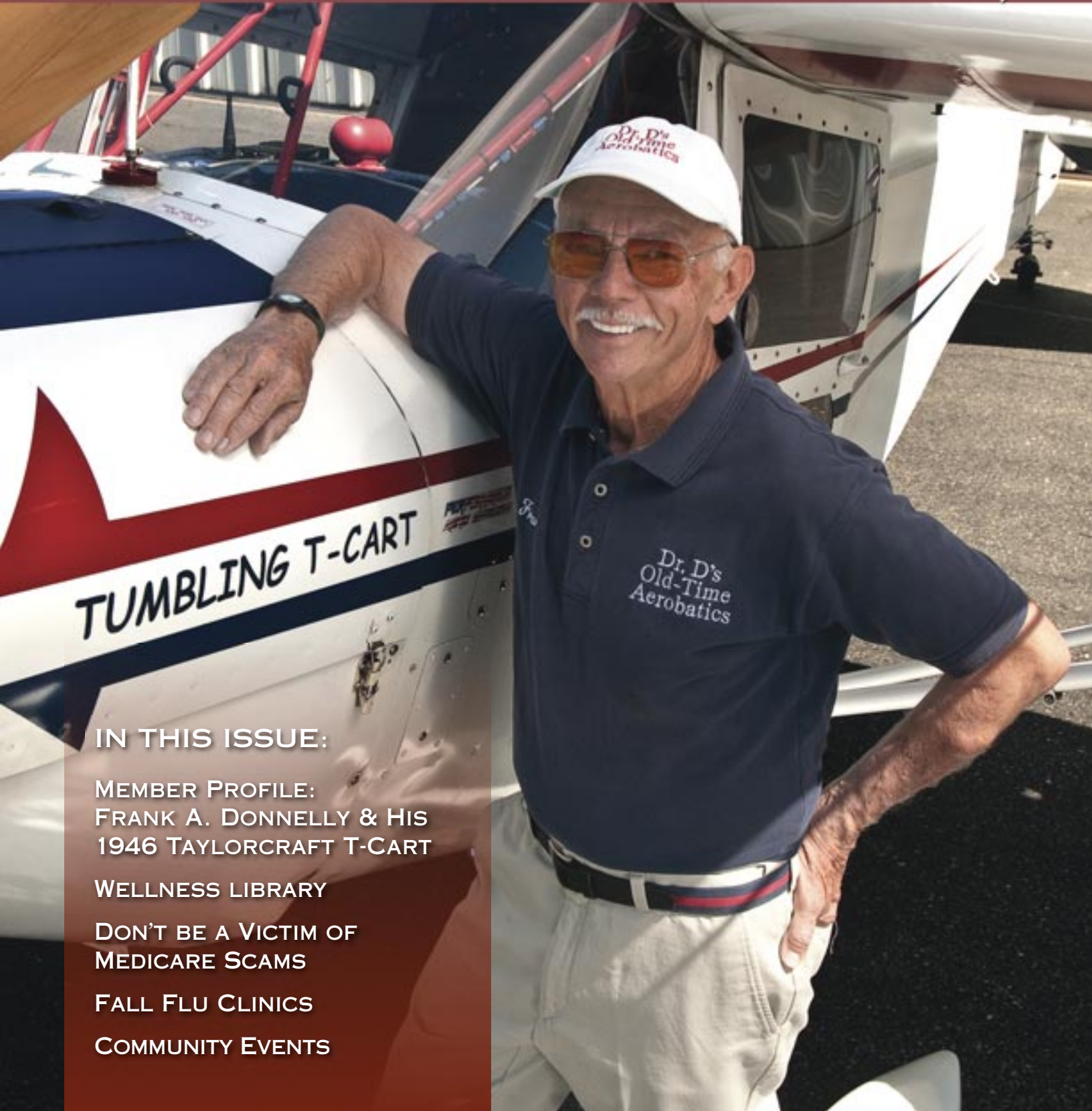


INTER VALLEY HEALTH PLAN

# INTERVIEW

VOLUME 16, No. 3 ■ FALL 2011

*For Health and Vitality*



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# DR. D'S OLD-TIME



All eyes turned skyward as Dr. Frank Donnelly (better known to air show aficionados as "Dr. D") and his 1946 clipped-wing Taylorcraft T-Card performed a series of graceful loops, rolls and maneuvers, reminiscent of the aerobatics of days gone by. **Then came Dr. D's impressive, heart-stopping signature engine-off finale; first, climbing high in the air,**

then shutting down the engine and diving straight down to pick up airspeed for yet another series of breathtaking maneuvers before a deadstick landing in front of the cheering crowd.

## **A Wish Come True**

"As a little boy growing up during World War II, it was probably inevitable that I became interested in flying and aviation," says Donnelly.

"Plus, I was always one of those kids who loved playing with toy planes."

**At age six, Donnelly's father took him to his first air show. Completely captivated by the show, Donnelly yearned to fly from that moment on.** And, when he was 10 years old, his wish came true.

"In those days, pilots would fly around the country and operate in a farmer's field for a



# AEROBATICS

day or two selling airplane rides. "So, when the local show came to our town, I bicycled out to the field and used the money I'd saved from my paper route to fly on the plane, a Piper Cub," says Donnelly. "It was wonderful!"

## From Coast to Coast

Born in Maine, Donnelly grew up in Eastern Connecticut and, as a young man, lived near the seaport town of New London. Later, he moved to California and settled in the San Gabriel Valley to pursue his passion for flying in earnest and, in 1968, Donnelly earned his pilot's license.

