care you have come to know remains the same. We are still your community healthcare partner.

The physicians and staff of Presbyterian Intercommunity Hospital and Bright Health Physicians of PIH have worked side by side for many years to provide the highest quality healthcare to the communities we serve. It made sense to align the organization under one name, PIH Health. We will continue to provide access to exceptional caregivers in a wide range of services and settings. Ensuring a positive patient experience at every interaction is always a priority.

PIH Health is committed to remaining at the forefront of healthcare advances. We are prepared to address the challenges and opportunities of the evolving healthcare industry so we can continue to care for the diverse needs of our community.

We are a proud partner in our communities’ health and wellness and we look forward to serving you as PIH Health for years to come.

Frequently Asked Questions

Why are you changing your name?
For years, the letters P-I-H have been synonymous with trusted healthcare for you and your family. As part of our rebrand, the letters pay tribute to our organization’s foundation. We added the word “Health” because what began as a community hospital has grown into a comprehensive network. Now, with one easily recognizable name, you will always know exactly who is providing your care.

Do I need to notify my insurance provider of the name change?
No. Insurance providers were notified of our new name. You may continue to get references to the old name but this will not affect your coverage, insurance benefits or premiums.

Can I keep seeing the same doctor?
Yes, and as long as you are part of the PIH Health Physicians (formerly Bright Health Physicians) medical group, you have access to this community’s top-rated hospital.

If you have additional questions, call Patient Services at 562.947.8478 Ext. 82199.

1.877.285.DOCS (3627)  PIHHealth.org
Access to PIH Health is as Easy as Fall is here. That means pumpkin spice lattes, football and open enrollment forms. Open enrollment is the perfect time to assess your healthcare needs and review your options.

Remember, when you choose a doctor and a medical group for yourself or a family member, you are also choosing the hospital where you will be admitted should you need hospitalization.

PIH Health Physicians (formerly Bright Health Physicians of PIH) is the medical group exclusively affiliated with the award-winning PIH Health Hospital (formerly Presbyterian Intercommunity Hospital). Together, they provide a full continuum of care that offers the finest medical care with the highest ethical standards and a great patient experience.

PIH Health Physicians includes over 300 skilled physicians and advanced practice professionals representing nearly every major medical specialty. You will have access to PIH Health Hospital, same-day appointments in most primary care physician offices, urgent and after-hours care, as well as health and wellness classes.

Why Choose PIH Health Physicians?

PIH Health Physicians includes over 300 skilled physicians and advanced practice professionals representing nearly every major medical specialty. You will have access to PIH Health Hospital, same-day appointments in most primary care physician offices, urgent and after-hours care, as well as health and wellness classes.

Make the Right Call

Call the member services department of your health plan today and let them know you’d like to switch to a PIH Health Physicians doctor. Chances are, you can make the change and keep your current doctor.

If your health insurance plan does not include PIH Health Physicians, open enrollment allows you to switch to a plan that does. If your health insurance plan includes PIH Health Physicians but you’re currently part of another medical group, your plan may allow you to switch at anytime.

To find a highly skilled PIH Health Physicians doctor, call our Information and Referral Service at 1.877.285.DOCS (3627) or visit us at PIHHealth.org and click on “Find a Doctor.”

How to Find Us in Your Health Insurance Directory

You may continue to find PIH Health Physicians listed in your health insurance directory under any of the following names:

1 Bright Health Physicians
2 Bright Health Physicians Group Division
3 Bright Health Physicians IPA Division
4 PIH Health Physicians

Rest assured, selecting any one of these will provide you access to a physician able to meet your family’s healthcare needs and who is affiliated with PIH Health Hospital.

Attention Medicare Beneficiaries:
Mark Your Calendars!

Each fall Medicare beneficiaries can disenroll from, switch or enroll into a Medicare Advantage (MA) plan or Part D (MAPD) plan during the annual election period (AEP). AEP for Medicare beneficiaries runs October 15 to December 7, 2012 with enrollment changes taking effect on January 1, 2013.

Now is the time to explore your options and select the health plan, doctors and hospital that work best for you. If you are already enrolled with PIH Health Physicians (formerly Bright Health Physicians), you have access to the highest quality physicians and the area’s premier hospital. If not, we encourage you to select PIH Health during this year’s open enrollment.

PIH Health accepts most HMO, PPO, POS, traditional Medicare, Medicare HMO as well as other health insurance plans.

For questions or a list of upcoming informational presentations, call 562.698.0811 Ext. 81134.
Advanced Primary Care: It’s All About You

Let us be your partner in health and wellness

Imagine being able to see a doctor as soon as you needed to or having an entire team of people available to help you manage your health. PIH Health understands the importance of having access to the care you need when you need it and is taking steps toward improving our patients’ experience both in and out of the doctor’s office.

Our new approach to personal healthcare management is called Advanced Primary Care, which uses a team approach to provide care. Your primary care physician will see you for some acute illnesses, most annual physicals and will monitor any chronic illnesses. You may see a nurse practitioner or physician assistant for routine check-ups or visits for recurring concerns. Regardless of whom you see at your appointment, your entire healthcare team receives updates on your treatment.

Like at PIH Health initiatives, this new approach puts patient needs first. Here is what to expect:

**More personalized attention.** Knowing your health history is just the beginning. Your healthcare team works with you to promote wellness for you and your family.

**Convenience.** Paperwork is completed before your visit, and you enter the exam room immediately after arrival to your appointment. Same-day appointments are more readily available.

**Collaboration.** Daily communication between team members and use of our electronic health record (EHR) system, called aMD, means your healthcare team is well-equipped to provide you with the best care.

**Commitment.** Individual wellness goals are a priority. Your healthcare team will connect you to resources within PIH Health and other community organizations to help you achieve them.

“Patient feedback was a major consideration in designing Advanced Primary Care,” said William H. Stimmel, MD, PIH Health Physicians president. “We are confident that the system we have developed will positively impact the way our patients interact with their doctors and how they manage their health.”

We look forward to sharing more information with you as Advanced Primary Care is implemented across all PIH Health medical offices in the near future. If you have any questions about Advanced Primary Care, please contact Patient Services at 562.947.8478 Ext. 82199.

Above are some of our advanced practice professionals: (left to right) Robert Gibson, PA-C; Molly Diaz, PA-C; Angel Delgadillo, PA-C; Selina Lee, PA-C; Lori Cureto, CPNP; and Edward Estrada, PA-C.

