Inside › It’s Time to Select Your Annual Health Coverage
› Mammograms Save Lives › Healthcare Reform 101
› Providing Advanced Care as a Primary Stroke Center
› The Community Gives Back
Understanding Medicare Open Enrollment

Every fall, Medicare has an annual election period, also known as open enrollment. During this time, Medicare beneficiaries can disenroll, switch or enroll in a Medicare Advantage (HMO) plan or Medicare Part D plan. The open enrollment period for 2013 is October 15 to December 7. Changes made to your Medicare plan will take effect January 1, 2014.

Open enrollment is a great time to assess your healthcare needs and review your options. Medicare plans can change from year-to-year, the costs of your plan can go up or down and benefits might change. If you have changed medications or have been diagnosed with a new medical condition, it is important to review your plan to determine if it still meets your needs.

During this time you can select the health plan, doctors and hospital that work best for you. It’s important to remember that when you choose a doctor and medical group, you are also choosing the hospital where you will be admitted should you need hospitalization.

At PIH Health, we understand that Medicare plans can be confusing. We offer resources that can help you choose the best plan for you. We will be holding several educational events throughout the community where you can learn more about open enrollment.

For questions about choosing a plan or a list of upcoming events, call 1.888.365.4450 or visit us online at PIHHealth.org/Seniors.

Who is Eligible for Medicare?
Medicare is health insurance for people aged 65 or older or for people under 65 with certain disabilities. People of any age with permanent kidney failure requiring dialysis or kidney transplant are also eligible.

What is Medicare Part D?
Medicare Part D helps cover the cost of prescription drugs and is usually included in Medicare Advantage plans. These plans are also run by Medicare-approved private insurance companies.

What is Medicare Advantage?
Medicare Advantage Plans provide Hospital Insurance (inpatient care in hospitals, hospice care, etc.) and Medical Insurance (services from doctors, preventative services, etc.).

What is New in 2013?
Medicare now covers more preventative services to help you stay healthy. These services include depression screenings, screenings and counseling for alcohol misuse, obesity screenings, behavioral therapy for cardiovascular disease and many more.

Why Choose PIH Health?
- PIH Health Hospital is the premier hospital in the area
- Network of compassionate and highly-skilled physicians, advanced practice professionals and clinical staff in convenient community locations
- We can help patients and caregivers navigate their options and choose the plan that meets their needs

In This Issue
- Medicare FAQs
- Understanding Medicare Open Enrollment
- Important Information for Seniors - Open Enrollment is October 15 to December 7
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Leadership Message to the Community
Donald G. Alvarado
Chair, PIH Health Board of Directors

During the fall many of us turn our attention to getting the kids back to school and football, but many of us also need to make health plan choices during an annual open enrollment period. Whether you are nearing the age of 65 and are moving from your current insurance plan to one of the many Medicare options or updating your company’s insurance selection, it is the time of year to review options and decide on a plan that best meets your healthcare and budget needs.

The choices you make extends beyond the open enrollment period. It will dictate the healthcare services available to you and your family for the next 12 months. We hope you consider choosing PIH Health so that you can experience a true partnership in your care. We care for you like you are our own family. Our goal is to have a healthy, happy and vibrant community. As a community member myself, I am honored to represent all of you and can tell you from first-hand experience, there is no other healthcare network in the area that can compare to the quality that the people of PIH Health provide.
Time, Talent and Technology Make All the Difference

PIH Health Provides Advanced Care as a Primary Stroke Center

If your loved one is in the midst of a stroke, do you know what to do? Going to the right hospital can make the difference between life and death. According to the National Stroke Association, approximately 795,000 people suffer a stroke each year in the United States. However, only four percent of patients are appropriately treated for a stroke. As a Los Angeles (LA) County designated Acute Stroke Center, you can count on PIH Health to provide the highest quality of care if you or a loved one suffers a stroke.

In addition to the LA County designation, PIH Health has Advanced Certification and Accreditation by the Joint Commission as a Primary Stroke Center, a designation given to centers that make great efforts to provide better outcomes for stroke patients. The one-year survival rate of patients treated at Primary Stroke Centers is higher versus patients that were treated in hospitals without this designation.*

When caring for someone in the early stage of a stroke you often hear “time is brain” and at PIH Health, we have a comprehensive rapid diagnosis and treatment plan to care for stroke patients in our emergency room. This includes always being equipped to provide brain imaging scans, having neurologists available to conduct patient evaluations and using clot-busting medications and interventional technology when appropriate.

PIH Health meets the American Heart Association/American Stroke Association’s Target: Stroke program guidelines, which sets a benchmark of 60 minutes or less from the arrival of an ischemic stroke patient to the start of IV treatment. The result is faster treatment and care when every second matters.

At PIH Health, we provide a higher standard of stroke care to our patients and their families. To learn more about stroke and the warning signs, please visit the American Stroke Association at StrokeAssociation.org.

*Journal of the American Medical Association

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Recognize Stroke Warning Signs

Learn how the acronym FAST can help you save community members and loved ones in times of need.

F A S T

Face
Ask the person to smile. Does one side of the face droop?

Arms
Ask the person to raise both arms. Does one arm drift downward?

Speech
Ask the person to repeat a simple phrase. Is their speech slurred or strange?

Time
If you observe any of those signs, call 911 immediately.

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It’s a Win-Win!

National Technology Award Benefits the Community

What are awards without sharing the benefits of what is really behind it with others? What do awards mean? To us, awards mean that we are recognized for going above and beyond in constantly striving to think of innovative ways to best care for our patients and provide quality care.