"I didn't start college until 1965, when I was in my late twenties," says Donnelly, noting the delay afforded him the advantage of enough time and money to be airborne as much as possible. And, not only did he eventually go to college, Donnelly became a professor of psychology, teaching at the University of Southern California (USC) in Los Angeles, and later at Azusa Pacific University (APU) in Azusa. "I'd always liked aerobatics and every plane I owned was capable of aerobatics, so I'd go out and practice loops and rolls whenever I could," says Donnelly. "But, for a long time, it was mostly a hobby. I had to make a living."

## A Match Made in the Heavens—Literally

The Cable Airport in Upland had long been Donnelly's favorite stomping grounds. So, not surprisingly that was where he met his wife, Geri and they married in 1982. Also a pilot, Geri flies her own plane, a Decathlon—and the two, who reside in San Dimas—recently celebrated their 29th year of marriage. He is now 75, and Geri is "younger."

"We didn't have children," says Donnelly, "but I always thought of the many students who passed through my class-

rooms over the years as my kids. We also have Penny, a dog that we rescued from a shelter. She's what I call a 'pound dog' because she's a pound of this and a pound of that. Plus a recent rescue, Stella."

## A New Career: With the Greatest of Ease

As Donnelly got closer to retirement from APU, he began working with instructors to develop and hone his aerobatic skills, and to learn good safety techniques in order to pursue flying in air shows. Donnelly says his inspiration



## DR. D'S OLD-TIME AEROBATICS...CONTINUED

was Duane Cole, a pilot who flew a clipped-wing Taylorcraft—with his name written upside down on its fuselage—all over the country in the 1950s, 60s and beyond. Donnelly subsequently revived Cole's classic act and developed his own unique flying style in order to show people what an old-time airplane can really do.

He began flying aerobatics in a World War II era PT-26 Fairchild Trainer. Later, he graduated to a 1952 British Royal Air Force de Havilland Chipmunk (DHC) and, ultimately to his current 1946 Taylorcraft N6588C, which he purchased in 2000. All told, the Taylorcraft took Donnelly three years and approximately 800 hours to restore.

**Since his retirement six years ago, Donnelly continues to take great satisfaction in recreating the classic, graceful sights and sounds of old-time aerobatics,** which contrast sharply to the fast-paced and abrupt maneuvers of contemporary acts. In addition to his daytime show, he also performs a uniquely dramatic night show with more than 30 strobe lights to illuminate the night sky. A third show variation combines the day and night shows to especially "wow" the crowds.

In addition to flying airplanes, Donnelly also services them. He holds the highest FAA mechanic



1952 British Royal Air Force de Havilland Chipmunk (DHC)

rating possible; Aircraft Inspector Authorization and Airframe/Powerplant. He services the couple's own planes as well.

### **His, Hers and Theirs**

The Donnellys, who recently returned from a trip to the state of Washington, also have a somewhat unique approach to traveling. **"Usually, when we go on trips, we take two planes—my Taylorcraft and her Decathlon,"** he says. **"That's because we both want to be the pilot and make the decisions."**

When time permits, the Donnellys also enjoy heading to Tehachapi, where the couple enjoys glider flying. They take turns flying their glider (he has a private pilot glider rating and is certified as a glider tow pilot), both enjoy soaring in the sparkling blue skies above the Tehachapi valley.

### **Playing in the Dirt**

Beyond his passion for flying, Donnelly says he's been an avid dirt bike rider even longer than he's been flying. **He started riding and racing dirt bikes while in his late teens and, over the years, still makes time to head to the desert—usually El Mirage or Mojave—to play in the dirt and camp for a day or two.**

All, told, Donnelly has now been flying for 43 years including six years in shows. And he has logged more than 70 air shows and more than 150 performances to date including seven shows throughout California this year. **And today, Dr. D's Taylorcraft T-Cart continues to delight and astonish crowds with a brilliant red, white and blue reminder of days gone by—but not forgotten.**

To learn more about Dr. D's Old-Time Aerobatics, visit his website at <http://www.drds-oldtime-aerobatics.com/>.

And, to see "Dr. D in action," use the following links to view videos of some of his performances on YouTube:

[www.youtube.com/watch?v=B4iF4x8gJJ0](http://www.youtube.com/watch?v=B4iF4x8gJJ0)

[www.youtube.com/watch?v=LLezgaM-S8w](http://www.youtube.com/watch?v=LLezgaM-S8w)

[www.youtube.com/watch?v=7uVyjwkUNVQ](http://www.youtube.com/watch?v=7uVyjwkUNVQ)



## FALL AIR SHOWS: THERE'S EXCITEMENT IN THE AIR!

### California International Airshow:

Friday, September 23, 5 pm  
Saturday, September 24, 11 am  
Sunday, September 25, 11 am  
Salinas Municipal Airport, 30 Mortensen Ave  
[www.salinasairshow.com](http://www.salinasairshow.com)

### Celebration of Flight: Fly-In & Air Fair

Saturday, September 24 &  
Sunday, September 25 in Tehachapi  
[www.tehachapisocietyofpilots.org/TSP/COF.html](http://www.tehachapisocietyofpilots.org/TSP/COF.html)

### MCAS Miramar Airshow:

**A Salute to San Diego: Birthplace of Naval Aviation 1911-2011**  
Friday, September 30, 9 am – 4 pm  
Saturday, October 1, 5:30 pm – 9 pm  
Sunday, October 2, 9 am – 4 pm  
Marine Corps Air Station Miramar, San Diego  
[www.miramarairshow.com/](http://www.miramarairshow.com/)

