

INTER VALLEY HEALTH PLAN

INTERVIEW

VOLUME 16, No. 4 ■ WINTER 2011

For Health and Vitality

IN THIS ISSUE

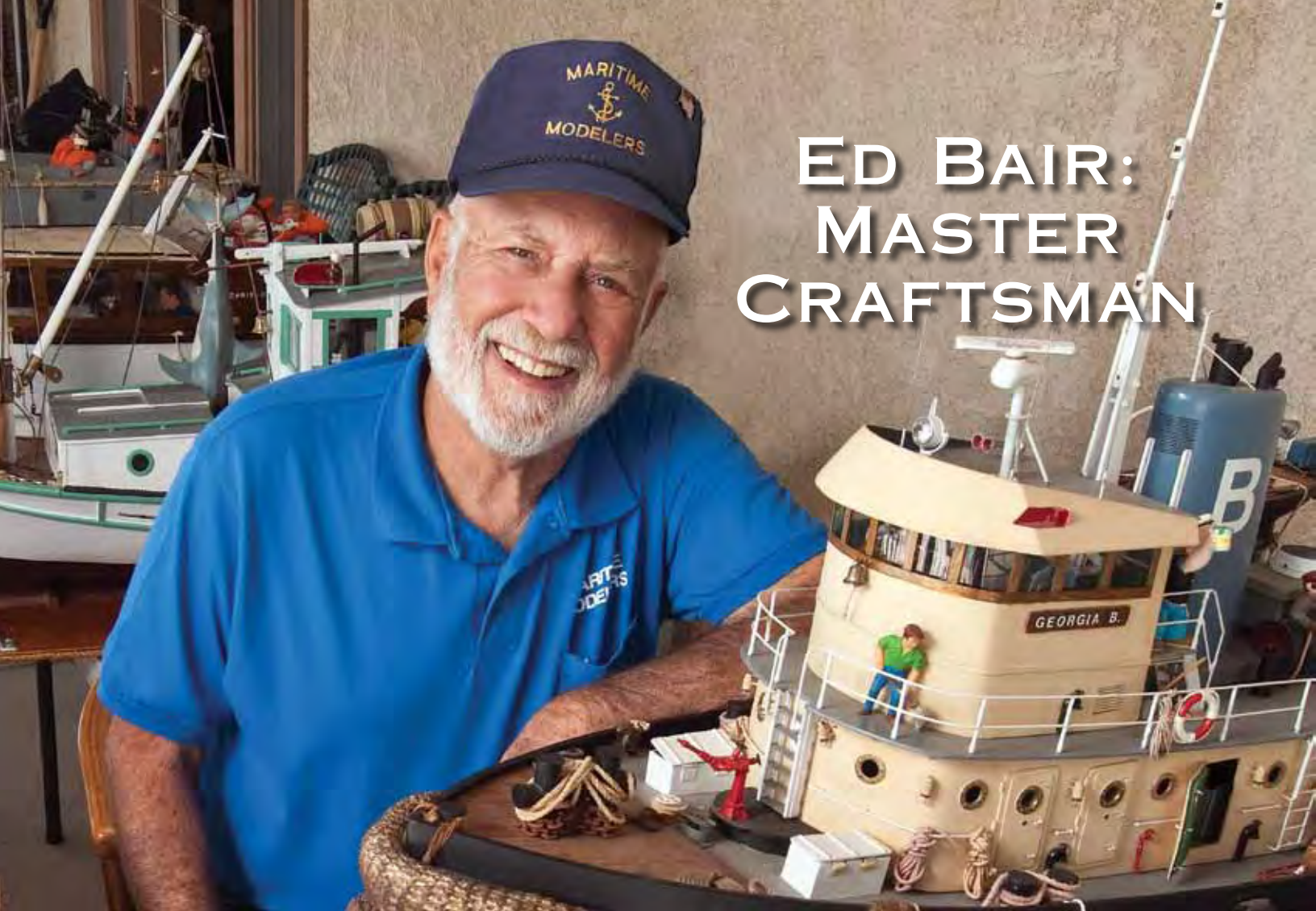
**MEDICATIONS THAT PUT
YOU AT RISK**

**HOW TO GET HAPPY
& STAY HAPPY**

**WHAT YOUR EYES
MAY NOT BE TELLING YOU**



**MASTER
CRAFTSMAN ED
BAIR WITH
HIS HANDCRAFTED
MODEL TUGBOAT,
THE GEORGIA B**



ED BAIR: MASTER CRAFTSMAN

The French novelist, Emile Zola, once said, "There are two men inside the artist, the poet and the craftsman." And, without a doubt, those qualities coexist in the meticulous craftsmanship that 75-year-old Ed Bair bestows upon each of the approximately 50 scale boats he has been building by hand for nearly 25 years.