And, that’s why we are proud to share the news with all of you that PIH Health was selected as a recipient of the 2013 Most Wired Award. Presented by Hospitals and Health Networks (H&HN), a monthly publication from the American Hospital Association (AHA), this honor is given to healthcare systems throughout the nation for their innovative use and adoption of technology.

The award, which surveyed roughly 30 percent of all hospitals in the United States, reflects PIH Health’s ongoing dedication to advancing its use of technology while ensuring patients get the best care possible. PIH Health’s electronic health records system, called eMD, is one such example, in which up-to-date information vital to a patient’s care is made available to physicians and clinicians throughout the network.

While these advancements demonstrate that PIH Health delivers quality care to its community, we are not stopping there. We are looking to the future and have plans to deploy and implement a patient portal next year that will enable patients to access their medical information electronically. Make sure to keep an eye out for more exciting changes.

To learn more about this award visit HHNMostWired.com.
What is 3D Mammography?
The Patricia L. Scheifly Breast Health Center offers 3D mammography, also called breast tomosynthesis. Early studies show that 3D mammography improves breast cancer screening and detection.

Benefits of 3D mammography include:

› Earlier detection of small breast cancers that may be hidden during 2D mammography
› Helps pinpoint size, shape and location of breast abnormalities
› Increases the ability to accurately visualize abnormalities in dense breast tissue

Mammograms save lives; Period. In fact, screening mammography has helped reduce breast cancer deaths in the United States (US) by 1/3 since 1990.* The goal of screening mammography is to detect breast cancers at an early stage, before they cause symptoms and are still confined to the breast.

“All women age 40 and older should have a screening mammogram every year and should continue to do so as long they are in good health,” said Kimberly Bickell MD, a radiologist at the PIH Health Patricia L. Scheifly Breast Health Center. “Cancers that are confined to the breast have survival rates greater than 98 percent.”

The Patricia L. Scheifly Breast Health Center has been designated as a Breast Imaging Center of Excellence by the American College of Radiology, a distinction given to fewer than five percent of breast imaging centers in the US. The breast health center is comprised of highly-trained physicians and technologists dedicated to breast imaging. The staff is knowledgeable in all aspects of breast health and is committed to providing each patient with the highest quality of care.

The center provides nurse navigators who facilitate timely care for newly diagnosed breast cancer patients, and who assist patients through the diagnostic process. These specially trained registered nurses work as your advocate to answer questions and assist with the coordination of individualized care. Navigators are there for you every step of the way to answer questions and provide support.

The Patricia L. Scheifly Breast Health Center offers convenient appointments to accommodate your busy schedule, Monday through Saturday.

Monday – Wednesday: 7 am to 8:30 pm
Thursday – Friday: 7 am to 4:45 pm
Saturday: 7:30 am to 3 pm

To schedule your annual mammogram screening, contact your primary care physician or call the PIH Health Patricia L. Scheifly Breast Health Center at 562.907.0667.

Low-Cost Mammogram Screenings Available on October 18, 2013

In honor of Breast Cancer Awareness month, the PIH Health Patricia L. Scheifly Breast Health Center will offer a limited number of screening mammograms at a reduced cost. On Friday, October 18, 2013, women can receive a screening mammography and professional reading for $65. Financial support is available for those who are uninsured or underinsured. For more information or to take advantage of this low-cost screening, please call 562.907.0667.

* According to the American College of Radiology

Kimberly Bickell MD
PIH Health Patricia L. Scheifly Breast Health Center
12393 Washington Blvd.
Whittier, California 90606
562.907.0667

A Mammogram Could Save Your Life

Breast Cancer Awareness Month is a Great Reminder to Schedule Your Annual Mammogram Screening
What You Need to Know About Healthcare Reform in 2014

The Affordable Care Act was signed into law in 2010 with the goal of decreasing the number of people who do not have health insurance in the United States (US). The government made changes to existing government programs such as Medicare and Medicaid, and issued regulations to the health insurance industry that would aim to make insurance more affordable.

**Major changes the US healthcare system begin January 1, 2014.** As part of the nation’s Affordable Care Act, we will see major changes to our healthcare system beginning January 1, 2014. The reason for this is that new rules regarding health insurance will go into effect at the beginning of the coming year.

**Everyone will be required to have health insurance.** The biggest change in 2014 is that everyone will be required to have health insurance or pay a penalty. Individuals can be covered by their employer, covered by government plans such as Medicare and Medicaid or can be privately insured by choosing their own health insurance plan.

**Individuals who choose to be uninsured will pay a tax penalty.** The penalty starts at $95 per individual, $285 per family or one percent of income, whichever is greater in 2014. The penalty does not apply to those who earn too little income to file a federal tax return or those who would have to pay more than eight percent of their income to purchase health insurance. In addition, low-income individuals and families may qualify for a subsidy, which is a tax credit that can lower premium costs to make them more affordable.

**Every state will have a health insurance exchange.** In order to help individuals select an insurance plan, every state will have something called a health insurance exchange available. An insurance exchange is an organized marketplace that allows individuals to compare insurance plans and rates in their area. The exchange will provide a website that allows for insurance plan comparison as well as an online calculator to help compare costs.

**A toll-free assistance hotline will also be available to help consumers through the process.** For additional information about the California Health Benefit Exchange, please visit HealthExchange.ca.gov or call 1.888.975.1142.