**Physician Assistants and Nurse Practitioners: An Important Part of Your Healthcare Team**

Advanced Primary Care puts you at the center of your healthcare team. Your primary physician will lead the way, but you’ll also have access to the knowledge and experience of physician assistants (PAs) and nurse practitioners (NPs).

One of the main benefits of Advanced Primary Care is that you do not have to wait long to schedule an appointment. This is possible because PAs and NPs (also referred to as advanced practice professionals) are available to take appointments for less complex health concerns, such as fevers or routine check-ups.

A PA is licensed to practice medicine under the direction of a physician. NPs are registered nurses that have achieved an advanced level of education and can also diagnose and manage illnesses. The physician does not have to be physically present while a PA or NP is with a patient, but advanced practice professionals can consult with their supervising physician regarding any diagnosis.

Your primary care physician will still see you at least once a year to set goals for wellness and review any healthcare needs. Both PAs and NPs work closely with primary care physicians to manage patient’s care.
Thanking Past Generations by Providing for the Future

PIH Health Foundation launches community-driven philanthropic movement

Leaving a Legacy

The PIH Health Legacy Society is a visionary group of people who share a passion for the critical mission and a visionary group of people who share a passion for the critical mission and a visionary group of people who share a passion for the critical mission and a visionary group of people who share a passion for the critical mission.

Most people have heard of the “pay it forward” concept. It is the idea that instead of returning a favor done to the person who helped you, you do something kind for another person in need.

That is part of the inspiration behind PIH Health Foundation’s new five-year philanthropic effort, Healthy Giving – Healthy Living. It’s an invitation for the entire community to do something good for everyone who lives and works here now and in the future.

When members of this community decided to take up a collection to start the hospital back in the 1950s, they were not thinking only of themselves and their immediate needs. They were taking action to ensure that future generations would be cared for as well.

PIH Health is dedicated to leading our community in achieving this goal, and we invite you to join us. We are an independent, nonprofit community asset, governed by a volunteer board of directors that reinvests every dollar back into the health of this community, and with your help, we can improve the health of even more people.

For more than 50 years, people have made contributions that may have already benefitted you, your family or friends. Your contribution may help someone you may never meet, but that is part of the beauty of paying it forward.

To learn how you can be a part of this community effort, contact the PIH Health Foundation at 562.698.0811 Ext. 14120 or visit PIHHealth.org and click “Donate Now.”

For additional ways you can help, contact the PIH Health Foundation at 562.698.0811 Ext. 14120.

Volunteer Efforts of the Past

Receive a Makeover

In the 1950s, this area desperately needed a hospital. A group of concerned citizens took it upon themselves to go door-to-door collecting what they could from their neighbors. Today, PIH Health has expanded to serve more than 1.5 million residents throughout Los Angeles and Orange counties as well as the greater San Gabriel Valley.

Back then, the need was simple – a hospital close to home that would attract quality doctors and nurses to the area. While healthcare needs may have become more complex, the community can still take the same approach toward offering their support.

The PIH Foundation recently introduced the Coins for Care 2.0 program. Volunteers won’t be going door-to-door, but just like the original effort, every donation will make a difference in ensuring the health of our friends, family and neighbors.

If you are at PIH Health Hospital, you can make a donation electronically at the kiosk located in the main lobby of the Hubert C. Perry Pavilion or the Ed L. Shannon Tower. From home, log on to PIHHealth.org and click “Donate Now.”

For more than 50 years, people have made contributions that may have already benefitted you, your family or friends. Your contribution may help someone you may never meet, but that is part of the beauty of paying it forward.

To learn how you can be a part of this community effort, contact the PIH Health Foundation at 562.698.0811 Ext. 14120 or visit PIHHealth.org and click “Donate Now.”

For additional ways you can help, contact the PIH Health Foundation at 562.698.0811 Ext. 14120.
Say Farewell to Falls
Boost balance and mobility with Fall Prevention program

The statistics are staggering. Each year, one in three senior adults experiences a fall, which can lead to serious injuries including hip fractures, head traumas and even increased risk of early death.

Fortunately, PIH Health is taking strides to lower these risks. Its eight-week Fall Prevention program promotes exercise, muscle strength and enhanced balance. Many community members, such as Whittier resident Barbara Van Kirk, are reaping the benefits.

Barbara, who completed the program in June 2012, has diabetes and peripheral neuropathy which affects her hands, feet and balance. After falling several times, she started walking with a cane.

“The instructor demonstrated every exercise and explained why they were helpful,” Barbara said. “We learned something new every week and then practiced exercises at home.”

Thanks to the program, Barbara is now enjoying greater confidence in her daily life.

“Exercise becomes more important as we age and strengthening exercises are an important component to fall prevention,” said Harvey H. Chou, MD, a PIH Health orthopedic surgeon. “In addition to the cardiovascular advantages, strength and mobility training can help prevent musculoskeletal injuries and reduce arthritis pain.”

The next Fall Prevention program begins in January. For more information, call 562.698.0811 Ext. 14691 or 14692.

THE IMPACT
Studies show that balance, flexibility and strength training improve mobility and reduce the risk of falling.*

55% Participants who indicated on pre-assessments that they had fallen one or more times during the previous year

96% Participants who indicated on post-tests that participation in the program reduced their fear and/or risk of future falls

82% Participants who had falls before participating in the program had not fallen again 18 months after the program

*Fall Prevention Center of Excellence, 2010

Harvey Chou, MD
PIH Health Orthopedic Surgery
12462 Putnam St., Suite 402
Whittier, CA 90602
562.789.9461

PIH Health Works
Collaboratively to Create Healthier, Vibrant Communities

PIH Health was built by the community, for the community. To ensure that we continue to fulfill the needs of the families in this area, every three years, PIH Health conducts a Community Health Needs Assessment to identify the health-related needs of the community. Then our Community Benefit Oversight Committee works together with community leaders and residents to enhance existing programs or plan for new ones based on those needs.

The result was PIH Health’s Community Health Improvement Plan, which addresses these three health goals:

1 Healthy living – Deliver health-promotion and prevention services and enhance health-related knowledge so that making healthy choices is easier.

2 Health management – Increase knowledge regarding prevention and management of chronic diseases.

3 Health access – Ensure basic and preventative care access for the uninsured and underinsured.

The plan includes current hospital programs and activities such as the Fall Prevention program, and areas for program enhancement or community collaboration, such as Activate Whittier (see story on page 16).