"Scale boats fascinated me," says Bair. "For many hobbyists, they're at the bottom of the list. Planes are much more popular. But boats don't crash like planes do. So, when you come home, you've still got your boat."

Initially, the boats were primarily an interest of Bair and his son. Eventually, however, they also became a passion for Joanne, Bair's wife of 52 years. Both he and Joanne have been active members of the Inland Nautical Society for 20 years. And, while Ed is busy with his boats, Joanne takes care of the club's sign ups, registration, ticket raffles and checking the score sheets for each boat class.

The Bairs also enjoy taking advantage of the informal weekly "sails" at the lake in Riverside's Fairmont Park, as well as regular club meetings. Nautical Society members can

demonstrate their navigation abilities in the Spring and Fall Regattas by steering through a challenging navigational course. (for more information about the Nautical Society's activities, visit their website at www.inlandnauticalociety.com)

Starting from Scratch

Not one to "fool around with kits," Bair explains that he gets tremendous satisfaction from the fact that the vast majority of his boats are not built from kits. To that end, Bair has a shed full of balsa wood, epoxy, glue and brass tubing to fuel his passion for his craft.

“Now that I’ve had a taste of it, I don’t wonder why you love boating.”

ROSE SAYER TO CHARLIE ALLNUT (*THE AFRICAN QUEEN*, 1951)

Typically, when beginning to build a boat, Bair says he “eyeballs for proportions,” then makes sketches. However, he has also built many of his boats from pictures alone. “I get a lot of pleasure out of sitting and building the models,” he says. “It’s very relaxing and fulfilling.”

Without a doubt, Bair’s pride and joy is his model of the boat from the 1951 film, *The African Queen*. Noting that others have built *The African Queen* model boat as a foot-long—Bair’s built his model 54 inches long.

“Since it is an open boat with no cabin, it was actually quite simple to build,” he says. “I bought a fiberglass hull and tracked down a steam engine in Riverside. Then, Joanne and I played the movie over and over, every night—rewinding constantly—to capture each detail.”

For an added touch of authenticity, Bair displayed stills from the movie when showing his “Queen,” at the wooden boat show held in Big Bear.

Another project Bair is particularly proud of is his model of the Balboa Island Ferry boat, which he built from pictures. His first rendition of the Balboa Ferry (he actually ended up building four) was on loan to the Newport Harbor Nautical Museum. Bair gifted the model to his son, Steve. “Steve wanted

the model for sentimental reasons,” notes Bair, “because he and his wife spent a lot of time riding the Ferry together.”

A second model was built for a man in San Juan Capistrano, who wanted his own Balboa Ferry. Bair also built another Ferry to donate to the Newport Harbor Nautical Museum, where it remains on display. “I also built another for a kid who used to work on the Ferry,” says craftsman Bair, noting that each rendition was customized by using different cars and changing out the years.

After finding blueprints in a 1950s yachting magazine, Bair took on the challenge of building a 24-foot Chris-Craft cabin cruiser. Inspired by his time serving the Navy Bair also built various Naval landing craft. “Those were mostly from memory,” he says, noting he joined the Navy right after graduating high school, served

for two years and spent four years in the reserves before being discharged in 1961.

Plus there’s a tugboat that weighs-in at about 70 pounds because he uses a car battery for weight—to lower the tugboat down to the water line.

“It’s really amazing what he can do,” says Joanne. “He started using a 1/6 scale using 12-inch GI Joe figures, which he transforms into nautical figures. He even designed a PT boat with Star Trek figures on deck for one of our grandsons.

While Bair emphasizes he doesn’t punch a time clock, he says a typical boat takes about three-to-four months to complete, while some have taken up to a year.

More recently, Bair started on the boat from the movie, *Mr. Roberts*, and even included the “infamous palm tree” on deck. However, he sold the boat to a friend before it was





ED BAIR...CONTINUED

trees on their property. This year they canned 14 cases of plums, seven cases of peaches and three-dozen quarts of peach preserves.

Today, the Bairs stay active and continue to do virtually everything together. Noting that she is not a “domestic goddess,” Joanne says she was never one to just stay home and read; rather, she’s always preferred going camping and motorcycling with her husband and three boys—and mischievously adds that she “put flower-stickers on her helmet and motorcycle to keep the boys from using her bike.”

