

INTER VALLEY HEALTH PLAN

# INTERVIEW

VOLUME 16, No. 1 ■ SPRING 2011

*For Health and Vitality*

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# THE CAMELLIA CONNECTION



*Jo Ann and Leslie Brewer select their very best specimens.*

Spring is an especially meaningful time for Jo Ann and Leslie Brewer, who share 58 years of marriage, three children, four grandchildren—and a lifelong passion for camellias. Most recently, they co-chaired the 64th Annual Pomona Camellia Society Show at the La Verne Community Center, one of many shows they participate in every spring. And, say the Brewers, they feel fortunate that their retirement offers them the opportunity to pursue their passions.

The Brewers met by chance through a cousin of a good friend and soon discovered that both came from families that raised camellias. Jo Ann's parents were involved in the Santa Rosa Camellia Society, while Leslie's family was known for their huge Southern California garden—with its abundant and very mature camellia plants. Not surprisingly, the couple's wedding reception was adorned with camellias from his parents' garden. "Our first home was a ranch house in La Verne, it was a

beautiful house, surrounded by gardens including, ponds, orange groves and 40-year old camellias. We moved to Claremont in 1967 and we've been there ever since." Jo Ann says.

## **Work, Family and Flower Shows**

Now retired, both Brewers worked while raising their children, Lindsey, Melanie and Marshall. Jo Ann taught Kindergarten through fifth grade in the Charter Oak School District, often teaching several grades at the same time in an "open classroom." In addition, she served on the President's Advisory Board and as an adjunct professor at La Verne College (now University of La Verne). Jo Ann retired after 30 years of teaching in 1992.

Leslie retired a year earlier from Stillinger's Interiors in Pomona. "He executed the ideas of the firm's interior designers," says Jo Ann. "That's always been his gift—building things and making them work—and he's still a 'fixer' kind of guy. Nothing stays broken long around our house!" The Brewer's absolute favorite thing to do, however, is tending their camellias in their garden consisting of 90 bushes and 90 plants in pots. They have a sophisticated drip irrigation system to help water the plants, and make their own mulch out of acorns and tree leaves.

***"We're outdoors working in the garden every day, which is a lot of work, but also very therapeutic and a lot of fun,"***

Jo Ann says. "That is what's so lovely about retirement; you can choose how you spend your time."

In addition to their love of gardening, the Brewers also enjoy the time spent "showing" their prize-winning camellias through the Southern California Camellia Society. "Our first win was in 1988," Jo Ann says, "and now, every year we're showing our flowers from mid-January to the second week of March—from Bakersfield to San Diego." Their son, Lindsey, has stayed involved with the family passion, attending as many of his parents' shows as time allows.



*Leslie with son Lindsey at a camellia show.*

### **Beyond the Garden**

Long involved in the Claremont United Methodist Church, the Brewers have volunteered in the church's food pantry for some 15 years, sorting and storing donations, as well as distributing food to the homeless.

*Leslie Brewer prepares camellias at the Camellia Society Show in Pomona. Southern California has many gardening and specialty clubs. If you are interested in finding a gardening club—search the web or visit a botanic garden in your community.*



***They also have an adventurous side, having celebrated their 58th wedding anniversary in January by going hot air ballooning.***

And Jo Ann celebrated her 80th birthday last summer by taking the Catalina Zip Line with her grandchildren. "Gliding from the hills in Avalon, among the treetops and down to the sea was a hoot!" she says. The Brewers enjoy spending time with their children Lindsey, Marshall and Melanie, and their four grandchildren, Lauren, Todd, Samantha and Spencer.

### **Taking Charge of Staying Healthy**

Both Jo Ann and Leslie are extremely vigilant about taking responsibility for maintaining their health. Leslie, at age 87, has been in the Cardiac Wellness Program at Pomona Valley Hospital Medical Center for 14 years, where he works out three times a week in the fitness

center. Jo Ann has also taken advantage of the hospital's wellness programs, attending the Aquatic Therapy program twice a week for the past five years at Ability First in Claremont. Additionally, they watch their diet, eating whole grains, lots of fresh fruits and vegetables, as well as mainly chicken and fish, rather than red meat.

***"It's no accident we're both healthy, active and happy," adds Jo Ann. "We work at it!"***




*The Brewer's won "Best Tray of 5" at the Pomona show.*

## REAPING THE HEALTHY REWARDS

The Brewers most certainly would agree that gardening connects people with nature, is empowering, creative and enriches the spirit. The physical benefits of fresh air and exercise can help strengthen muscles, bones, and the respiratory and cardiovascular systems.