For more information about this plan or other Community Benefit initiatives, call 562.698.0811 Ext. 14109.

NONPROFIT MISSION
PIH Health was built by the community, for the community. To ensure that we continue to fulfill the needs of the families in this area, every three years, PIH Health conducts a Community Health Needs Assessment to identify the health-related needs of the community. Then our Community Benefit Oversight Committee works together with community leaders and residents to enhance existing programs or plan for new ones based on those needs.

The result was PIH Health’s Community Health Improvement Plan, which addresses these three health goals:

1 Healthy living – Deliver health-promotion and prevention services and enhance health-related knowledge so that making healthy choices is easier.

2 Health management – Increase knowledge regarding prevention and management of chronic diseases.

3 Health access – Ensure basic and preventative care access for the uninsured and underinsured.

The plan includes current hospital programs and activities such as the Fall Prevention program, and areas for program enhancement or community collaboration, such as Activate Whittier (see story on page 16).

For more information about this plan or other Community Benefit initiatives, call 562.698.0811 Ext. 14109.

NONPROFIT MISSION
PIH Health was built by the community, for the community. To ensure that we continue to fulfill the needs of the families in this area, every three years, PIH Health conducts a Community Health Needs Assessment to identify the health-related needs of the community. Then our Community Benefit Oversight Committee works together with community leaders and residents to enhance existing programs or plan for new ones based on those needs.

The result was PIH Health’s Community Health Improvement Plan, which addresses these three health goals:

1 Healthy living – Deliver health-promotion and prevention services and enhance health-related knowledge so that making healthy choices is easier.

2 Health management – Increase knowledge regarding prevention and management of chronic diseases.

3 Health access – Ensure basic and preventative care access for the uninsured and underinsured.

The plan includes current hospital programs and activities such as the Fall Prevention program, and areas for program enhancement or community collaboration, such as Activate Whittier (see story on page 16).

For more information about this plan or other Community Benefit initiatives, call 562.698.0811 Ext. 14109.
Reduce Your Risk

"Screening mammography is able to detect breast cancers up to two years before a patient or doctor can feel them," said Kim Bickell, MD, a radiologist at the PIH Health Patricia L. Schefley Breast Health Center. "When breast cancer hasn’t spread to the lymph nodes, a woman has a 96% five-year survival rate."

Lisa Wang, MD, a PIH Health medical oncologist recommends:

1. Annual exams. All women should schedule annual clinical breast exams but mammography screening should begin at age 40. Your doctor may recommend starting sooner if you have a family history of breast cancer.

2. Perform self-exams. Be aware of your own body. If you notice anything abnormal like lumps, skin discoloration or pain, talk to your doctor.

3. Maintain a healthy body weight through diet and exercise. A higher percentage of body fat has been shown to increase your risk. Exercise boosts immune function, lowers levels of body fat and decreases levels of estrogen and insulin, which can decrease your risk.

4. Get plenty of Vitamin D. Some research links Vitamin D deficiency to breast cancer. Dr. Wang recommends 600 IU daily of Vitamin D for those younger than 71 and 800 IU daily for those 71 and older.

If Diagnosed, We’re Here to Help

When a biopsy designates a patient as having a high risk for breast cancer, a medical oncologist is among one of the first team members to intervene. Oncologists can help determine whether patients have a genetic predisposition to cancer and make the recommendation for genetic counseling and testing.

"We can prescribe chemotherapy and oral medications to high-risk patients to reduce the chance of a recurrence," said Dustin Stevenson, DO, a PIH Health medical oncologist. "An oncologist also monitors patients long-term for potential recurrence and emphasizes healthy living to reduce that risk."

A breast cancer patient’s team also includes a pathologist, radiologist, radiation oncologist, surgeon and plastic surgeon. Everyone works together to achieve the best outcome for the patient.

“Our patients benefit from state-of-the-art imaging services, radiation oncology, surgical practices and caring nurse navigators who help guide them through the entire process from start to finish," said Kenneth Thompson, MD, co-medical director of the PIH Health Patricia L. Schefley Breast Health Center.

Patients seeking reconstructive surgery after mastectomy or lumpectomy can be referred to Jaime Schwartz, MD, a PIH Health board-certified plastic and reconstructive surgeon. He uses a progressive new reconstruction procedure called AutoDerm.

“During reconstruction, we use as much of the patient’s own skin as possible, along with an implant,” Dr. Schwartz said. “This may help avoid the need to use muscle tissue, which can mean less pain, fewer complications and better healing.”

If you or someone you love has been affected by breast cancer, please take advantage of the PIH Health resources listed below.

Mariposa Boutique

12393 Washington Blvd., Whittier, CA 90605

Located in the PIH Health Patricia L. Schefley Breast Health Center, the Mariposa Boutique offers specialized products designed to enhance how women feel during cancer treatment and recuperation. Our coordinator specializes in mastectomy products, lymphedema garments and compression hosiery. For hours or to make an appointment with a coordinator, call 562.698.0811 Ext. 15638.

Resources

Annual Mammogram Screening
Contact your primary care physician or the PIH Health Patricia L. Schefley Breast Health Center at 562.907.0867.

Breast Cancer Nurse Navigator
Call 562.698.0811 Ext. 15226.

Breast Cancer Support Group
Call 562.698.0811 Ext. 15721.

PIH Health Hematology & Oncology
Call 562.789.5400.

PIH Health Plastic Surgery & Aesthetic Medicine Center
Call 562.789.5438.

*Centers for Disease Control and Prevention

Breast cancer is one of the most common cancers among American women.* In honor of National Breast Cancer Awareness month in October, PIH Health reminds the community that we are here for you, from prevention through reconstructive surgery.
Understanding Diabetes
Chances are, you probably know someone with diabetes. In honor of American Diabetes Awareness month in November, we’ve broken down the facts about this chronic disease.

What is diabetes?
The body’s cells need sugar to function properly. Sugar enters cells with the help of a hormone called insulin. People with diabetes do not produce enough insulin or stop responding to it so sugar builds up in their blood.

What is the difference between Type 1 and Type 2 diabetes?
People with Type 1 diabetes are unable to make insulin and comprise a very small percentage of those suffering from diabetes. The same can be true of those with Type 2 diabetes but more often the problem is that their cells do not respond to insulin. Type 2 diabetes usually causes no symptoms, but symptoms can include frequent urination, thirst and blurred vision.