**Healthcare Reform 101**

**Insurance Plan Changes**

- **Beginning in 2014, insurance plans must sell coverage to everyone, regardless of pre-existing conditions, health or gender.**
- **All insurance plans must allow dependents to remain on their parent’s or guardian’s insurance plan, until they turn 26, whether or not they live at home or can be claimed as dependents on their tax return.**
- **Seniors with Medicare plans who are at the point where they have to start paying for their prescription drugs will now get a 52.5 percent discount on brand name drugs and a 21 percent discount on generics.**
- **New private insurance plans must cover preventative screenings, including immunizations and Pap smears, and must eliminate co-payments, co-insurance and deductibles.**
- **Medicare now covers preventative services for seniors, including screenings for diabetes and prostate cancer.**
- **Insurance plans must now use standardized, consumer-friendly forms to provide a uniform summary of benefits, making it easier to compare plans.**
- **Health insurers cannot set lifetime limits on patients’ coverage or cancel if they get sick.**
PIH Health’s Plan for Improving the Health of the Community

The Community Benefit department in collaboration with community stakeholders and hospital leadership on PIH Health’s Community Benefit Oversight Committee (CBOC) has developed a plan to focus community health improvement efforts strategically around our communities’ most significant health needs.

This plan, PIH Health’s Community Health Improvement Implementation Strategy, is driven by our 2013 Community Health Needs Assessment findings. Based on the 2013 results, PIH Health is committed to focusing on the following community health concerns, with targeted activities and collaborative initiatives planned through 2015:

- Cancer
- Cardiovascular disease
- Dental care
- Diabetes
- General healthcare access
- Overweight and Obesity/Nutrition and Activity
- Preventative practices (immunizations and screenings)
- Smoking
- Youth asthma

To view PIH Health’s Community Health Improvement Implementation Strategy, visit PIHealth.org/ImplementationStrategy.

$25 Sports Physical

Every member of a school sports team is required to complete a sports physical. PIH Health’s Hacienda Heights Urgent Care Center is here to help. That’s why we’re offering quick, affordable sports physicals until the end of 2013 for $25.

No appointment is necessary, and all students are welcome. Please wear shorts and a tank or athletic T-shirt, bring your school’s physical exam forms, and a parent or guardian. Cash, credit card, check or debit card full payment are accepted.

PIH Health Hacienda Heights Urgent Care Center
1850 S. Azusa Ave., Suite 88
Hacienda Heights, CA 91745
Monday – Friday, 2 to 10 pm
Weekends and holidays, 9 am to 6 pm

Questions? Call 626.225.4900

This event is for well-child physicals only. For an appointment to address illnesses or medical concerns, please call your pediatrician.

Otolaryngology

Also Known as Ear, Nose and Throat (ENT)

The word may be hard to say, but the care otolaryngologists (OTO) give is easy to see. Otolaryngologists treat patients with diseases and disorders of the ear, nose and throat and related structures of the head, neck and face. Here are some common conditions they treat:

- Ear infections
- Thyroid disorders
- Reconstructive surgery
- Allergies and hay fever
- Facial sports injuries
- Sinus headaches and pain
- Obstructive sleep apnea
- Tonsillitis
- Voice disorders

We are excited to announce expanded services with the addition of Jonathan Boyd MD and Elina Kari MD. Each is dedicated to ensuring the best possible outcomes for both adults and children.

For more information or to schedule an appointment with an OTO doctor, give us a call at 562.789.5456.

FEMA Text Message Program

The Federal Emergency Management Agency (FEMA) text message program can be used in two ways—to receive regular safety tips for specific disaster types and to search for open shelters.

All FEMA text messages are sent from a dedicated number, which is 43362 (4FEMA). Their text message program is not a substitute for 911. During an emergency, call your local fire, emergency services, police or 911.

Below is a list of all the disaster specific keywords you can sign up to receive bimonthly safety tips for:

- Hurricanes: text HURRICANE to 43362 (4FEMA)
- Home fires: text FIRE to 43362 (4FEMA)
- Wildfires: text WILDFIRE to 43362 (4FEMA)
- Tornadoes: text TORNADO to 43362 (4FEMA)
- Earthquakes: text EARTHQUAKE to 43362 (4FEMA)
- Winter storms and extreme cold: text WINTER to 43362 (4FEMA)
- Power outages: text BLACKOUT to 43362 (4FEMA)
- Floods: text FLOOD to 43362 (4FEMA)
- General monthly safety tips: text PREPARE to 43362 (4FEMA)

Please note: If subscribing to more than one list, please send a separate text for each disaster type. Sending “STOP” will automatically unsubscribe you from all our lists. You can re-subscribe to the list(s) of your choice one-by-one.

Shelters

To search for open shelters: text SHELTER and a Zip Code to 90002 (4FEMA). For example, if you lived in Whittier, CA you would text: SHELTER 90602.

Before you go to a shelter, always check with your local emergency management agency for availability and services. Searching for shelters will not add you to a list. Think of it like doing a search on the Internet.

Reference: FEMA.gov/Text-Messages
Donations Honor the Past, Present and Future

The Community Gives Back to PIH Health

Donations to PIH Health Foundation come in all shapes and sizes, and often are made to honor individuals or organizations. Two donations were made recently to honor the past, and ensure support for the present and the future.

The Whittier Host Lions Club paid tribute to longtime PIH Health supporter, Hubert Perry, in honor of his 100th birthday with a gift to PIH Health. This gift honored Perry’s long-standing dedication to PIH Health. In 1955, Mr. Perry was part of the grassroots effort to build a new hospital—which today is PIH Health Hospital in Whittier—to serve the community. Throughout the years, Mr. Perry has actively supported PIH Health, serving on the Boards of Directors for more than 40 years. He continues to serve on the PIH Health Physicians Board and PIH Health Foundation Board, and is Chair Emeritus of the PIH Health Board.