### Redlands Airshow (with Dr. D!)

Saturday, October 8,  
10 am – 4 pm  
Redlands Municipal  
Airport, 1755 Sessums Dr,  
[www.redlandsairport.org](http://www.redlandsairport.org)

### Edwards Air Force Base Air Show & Open House

Saturday, October 15  
Edwards Air Force Base, Rosamund  
[www.edwards.af.mil](http://www.edwards.af.mil)

### Cable Air Show (with Dr. D!)

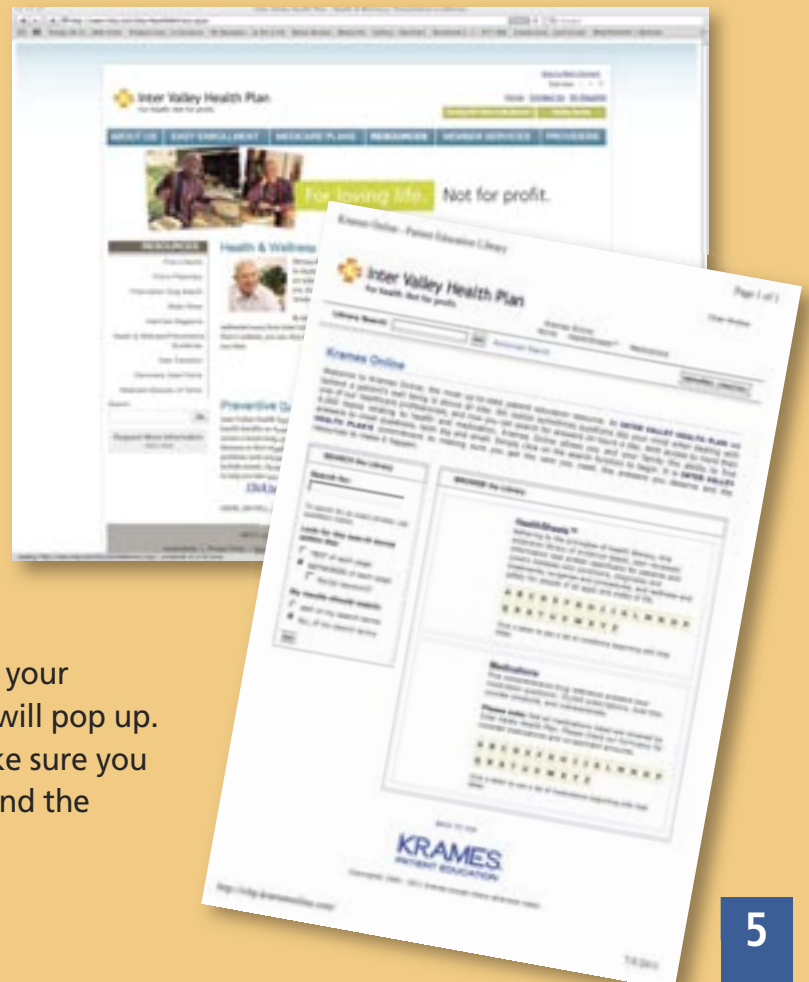
January 2012, 8 am – 4 pm  
1749 W 13th Street, Upland  
[www.cableairport.com](http://www.cableairport.com)



## WELLNESS LIBRARY: A WEALTH OF INFORMATION

We've added a new feature to our company website and it means more health care resources for you! At Inter Valley Health Plan we believe that a patient's well-being and vitality is most important. We realize sometimes questions slip your mind when meeting with one of your healthcare professionals, and now you can research the answers 24 hours a day. With access to more than 4,000 topics relating to health and medication, our Wellness Library allows you to find answers to most questions, both big and small.

Simply go to Inter Valley's Website at [www.ivhp.com](http://www.ivhp.com), and click on the Resource tab; that will take you to our Wellness Library. Type in your specific topic or medication and the information will pop up. It is Inter Valley Health Plan's commitment to make sure you get the care you need, the answers you deserve and the resources to make it happen.



# DON'T BE A VICTIM OF MEDICARE SCAMS



Older adults are frequent targets of Medicare-related scams. Inter Valley Health Plan encourages you to be wary of “deals too good to be true.” Always protect your Medicare number. Like your credit cards and bank accounts, your Medicare number is personal and should not be given to strangers.

Before you reveal any personal information or sign a contract, confirm that the company is legitimate. Medicare has a list of approved companies making it easy to confirm that the company and coverage you choose is legitimate before you sign up or reveal financial information. You can find the list at [www.Medicare.gov](http://www.Medicare.gov).

Here are ten tips to help you—or a loved one—avoid being taken advantage of by a Medicare scam.

**1 Be suspicious** of health care providers that seek co-payments on clinical lab tests or Medicare-covered preventive services such as PAP smears, PSA tests or flu/pneumonia shots.

**2 Don't give-in** to people who use pressure or use scare tactics to sell you high-priced medical services or diagnostic tests; always check with your regular doctor.

**3 Avoid telemarketing** and/or door-to-door techniques to sell you services or items they say you need. These scams are particularly targeted at people with arthritis, diabetes or sleep problems.

**4 Don't believe** sales people who say they're from Medicare. The organization doesn't—call or visit—enrollees to sell anything.

**5 Never give out** your Medicare Health Insurer Claim Number (on your card) except to your physician or other Medicare provider. Guard your Claim Number with the same care you use to protect your credit card or Social Security number. Don't carry it with you unless you need it. If someone tells you an item is free—but that they just need your Medicare number for their records, don't believe them.