If Type 2 diabetes causes no symptoms, why should I treat it?
"Having diabetes means that you will have a two or threefold increase in risk for heart attack and stroke," said Christian Gastelum, MD, a PIH Health endocrinologist. "It can also lead to damaged internal organs, vision problems, including blindness, and loss of feeling in the fingers, toes, hands and feet that could make amputation necessary."

What can I do?
Bharat G. Patel, MD, a PIH Health internal medicine specialist, said that one of the first things addressed with a patient who has diabetes is weight reduction and diet modification. "Parents need to look at less processed foods for their kids," he said. "We need more fruits and vegetables in our diets and more exercise programs."

If you have diabetes or provide care for someone who does, take advantage of PIH Health’s diabetes education program. For more information on specific programs available, contact the diabetes education Center at 562.698.0811 Ext. 11320.

Get adequate rest
The average adult needs seven to eight hours of sleep. The consequences of sleep deprivation can lead to memory problems, depression and a weakened immune system.

Be active
Engage in moderate exercise such as walking, swimming or hiking on a regular basis and include strengthening exercises in your workout routine.

Eat a balanced diet
Avoid cholesterol and fatty foods, cut out salt, reduce your sugar intake and of course, drink plenty of water. Also try adding more fresh foods that are high in nutrients to your diet to help maintain an appropriate weight.

Manage stress
Practice self-care when you feel the effects of stress. Avoid drugs and alcohol, seek social support from a friend, counselor, doctor or church leader, stay active, eat healthy and get adequate rest.

Quick Facts
› 25.8 million children and adults in the United States have diabetes; 7 million of those people don’t know they have it.*
› 7.1% of non-Hispanic whites, 8.4% of Asian Americans, 11.8% of Hispanics, and 12.6% of non-Hispanic blacks over the age of 20 have been diagnosed with diabetes.*

*Centers for Disease Control and Prevention 2011
Working Together to Promote a Healthy, Active Community

Activate Whittier is a community collaborative that champions a healthy, active Whittier. The program is a partnership between PIH Health, YMCA of Greater Whittier, City of Whittier, Los Angeles County Department of Public Health, Boys & Girls Club of Whittier, Kaiser Permanente Downey Medical Center and Whittier College.

“We realized that in order to improve the health of our community, PIH Health needed to collaborate with local agencies that also had our patients’ and community members’ best interests in mind,” said Vanessa Ivie, director of Community Benefit Development at PIH Health and vice chair of Activate Whittier.

In January 2012, Activate Whittier received a $300,000 grant from Kaiser Permanente to help combat obesity in the city. To target the obesity trend among children and adolescents, Activate Whittier is providing healthy eating and physical activity resources to schools and partnering with local corner stores to promote healthier food choices.

During the 2012-2013 school year, Activate Whittier will support Whittier City School District’s CATCH (Coordinated Approach To Child Health) school health program by training teachers, parents and volunteers in active physical education and providing a school-wide assembly on the importance of healthy eating and physical activity. PIH Health will contribute health education oversight and leadership.

Activate Whittier is currently training Whittier residents through “Change Starts with Me,” an eight-week workshop starting this fall. Offered in both English and Spanish, the workshop provides education and advocacy tools related to nutrition, wellness at school and work, and physical activity.

The coalition recently initiated a proposed ordinance prohibiting smoking in all Whittier parks. If adopted by the City Council, the ban on smoking at parks will help children avoid exposure to second-hand smoke and promote a healthier city.

“This is truly a community effort, and PIH Health has been a key partner in getting the program off the ground,” said Lori Tiffany, executive director of the Uptown Whittier YMCA and chair of Activate Whittier.

“Early on, PIH Health provided a strategic planning expert, local health data and community perspectives for our team to develop a mission statement and define goals. Their high level of commitment has been tremendously helpful.”

Find out more about Activate Whittier by visiting facebook.com/activatewhittier.

Get Active and Stay Fit in Your Community

Downey
Gary P. McCaughan Gymnasium
562.926.2700
downeyca.org

The courts can be reserved for volleyball and basketball. A variety of sport aids and leagues for youth and adults are also available.

La Mirada
Splash! La Mirada Regional Aquatics Center
562.945.1277
splashlamirada.com

Pools are available year round for lap swimming, swim lessons and water activities.

La Habra
Recreation Center
562.943.7277
cityoflahabra.com

Various health and fitness programs are available.

Montebello
Parks & Recreation
562.914.6464
cityofmontebello.com

If your city doesn’t have a recreation program, you can find active groups to join on sites like meetup.com or consider joining a traditional gym.

Norwalk
Aquatic Pavilion
562.394.4550
cinorton.ca.us

YMCA of Greater Whittier
562.943.7241 – East Whittier
ymcaswhittier.org

Working Together to Promote a Healthy, Active Community

Activate Whittier is a community collaborative that champions a healthy, active Whittier. The program is a partnership between PIH Health, YMCA of Greater Whittier, City of Whittier, Los Angeles County Department of Public Health, Boys & Girls Club of Whittier, Kaiser Permanente Downey Medical Center and Whittier College.

“We realized that in order to improve the health of our community, PIH Health needed to collaborate with local agencies that also had our patients’ and community members’ best interests in mind,” said Vanessa Ivie, director of Community Benefit Development at PIH Health and vice chair of Activate Whittier.

In January 2012, Activate Whittier received a $300,000 grant from Kaiser Permanente to help combat obesity in the city. To target the obesity trend among children and adolescents, Activate Whittier is providing healthy eating and physical activity resources to schools and partnering with local corner stores to promote healthier food choices.

During the 2012-2013 school year, Activate Whittier will support Whittier City School District’s CATCH (Coordinated Approach To Child Health) school health program by training teachers, parents and volunteers in active physical education and providing a school-wide assembly on the importance of healthy eating and physical activity. PIH Health will contribute health education oversight and leadership.

Activate Whittier is currently training Whittier residents through “Change Starts with Me,” an eight-week workshop starting this fall. Offered in both English and Spanish, the workshop provides education and advocacy tools related to nutrition, wellness at school and work, and physical activity.

The coalition recently initiated a proposed ordinance prohibiting smoking in all Whittier parks. If adopted by the City Council, the ban on smoking at parks will help children avoid exposure to second-hand smoke and promote a healthier city.

“This is truly a community effort, and PIH Health has been a key partner in getting the program off the ground,” said Lori Tiffany, executive director of the Uptown Whittier YMCA and chair of Activate Whittier.

