

HEALTH SOURCE

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JFK Memorial Hospital

Register for a class (844) 227-3461

47-111 MONROE STREET • INDIO, CA 92201 • (760) 347-6191

TODAY: THURSDAY, JAN. 5: BIRTHING EXPERIENCE & TOUR (SPANISH), 5 to 7 p.m. Learn what to expect in labor and delivery, infant care, prenatal, preregistration, newborn photography, breast-feeding and more. Adults only please. There will also be a tour of the perinatal area. Classes are held at JFK Memorial Hospital, 47111 Monroe Street. Please meet in the waiting room at the Maternity entrance. Spanish class will be held on the first Thursday of the month. Call (844) 227-3461 for reservations or (760) 775-2604 for questions. Next Spanish class will be Feb. 2, 2017.

FRIDAY, JAN. 6: HAVING JOINT REPLACEMENT SURGERY? Attend our new Pre-operative joint replacement class. Learn what you need to know before, during and after your joint replacement surgery. These classes are by appointment only. Classes are Fridays at 9:00 a.m. at the La Quinta Medical Center, 47-647 Caleo Bay Drive, Suite 150 La Quinta. Call (844) 227-3461 to make a reservation. Next class is Friday Jan. 20.

SILVER SNEAKERS: NEW CLASSES: STABILITY/BALANCE WORKSHOPS: Wednesday & Friday 8:15 to 9 a.m. SilverSneakers Stability is an exercise class specially designed to help older adults become stronger improve balance and decrease risks of falling. Participants will protect one of their most valuable assets—their independence! Instruction by Renate Boddien, PhD, E-RYT, from the Boddien Institute for Yoga and Holistic Studies. Members FREE and non-members \$3.00 Wednesday & Friday class location: La Quinta Medical Center, 47-647 Caleo Bay, Suite 200. Call to reserve your spot at (844) 227-3461.

TUESDAY, JAN. 10: NEW CLASSES: YOGA FOR EVERY BODY. Tuesday 11 a.m. Hatha Yoga for beginners (includes floor work, bring yoga mat, must be able to get on floor). Chair yoga Tuesday 12 p.m. Classes taught by instructor Renate Boddien, Naturopath, E-RYT. Four sessions per month \$28.00, drop-in \$10.00 per session. Cash or check at the door. La Quinta Medical Center, 47-647 Caleo Bay, Suite 200. Call (844) 227-3461 to reserve.

THURSDAY, JAN. 12: CUSTOM KNEE REPLACEMENTS. 9 to 10 a.m. by Ghassan Boghosian, DO, Board Certified Orthopedic Surgeon, La Quinta Medical Center, 47-647 Caleo Bay, Suite 150, La Quinta on Washington Street near Ave. 48. Call (844) 227-3461.

THURSDAY, JAN. 12: BIRTHING EXPERIENCE & TOUR (ENGLISH), 5 to 7 p.m. Learn what to expect in labor and delivery, infant care, prenatal, preregistration, newborn photography, breast-feeding and more. Adults only please. There will also be a tour of the perinatal area. Classes are held at JFK Memorial Hospital, 47111 Monroe Street. Please meet in the waiting room at the Maternity entrance. English class will be held on the second Thursday of the month. Call (844) 227-3461 for reservations or (760) 775-2604 for questions. Next English class will be Feb. 9, 2017.

ALZHEIMER'S ASSOCIATION SUPPORT GROUPS: These are complimentary and open to the public held at the Calvo Bay Alzheimer's Special Care Center 47-805 Caleo Bay Dr. La Quinta. For more information call (760) 771-6100.

- **ALZHEIMER'S AND DEMENTIA SUPPORT GROUP:** Every Tuesday 10:00 to 11:30 a.m. No reservation is necessary.
- **MEANINGFUL MOMENTS EDUCATION LUNCHEONS:** Held on the 3rd Wednesday of every month from 11:00 a.m. to 1:00 p.m. These luncheons are complimentary but do require a reservation. (760) 771-6100. Topics change every month, call to find out the topic for the month.

Find a Doctor (844)227-3461 • Volunteer at JFK (760)775-8079



1150 N. INDIAN CANYON DRIVE • PALM SPRINGS, CA 92262 • (760) 323-6511

THURSDAY, JANUARY 5: POLISH OFF YOUR KNEE PAIN: New Options for Knee Replacement. 1 p.m. to 2 p.m. at the Mizell Senior Center, 480 S. Sunrise Way, Palm Springs. Are your knees holding you back from an active lifestyle? Join Dr. Louis Stable for an in-depth discussion of new treatment options and learn how knee replacement can help get you moving again. Call (800) 491-4990 to register.

SATURDAY, JANUARY 7: SLEEP 101: A Crash Course for a Better Night's Sleep. 12:30 p.m. to 1:30 p.m. at the Caliente Springs Clubhouse, 70200 Dillon Rd., Desert Hot Springs. Having trouble sleeping—or staying awake? You're not alone. About 50 to 70 million adults in the US have sleep or wakeful related issues. Join Dr. Pedram Navab, a sleep medicine specialist, for a crash course in getting a better night's sleep. Learn about common sleep disorders and treatment options at this event taking place at the 4th Annual Caliente Springs Resort Health Fair. Call (800) 491-4990 to register.