“Hubert is a beloved member of the Whittier Host Lions Club and has been a member for more than 60 years,” said Mac McFarland, club treasurer. “When we heard about his 100th birthday celebration, we decided there was no better way to commemorate this exciting occasion than to make a donation to PIH Health on his behalf.”

Soroptimist International of Whittier (SIW), the local chapter of an international service organization for professional women seeking to improve the lives of women throughout the world, also made a donation to PIH Health. The Soroptimists donated funds specifically in support of women in our community coping with breast cancer at the Patricia L. Schelly Breast Health Center.

“Our club feels very strongly about our partnership with PIH Health and our ongoing support of the Patricia L. Schelly Breast Health Center,” said Jeanette Fasone, chair of the chapter’s Bosom Buddies Committee.

“Many of our members have been touched in some way by breast cancer, so we really appreciate having such a wonderful facility that supports the future of women’s health right here in our own community.”

PIH Health is fortunate to not only have the support of individuals and companies in the community but the civic, religious and social organizations as well. To learn how you or your organization can support PIH Health, contact PIH Health Foundation at 562.698.0811 Ext. 14120.

Join PIH Health Auxiliary on October 19, 2013 at Citadel Outlets for a Shopping Extravaganza

Proceeds will benefit PIH Health

PIH Health Auxiliary has partnered with Citadel Outlets for a great shopping event that benefits PIH Health. The 8th Annual Shopping Extravaganza will be held on Saturday, October 19, 2013 from 9 am to 9 pm. Tickets are available for $25.

Tickets include:
- Exclusive discounts at Citadel Outlet retailers
- Live entertainment
- Lunch from Ruby’s Diner
- Wine tasting
- Opportunity drawing

The best part? For every $25 ticket purchased, $20 goes directly to PIH Health. You can spend a great day shopping and support PIH Health at the same time!

To purchase tickets, visit CitadelOutlets.com and click on the Shopping Extravaganza banner on the homepage. Be sure to choose PIH Health as the organization that you would like to support at checkout. Then, just print your ticket and bring it to the event. We look forward to seeing you there.

To purchase tickets directly from the PIH Health Foundation or if you have any questions, please call the PIH Health Foundation at 562.698.0811 Ext. 14120.

Citadel Outlets
150 Citadel Drive, Los Angeles, CA 90040
Take the Opportunity to Leave Your Legacy

IRA Charitable Rollover Gift Opportunity Ends on December 31, 2013

Did you know that you can transfer a monetary gift to PIH Health Foundation directly from your individual retirement account (IRA) without having the funds taxed or subject to withholding? In 2013, charitable distributions from your IRA can be counted toward your minimum distribution for the year.

Dr. and Mrs. James P. Fitzgerald, charter members of the Legacy Society, are two supporters who have chosen to give an IRA rollover gift to PIH Health. Dr. Fitzgerald was a member of the founding medical staff at PIH Health and retired as a radiation oncologist in 2000. He is a member of the PIH Health Foundation Board and his wife, Joyce, volunteers on several PIH Health Foundation committees.

"It is so important to us to give to PIH Health," said Joyce Fitzgerald. "My children, my grandchildren and my great-grandchildren were all born at PIH Health, and we have always received exceptional care. That quality of care is something that we want to pass on to future generations."

To initiate their IRA charitable rollover gift, the Fitzgeralds simply contacted their IRA custodian to make arrangements to have their gift directed to PIH Health Foundation.

"We have lived in Whittier for over 50 years and raised our 10 children here. PIH Health has always cared for my family and others. This was an easy and convenient way to support PIH Health in its mission to serve the healthcare needs of the community," said Dr. Fitzgerald.

Funds may be contributed from an IRA given the following provisions:

› You are age 70 ½ or older
› The contribution does not exceed $100,000 per person in a given year
› The gift must be made outright to a public charity such as PIH Health Foundation
› The gift is made by December 31, 2013

To make an IRA Charitable Rollover gift, contact your IRA custodian and indicate PIH Health Foundation as the recipient of your gift.

Membership includes:

› A unique PIH Health Legacy Society lapel pin
› Invitation to our annual PIH Health Legacy Society event (this year on October 29, 2013)
› Annual recognition in our Healthy Living magazine
› If you join by December 31, 2013, you will receive designation as a charter member

Joining the Legacy Society is simple. The only qualification is to advise PIH Health Foundation that a gift to support PIH Health has been included in your estate plans. To express your interest in joining the society, please call 562.698.0811 Ext. 14198.
Ask the Expert

People often have many questions concerning their health. A few of PIH Health’s highly-trained and compassionate physicians address some of these common inquiries below:

Allison Byrne DO

Q. How do I keep my children healthy and fit during the school year?
A. To keep your children healthy, encourage them to adopt a routine physical activity, like a school sports program. Not only is this a great way to remain active and fit, it also helps build relationships with other students. Also, promote healthier eating practices at school. Teach them to avoid sodas and other sugary snacks and help them prepare a healthy to-go lunch.

Juliet Lener MD

Q. How much TV should I allow my child to watch?
A. Children two years old and younger should not watch TV and should instead be exposed to positive interaction with other children and adults to help with proper brain development. Older children and teenagers should be limited to one to two hours of TV viewing a day. Parents should help older children and teens select positive programming that reflects their family values and help them understand why they don’t want them to view certain programs and messages.