“Early on, PIH Health provided a strategic planning expert, local health data and community perspectives for our team to develop a mission statement and define goals. Their high level of commitment has been tremendously helpful.”

Find out more about Activate Whittier by visiting facebook.com/activatewhittier.

Get Active and Stay Fit in Your Community

Downey
Gary P. McCaughan Gymnasium
562.926.2700
downeyca.org

The courts can be reserved for volleyball and basketball. A variety of sport aids and leagues for youth and adults are also available.

La Mirada
Splash! La Mirada Regional Aquatics Center
562.945.1277
splashlamirada.com

Pools are available year round for lap swimming, swim lessons and water activities.

La Habra
Recreation Center
562.943.7277
cityoflahabra.com

Various health and fitness programs are available.

Montebello
Parks & Recreation
562.914.6464
cityofmontebello.com

If your city doesn’t have a recreation program, you can find active groups to join on sites like meetup.com or consider joining a traditional gym.
Your Healthy Holiday Survival Guide

With the busy holiday season quickly approaching, it is easy to let good habits slip. PIH Health offers these tips to help you make it to the new year.

Halloween
If you want to participate in the tradition of trick-or-treating but are worried about overdoing it on sweets, consider substituting candy for small toys like yo-yo’s or stickers. This keeps candy out of your home and helps other families avoid candy overload.

Thanksgiving
Jaime Pardo, MD, a PIH Health Family Medicine doctor recommends eating a small, low-calorie meal, or drinking a glass or two of water before dinner to help you feel fuller and reduce your desire to consume too much.

“It’s fine to sample a bit of everything, but keep your portions small,” said Dr. Pardo. “If you have a condition that affects your diet, such as diabetes or high blood pressure, let your family and friends know so they can cook with less sugar or salt.”

Christmas and Hanukkah
Between shopping, increased financial burdens, visiting family members and traveling, the month of December can be stressful. It can also be especially hard for those who have experienced recent traumas, such as a divorce or the loss of a loved one.

“In these cases, it’s important to find someone to talk to, such as a friend, family member, physician, priest or counselor. Don’t be afraid to ask for help,” said Dr. Pardo.

Staying physically active also goes a long way in combating stress, depression or occasional overindulgence in holiday treats.

“Exercising can help fight depression, including Seasonal Affective Disorder (SAD),” he said. “It also boosts the immune system, which can help protect you from colds and flu.”

For more tips on having a healthy holiday, take advantage of the Healthy Holiday Eating Strategies & Recipes class on Tuesday, October 25, 2012 from 10 to 11 am. For more information or to reserve your spot, call 562.698.0811 Ext. 18302.

Busted: Three Flu Shot Myths Debunked

“Tis the season for colder weather, holiday preparations and sick days caused by the flu. Are flu shots really the answer? Asit Vora, MD, a PIH Health pediatric hospitalist, helps clear up three common misconceptions.

Myth #1: Flu shots can cause the flu. Not true. The flu vaccine includes just enough of the virus to help your body build resistance to the flu, however, it does take about two weeks to be fully protected. People who get sick within two weeks of receiving the vaccination often blame the flu shot, when it’s really just a coincidence.

Myth #2: Flu shots aren’t necessary every year. False. The flu virus changes from year to year, and so does the vaccine. That’s why doctors recommend annual flu shots, especially for kids with asthma, heart/lung issues, chronic illnesses and those born prematurely, pregnant women and adults over 65 years of age.

Myth #3: Younger, healthier people don’t need flu shots. Wrong. The spread of H1N1 (known as swine flu) in 2009 proved that younger adults are just as susceptible to a serious case of the flu, which can put a healthy person in the intensive care unit within 48 hours.

Flu season typically begins in October and can last through April. Contact your physician today to schedule flu shots for you and your family. For a PIH Health Physicians doctor, call 1.877.285.DOCS (3627).
New Plaza Tower to Provide Efficient, Healing Environment for Community

PHI Health’s nearly completed 250,000 square-foot, 112-bed Plaza Tower will be ready for occupancy this December. Once opened, the facility will include the new Surgery Department, directly adjacent to the Imaging Center on the lower level. It will be easily accessible to the recently expanded Emergency Department.

PHI Health Chief Nursing Officer Reanna Thompson explained that the alignment of services within a single facility will provide patients with better access to care in a localized environment. For example, PHI Health’s cancer unit will have a new home in the Plaza Tower, offering cancer patients the convenience of accessing the care and resources they need from a single location.

“Overall, the environment at the new Plaza Tower will be a very healing environment,” she said. “With such a top-notch facility, our staff can deliver the best care possible, and we can continue to recruit and retain the best and most dedicated medical professionals.”

The Plaza Tower will house 10 large, new operating rooms and a state-of-the-art pharmacy. In preparation for the new facility, surgical and pharmacy teams have developed streamlined, efficient and forward-thinking principles for workflow. These efforts to minimize waste and improve processes will also contribute to a positive and healing experience for patients.

For more information about the services in the new Plaza Tower, visit PHHealth.org.

To learn more about the open house on Saturday, December 1, 2012, check the back cover of this issue.

Many of the PHI Health Resources Available:

PHI HEALTH – WHITTIER
15725 E. Whittier Blvd.
Whittier, CA 90604
Phone: 562.789.5424
(Family Medicine)

PHI HEALTH – SOUTHWEST WHITTIER
10750 Laurel Avenue
Whittier, CA 90605
Phone: 562.606.5414
(Family Medicine)

PHI HEALTH – LA MIRADA
12675 La Mirada Blvd., Suite 201
La Mirada, CA 90638
Phone: 562.903.7339
(Family Medicine)

1502 Imperial Highway
La Mirada, CA 90638
Phone: 562.347.6650 (Pediatrics)

PHI HEALTH – HACIENDA HEIGHTS/PUENTE HILLS
1800 S. Azusa Avenue
Hacienda Heights, CA 91745
Phone: 626.964.3240
(Family Medicine – Suite 115
Phone: 626.964.6012
(Pediatrics – Suite 302)

PHI HEALTH – MONTEBELLO
401 W. Beverly Blvd.
Montebello, CA 90640
Phone: 503.728.0231
(Internal Medicine)

PHI HEALTH – NORWALK
13330 Bloomfield Avenue, Suite A
Norwalk, CA 90650
Phone: 562.789.5424
(Family Medicine)

PHI HEALTH FAMILY MEDICINE – LA HARDA
1404 S. Harbor Blvd., Suite A
La Habra, CA 90631
Phone: 562.789.5450
(Effective December 3, 2012)