**6 Don't allow** anyone—except the appropriate medical professionals—to review your medical records or recommend any services.

**7 Look out** for three strange itemizations on your billing statement:

- Charges for something you didn't get.
- Billing twice for the same thing.
- Services not ordered by your doctor.

# 10 TIPS TO STAY SAFE

**8 Always ask** questions of your provider if you don't understand the billed charges, if you don't think you received the service or that the service might not have been necessary.

**9 Always review** your Medicare Summary Notice (MSN) and Part D Explanation to understand your benefits.

**10 Be wary** of a provider or sales person who says that they know "how to bill services to get them paid" even though Medicare normally won't cover the services.

In the event that you believe you may have been a victim/ potential victim of any of the above "scams" or any other fraud, waste or abuse (you witness) within the healthcare system, please feel free to contact Inter Valley Health Plan's Compliance Department directly



at 1-800-251-8191, TTY/TDD 1-800-505-7150 or our Fraud Alert Hotline: 1-888-FRAUDALERT (1-888-372-8325) Fraud Alert, P.O. Box 220, La Verne, CA. 91750 Online: [www.1888FRAUDALERT.COM](http://www.1888FRAUDALERT.COM) CODE: ALERT110 Hotline and Website Available 24 hours a day – 7 days a week

## YOUR HEALTH CARE COVERAGE FOR 2012

**M**embers of Inter Valley Health Plan will be receiving their Annual Notice of Changes (ANOC) packet in the mail by the end of September. The ANOC packet contains a detailed summary of any changes to your benefits and/or costs for 2012. Here are some important facts to keep in mind:

- The Annual Enrollment Period will begin October 15 and ends December 7, 2011. (Last year, the Annual Enrollment Period began November 15th and ended December 31st)
- The Annual Enrollment Period is the **ONLY** time of year that you can make changes to your Medicare Advantage Plan.
- If you choose to stay with your current plan then you don't have to do anything. You will automatically remain enrolled as an Inter Valley member for 2012.

- Inter Valley Health Plan will be mailing members their Annual Notice of Changes packet by September 30, 2011. This packet contains your 2012 Evidence of Coverage, Summary of Benefits and Drug Formulary.
- If you would like to switch to one of the other plans that Inter Valley offers—you can switch during the annual enrollment period.
- If you have questions we encourage you to call and ask for Member Services at 800-251-8191 or for hearing impaired, TTY/TDD 800-505-7150, 7:30 am to 8 pm, 7 days a week.

*We value your membership with Inter Valley Health Plan and intend to do everything we can to provide quality healthcare and personal service. If you are happy with Inter Valley, tell a friend. They will thank you... and so will we!*

# GETTING TO THE HEART OF DIABETES: CONTROL CHOLESTEROL & BLOOD PRESSURE



■ But no matter what medicine you take, make sure your blood pressure is controlled to less than 140/90 or lower.

■ In addition, make sure that your doctor tests your potassium and your creatinine levels every year.

## Controlling Cholesterol

The common medicine for controlling cholesterol is known as a “Statin”

■ If you have diabetes and are not on a statin, ask your doctor why not.

■ The low-density lipoprotein (LDL) is also known as “bad cholesterol.”

■ Keeping a low level of LDL is crucial to preventing a fatal heart attack.

■ A diabetic should have an LDL level of less than 100.

■ Make sure your doctor checks your LDL level every year.

**T**he heart and blood vessels are the main cause of death and disease in patients with diabetes. The main heart and blood vessel conditions are high blood pressure (hypertension) and high levels of “bad” cholesterol.

## Controlling Blood Pressure

The main blood pressure medication for patients with diabetes is either an “ACE” or an “ARB.”

■ If you have diabetes and take medicine for your blood pressure—but are not on an ACE or an ARB ask your doctor why not. ACEs and ARBs have unique heart and kidneys benefits in people with diabetes.



## ACE, ARB & STATIN MEDICATIONS

### ACE (Angiotensin Converting Enzyme Inhibitor) MEDICATIONS

Benazepril\*  
Captopril\*  
Enalapril\*  
Fosinopril\*  
Lisinopril\*  
Moexipril  
Perindopril  
Quinapril\*  
Ramipril  
Trandolopril\*

### ARB (Angiotensin Receptor Blocker) MEDICATIONS

Candesartan  
Eprosartan  
Irbesartan  
Losartan\*  
Olmesartan  
Telmisartan  
Valsartan

### STATIN MEDICATIONS

Atorvastatin  
Fluvastatin  
Lovastatin  
Pitavastatin  
Pravastatin\*  
Rosuvastatin  
Simvastatin\*

\*Tier 1 on the  
Inter Valley  
Health Plan  
Formulary

# SIX GOOD REASONS TO GET A MAMMOGRAM



**T**he very best reasons for any woman to get a mammogram are the people who love her. **Statistics show that one in eight women will get breast cancer in their lifetime.** Regular mammograms are important because they can detect breast cancer early, when it is most treatable.

Mammography is an X-ray of the breast, which is performed by compressing the breast between an X-ray plate and a plastic plate. This spreads the breast tissue apart, helping ensure minimal movement and a sharper image.

There are two types of mammograms, “screening” or “diagnostic.” Screening mammograms are used to look for cancer in women who are symptom free. Diagnostic

mammograms are those done on women who have lumps or other symptoms.