The Bairs both agree that their time spent together, along with family, friends and boats keep them happy, active and fulfilled.

finished, because his eyesight is failing. So, now he primarily repairs or works on build-to-sell models.

Still, the boats remain an integral part of the Bair’s life including a room in their home that’s devoted completely to his models—plus they have a six-foot boat in their dining room. The couple also continues to attend model boat shows, such as those in Lake Arrowhead and Big Bear, to display Bair’s handiwork.

Fifty-two Years— and Counting

Married for 52 years—the couple lives on a half-acre in Apple Valley that they purchased 11 years ago, when Joanne, now 72, retired from her position as a financial analyst at Raytheon. Ed is also retired, from Tamarack Scientific, where he worked as a machinist for 15 years until 1998.

“We’ve been very blessed,” says Joanne. “We have three sons, Steve, who lives with his wife, Margaret, in Santa Rosa; as well as Ron and his wife, Kathy; and Eddie and his wife, Tracy, who all live in Fullerton.” The Bairs enjoy being “Popper” and “Mommer” to their nine grandchildren.

Ed and Joanne also enjoy maintaining the 14 fruit



WELCOME ABOARD! CALIFORNIA MARITIME AND NAUTICAL MUSEUMS

LOS ANGELES MARITIME MUSEUM

www.lamaritimemuseum.org/
W 6th St, San Pedro, CA 90731
310-548-7618

A 75,000 square-foot facility featuring more than 700 ship and boat models, a variety of navigational equipment, an operating amateur radio station, ship figureheads, maritime arts and crafts and an 18-foot scale model of the Titanic.

NEWPORT HARBOR NAUTICAL MUSEUM

www.nhnm.org/
600 East Bay Avenue
Newport Beach, CA 92661-1347
949-675-8915

Dedicated to preserving and promoting the maritime heritage of Southern California, the museum boasts three galleries, library, restaurant and gift shop.

SAN FRANCISCO MARITIME NATIONAL HISTORICAL PARK

www.nps.gov/safr/
415-447-5000

This unique park, located at the west end of San Francisco's Fisherman's Wharf, includes the fleet of historic vessels at Hyde Street Pier, the Maritime Museum, and the Maritime Museum Library. Board turn-of-the-century ships, tour the Museum and learn traditional arts like boatbuilding and woodworking.

SANTA BARBARA MARITIME MUSEUM

www.sbmm.org/
113 Harbor Way # 190
Santa Barbara, CA 93109-2344
805-962-8404

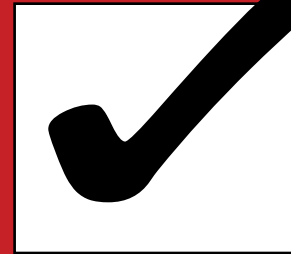
Santa Barbara's seafaring tradition, well before the 15th century, was the native indigenous peoples, the Chumash, who paddled 28-foot-long, six-man, wood-plank tomols across the Channel to Santa Cruz Island. The museum, in its new site "On the Breakwater," and presents the maritime history of California's Central Coast.

VENTURA COUNTY MARITIME MUSEUM

www.vcmm.org/
2731 Victoria Ave.
Oxnard , CA 93035
805-984-6260

A cultural center dedicated to the interpretation of maritime history through interactive exhibits and educational outreach. Collections include: ship design and development, ship model building, local coastal history, maritime art, shipbuilding documents and a library.

MAKE THE CHOICE TO SAVE LIVES: ORGAN DONATIONS



Have you considered signing up as an organ donor, but just haven't gotten around to it? Recent statistics show that more than 57,000 people are on waiting lists for organ transplants. Organ donation is not limited by age, anyone can sign up. Your decision to donate organs could save lives. For more information on how to become an organ donor or how to obtain a donor card, go to the internet site www.organdonor.gov or call your local California State Department of Motor Vehicles. You may also contact the Southern California Organ Procurement Center, at 800-786-4077.

GLAUCOMA: WHAT YOUR EYES MAY NOT BE TELLING YOU

Chances are you've heard the term glaucoma, but you may not know much about it. **Glaucoma refers to eye diseases in which the fluid pressure inside the eyes rises, leading to vision loss or even total blindness.** It is important to get your eye pressure checked regularly to avoid becoming one of the estimated four million Americans affected by this disease.