PHI HEALTH FAMILY MEDICINE – SANTA FE SPRINGS
12215 Telegraph Rd., Suite 112
Santa Fe Springs, CA 90670
Phone: 562.789.5450
(Effective November 5, 2012)

PHI HEALTH FAMILY MEDICINE CENTER – WHITTIER
12391 Washington Blvd., Suite 200
Whittier, CA 90606
Phone: 562.608.2541
(Family Medicine)

PHI HEALTH FAMILY MEDICINE CENTER – SANTA FE SPRINGS
901 Pioneer Blvd.
Santa Fe Springs, CA 90670
Phone: 562.608.2541
(Family Medicine)

PHI HEALTH URGENT CARE
10730 E. Whittier Blvd.
Whittier, CA 90603
Phone: 562.947.7754

PHI HEALTH LAB/RADIOLOGY
10730 E. Whittier Blvd.
Whittier, CA 90603
Phone: 562.947.7754

PHI HEALTH GENERAL & COLORRECTAL SURGERY
Suite 500
Phone: 562.789.5449

PHI HEALTH OTOLARYNGOLOGY (ENT) & HEAD & NECK SURGERY
Suite 500
Phone: 562.789.5446

PHI HEALTH VASCULAR SURGERY
Suite 500
Phone: 562.789.5960

PHI HEALTH WORKCARE
Suite 402
Phone: 562.789.5483

PHI HEALTH DERMATOLOGY & MICHS SURGERY CENTER
Suite 501
Phone: 562.789.5429

PHI HEALTH PLASTIC SURGERY & AESTHETIC MEDICINE CENTER
Suite 521
Phone: 562.789.5439

PHI HEALTH DISEASE MANAGEMENT & ENDOCRINOLOGY
12291 Washington Blvd., Suite 201
Whittier, CA 90604
Phone: 562.789.5447

PHI HEALTH DIGESTIVE HEALTH SERVICES
15141 E. Whittier Blvd., Suite 260
Whittier, CA 90603
Phone: 562.698.0308

PHI HEALTH EYE CARE CENTER
121 W. Whittier Blvd, Suite 101
La Habra, CA 90631
Phone: 562.684.2500
301 W. Bastanchury Rd., Suite 140
Fullerton, CA 92833
Phone: 714.422.2251

PHI HEALTH HEMATOLOGY & ONCOLOGY
12322 Lambert Road, Suite B
Whittier, CA 90606
Phone: 562.789.5480

PHI HEALTH ORTHOPEDICS & SPORTS MEDICINE
1400 S. Harbor Blvd., Suite A
La Habra, CA 90631
Phone: 714.870.2400
12215 Telegraph Road, Suite 112
Santa Fe Springs, CA 90670
Phone: 562.789.5452

PHI HEALTH WOMEN’S CENTER – LA MIRADA
15020 Imperial Hwy, La Mirada, CA 90638
Phone: 562.789.5453

ADULT DAY CARE
S. MARK TAPER FOUNDATION A DAY AWAY ADULT DAY HEALTH CARE CENTER
15801 Imperial Hwy, La Mirada, CA 90638
Phone: 562.402.2025

HOSPICE OF PASADENA
351 E. Fourth Blvd, Arcadia, CA 91006
Phone: 626.371.6009

PHI HEALTH HOSPICE
15020 Imperial Hwy, La Mirada, CA 90638
Phone: 562.347.3868

PHI HEALTH HOME HEALTHCARE
15020 Imperial Hwy, La Mirada, CA 90638
Phone: 562.302.7757

ARCADIA HOME NURSING AND HEALTH SERVICES
351 E. Fourth Blvd, Arcadia, CA 91006
Phone: 626.358.3061

ADDITIONAL RESOURCES
PHI HEALTH OUTPATIENT SERVICES
• Physical and Occupational Therapy
• Laboratory Drawing Station
15088 Imperial Hwy.
La Mirada, CA 90639
Phone: 562.698.0811
Ext. 12497 PT & OTI or 562.698.0811
Ext. 61024 Lab Draw

CARE FORCE ONE MOBILE HEALTH UNIT
Affordable health services for those who have difficulty accessing healthcare elsewhere.* Call 562.698.0811 Ext. 14816 for details. “Services are based on financial need and range from $5-30.”

* Services are based on financial need and range from $5-30.
Welcome
PIH Health proudly adds these outstanding physicians to our family and yours

Kristen L. Kenny, DO
Family Medicine
Dr. Kenny obtained her medical degree from Western University of Health Sciences in Pomona, Calif. and is board certified in family medicine. She completed her residency as a Tropical Medicine track resident at PIH Health, where she participated in biweekly instructional sessions and completed international rotations in Zambia and Cameroon.

In her free time, she enjoys reading, traveling and cooking.

PIH Health Family Medicine
13030 Bloomfield Ave.
Norwalk, CA 90650
562.789.5424

Sabeen Munib, MD
Family Medicine
Dr. Munib obtained her medical degree and completed her internship at King Edward Medical University Lahore, Pakistan. She finished her family medicine residency at the University of Minnesota Medical Center, Fairview. Dr. Munib is board certified in family medicine and is fluent in English, Urdu, Hindi, Punjabi and Sraniki.

Dr. Munib has clinical interests in preventative medicine, women’s health and caring for underserved populations.

In her free time, Dr. Munib enjoys reading, traveling and cooking.

PIH Health Family Medicine – West Whittier
12525 E. Lambert Pl., 4D
Whittier, CA 90606
562.789.5420

Angel Yen, MD
Family Medicine
Dr. Yen obtained her medical degree from St. George’s University in Grenada, West Indies. She completed her residency and family medicine residency at JFK Medical Center in Edison, N.J. Dr. Yen is board certified in family medicine and is fluent in English and Mandarin Chinese.

Dr. Yen believes the road to achieving excellent patient care is not only through quality medical care, but also spending time with patients and getting to know them. She is trained in all aspects of family medicine healthcare, but hopes to grow her specialization in women’s health.

In her free time, Dr. Yen enjoys reading, video games, playing piano and outdoor activities.

PIH Health Family Medicine
15725 E. Whittier Blvd., Suite 300
Whittier, CA 90603
562.947.6478

Make Sure Your Doctor is Affiliated with PIH Health Hospital
PIH Health Physicians is the only medical group exclusively affiliated with PIH Health Hospital. The PIH Health Physicians Information and Referral Service can help you find a PIH Health Hospital affiliated doctor 24 hours a day, seven days a week.