## **Six other good reasons to regularly get a mammogram:**

**1** The American Cancer Society recommends that all women, age 40 and older, should get an annual screening mammogram.

**2** Studies have shown that mammography is the only method of screening for breast cancer that saves lives.

**3** Mammograms can find cancers in early stages—nearly one-to-three years before you could actually feel a lump in your breast—which greatly improves a woman’s chance for successful treatment.

**4** A woman’s risk of breast cancer increases with age.

**5** Regular mammograms give radiologists a basis for comparison, which helps doctors find small changes in breast tissue and thus cancers are detected as early as possible.

**6** Although mammograms can be uncomfortable for some women, the entire procedure takes only about 20 minutes.

It’s also important to know that the radiation exposure of a mammogram is no more than the amount experienced from several trips on an airplane. So, while a mammogram may be something that’s easy to put off, there are plenty of great reasons to talk to your physician about your next mammogram.

## **2011 Flu Vaccinations Important Facts:**

**Influenza vaccination is the primary method for preventing the flu and its severe complications.**

- **Inter Valley Health Plan does not cover and/or reimburse fees charged for flu shots given at non-authorized sites such as drugstores, senior centers, etc.**
- **The same viruses are contained in this year's vaccine as in last year's: Influenza A (H1N1) previously known as swine flu. Influenza (H3N2), and influenza B.**
- **Even if you were vaccinated last year—you will need to get vaccinated again this year. Immunity to flu viruses declines over time and may be too low to provide protection after a year.**
- **Adults 65 years of age and older are at increased risk of serious complications from the flu.**
- **Most flu related hospitalizations and 90% of deaths related to flu occur in people aged 65 and older. \*People with chronic medical conditions are also at high risk of developing flu-related complications.**

# 2011 FALL FLU CLINICS

## SENIOR CENTERS AND OTHER LOCATION

These clinics are not Inter Valley Health Plan sponsored events. There may be a fee for the flu shot which Inter Valley Health Plan will not be reimbursing. Please note that Inter Valley Health Plan does not contract with organizations that provide flu shots for a fee at retail sites or grocery stores.

The Flu Shot information at the clinics listed below was accurate at the time of printing, please call the sites directly to confirm dates and details. For questions about coverage, please call Member Services at 800-251-8191 or TTY/TDD users at 800-505-7150, 7:30 am to 8 pm, 7 days a week.

### **MURRIETA SENIOR CENTER**

41717 Juniper St, Murrieta  
September 21, 12:30 – 2:30 pm,  
951-304-7275 (\$25 for flu shots  
\$65 for pneumonia)

### **HIGHLAND SENIOR CENTER**

3102 E. Highland Ave, Highland  
September 30, 9 am – 12 pm  
(\$10 cost) 909-862-8104

### **JANET GOESKE CENTER**

5257 Sierra St, Riverside  
October 12, 9 am – 3 pm  
951-351-8801

### **ONTARIO SENIOR CENTER**

225 E. "B" St, Ontario  
October 17, 9 am – 12 pm  
909-395-2021

### **MONTCLAIR SENIOR CENTER**

5111 Benito St, Montclair  
October 18, 9 am – 12 pm  
909-625-9483

### **YUCAIPA SENIOR CENTER**

12202 1st St, Yucaipa  
October 20, 9 am – 12 pm  
909-797-1177 (\$10 cost)

### **LA VERNE SENIOR CENTER**

3680 D St, La Verne  
October 25, 9 am – 12 pm  
909-596-8776

### **JOSLYN SENIOR CENTER**

815 N. Barranca, Covina  
October 26, 8 – 11:30 am  
626-384-5376

### **JAMES BRULTE CENTER**

11200 Baseline Rd  
Rancho Cucamonga  
October 26, 9 am – 12 pm  
909-477-2780

### **DIAMOND BAR**

### **COMMUNITY CENTER**

1600 Grand Ave, Diamond Bar  
November 3, 9 am – 12 pm  
909-839-7070

### **SAN DIMAS COMMUNITY CENTER**

201 E. Bonita Ave, San Dimas  
November 9, 9 am – 11:30 am  
909-394-6293

### **TAYLOR HALL**

1775 N. Indian Hill Blvd  
Claremont, November 10  
9 am – 12 pm, 909-399-5488

### **PALM SPRINGS**

### **OUTREACH SERVICES**

275 N. El Cielo, Bldg D-414  
Palm Springs  
Monday, Wednesday,  
Thursday & Friday  
8:30 am – 12:00 pm  
& 1:30 pm – 4:30 pm  
760-320-5134

### **INDIO OUTREACH**

### **SERVICES/IMMEDIATE CARE**

81-880 Dr. Carreon Blvd,  
#C-108, Indio  
Monday, Tuesday & Friday  
8:30 am – 12:00 pm  
& 1:30 pm – 4:30 pm  
760-320-5134

### **YUCA VALLEY**

### **OUTREACH SERVICES**

56-165 29 Palms Hwy  
Yucca Valley  
Monday, Thursday & Friday  
8:30 am – 12:00 pm  
& 1:30 pm – 4:30 pm  
760-320-5134

# TIPS TO HELP PREVENT

**E**ven the most able-bodied among us have fallen down on occasion due to slipping or tripping.

Sometimes, the embarrassment is greater than the damage, but other times, a fall can have serious health consequences that affect your quality of life. This is especially true as we get older.

Most falls can be prevented by following some simple safety measures, so here are some tips for preventing an accident.

## Tips for Inside

**Wear shoes.** Socks and slippers can be slippery on tile and wood floors. Go with non-skid shoes instead.

**Empty the tub** before you get out.

### **Avoid step stools.**

Keep frequently-used items at waist level.