Glaucoma facts at a glance:

■ You can have glaucoma without even knowing it. The most common form of the disease, open-angle glaucoma, can show almost no symptoms until you start to lose your vision. It is sometimes referred to as "the sneak thief of sight."

■ **Glaucoma, left untreated, is one of the leading causes of blindness.**

■ There is no cure for glaucoma and its effects cannot be reversed, though they can be slowed or stopped.

■ Glaucoma can happen to anyone, but people over the age of 60 are at a higher risk of contracting this disease.



■ People with diabetes are twice as likely to develop glaucoma.

■ **When vision isn't regularly checked—40% of vision is lost by the time vision impairment is noticed.**

What can you do to protect your vision?

■ Getting diagnosed is the first and perhaps most important step. It is estimated that half of glaucoma sufferers are not even aware that they have it.

■ Get your eyes checked every year and be sure that your doctor checks your eye pressure.

■ If you have diabetes, ask about your eye pressure during your annual retinal exam.

If there is no cure for glaucoma, what can be done?

■ Through early diagnosis and treatment, the disease can be controlled before vision loss or blindness occurs.

■ Treatments for open-angle glaucoma can include medications, eye drops, or surgery.

Talk to your doctor today about having an eye exam. You can also visit informational websites, such as www.glaucoma.org or Inter Valley's "Wellness Library" at www.ivhp.com/site/healthwellness/prevention. Don't let the "sneak thief of sight" sneak up on you.

SILVER&FIT®

WHAT CAN IT DO FOR YOU?

What does it mean to be Silver & Fit? It means that you are proactive about your health and well-being. **Studies show that regular strength training and aerobic exercise can help older adults manage or reduce the symptoms of diabetes, back pain, arthritis, depression, balance issues, poor quality of sleep and reduce risk of heart disease.**

We are excited to provide to our members, the education, support and fitness programs that promote health and vitality.

The Silver&Fit program offers you options to exercise at your own pace* and includes the following:

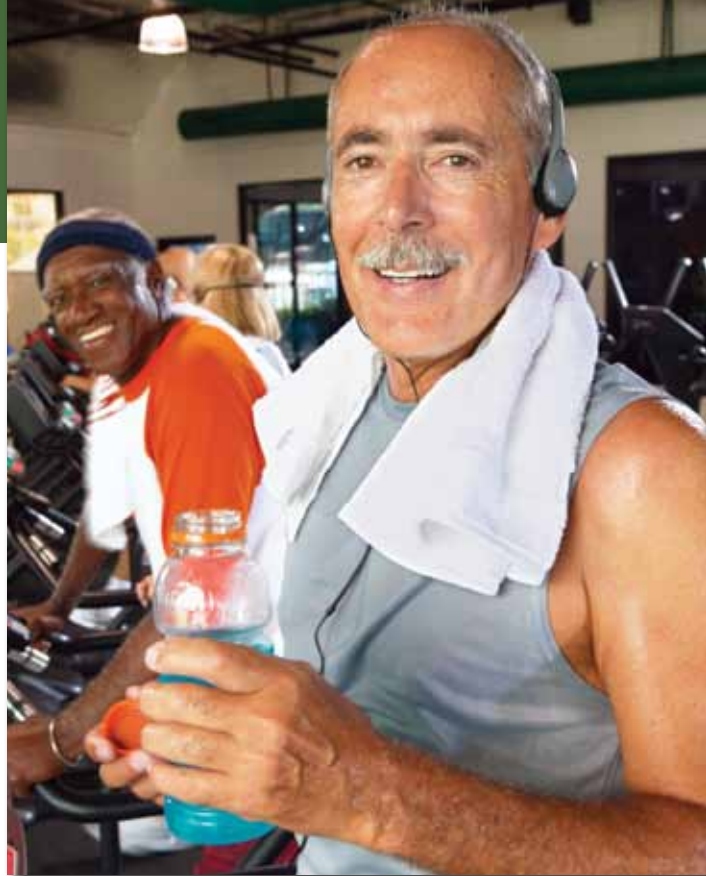
■ **Silver&Fit Fitness Facility:** Membership at a local participating gym/exercise center. Members pay an annual (non-refundable) \$50 copayment – **OR –**

■ **Silver&Fit Home Fitness:** A program for members who are unable to participate in a fitness facility or prefer to exercise at home. Includes a Home Fitness kit. No copayment required.