An advisor will provide you with free information about each doctor’s education, training and office location, and can answer your questions about PIH Health Physicians and more.

Referrals are available by phone or online. Call 1.877.285.DOCS (3627) or visit PIHHealth.org and click on “Find a Doctor.”
Looking Good, Feeling Better
Call for dates and times.
A new program that teaches women beauty techniques to help restore their self-image during cancer treatment. Sponsored by the American Cancer Society. Registration required. Call Ext. 12820.

Lymphedema Information Workshop
Call for dates and times.
Come get the answers to your questions about lymphedema risk, symptoms, and treatment. Call Ext. 12820.

Managing Your Fears After Treatment is Complete
Saturday, November 3, 2012, 10 am - 12 noon
Now that you have completed your cancer treatments, do you worry if it will come back? You are not alone. This workshop focuses on that very question. For information or reservations, call Ext. 12770.

Reiki Healing Touch Sessions
 Held on the 1st and 3rd Wednesday in November, 7 - 8:30 pm
Experience the calming and balancing feeling of Reiki. Cancer patients, survivors and caregivers can experience the benefits of Reiki in a group setting. A meditation session follows a brief discussion of Reiki and then each person participates in giving and receiving Reiki. Registration required. Call Ext. 12777.

Yoga for Healing
Saturdays, 10:30 - 11:45 am
Ernest D. Wells Medical Office Building
Reconnect with your body through gentle yoga designed especially for those facing or recovering from the challenges of cancer or illness. This exercise program consists of easy stretches and meditative breathing techniques. Fees: $0 per class. Registration not required. For information, call Ext. 12777.

Third Trimester Courses
For more information on childbirth classes, including materials needed, fees to register, call Ext. 17941.

Big Kids/Sibling Orientation
Saturday, November 3 and December 1, 2012, 10:30 am
Recommended for expectant brothers and sisters ages three to 10 years. Registration required.

Great Expectations
Tuesday, November 6 and December 11, 2012, 7 - 9:30 pm
Provides the groundwork for all other PIH Health childbirth classes. Attendence during the first five months of pregnancy recommended. Registration required.

Maternity Care Center Tours
First and third Wednesdays in November, 7 - 8:30 pm
The tour includes an overview of the classes and services offered and includes a tour of the center. Program limited to mother-to-be and her significant other.

Second and fourth Mondays in November at 7 pm
Maternity Care Center tour for expectant couples not planning to take the preparation for childbirth series.

Getting Ready for Your Baby
Tuesday, November 13, 2012
8:30 am - 12 noon
Registration required.

Infant/Toddler CPR & Safety
Wednesday, November 14, 2012 and January 9, 2013, 7:30 - 9:30 pm
English
Monday, December 10, 2012, 9:30 - 11:30 am - Chinese
Tuesday, November 13, 2012 and January 17, 2013, 7:30 pm - English
Spanish
Preparation for Breastfeeding
This four-week class (one class per week) is designed to teach expectant parents techniques to help them learn, respond and work through labor. Fees: $15. Registration required.

Preparation for Breastfeeding
Tuesday, November 20, 2012 and December 4, 2012, 7 - 9:30 pm
Saturdays, November 17, 2012 and January 19, 2013, 9 - 11:30 am
Fathers or other support persons encouraged to attend. Please bring a baby-sized doll or stuffed animal to class.

Diabetes Education Center
Ernest D. Wells Medical Office Building
The center, accredited by the American Diabetes Association, provides individualized education, classes and support to help you manage your diabetes. A provider is also available for the California State Success Program for gestational diabetes. All services are free but may require a physician’s referral. Call Ext. 11320.

Diabetes Self-Management Classes held monthly, Tuesday, 9:30 am - 11:30 am and Wednesday, 6 - 8:30 pm. Spanish classes available. Learn the basics of diabetes self-management. Registration required. Classes include an individual pre-test and three-week class series. For more information call Ext. 11320.

Cardiac Rehab Lecture Series
Wednesday, 7 - 9 pm
This continuing series of classes includes presentations on several heart-health related topics including the structure and function of the heart, reading and understanding food labels, regular exercise, medications, managing stress and the emotional aspects of heart disease. Anyone wishing to learn more about the heart is welcome. Registration is optional. Call Ext. 11733.

Scatica 101:
All you need to know
Tuesday, January 15, 2013, 9:30 - 8 pm
Sciatic nerve pain affects millions of people but it can often be confused with other ailments. Manual Urgojo, DC, a PIH Health chiropractor, will explain how you can identify sciatic nerve pain. Learn about the symptoms that arise and possible treatment options. Light refreshments will be provided. Registration required. Call Ext. 18305.

Total Joint Replacement Education
 Held monthly on the first and third Tuesday, 7 - 9:30 pm
Designed for patients who are scheduled for or are considering joint replacement surgery. PIH Health nursing, physical therapy, occupational therapy and case management staff will explain what to expect before, during and after surgery. Patients and caregivers are encouraged to attend. Registration required. Call Ext. 12589.

Create Your Weight
A nine-week series held on Wednesdays, beginning January 16, 2013, 7 - 9:30 pm
Those weighing 20 pounds or more are invited to join us to learn about the many aspects of weight management. Fee: $25. Registration required. Call Ext. 18305.

Individual Nutrition Counseling
Registered dietitian professionals are available for personalized consultation appointments. Physician referral required. Fees vary by insurance coverage or cash pay. Call Ext. 11320.
PIH Health offers a wide variety of health and wellness opportunities for you and your family.

Unless otherwise indicated, all community education events, classes and support groups are free of charge and are held in the Flo & Frank L. Scott Conference Center at PIH Health Hospital. For the latest PIH Health community education updates, or to register online, be sure to visit PIHHealth.org. Click on the “Your Wellness” tab to access the calendar of events and online registration form.

### EXERCISE

#### Balance & Mobility Program

New eight-week session begins in January. Call for dates and times. Are you afraid of falling? This 16-week class (two classes weekly for eight weeks) will help to increase your strength, flexibility and balance.

Physician release required. Classes held at the following locations: Parnell Park Senior Center, Whittier; Norwalk Senior Center; Downey Senior Center; La Mirada Senior Center; and UpStreet Whittier Senior Center. Call Ext. 14091 or 14692.