### **Choose clothing carefully.**

Avoid long nightgowns and other clothing that could make you trip.

**Use a cane/walker** if it helps keep you steady and balanced.



**Use non-skid bathmats** in the bathroom. The bathroom is one of the easiest places to slip and fall.

**Use non-skid strips** or rubber mat in the tub or shower.

**Install grab bars** by the toilet, shower and bath tub.

**Firmly attach carpets and rugs** to the floor. Never use throw rugs unless they are fastened down properly.

**Keep your home well lit.** Accidents often happen when you can't see.

**Put light switches close to doors** and at the top and bottom of staircases or consider installing battery-operated lights that stick on any surface and light up with a touch.

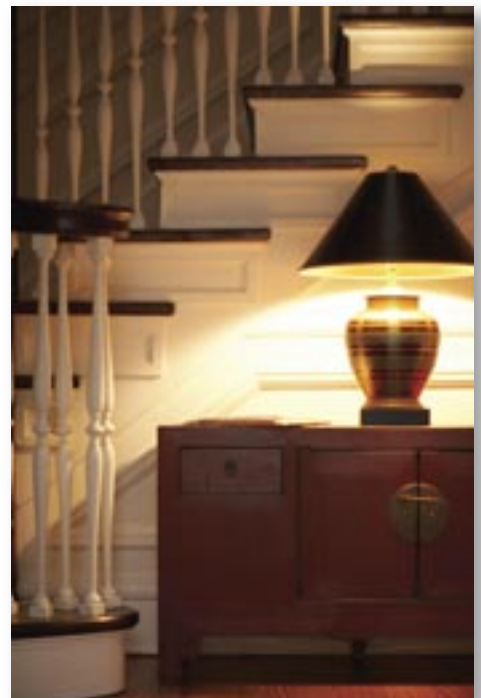
**Use nightlights** or turn on lights when moving through your home. Make sure you have a way to light the path from your bed to the bathroom.

**Make your stairs safe.** Put paint or colored/reflective tape on each step. Make sure all the carpet is firmly attached on

carpeted stairs. Take measures to reduce glare in the stairwell.

**Keep floors dry and clear.** Clean spills promptly and thoroughly. Keep cords, wires and clutter out of areas where you walk.

**Consider wearing a medical alert device.** A small device with a button that calls for help can be a lifesaver. Don't risk being stuck on the floor for hours or even days.



# SLIPS &

## Tips for Outside

**Be alert.** Watch for curbs, steps and uneven pavement, and don't allow yourself to be distracted. Don't read or fiddle with gadgets while walking.

### **Watch where you walk.**

Walk only on surfaces meant for walking. Avoid walking on grass (the ground could be uneven).

**Don't carry large objects** that block your view.

### **Wear the right shoes.**

Go with athletic shoes or other shoes with rubber or non-skid soles. Avoid high heels, platform or backless shoes, flip-flops and any shoes that don't fit you well.

**Keep one hand free** for grasping railings. (This is a good tip for inside, too.)

**Don't rush.** Take your time when crossing the street.

## Health Tips for Preventing Falls

**Stay active.** Getting off the couch and moving is crucial for maintaining strength and balance. Walking, tai chi and yoga are good exercise options. Talk with your physician about the best exercises for you.

### **Try simple balance exercises.**

Try pushing yourself onto your tiptoes and holding that position (start by holding for five seconds and work up to 20 or 30 seconds); repeat five times. Stand next to a counter you can grab if you start to lose your balance.



**Stay alert.** Get plenty of sleep and watch your alcohol intake; lack of sleep and drinking can affect your balance.

### **Maintain healthy vision and hearing.**

Get your eyes checked annually to prevent glaucoma and other eye conditions. Wear your glasses or contacts if you need them. If you need a hearing aid, make sure it works well, and wear it.

### **Talk to your doctor.**

Discuss any balance problems or lightheadedness with your physician. Changes in your

# TRIPS

medication or other actions might help.

### **Keep your bones strong**

to reduce the risk of breaking a bone (if you do fall). Weak bones are more likely to break. Proper nutrition and exercise can reduce your risk of developing osteoporosis. Women should get screened for osteoporosis (a simple, painless scan can determine if you have the disease or are at risk for it).

### **If you do fall check yourself before getting up.**

Call and wait for help if you're hurt or don't feel steady.

If you can implement some of these safety measures in and around the house you can lower the chances of a serious fall or injury. Please take a few minutes to look around your home and surroundings to see if there are any safety hazards you can correct. Take control of the safety of yourself and loved ones.



# INVESTING IN THE *Vitality* OF...

Inter Valley Health Plan is committed to providing the best possible health care coverage for our members as well as investing in the vitality of your community. We invite you to take advantage of the classes at our Medicare Information and Vitality Centers.

**DUE TO LIMITED SPACE AT OUR CENTERS, RSVPS ARE A MUST.** Call 800-251-8191 ext 625 in Hemet, Riverside, Victorville and West Covina (ext 316 in Claremont only). For Palm Springs call 760-992-5581 and for La Quinta 760-698-8320. The number for the hearing impaired is TTY/TDD 800-505-7150.