- Gardening for just 30 minutes a day helps increase flexibility, strengthen joints, stimulate appetite and foster a good night's sleep
- Working in the garden can help reduce blood pressure and cholesterol levels, lower risks for diabetes and slow osteoporosis
- Gardens and houseplants give off oxygen and absorb airborne toxins
- Gardening can be a form of meditation, it releases stress-reducing endorphins and provides a sense of wonder for life's simple pleasures

Gardening also engages your senses, promotes a feeling of achievement and provides a peaceful, yet powerful sense of well-being. So, what are you waiting for?



*The Brewers have an adventurous side, having celebrated their 58th wedding anniversary in January by going hot air ballooning.*

## GARDENING FOR THE PHYSICALLY CHALLENGED

**G**ardening can provide hours of relaxation and enjoyment. Yet, **even simple tasks, like planting flowers or weeding, can be difficult for those who cope with arthritis, back injuries or other physical limitations.** The good news is that there are a number of ways you can still enjoy gardening by making a few adaptations.

For example, raised beds, container gardens on a table and window boxes can minimize the need for otherwise painful bending. Many annuals and herbs are particularly suited for container gardening as they have shallow roots.

Gardeners in wheelchairs or using walkers may want to enlist the help of children or grandchildren to create wide pathways with handrails that help provide an easy, secure way to reach waist-high beds. And, visually impaired gardeners can enjoy tending plants that reward the senses with a variety of textures and fragrances.

There also are a number of special tools with long, lightweight handles that can extend your arm's reach to your garden. Such tools also typically offer a firm grip and keep the hand and wrist in a stress-free position. Many nurseries offer adaptive garden tools. If you have access to the Internet, you can search for special tools to make gardening simpler and more comfortable. For example, a website called The Wright Stuff (<http://www.wrightstuff.biz/chrispec.html>) offers a range of easy-grip garden tools with ergonomically angled handles including long-reach cultivators, forks, trowels and hoes.



### Tips to make gardening easier:

- Tie a cord around handles of small tools for easier retrieval if dropped
- Wear gloves to protect hands and help maintain your grip on tools
- An apron or smock with pockets to carry seed packets and tools
- Rig hanging planters with a pulley to lower them for watering
- Place soaker hoses or use drip irrigation in garden plots, eliminating the need to carry around heavy water hoses or containers
- Foam kneeling pads or knee pads can help make gardening gentler on the joints
- If using a cane, walker or wheelchair, allow extra space between plantings and make sure you have a smooth, hard-surfaced path to get to and from your garden

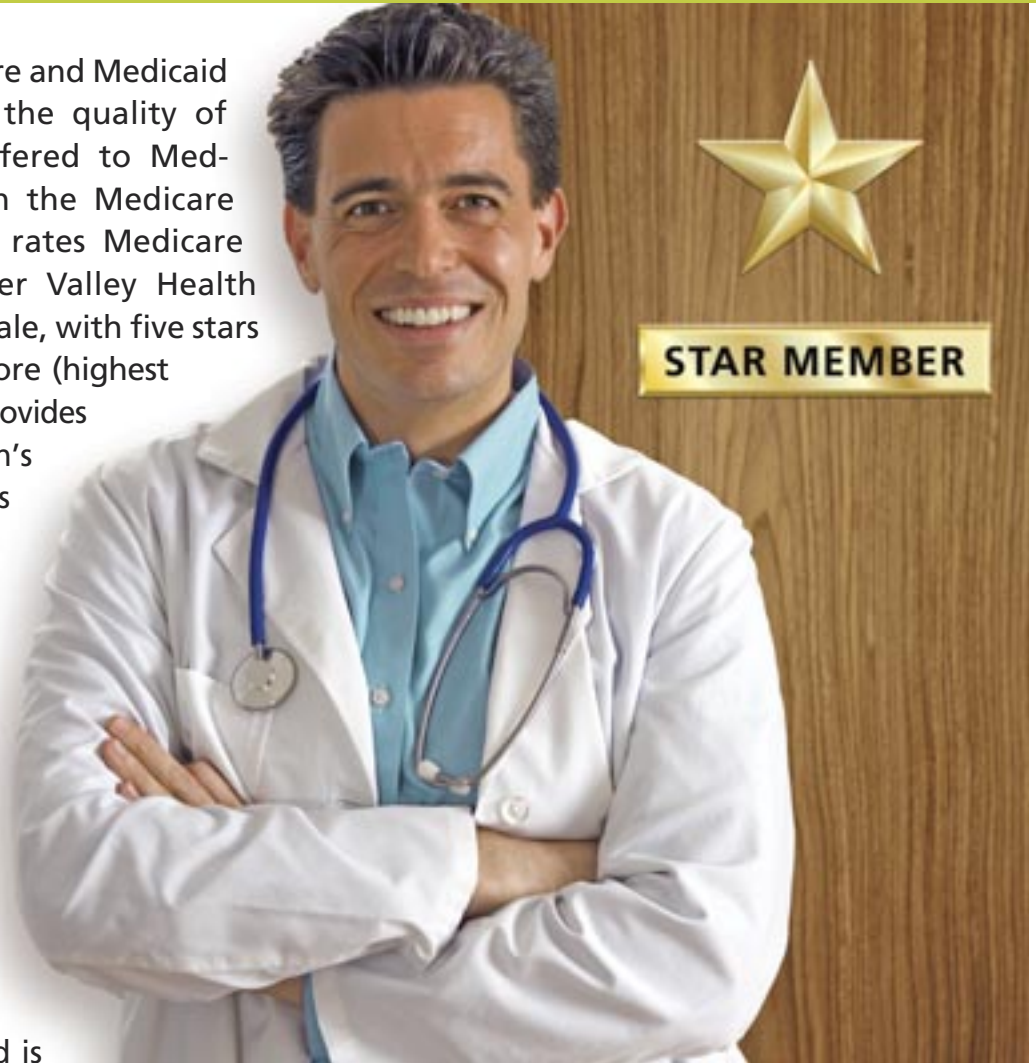
# WHAT'S IN THE STARS?