Robert Boonyaputthikul DO

Q. Do women need to worry about heart disease as much as men?
A. Heart disease is the number one killer of men and women in the US. In fact, each year more women die of heart disease than men. Fortunately, there are several things women can do to lower their risk of heart disease.

The key is practicing healthy lifestyle habits, like controlling your blood pressure, exercising regularly, maintaining healthy cholesterol and triglyceride levels, and reducing any stress and anger. And be sure to visit your primary care physician regularly for routine checkups.

Dr. Boonyaputthikul is a doctor of osteopathic medicine at PIH Health Family Medicine, 15725 E Whittier Blvd., Suite 300, Whittier, CA 90603. 562.947.1669.

Q. How much TV should I allow my child to watch?
A. Children two years old and younger should not watch TV and should instead be exposed to positive interaction with other children and adults to help with proper brain development. Older children and teenagers should be limited to one to two hours of TV viewing a day. Parents should help older children and teens select positive programming that reflects their family values and help them understand why they don’t want them to view certain programs and messages.

If your child's behavior is of concern, talk to your pediatrician. Your pediatrician can help determine whether certain behavioral problems exist based on what types of programs your child is exposed to and how much TV they are watching.

Dr. Lener is a pediatrician at PIH Health Pediatrics, 12675 La Mirada Blvd., Suite 401, La Mirada, 562.789.5420.

PIH Health offers a wide range of services including utilization of primary care teams to provide general medicine and preventative care; access to emergency and urgent care, home health services and hospice; a network of over 180 specialists and 150 primary care physicians in a variety of accessible and welcoming neighborhood locations.
FALL 2013 EVENTS AND CLASSES FOR ALL AGES
For class details, location and registration, call 562.698.0811 and the extension noted.

American Cancer Society- Cancer Prevention Study 3 (CPS-3)
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 and 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.

For class details, location and registration, call 562.698.0811 and the extension noted.

CANCER TOPICS
Interested in viewing information about PIH Health’s cancer program? Visit PIHHealth.org and click on the “Services” tab to select “Cancer Programs” from the drop-down menu.

Cancer Resource Center
Free cancer information and support is available from the American Cancer Society office located on the first floor of PIH Health Hospital. Call Ext. 12820.

Explore, Express, Emote: Cancer Survivors and Caregivers Art Workshops
Second Thursday of each month, 10 am – 1 pm
Express yourself through art. Express drawing, collage, printmaking, clay and more. Materials provided. No experience required. Call Ext. 12820.

American Cancer Society - Cancer Prevention Study 3 (CPS-3)
The American Cancer Society is seeking PIH Health employees and community members (men and women ages 30-65) who have never been diagnosed with cancer to participate in a nationwide cancer prevention research study that has the potential to protect future generations from getting cancer. Register today and save a life tomorrow! For more information on how to participate, please call 562.698.0811.

Introduction to Reiki Healing
Hands Therapy Class
Wednesday, September 25, 2013, 6 – 9 pm
Reiki is a method of transmitting healing balancing energy to the body through touch. Learn to tap into Reiki energy to reduce pain, stress and nausea and to bring the body into a state of balance and well being. The technique has been found helpful for patients and caregivers. Registration required. Call Ext. 12777.

Writing for Wellness
Mondays, starting October 14, 2013, 10 – 11:30 am
A workshop designed for cancer survivors, caregivers, or those dealing with illness or loss. Emphasis is placed on the therapeutic benefits of focused writing. No writing is necessary. Call Ext. 12820.

Yoga for Healing
Saturdays, 10:45 – 11:45 am
Reconnect with your body through gentle yoga designed especially for those facing or recovering from the challenges of cancer or illness. This gentle, yet safe, exercise program consists of easy yoga postures and meditative breathing techniques. Fee: $5 per class. Call Ext. 12777.

Getting Ready for Your Baby
Tuesdays, October 8 and November 12, 2013, 7 – 10 pm
Provides information on topics of relevance to new parents. Fee: $10 per couple. Call Ext. 17541.

Preparation for Childbirth Series
For dates and times
This four-session class (one class per week for four consecutive weeks) is designed to teach expectant parents techniques to help them learn, respond and work through labor. Fee: $75 per couple. Registration required. Call Ext. 17541.

Preparation for Breastfeeding
Tuesdays, October 1, November 5 and December 3, 2013, 9 – 11:30 am
Fathers or other support persons encouraged to attend. Please bring a baby-sized doll or stuffed animal to class. Call Ext. 17541.

THIRD TRIMESTER COURSES
Cesarean Childbirth
Tuesdays, October 15 and November 19, 2013, 7 – 9:30 pm
Designed to prepare expectant couples for cesarean childbirth. Topics include reasons for a cesarean birth, preoperative and postoperative care and question and answer session. Fee: $10 per couple. Call Ext. 17541.

Childbirth Basics
English: Thursdays, October 3, November 7 and December 5, 2013, 7 – 9:30 pm
Designed to prepare expectant couples for cesarean childbirth. Topics include reasons for a cesarean birth, preoperative and postoperative care and question and answer session. Fee: $10 per couple. Call Ext. 17541.

Childbirth Refresher
Wednesday, November 20, 2013, 7 – 10 pm
Review of the labor and delivery process for those with previous birth experience. Fee: $20 per couple. Registration required. Call Ext. 17541.