## CLAREMONT

### Medicare Information & Vitality Center

Pomona Valley Health Center Building  
1601 Monte Vista, Suite 275

Tuesday, October 18 ■ 2 pm

**BREAST CANCER AWARENESS**

Friday, November 4 ■ 10 am

**FACEBOOK**



## HEMET

### Medicare Information & Vitality Center

Village West Shopping Center  
3077 W Florida Ave, Suite C, Hemet

Thursday, October 6 ■ 1 pm

**COPING WITH SIGHT LOSS**

Braille Institute

Friday, October 28 ■ 10 am

**FACEBOOK**

Friday, October 28 ■ 1 pm

**BUNCO**

Friday, November 11 ■ 9 am - 12 pm

**MEMORY AWARENESS**

FREE memory screening



# OUR MEMBERS AND THE COMMUNITY

## LA QUINTA

### Medicare Information & Vitality Center

One Eleven La Quinta Center  
78-570 Highway 111, La Quinta

Thursdays, September 22, October 20,  
November 17, & December 22 ■ 2 pm

### LAUGHING YOGA

Mondays: September 26, October 17,  
November 7, 28 & December 19  
11:30 am ■ TAI CHI

Wednesday, September 28 and  
Thursday, December 8 ■ 10 am

### LEARN TO NAVIGATE MEDICARE.GOV

Tuesdays: October 11 & 18, November 1  
& November 8, December 13 & 20  
12:30 pm ■ CHAIR YOGA

Friday, November 4 ■ 10 am  
**DOCTOR TALK: STRESS REDUCTION**  
with Dr. Singh

Wednesdays: November 9 & 30 ■ 10 am  
**COPING WITH SIGHT LOSS**  
Braille Institute

## PALM SPRINGS

### Medicare Information & Vitality Center

555 S. Sunrise Way, Palm Springs, Suite 105

Wednesday, September 21 ■ 11 am

### CARDIO/SCULPT GOLD'S GYM

Thursdays: October 6, November 3  
& December 8 ■ 2 pm

### LAUGHING YOGA

Tuesdays, September 27 & December 27  
10 am ■ CHAIR YOGA

Thursdays: September 15, October 13,  
November 10 & December 15 ■ 9 am

### CLASSIC MOVIE EVENT: MARY PICKFORD THEATER

Mondays: September 19, October 10 & 31,  
November 21 & December 5 ■ 11 am  
TAI CHI

Monday, September 19 ■ 2 pm  
**FIVE WISHES**

Thursdays: September 22 & December 22  
10 am ■ **LEARN TO NAVIGATE  
MEDICARE.GOV**

Tuesday, September 27 ■ 1 pm  
**WRITING WORKSHOP  
"CHILDHOOD MEMORIES"**

Tuesdays: October 4 & 25, December 6  
11:30 am ■ **Chair Yoga**

Wednesday, October 19 ■ 10 am  
**COPING WITH SIGHT LOSS**  
Braille Institute

Friday, October 21 ■ 10 am  
**DOCTOR TALK: STRESS REDUCTION**  
with Dr. Singh

Tuesdays: November 15 & 29 ■ 11:30 pm  
**CHAIR YOGA**



Continued on next page

## RIVERSIDE

### Medicare Information & Vitality Center

Heritage Plaza Shopping Center  
5266 Arlington Ave, Riverside

Wednesday, Sept 21 ■ 10 am  
**MAINTAIN A HEALTHY BRAIN**

Wednesday, October 19 ■ 10:15 am  
**STRESS MANAGEMENT**

Friday, November 4 ■ 9 am  
**NATIONAL MEMORY SCREENING DAY**

Tuesday, November 8 ■ 2 pm  
**PREVENTING FALLS**

Friday, November 18 ■ 10 am  
**FACEBOOK 101**

Tuesday, December 13 ■ 10 am  
**HEALTHY AGING**



## VICTORVILLE

### Medicare Information & Vitality Center

Victor Valley Town Center  
12209 Hesperia Rd, Suite E, Victorville

Wednesday, October 12 ■ 10 am  
**COPING WITH SIGHT LOSS**  
Braille Institute

Friday, October 21 ■ 10 am **FACEBOOK**

Friday, October 21 ■ 1 pm **BUNCO**

Wednesday, October 26 ■ 10 am  
**MEDICATION MANAGEMENT & SAFETY**

Thursday, November 10 ■ 2 pm  
**DIABETES MANAGEMENT**

Friday, November 18 ■ 9 am – 12 pm  
**MEMORY AWARENESS**  
FREE Memory Screening

## WEST COVINA

### Medicare Information & Vitality Center

West Covina Senior Center  
2501 E. Cortez, West Covina

Thursday, October 13 ■ 10 am  
**DOCTOR TALK: NUTRITION**  
with Kamini Chari MD

Thursday, November 17 ■ 10 am  
**DRIVE WELL**



# OUR MEMBERS AND THE COMMUNITY

## COMMUNITY WIDE EVENTS & CLASSES



Wednesday, September 28 ■ 10 am  
**NUTRITION AND LABEL READING**  
*FREE BMI Screening*, Joslyn Center,  
660 N. Mountain, Claremont, 909-399-5488

Wednesday, September 28 ■ 9 am  
**HEALTH FAIR FREE Bone Density Screening**,  
Joslyn Center, 815 N. Barranca Ave, Covina  
626-384-5380

Friday, September 30 ■ 9 am  
**HEALTH FAIR, FREE BMI Screening**  
Highland Senior Center, 3102 E. Highland Ave,  
Highland 909-862-8104

Thursday, October 6 ■ 10:30 am  
**OPTIONS FOR SENIOR LIVING**, Mary  
Phillips Senior Center, 41845 6th St, Temecula

Wednesday, October 12 ■ 8 am  
**HEALTH FAIR FREE Bone Density Screening**,  
Janet Goeske Center, 5257 Sierra St, Riverside  
951-351-8800