TUESDAY, JANUARY 10: HOW CAN YOU PREVENT DIABETES? 10 a.m. to 12 p.m. at the "Bell Tower" Building at Desert Regional Medical Center, in the 1st Floor Stergios Multi Specialty Clinic, 1150 N. Indian Canyon Dr., Palm Springs. Are you at risk for diabetes? Have you been diagnosed with pre-diabetes? Learn how to slow or prevent the progression and what steps you can take with diet and exercise to help improve your health in this two-hour class. Call (800) 491-4990 to register.

TUESDAY, JANUARY 10: HOW TO SPOT A STROKE. 4 p.m. to 5 p.m. at the La Quinta Library, La Quinta Library, 76275 Calle Tampico, La Quinta. Did you know that almost 2 million brain cells die each minute during a stroke? The sooner you catch the signs and symptoms, the sooner treatment can begin and the better the outcome. Join Stroke Program Coordinator Nurse Practitioner Celia Gomes McGilivray to learn how to spot a stroke in yourself or your loved ones and what you can do to reduce your risk. Call (800) 491-4990 to register.

FRIDAY, JANUARY 13: WHEN HANDSHAKES HURT: Options for Arthritis of the Hand. 10 a.m. to 11 a.m. at The Joslin Center, 73750 Catalina Way, Palm Desert. Up to 27 million Americans suffer from osteoarthritis of the hand or weight-bearing joints. Join Dr. Hamin Poojan for a closer look at the symptoms of arthritis of the hand, as well as surgical and non-surgical options for treatment. Call (800) 491-4990 to register.

FIND A DOCTOR: FOR A PHYSICIAN REFERRAL CALL (800) 491-4990.

INQUICKER — "Hold Your Place Online" ER Select a projected treatment time for Desert Regional's ER and wait at home or work for your visit. Go to www.desertregional.com and click on the InQUICKER link.

FIT AFTER FIFTY EXERCISE PROGRAM EVERY MON, WED & FRIDAY 8:00 AM at Stergios Building, Desert Regional Medical Center. An exercise program designed to help improve strength and flexibility. Call (800) 491-4990.

TAI CHI CLASS EVERY WEDNESDAY AT 10 AM at the Comprehensive Cancer Center at Desert Regional Medical Center, 3rd Floor East Conference Room, 1180 N. Indian Canyon Dr., Palm Springs. Seven dollars per session. For more information, call (800) 491-4990.



Triennial Community Health Monitor Report Finds 27% of Valley Adults Live Below Poverty Line

HARC, Inc. (Health Assessment and Research for Communities) will release its triennial Community Health Monitor on January 31 and among its key findings reveals 27 percent of Coachella Valley adults are living below the poverty line. New data includes topics such as sleep, community cohesion, caregiving, multiple sclerosis and perceived income adequacy. Expanded sections include disability and food insecurity.

The data release event will be held at UC Riverside Palm Desert Center, and will feature presentations by distinguished speakers, a health resource fair, and a breakfast buffet provided by Sherman's Deli. The presentation will focus on highlights of the survey, including topics that are new this year, significant trends, and how the Coachella Valley measures up to the state and the nation.

HARC, Inc. (Health Assessment and Research for Communities) is a local nonprofit that has been tracking community health in our Coachella Valley for the past ten years. At the upcoming event, HARC will release the results of the most recent survey, marking the fourth measurement of our Coachella Valley community.

HARC's survey provides regional health data that is not available from any other source, and includes topics such as obesity, health behaviors such as drinking and smoking, mental health, major disease, healthcare access, utilization, socioeconomic needs, and in-depth demographics, just to name a few.

What makes the new data particularly interesting is that it is HARC's first Community Survey to be released since the implementation of the Affordable Care Act. Data will demonstrate how healthcare coverage has changed since 2013, and how the number of uninsured adults have fallen in the past three years. The presentation will also explore whether trends in healthcare utilization have similarly changed.

HARC's previous surveys have been used by nonprofits, healthcare organizations, schools,

government agencies, and media organizations, among others. The information is used to identify and prioritize community needs; design programs and services to address those needs; and secure funding to support those programs.

In a mere five years, dozens of local nonprofit organizations leveraged HARC's prior survey data into over \$12.8 million in funding. This has allowed organizations to provide critically needed services in the Valley, such as food for the hungry, mental health services, free HIV testing, access to substance abuse treatment programs, and much more.

HARC's aim for the new data is for it to be more widely utilized for an even more powerful impact. "I want this new data to be utilized as much as possible," says Dr. Jenna LeComte-Hinely, Chief Executive Officer of HARC. "Data that sits on a shelf is useless, but data that is put to good use is priceless. It is my goal to share this free resource with anyone and everyone who can put it to good use to improve lives in our Coachella Valley."



Dr. Jenna LeComte-Hinely
 Chief Executive Officer of HARC

Summary of Event Details

What: 2016 Coachella Valley Community Data Release Event. Includes:

- Breakfast buffet (generously provided by Sherman's Deli)
- Presentation of the results
- Hard copy printed report
- Health resource fair (featuring vendors such as JFK Memorial Hospital, Desert Oasis Healthcare, Riverside County Public Health, and many more)

Where: UC Riverside Palm Desert Center – 75080 Frank Sinatra Drive, Palm Desert

When: Tuesday, January 31, 2017 from 8:00 am to 10:00 am

Cost: Free

RSVP: Please RSVP to Theresa Sama at tsama@HARCdata.org by January 27, 2017