## QUALITY HEALTH CARE FOR MEMBERS

The Centers for Medicare and Medicaid Services (CMS) rates the quality of health care plans offered to Medicare beneficiaries through the Medicare Advantage program. CMS rates Medicare Advantage plans (like Inter Valley Health Plan) on a one to five star scale, with five stars representing the highest score (highest quality). The summary score provides an overall measure of a plan's quality, based on categories such as quality of care, access to care, plan responsiveness and member satisfaction, etc.

The star ratings for all Medicare health plans are posted on the internet at [www.Medicare.gov](http://www.Medicare.gov) which can help consumers make an educated decision when choosing the right health plan for their needs.

Inter Valley Health Plan is rated as a four star plan and is striving for the highest score of 5 stars. Quality, access and member satisfaction have always been our claim to fame. But with the Star rating we want to make sure our performance produces great reviews. We know you chose Inter Valley Health Plan for our comprehensive benefits and high level of service. **We want to earn your highest marks, and if we can do better, please call Member Services at 800-251-8191 or for hearing impaired 800-505-7150, 7:30 to 8 pm, 7 days a week.**



## THANK YOU FOR YOUR RESPONSE

Inter Valley Health Plans wishes to extend our gratitude for your patience and cooperation in responding to the recent mailers/surveys that you received both from Inter Valley Health Plan and your medical group. Our desire is to ensure that all of our members receive the necessary preventive care and services that they need every year.

In addition we want to make sure that your opinions and perception of the Plan are being heard. It is very important for Inter Valley to know how we can further improve our operations and also how members continue to support and provide the Plan with an excellent rating for all the services and care they receive.

## BROKEN BONE? GET CHECKED FOR OSTEOPOROSIS



Should you find yourself with a broken bone, it is possibly due to osteoporosis. Osteoporosis is a disease that weakens bones, thereby increasing the risk of fractures from falls and other accidents.

You could have the disease and not know it because osteoporosis weakens bones but doesn't make them hurt. A broken bone is often how the disease is discovered.

The good news is that treatment is readily available, and there are steps you can take to reduce your risk of future broken bones.

After suffering a fracture, talk to your physician about getting a DEXA scan—a fast, simple test that measures bone density. Based on this test, doctors can determine if you have osteoporosis or are at risk for the disease.

If you have any risk of osteoporosis, talk with your physician about steps you can take to prevent the disease. A healthy diet and exercise will be part of any plan to reduce your risk.

Should you be diagnosed with osteoporosis, keep in mind that with proper treatment, you can manage the disease and live an active life.