Maternity Care Center Tours
Mondays, October 14 and November 25, 2013, 7 pm
Tours of the maternity care center are given April – November only. Open to children and grandparents. Call Ext. 17541.

Yoga for Healing
Saturdays, 10:45 – 11:45 am
Reconnect with your body through gentle yoga designed especially for those facing or recovering from the challenges of cancer or illness. This gentle, yet safe, exercise program consists of easy yoga postures and meditative breathing techniques. Fee: $5 per class. Call Ext. 12777.

For more information on childbirth classes and support groups are free of charge and are held in the Flo and Frank L. Scott Conference Center at PIH Health Hospital. Program limited to members. No appointment necessary. Call Ext. 13220.

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The American Cancer Society is seeking PIH Health employees and community members (men and women ages 30-65) who have never been diagnosed with cancer to participate in a nationwide cancer prevention research study that has the potential to protect future generations from getting cancer. Register today and save a life tomorrow! For more information on how to participate, please call 562.698.0811.

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Cesarean Childbirth
Tuesdays, October 15 and November 19, 2013, 7 – 9:30 pm
Designed to prepare expectant couples for cesarean childbirth. Topics include reasons for a cesarean birth, preoperative and postoperative care and question and answer session. Fee: $10 per couple. Call Ext. 17541.

Childbirth Basics
English: Thursdays, October 3, November 7 and December 5, 2013, 7 – 9:30 pm
Designed to prepare expectant couples for cesarean childbirth. Topics include reasons for a cesarean birth, preoperative and postoperative care and question and answer session. Fee: $10 per couple. Call Ext. 17541.

Childbirth Refresher
Wednesday, November 20, 2013, 7 – 10 pm
Review of the labor and delivery process for those with previous birth experience. Fee: $20 per couple. Registration required. Call Ext. 17541.

Maternity Care Center Tours
Mondays, October 14 and November 25, 2013, 7 pm
Tours of the maternity care center are given April – November only. Open to children and grandparents. Call Ext. 17541.

Yoga for Healing
Saturdays, 10:45 – 11:45 am
Reconnect with your body through gentle yoga designed especially for those facing or recovering from the challenges of cancer or illness. This gentle, yet safe, exercise program consists of easy yoga postures and meditative breathing techniques. Fee: $5 per class. Call Ext. 12777.

For more information on childbirth classes and support groups are free of charge and are held in the Flo and Frank L. Scott Conference Center at PIH Health Hospital. Program limited to members. No appointment necessary. Call Ext. 13220.

American Cancer Society - Cancer Prevention Study 3 (CPS-3)
The American Cancer Society is seeking PIH Health employees and community members (men and women ages 30-65) who have never been diagnosed with cancer to participate in a nationwide cancer prevention research study that has the potential to protect future generations from getting cancer. Register today and save a life tomorrow! For more information on how to participate, please call 562.698.0811.

Introduction to Reiki Healing
Hands Therapy Class
Wednesday, September 25, 2013, 6 – 9 pm
Reiki is a method of transmitting healing balancing energy to the body through touch. Learn to tap into Reiki energy to reduce pain, stress and nausea and to bring the body into a state of balance and well being. The technique has been found helpful for patients and caregivers. Registration required. Call Ext. 12777.
PIH Health offers a wide variety of health and wellness opportunities for you and your family. Unless otherwise indicated, all community events, classes and support groups are free of charge and are held in the Flo and 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.

LIFE CONNECTIONS FOR ADULTS AGES 55+
For class details, location and registration, call 562.698.0811 and the extension noted.

Become a Member!
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 percent 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 Services Department at 562.698.0811 Ext. 18302.

SPECIAL TOPICS

Breast Health and You
Tuesday, October 15, 2013, 6:30 – 8 pm
Learn from the PIH Health Patricia L. Schelly Breast Health Center staff as they discuss risk factors, prevention and early detection for breast cancer. Dessert and sparkling cider will be served. Reservations required. Call Ext. 18302.

Better Choices, Better Health®
Six consecutive Mondays beginning October 7 – November 11, 2013
9:30 – 12 noon
This interactive, six-week workshop teaches ways to manage symptoms of chronic health conditions including pain, fatigue and depression. Nutrition tips, medication techniques and more will be discussed. Reservations required. Call Ext. 18302.

Child Passenger Safety Class
Wednesday, November 13, 2013, 6 – 7:30 pm
PIH Health wants to keep kids safe. That’s why we partnered with the Auto Club to offer a Child Passenger Safety Class that is perfect for parents, grandparents and caregivers. Learn how to select the right car seat, how to correctly secure children and learn about safety laws. Reservations required. Call 714.860.2121 or visit AAA.com/ChildSafety.

HeartSaver Adult and Child CPR and First Aid
CPR Only - Wednesday, October 23, 2013, 6 – 9 pm Fee $20.
CPR and First Aid - Saturday, November 2, 2013, 9 – 4 pm Fee $35.
This class covers the critical skills and knowledge needed to respond and manage a first aid or sudden cardiac arrest emergency. Use of the American Heart Association (AHA) materials in this educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees received for AHA materials, do not represent income to the association. Registration required. Call Ext. 18302.

You Don’t Have to Hurt
Tuesday, November 19, 2013, 6:30 – 8 pm
Join Roshan Khoshrav MD as he discusses your options for pain management. Dr. Khoshrav is a PIH Health physician and is Board Certified in Pain Medicine. Come find out how you can break free from your pain. Registration required. Call Ext. 18302.