■ **The Silver Slate® newsletter:** A quarterly newsletter tailored to active adult interests and needs

■ **The Silver&Fit website:** Resources and information designed specifically for Silver&Fit members

■ **A toll-free customer service hotline:** Answers questions about the program(s)



Becoming a member of the Silver&Fit Fitness Facility or Home Fitness Program is as easy as **1-2-3**.

1 ENROLL Complete the enrollment application online at www.SilverandFit.com or call Silver&Fit customer service representatives toll-free at 877-427-4788 or for hearing impaired TTY/TDD 877-710-2746, Monday through Friday, 5 am to 6 pm (PST).

2 PAY \$50 ANNUAL COPAYMENT (Applies only to Fitness Facility members) Silver&Fit does not accept checks. Please make your money order payable to ASH Systems.

3 RECEIVE YOUR SILVER&FIT ID CARD After completing the application (and paying your copayment, if applicable) and you are enrolled in the program: you will receive your Silver&Fit ID card to begin working out/exercising at a participating fitness facility of your choice.



**Prior to participating in this or any other exercise or weight management program, it is important that you to seek the advice of a physician or other qualified health professional. The Silver&Fit program is provided by American Specialty Health Systems, Inc., a subsidiary of American Specialty Health Incorporated (ASH).*

MAINTAIN YOUR BRAIN:

Everyone knows that maintaining physical health requires ongoing care and attention—that's why we try to exercise, eat healthy and take our medicine on schedule. However, **many people don't realize that our mental health also needs to be maintained.**

In particular, those of us who have been diagnosed with depression need ongoing care and attention. If you're among the nearly 17 percent of U.S. adults who have experienced depression, you should know that you can live a fulfilled and happy life.

Understand that depression is not your fault and is not a sign of weakness. In fact, did you know that researchers have found biological factors associated with depression? Depression is caused by chemical changes in the brain.

Depression is similar to any chronic medical condition that needs to be managed, such as heart disease, high blood pressure or diabetes.

Three Steps To Help Manage Depression

1 Seeking treatment and taking your prescribed medication on an ongoing basis under proper medical supervision (this is by far the most important step).

2 Staying active and exercising regularly.

3 Eating healthy meals and "mood-boosting" foods

What You Need to Know About Anti-Depressant Medication

If you experience symptoms of depression (such as feelings of sadness or worthlessness lasting for weeks), seek help from a qualified physician or psychiatrist who can diagnose and treat you.

Be sure to take the medication prescribed to you—and continue taking it under your doctor's supervision, even after you start feeling better. **Don't make the common mistake of assuming you're "cured" just because you feel better.**

Anti-depressants are not like medication you take for a temporary illness, like the flu. They're akin to the "maintenance drugs" that we take for our bodies on a long-term basis, like blood pressure-lowering drugs and diabetes medications.

If the side effects from your anti-depressants bother you, you can ask your physician or psychiatrist to switch you to a different medication.

Exercise and Happiness

Did you know that exercise can improve your mood?

That's right: exercise releases endorphins (your body's "feel-good" chemicals), and regular exercise can reduce stress, boost self esteem and improve sleep.

Most importantly, research shows that frequent exercise can decrease anxiety and feelings of depression—and can actually be an effective treatment for mild to moderate depression.

Meanwhile, exercising helps you stay healthy, active and independent.



HOW TO GET HAPPY & STAY HAPPY

Some examples of moderate exercise that you might enjoy include: biking, dancing, gardening, low-impact aerobics, tennis, swimming, walking and yoga. Talk to your doctor about what would be best for you.

Food for Thought

Researchers are continually finding more and more evidence that what we eat affects not just our bodies, but also our minds.

Making wise food choices can help with managing your depression.

Mood-busting foods:

Stay away from foods that can disrupt your energy, blood sugar and mood levels; these include refined flour and sugars, fried foods and red meat.

Mood-boosting foods: Additionally, try eating more of these foods that may help boost your mood: salmon, walnuts, sugar beets, tofu, molasses (in moderation) and leafy green vegetables.



In general, try to avoid heavily processed “junk food” and eat more whole foods.

With proper management, you can keep your depression at bay. **Remember: healthy eating and exercise can help, but ultimately the key to staying happy is to continue taking your anti-depressants.**

To learn more about managing depression, please talk to your doctor. You can also learn more on the Wellness Library page of our website, www.ivhp.com/wellness.

MEDICATIONS THAT PUT YOU AT RISK

Every year Medicare reviews drugs that may have negative side-effects and are particularly risky for adults over the age of sixty. This year Medicare has published a list of medications that will not be covered on the Inter Valley 2012 drug formulary.