Thursday, October 13 ■ 9 am  
**HEALTH FAIR FREE Bone Density Screening**,  
Beaumont Senior Center 1310 Oak Valley Parkway,  
Beaumont, 951-769-8524

Friday, October 14 ■ 10 am  
**HEALTH FAIR** Corona Senior Center  
921 S. Belle Ave, Corona 951-736-2363

Friday, October 14 ■ 4:30 pm  
**DINNER SPONSORSHIP**  
San Dimas Senior Center, 201 E. Bonita  
San Dimas 909-394-6290

Tuesday, October 18 ■ 10 am  
**Five Wishes**, Kay Cenicerros Senior Center,  
29995 Evans Rd, Menifee

Thursday, October 20 ■ 9 am  
**Health Fair** Yucaipa Senior Center  
12202 First St, Yucaipa 909-797-1177

Saturday, October 22 ■ 9 am  
**Village Venture**  
Downtown Claremont 909-624-1681

Tuesday, October 25 ■ 9 am  
**Health Fair**, La Verne Senior Center  
3680 D Street, La Verne 909-596-8776

Tuesday, October 25 ■ 10 am  
**NUTRITION AND LABEL READING**  
*FREE BMI Screening*, Kay Cenicerros Senior  
Center, 29995 Evans Rd, Menifee

# INVESTING IN THE VITALITY...CONTINUED

## COMMUNITY WIDE EVENTS & CLASSES



**Monday, October 31 ■ 10 am**  
**HALLOWEEN PARTY**, Joslyn Center  
815 N. Barranca Ave, Covina 626-384-5380

**Tuesday, November 1 ■ 9 am – 12 noon**  
**MEMORY AWARENESS CLASS**  
*FREE Memory Screening* with Tri-Valley Medical  
Group, Loma Linda University Medical Center,  
Murrieta 800-251-8191 ext 625

**Wednesday, November 2 ■ 4:30 pm**  
**BEATING THE HOLIDAY BLUES**  
Joslyn Center 660 N. Mountain, Claremont  
909-399-5488

**Thursday, November 3 ■ 10:30 am**  
**HEALTH BENEFITS FAIR**, Corona Senior  
Center 921 S. Belle Ave, Corona 951-736-2363

**Thursday, November 3 ■ 10:30 am**  
**REMAIN INDEPENDENT IN YOUR HOME**  
Mary Phillips Senior Center, 41845 6th St, Temecula

**Thursday, November 10 ■ 10 am**  
**PREVENTATIVE CARE**  
James Brulte Center 11200 Baseline Rd  
Rancho Cucamonga, 909-477-2780

**Tuesday, November 29 ■ 10:30 am**  
**BEATING THE HOLIDAY BLUES**  
South Pasadena Senior Center  
1102 Oxley St, South Pasadena 626-403-7321

**Thursday, December 1 ■ 12:30 pm**  
**PREVENTATIVE CARE**, La Fetra Center  
333 E. Foothill Blvd, Glendora 626-914-0560

**Thursday, December 8 ■ 10:30 am**  
**HOLIDAY PARTY**, Taylor Hall, 1775 N. Indian  
Hill Blvd, Claremont 909-399-5488

**Friday, December 9 ■ 4:30 pm**  
**HOLIDAY PARTY** San Dimas Senior Center  
201 E. Bonita, San Dimas 909-394-6290

**Wednesday, December 21 ■ 10:30 am**  
**HOLIDAY PARTY**, La Verne Senior Center  
3680 "D" St, La Verne 909-596-8776



**Saturday  
October 1  
1 – 3 pm**

**The  
Lewis Library  
& Technology Center  
Steelworkers Auditorium  
8437 Sierra Ave, Fontana**

# COLD & FLU SURVIVAL BASKET

**D**uring the cold & flu season it's a good idea to have a few helpful items to relieve the effects and boredom of being ill.

We are offering three members a chance to win a survival basket stocked with: herbal tea, cough drops, tissues, a puzzle book, a warm blanket and Chap Stick®

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 post-marked by October 31, 2011.

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



- 1.** Firmly \_\_\_\_\_ and \_\_\_\_\_ to the floor. Never use \_\_\_\_\_, unless they are \_\_\_\_\_ down properly.
- 2.** Stay active. Get up and get moving to maintain strength and balance. \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ are good exercise options. Talk with your doctor about the best exercises for you.
- 3.** Maintain healthy vision and hearing. Get your \_\_\_\_\_ checked annually to prevent glaucoma or other eye conditions. Wear your \_\_\_\_\_ or \_\_\_\_\_, if you need them. If you need a \_\_\_\_\_, make sure it works well and wear it.
- 4.** Install grab \_\_\_\_\_ by the \_\_\_\_\_, shower and bath tub.

\_\_\_\_\_ Daytime Phone ( \_\_\_\_\_ ) \_\_\_\_\_

\*Name

\_\_\_\_\_

\*Address

\_\_\_\_\_


\*City, State, Zip

Book Tote winners: Lucy Keeling, Apple Valley, Dorothy Lewis, Pomona & Brenda Swann, Aguanga.


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

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300 South Park Avenue  
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Pomona CA 91769-6002  
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Marion Schmid, Asst. Editor  
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**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:

**Thanksgiving Day .....Thursday, November 24**  
**Day after Thanksgiving.....Friday, November 25**  
**Christmas Eve.....Friday, December 23**  
**Christmas Day .....Monday, December 26**  
**New Year's Eve .....Friday, December 30**  
**New Year's Day .....Monday, January 2**

**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 7:30am to 8 pm seven days a week.