Weight and Nutrition
Create Your Weight
Wednesday, November 13, 2013, 6 – 7:30 pm
Those who are 20 pounds or more overweight are invited to learn about the many aspects of weight management including nutrition, physical activity and behavior modification. Fee: $25. Registration required. Limited space available. Call Ext. 18302.

EXERCISE
Tai Chi and Qigong Exercise Classes
Tuesdays, 9 – 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 members, $30 for non-members. Registration required. Call Ext. 18302.

Yoga for Healing
Saturdays, 10:45 – 11:45 am
Open to all. Reconnect with your body through gentle yoga designed especially for those facing or recovering from the challenges of cancer or illness. This gentle, yet safe exercise program consists of many yoga stretches and meditative breathing techniques. Fee: $5 per class. Call Ext. 12777.

DRIVER SAFETY
AARP Safe Driver Courses
Eight-hour classes:
Monday and Wednesday, November 18 and 20, 2013, 8 am – 12 noon
Four-hour refresher class:
Saturday, October 26, 2013, 8 – 12 noon
These courses are intended to help older adults maintain their independence by becoming safer drivers. Upon completion of the course, you may qualify for an automobile insurance discount given by your insurance company. Fee: $12 for AARP members, $14 for non-members. We only accept checks made out to AARP. Reservations required. Call Ext. 18302.

FOR CAREGIVERS
Living with Alzheimer’s: For Middle Stage Caregivers
October 21, 24 and 28, 2013, 2 – 4 pm
In the middle stage of Alzheimer’s disease, those who care for patients now become hands-on caregivers. Join us for this three-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer’s. Reservations required. Call Ext. 18302.

Partnering With Your Doctor
Wednesday, November 6, 2013, 2 – 3 pm
Learn how to prepare and become an active partner in the healthcare of someone with dementia. Reservations required. Call Ext. 18302.

HEALTHY AGING
MediPendant: The Latest Medical Alert System
Tuesday, October 15, 2013, 10 – 11 am and December 17, 2013, 2 – 3 pm
PIH Health introduces MediPendant as the next generation of medical alert systems that gives users access to assistance with the press of a button, 24 hours a day, 365 days a year. Join us for one of our informational sessions. If you would like more information regarding pricing, installation and frequently asked questions, please call Ext. 18302.

High Blood Pressure and Stroke
Wednesday, October 2, 2013, 2 – 3 pm
Join the Rosanne Todd Hodges Stroke Foundation as they discuss the risk factors of strokes and how they are linked with high blood pressure. Knowing the risk factors for a stroke can save your life. Reservations required. Call Ext. 18302.

TRAVERSE
Travel the World with Collette Tours
Monday, October 28, 2013, 10:30 am – 12 noon
Interested in the benefits of travel? Join us for a presentation of all the upcoming Collette Vacations tours for 2013 and 2014. Reservations required. To put any topic or question you would like to be discussed on the agenda, please call Ext. 18302.

VACCINES and YOU
Join PIH Health Immunization Prevention Specialist Helen Litvack as she discusses the guidelines for presenting effective and the importance of vaccinations. This will be a great opportunity for open discussion and questions. Reservations required. To put any topic or question you would like to be discussed on the agenda, please call Ext. 18302.

Collette Tours
Travel the World with Collette Tours
Monday, October 28, 2013, 10:30 am – 12 noon

The S. Mark Taper Foundation
A Day Away Adult Day Healthcare Center
This adult day program is for those with moderate cognitive impairment in a safe, supportive environment. We provide the following: caregiver care, social services, therapeutic activities, dietary and, occupational and physical therapy services. A hot nutritious meal and snacks are also included.
15003 Imperial Highway, La Mirada, CA 90638
Hours: Monday – Friday, 7:30 am to 5 pm
For more information call, 562.592.5306.

The S. Mark Taper Foundation
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This adult day program is for those with moderate cognitive impairment in a safe, supportive environment. We provide the following: caregiver care, social services, therapeutic activities, dietary and, occupational and physical therapy services. A hot nutritious meal and snacks are also included.
15003 Imperial Highway, La Mirada, CA 90638
Hours: Monday – Friday, 7:30 am to 5 pm
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We Want to Hear from You
Send us an email and tell us what health or lifestyle questions you would like to see in an upcoming issue of Healthy Living. We want to be sure and/or concerned with and/or interested in learning more about.

Additionally, if you would like to share a positive experience at any of our PIH Health locations, we would love to know about it.

Send an email to MarComm@PIHHealth.org. You could be featured in an upcoming issue. Until then, greetings and laboratory draws.

PIH Health’s Blood Mobile is Available for Community Blood Drives
Scheduling blood drives are a great way to help support your community and the PIH Health Blood Donor Center. The PIH Health Blood Mobile conducts blood drives at your company, school, church, health fair or other public events. To schedule a blood drive using our state-of-the-art Blood Mobile, call 562.795.1827 or email BloodDonor@PIHHealth.org.

PIH Health is in Your Neighborhood
With many neighborhood locations, we are nearby and dedicated to serving your health and wellness needs. Please use this map to locate a PIH Health facility near you.

PIH Health Services On-the-Go
Care Force One provides free and low-cost basic and preventative healthcare services to those in the community who have difficulties accessing care. Care Force One operates Monday - Friday, at various sites. To find the location nearest you or to make an appointment, please call 562.696.0811 Ext. 14816.