#### Seniors in Motion Exercise Class

Tuesdays & Fridays, 3 - 4 pm

An exercise class for those 55+. Physician release required before starting class.

Registration required. Fee: $2 for Life Connections members/$3 for non-members. Call Ext. 14091 or 14692.

#### Tai Chi & Qigong Exercise Classes

Tuesdays, 8:30 - 10 am

Experience these gentle martial, meditative and healing arts that help clear the mind, reduce stress, increase concentration and improve balance. Fee: $18 for six sessions for Life Connections members and $30 for non-members. Registration required. For information, call Ext. 18302.

#### Twinges in the Hinges

Offered weekly. Call for dates and times.

This water-based exercise class is offered in partnership with the Arthritis Foundation. Low-impact exercises from head to toe for those with arthritis. Fee: $3 per class. Registration required. Call Ext. 14091 or 14682.

#### FOR CAREGIVERS

### HEALTH INSURANCE

#### Changes to Medicare 2013

Thursday, December 6, 2012, 12 - 2 pm

Are you confused about how Medicare works? Come to this informative presentation to learn about Medicare benefits, co-payments, deductibles and 2013 changes in Medicare.

For reservations, call Ext. 18302.

#### Medicare and Health Insurance Counseling

Held monthly on the second and fourth Tuesday, 10 am - 12 noon

The Health Insurance Counseling and Advocacy Program (HICAP) provides free and objective information and counseling about Medicare. Registration required. Call Ext. 18302.

#### Updates on Medicare Part D

Tuesday, November 13, 2012, 10 - 11:30 am

Come to this informative lecture and learn when to enroll in a Part D plan, what benefits are covered by a Part D drug plan and much more.

For reservations, call Ext. 18302.

#### Medicare 101

Call for dates and times.

Learn about Medicare and your healthcare options that take effect at age 65. Registration required. Call 562.780.5401 Ext. 01134.

### SCREENINGS

#### SCREENINGS

Screens available at the Senior Life Center, 12301 Washington Blvd., Suite 302, Whittier, CA 90602

Blood Pressure Screening

Every Monday, 5 - 11 am

Having a weekly reading can help you manage your blood pressure. No-cost screenings are available for all community members. No appointments necessary. For information, call Ext. 18302.

#### Depression Screening

Held monthly on the first and third Wednesday of the month, 10 am - 12 noon

Take advantage of this tree, one-on-one assessment with a PIH Health licensed social worker. No appointments necessary. For information, call Ext. 18302.

#### Sensor Screening

Held monthly on the second and fourth Thursday, 11 am - 1 pm

Learn how adult day care can be the best option for families caring for a person with dementia or Alzheimer’s disease. For information, call Ext. 18302.

#### Travel

#### Travel the World with Collette Tours

Monday, November 19, 2012, 10:30 am - 12 noon

Travel renews the mind, body and soul, and doctors recommend it for overall health and well-being. Join us for one of the many travel tours with Collette Vacations. Registration required. For information, call Ext. 18302.

### TRAVEL

#### Healthy Holiday Eating Strategies & Recipes

Tuesday, October 25, 2012, 10 - 11 am

The average person gains 10 lbs over the holidays. Learn how to enjoy all of your holiday favorites without putting on extra weight. Strategies for sensible holiday eating will be discussed along with ways to reduce the calories without losing the flavor in some common holiday recipes. For reservations, call Ext. 18302.

#### Re-Discovering Yourself – Life After Retirement

Saturday, October 27, 2012, 9:30 am - 3 pm

Today retirement is less likely to be marked by a moment in time or a specific age. It is a transition people make as they negotiate the balance between their work, relationships, interests and passions. The transition from working and/or mothering, full-time to living full-time isn’t always easy, but it can be tremendously rewarding. Learn how to reconnect with your passions and dreams after retirement. Keynote speaker Jan Fowler, an award-winning columnist on senior living and author of Hot Chocolate for Seniors, discusses life after retirement. Reservation required. Call Ext. 18302.

### CELEBRATION OF LIFE

#### Celebration of Life

Friday, December 7, 2012, 6 - 8 pm

Blechard-Haemig Auditorium

The holiday season is a perfect time for those who have lost loved ones. PIH Health annual Celebration of Life event will allow the community to come together to honor the memories of those who have passed away. Light refreshments will be available and guests will have an opportunity to decorate an ornament in memory of their loved one. A video montage of guest submitted photos will be shown. The deadline to submit photos is Friday, November 30, 2012. To request an invitation or for more information on how to submit a photo of your loved one for the montage, call 562.698.0811 Ext. 14123.

### FOR MEMBERS

Life Connections is PIH Health’s free membership program for adults 55+. We offer our members life-enriching opportunities that promote healthy aging. Member benefits include pharmacy discounts on prescription medication, an inpatient discount of 20% on the balance you owe after insurance payment, discounts on PIH Health exercise programs, extended travel excursions and a quarterly newsletter. To become a Life Connections member, call the Senior Life Center at 562.698.0811 Ext. 18302.
If you no longer wish to receive this publication or if you would like to begin to receive information electronically, please:

- Call 562.698.0811 Ext. 81120 and leave your full name as it appears on this mailing label, or
- Send your full name and email address to marketingandplanning@PIHHealth.org.

Healthy Living is produced by the Marketing & Communications Department. We welcome your comments and suggestions. You can contact us at the phone number or email address above.

PIH Health Physicians’ Patients’ Rights and Responsibilities document is available at PIHHealth.org. A printed copy is available upon request by calling our Patient Services Department at 562.947.8478 Ext. 82199.

© 2012 PIH Health

Be one of the first to experience the new PIH Health Plaza Tower

Saturday, December 1, 2012
10 am to 2 pm

PIH Health
12401 Washington Blvd.
Whittier, CA 90602

In mid-December, PIH Health will open the Plaza Tower and add an array of healthcare resources including new operating rooms, additional critical care beds, two floors for medical/surgical patients and additional pediatric rooms. Come tour the new facility before patient care begins.

Reliable Health Advice is a Phone Call Away 1.888.780.1875

If you have health questions that cannot wait, the PIH Health Community Advice Nurse can help.

Caring, registered nurses are available 24 hours a day, seven days a week, to talk confidentially about your health concerns and provide information about:

- Minor illness and injuries
- A variety of symptoms, including fever
- How and when to access urgent care or emergency care*

This service is available to anyone in the community at no cost.

*If you believe you need emergency care, call 911 or go directly to the nearest emergency room.