If you are taking any of the medications listed at right, we encourage you to discuss alternative medications with your doctor. Please call Inter Valley's Pharmacy Department for assistance at 800-523-3142 or for hearing impaired, TTY/TDD 800-505-7150.



ANTI-ANXIETY (includes combination medications)
• meprobamate

ANTI-HISTAMINES (includes combination medications)
• diphenhydramine
• promethazine
• cyproheptadine
• dexchlorpheniramine
• hydroxyzine
• promethazine

AMPHETAMINES

BARBITURATES

LONG-ACTING BENZODIAZEPINES (includes combination medications)
• chlordiazepoxide
• diazepam
• lorazepam

BELLADONNA ALKALOIDS (includes combination medications)
• atropine
• belladonna
• hyoscyamine

SKELETAL MUSCLE RELAXANTS (includes combination medications)

ORAL ESTROGENS (includes combination medications)

ORAL HYPOGLYCEMICS
• chlorpropamide

NARCOTICS (includes combination medications)
• pentazocine
• meperidine

OTHERS (including androgens and anabolic steroids, thyroid medications, urinary anti-infectives)
• methyltestosterone
• nitrofurantoin

FOR PEOPLE WITH DIABETES WHO TAKE AVANDIA, AVANDAMET OR AVANDARYL

The Food and Drug Administration (FDA) believes that the ingredient **rosiglitazone**—used in the prescription drugs Avandia, Avandamet and Avandaryl—may increase the risk of heart attacks.

In response to this possible risk, the manufacturer will provide rosiglitazone only by mail order to those enrolled in a special REMS program. If you wish to continue to take any of these medications your doctor must enroll themselves and you in the REMS program. Medications containing rosiglitazone will not be available through pharmacies.

Inter Valley Health Plan members receiving rosiglitazone through the REMS program must pay the full dollar amount. If the receipt is submitted to Inter Valley, we will reimburse our share of the cost and the balance is the member's responsibility. Note: the member's share of cost may be a higher amount than it was before enrolling in the REMS program.

If you would like more information please call our pharmacy department at 1-800-523-3142.



CHECK YOUR MAIL FOR YOUR PREVENTION LIST



Prevention is most important for your health. Controlling your bad cholesterol and your blood sugar or getting your breasts and colon checked are far preferable to the heart attack or cancer that may otherwise come later if undetected.

Inter Valley Health Plan is making it easier for you and your doctor to make sure you get the services you need. Early next year we will send you a letter listing the services that our records indicate you may need in 2012.

When you get this list, schedule a visit with your doctor to discuss the services listed. Your physician will have more up-to-date and complete information than we do regarding your health and has the expertise to update your prevention list.

Once you and your physician agree on what is needed, you can work together to get it done.

Remember to watch the mail for your prevention list. We hope it will be an important step in preventing illness later.

INVESTING IN THE *Vitality* OF

CLAREMONT

Medicare Information & Vitality Center

Pomona Valley Health Center Building
1601 Monte Vista, Suite 275 Claremont

Thursdays, January 5 to February 9 ■ 1 pm
Clutter Chaos Workshop & Support Group

Wednesday, January 11 ■ 10 am
Benefits of Volunteering

Tuesday, January 17 ■ 10 am
Anyone Can Paint

Tuesday, January 24 ■ 2 pm
Genealogy: Introduction to Internet Research

Friday, January 27 ■ 10 am
Is It Normal Aging or Dementia?

Wednesday, February 8 ■ 10 am
Focus on Your Heart

Tuesday, March 20 ■ 2 pm
Label Reading and FREE BMI

HEMET

Medicare Information & Vitality Center

3077 West Florida Ave, Suite C, Hemet

Thursdays, January 12, 19 & 26 ■ 10 am
Basic Resistance Training (equipment provided)

Friday, January 13 ■ 10 am
Five Wishes

Wednesday, January 18 ■ 12 pm
Doctor Talk: Thyroid, Lucy Eads, P.A.