PIH Health Services List

1. 12401 Washington Blvd., Whittier, CA 90602
   - Hospital
   - Blood Donor Center
   562.696.0811

2. 12370 Washington Blvd., Whittier, CA 90608
   - Patricia L. Schally Breast Health Center
   562.907.0667
   - Ruby L. Golleher Oncology Center
   562.696.5964

3. 401 W. Beverly Blvd., Montebello, CA 90640
   - Internal Medicine
   323.728.0321

4. 8251 Pioneer Blvd., Santa Fe Springs, CA 90670
   - Family Medicine
   562.696.2541

5. 12291 Washington Blvd., Whittier, CA 90600
   - Women’s Health Center, Suite 100
   562.789.5482
   - Laboratory Blood Draw Station, Suite 103
   562.789.5410
   - Diabetes and Endocrinology, Suite 205
   562.789.5447
   - Family Medicine, Suite 500
   562.696.2541

6. 12462 Putnam St., Whittier, CA 90602
   - Laboratory/Blood Draw Station
   562.789.5422
   - Cardiology, Suite 203
   562.789.5430
   - Obstetrics and Gynecology, Suite 303
   562.789.5440
   - Otolaryngology, Suite 402
   562.789.5484
   - Orthopedics & Sports Medicine, Suite 402
   562.789.5461
   - Pain Management, Suite 402
   562.789.5486
   - Podiatry, Suite 402
   562.789.5464
   - WorkCare, Suite 402
   562.789.5483
   - General and Colorectal Surgery, Suite 500
   562.789.5449
   - Otolaryngology, Suite 500
   562.789.5496
   - Vascular Surgery, Suite 500
   562.789.5960
   - Dermatology & Mohs Surgery, Suite 501
   562.789.5429
   - Plastic Surgery & Aesthetic Medicine, Suite 501
   562.789.5439

7. 12415 Washington Blvd., Whittier, CA 90602
   - Same Day Surgery
   562.696.3987

8. 25255 E. Lambert Rd., Whittier, CA 90670
   - Family Medicine, Suite D
   562.789.5420
   - Hematology and Oncology, Suite B
   562.789.5480

9. 10570 Laurel Ave., Whittier, CA 90605
   - Family Medicine, Building 1
   562.696.2541

10. 1215 Telegraph Rd., Santa Fe Springs, CA 90670
    - Family Medicine, Suite 112
    562.789.5450
    - Orthopedics & Sports Medicine, Suite 112
    562.789.5452

11. 13300 Bloomfield Ave., Norwalk, CA 90650
    - Family Medicine, Suite A
    562.793.5434

12. 15141 E. Whittier Blvd., Whittier, CA 90603
    - Digestive Health Services, Suite 206
    562.698.0306

13. 15725 E. Whittier Blvd., Whittier, CA 90603
    - Pediatrics, Suites 200 and 250
    562.947.3332
    - Family Medicine, Suites 300 and 350
    562.947.1669
    - Internal Medicine, Suites 400 and 450
    562.947.3307
    - Urgent Care and Laboratory Draw Station
    562.947.7754

14. 12675 La Mirada Blvd., La Mirada, CA 90638
    - Family Medicine, Suite 201
    562.903.7339
    - Pediatrics, Suite 401
    562.793.5435
    - Obstetrics and Gynecology, Suite 401
    562.793.5483

15. 15092 Imperial Hwy., La Mirada, CA 90638
    - Family Medicine
    562.793.5940

16. 1850 S. Azusa Ave., Hacienda Heights, CA 91745
    - Family Medicine, Suite 88
    626.964.3040
    - Pediatrics, Suite 200
    626.964.6012
    - Urgent Care, Suite 88
    626.225.4900

17. 121 W. Whittier Blvd., La Habra, CA 90631
    - Ophthalmology and Optometry, Suite 102
    562.694.2550

18. 1400 S. Harbor Blvd., La Habra, CA 90631
    - Family Medicine
    562.793.5950
    - Orthopedics & Sports Medicine
    714.879.3400

19. 301 W. Bastanchury Rd., Fullerton, CA 92835
    - Ophthalmology and Optometry, Suite 140
    714.525.2251

20. 351 E. Foothill Blvd., Arcadia, CA 91006
    - Home Nursing and Health Services
    626.358.3061

21. 15050 Imperial Hwy., La Mirada, CA 90638
    - Home Healthcare
    562.902.7757
    - Hospice
    562.947.3688

22. 15060 Imperial Hwy., La Mirada, CA 90638
    - S. Mark Taper Foundation A Day Away
    - Adult Day Healthcare Center
    562.902.5305

23. 15088 Imperial Hwy., La Mirada, CA 90638
    - Physical and Occupational Therapy
    - Laboratory Draw Station
    562.698.0611 Ext. 69324
Urgent Care vs. Emergency Care

When you or a loved one is experiencing a health problem, it sometimes can be confusing about what to do and where to go. Here are a few guidelines:

**URGENT CARE**
- Cold and flu symptoms
- Allergies and respiratory or sinus infections
- Mild asthma attack
- Minor cuts and scrapes
- Minor fractures and sprains

**PIH Health Urgent Care**
15733 Whittier Blvd.
Whittier, CA 90603
562.947.7754

**EMERGENCY DEPARTMENT**
- Chest pain
- Signs of stroke
- Severe breathing problems
- Major injuries, especially head injuries
- Broken bones
- Poisoning

**PIH Health Hospital Emergency Department**
12401 Washington Blvd.
Whittier, CA 90602
626.225.4900

If you have a health question that cannot wait, PIH Health provides a community advice line staffed by nurses 24 hours a day. To contact the Community Advice Nurse, call 1.888.780.1875.

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