Wednesday, January 25 ■ 10 am
Better Hearing

Wednesday, February 8 ■ 10 am
Stressbusters

Friday, February 24 ■ 10 am
Focus on Your Heart

Wednesday, March 7 ■ 10 am
Oh, My Achin' Bones

Tuesdays, March 13 & 27 ■ 2 pm
Laughing Yoga



LA QUINTA

Medicare Information & Vitality Center
Highway 111, La Quinta

Mondays, January 9 & 23, February 6 & 20,
March 5 & 19 ■ 11 am **Tai Chi**

Tuesdays, January 10 & 24, February 14 & 28,
March 13 & 27 ■ 12:30 pm **Chair Yoga**

Wednesday, January 11 ■ 10 am **Laughing Yoga**

Tuesdays, January 17, February 7 &
March 20 ■ 2 pm **Writing Workshop**

Thursday, January 26 ■ 10 am **Laughing Yoga**

Wednesday, February 8 ■ 2 pm **Five Wishes**

Thursdays, February 23 & March 29 ■ 2 pm
Laughing Yoga

OUR MEMBERS AND THE COMMUNITY

PALM SPRINGS

Medicare Information & Vitality Center
555 South Sunrise Way, Suite 105, Palm Springs

Tuesdays, January 3 & 17, February 7 & 21,
March 6 & 20 ■ 11:30 am **Chair Yoga**

Thursdays, January 5, February 2 &
March 8 ■ 2 pm **Laughing Yoga**

Tuesdays, January 10, February 14 &
March 13 ■ 2 pm **Writing Workshop**

Mondays, January 16 & 30, February 13 & 27,
March 12 & 26 ■ 11 am **Tai Chi**

Tuesday, January 31 ■ 10 am **Laughing Yoga**

RIVERSIDE

Medicare Information & Vitality Center
5266 Arlington Ave, Riverside

Friday, January 13 ■ 10 am
Signs of Stress

Thursday, January 19 ■ 10 am
Fall Prevention

Thursday, January 26 ■ 10 am
Introduction to Genealogy

Tuesday, January 31 ■ 10 am
How to Communicate with Your Doctor

Wednesday, February 8 ■ 10 am
Focus on Your Heart

Thursday, February 9 ■ 10 am
Medication Management

Wednesday, February 15 ■ 9 am
Spa Day

Thursday, February 23 ■ 10 am
Low Vision Wellness

Tuesday, February 28 ■ 10 am
Disease Prevention

Wednesday, March 14 ■ 10:30 am
Eating Right When Money is Tight

Wednesday, March 28 ■ 6 pm
Medicare 101

VICTORVILLE

Medicare Information & Vitality Center
12209 Hesperia Rd, Suite E, Victorville

Tuesday, January 10 ■ 1 pm **Five Wishes**

Wednesday, January 11 ■ 10 am
Better Hearing

Thursday, February 7 ■ 10 am
Stressbusters

Thursday, February 9 ■ 2 pm
Pain Management

Wednesday, February 22 ■ 10 am
Focus on Your Heart

Wednesday, February 29 ■ 10 am
VA Benefits

Thursday, March 22 ■ 2 pm
Oh, My Achin' Bones

HARVEST MOON DANCE

This fall, Inter valley Health Plan, Senior Select/St. Mary Medical Center, High Desert Primary Care Medical Group and Premier Healthcare hosted a Harvest Moon Dance. The band, Swing 4 Sale, returned to wow the attendees with old favorites and some new songs. Several Premiere Healthcare physicians crowned this year's king and queen, Lee Basha and Karen Zimprich.



WEST COVINA

Medicare Information & Vitality Center

5266 Arlington Ave, Riverside

Tuesday, January 24 ■ 10 am

Memories to Memoirs

Thursday, February 7 ■ 10 am

End of Life Care

Thursday, February 21 ■ 10 am

Focus on Your Heart

Tuesday, March 20 ■ 10 am

Label Reading and FREE BMI

**SAVE THE DATE: UPCOMING
INTER VALLEY TALENT SHOWS**

Saturday March 31 ■ 10 am

Senior Talent Showcase

A Treasure of Talent, Hillcrest, La Verne

Back by popular demand is Master of Ceremony, John Lynd. For information, contact Marcie Lerner, x 625.

Saturday March 31 ■ 1 pm

High Desert Talent Show, Silverado High

School, Victorville

For information, contact
Monica Crow, x 240



COMMUNITY WIDE EVENTS

Wednesday, January 11 ■ 2 pm

Beginning Facebook, Chino Hills Library
14020 City Center Drive, Chino Hills 909-364-2700

Thursday, January 12 ■ 10:15 am

Five Wishes, Chino Senior Center, 13170 Central Ave
Chino 909-591-9836

Wednesday, January 18 ■ 2 pm

Advanced Facebook, Chino Hills Library
14020 City Center Drive, Chino Hills 909-364-2700

Wednesday, February 1 ■ 10:30 am

Focus on Your Heart

Rancho Cucamonga Senior Center, 11200 Baseline
Road, Rancho Cucamonga 909-477-2780

Tuesday, February 7 ■ 10 am

Oh My Achin' Bones, Montclair Senior Center
5111 Benito St, Montclair 909-625-9483

Wednesday, February 22 ■ 10 am

Drive Well, Claremont Joslyn Center
399 Mountain Ave, Claremont 909-399-5488

Monday, February 27 ■ 10 am

Medicare 101, Covina Joslyn Center
815 N. Barranca, Covina 626-384-5380

Thursday, March 1 ■ 11 am

Label Reading and FREE BMI

Janet Goeske Center, 5257 Sierra St, Riverside

Thursday, March 8 ■ 3 pm

Dinner Sponsorship

San Dimas Senior Center, 201 E. Bonita, San Dimas

Friday, March 9 ■ 10 am

Label Reading and FREE BMI

Chino Senior Center, 13170 Central Ave, Chino

Thursday, March 31 ■ 10 am

A Treasure of Talent Senior Talent Showcase

Hillcrest, 2705 Mountain View, La Verne

Saturday, March 31 ■ 1 pm

High Desert Talent Show

Silverado High School, 14048 Cobalt Rd, Victorville

SIMPLE STEPS FOR A HEALTHIER YOU: WIN A Pedometer on Us

Tracking how many steps you take in a day is an easy way to improve your fitness and lose weight. Start with 10,000 steps a day as a baseline and then you can build up more steps as a goal. A pedometer is a great tool to track your progress. This small device clips to your belt or waistband and does all of the counting for you—all you have to do is walk!

If you are an Inter Valley Health Plan member, and fill in the blanks correctly, you're eligible to win. If there is more than one member per household, a photocopied entry is acceptable. Entries must be postmarked by February 26, 2012.

Send your Entry to: Inter Valley Health Plan, Attention: Communications Dept, InterView contest, PO Box 6002, Pomona CA 91769-6002.

*Name (_____) _____
Daytime Phone

*Address

*City, State, Zip

Flu Survival Kit Winners: **Aldona Vine**, Indio, **Bonnie Curran**, San Bernardino,
Mary R. Voegele, Diamond Bar & **Marlene Trunnell**, Montclair

- 1** Glaucoma refers to eye diseases in which the fluid _____ inside the eyes rises, leading to vision _____ or even total _____.
- 2** It is important to get your eye _____ checked regularly to _____ becoming one of the estimated four million Americans affected by this _____.
- 3** The most common form of the disease, _____-_____ glaucoma, can show almost _____ until you start to _____ your _____.
- 4** There is _____ for glaucoma and its _____ cannot be _____, though they can be _____ or _____.
- 5** People with diabetes are _____ as likely to develop glaucoma. Get your eyes _____ and be sure that your doctor checks your _____.

**By entering this contest, you give permission to Inter Valley Health Plan to publish your name and city in InterView magazine, should you win.*

INTER VALLEY HEALTH PLAN
300 South Park Avenue
PO Box 6002
Pomona CA 91769-6002
Health/Wellness/Prevention
Information
Address Service Requested

PRESORTED
STANDARD
U.S. POSTAGE
PAID
Permit #41
San Dimas ca



Cyndie M. O'Brien, Editor
Marion Schmid, Asst. Editor
For article information,
or additional copies,
call the Editor at 909-623-6333.



Inter Valley Health Plan

For health. Not for profit.



Inter Valley Health Plan is a not-for-profit company and a Medicare Advantage organization with a Medicare contract.

INTER VALLEY'S COMPANY OBSERVED HOLIDAYS

Our offices will be closed on:

NEW YEAR'S DAYMONDAY, JANUARY 2, 2012

PRESIDENT'S DAYMONDAY, FEBRUARY 20, 2012

MEMORIAL DAYMONDAY, MAY 28, 2012

To become a member of any of our Plan programs and receive all our benefits, including this magazine call 800-500-7018 or TTY/TDD 800-505-7150 for hearing impaired.

Have you moved? Please contact Member Services if you have recently moved. It is important that we have your correct address on file.

We are here for you! If you have questions, concerns or any problems getting access to your health care needs, we want to hear from you. Call Member Services at **800-251-8191** or **TTY/TDD 800-505-7150** for hearing impaired. Our hours of operation are 7:30 am to 8 pm seven days a week.



This publication is printed with soy based ink.