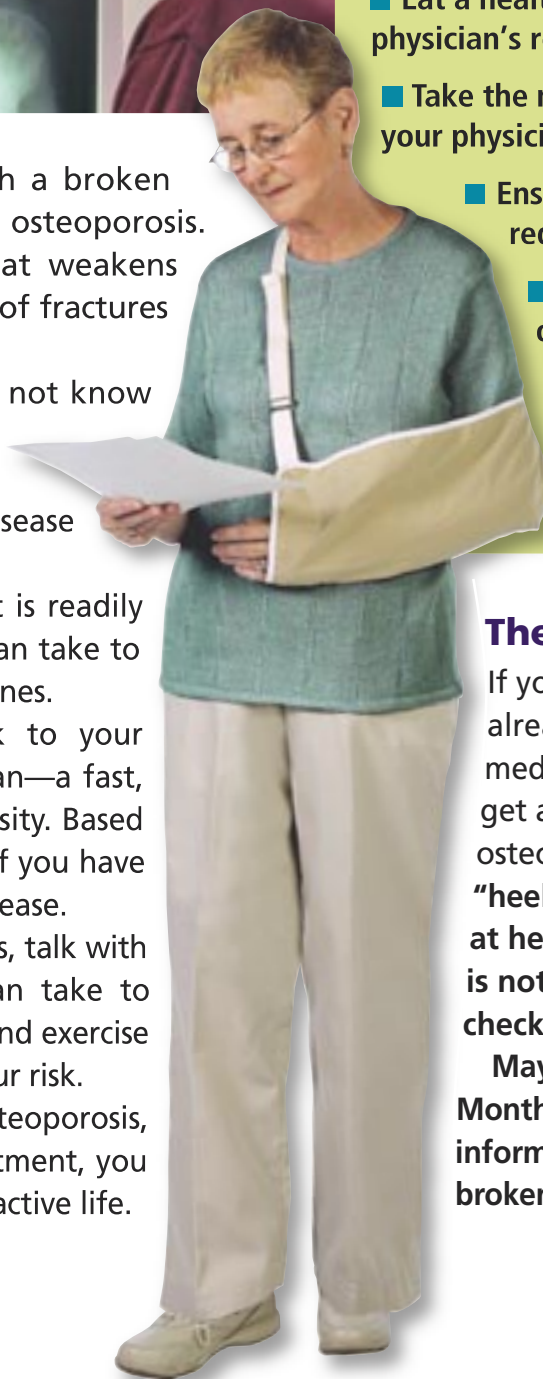
### If You Have Osteoporosis

- If you experience a bone fracture, talk with your physician about how you can stay healthy and avoid additional fractures.
- Follow an exercise program to build muscle strength and improve balance that is approved by your physician. Appropriate exercise can reduce your risk of falling and breaking bones.
- Eat a healthy diet that follows your physician's recommendations.
- Take the medicine prescribed by your physician.
- Ensure your home is safe to reduce the risk of accidents.
- Avoid lifting heavy objects and be careful when walking or engaging in other physical activities.

### The bottom line:

If you break a bone and aren't already taking osteoporosis medication, make sure you get a DEXA scan to check for osteoporosis. **Be aware that a "heel test," sometimes offered at health fairs and drug stores, is not an adequate test to check for osteoporosis.**

**May is National Osteoporosis Month. Make sure that you're informed about osteoporosis and broken bones!**



# INVESTING IN THE

# Vitality OF...

## CLAREMONT

### Medicare Information & Vitality Center

Pomona Valley Health Center Building  
1601 Monte Vista, Suite 275

Thursday, May 19 ■ 10 am

**Osteoporosis & You** with a **FREE Bone Density Screening**



Tuesday, May 24 ■ 2 pm ■ **Clutter Chaos**

Thursday, June 16 ■ 10 am  
**A, B, C & D's of Medicare**

Tuesday, June 21 ■ 10 am  
**Remain Independent in Your Home**

Tuesday, June 28 ■ 10 am  
**Adult Vaccines: What You Need to Know**  
with Karl Hess, PharmD

Tuesday, July 10 ■ 10 am  
**Transportation Options**

Tuesday, July 12 ■ 1 pm  
**Ice Cream Social & Comedy Hour**  
with John Lynd

Thursday, July 14 ■ 10 am  
**Cataracts & Eye Protection**  
with Dale Edelson, O.D.



## HEMET

### Medicare Information & Vitality Center

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

Thursday, May 19 ■ 2 pm

**VA Aid & Attendance**  
with Dale Bethel, VA Accredited Attorney

Tuesday, May 24 ■ 2 pm ■ **Osteoporosis & You** with **FREE Bone Density Screening**

Wednesday, June 8 ■ 10 am  
**Current Events & Vacation Safety Tips**

Friday, June 10 ■ 1 pm  
**Dental Health as You Age**

Tuesday, June 14 ■ 10 am  
**Preventing Dehydration**

Thursday, June 16 ■ 10 am  
**Headaches and Neck Pain**  
with Roberto Guadamuz

Tuesday, June 21 ■ 9 am  
**Remain Independent in your own Home**

Tuesday, June 21 ■ 4 pm  
**Memories to Memoirs**

Wednesdays ■ 12:30 pm  
July 6, 13, 20 & 27 ■ **Tai Chi**

Thursday, July 14 ■ 1 pm  
**Ice Cream Social**

Tuesday, July 19 ■ 12 pm **Doctor Talk: Hypertension** with Dr. Kolli

# OUR MEMBERS AND THE COMMUNITY

## PALM SPRINGS

**Medicare Information & Vitality Center**  
555 S. Sunrise Way, Palm Springs

**Mondays ■ 11 am ■ Tai Chi**  
May 2, 9 & 16 ■ June 6 & 20 ■ July 11 & 18

**Tuesdays ■ 10 am ■ Chair Yoga**  
May 10 & 24 ■ June 14 & 28 ■ July 12 & 26

**Monday ■ 2 pm ■ Five Wishes**  
May 16 & July 18

**Thursdays ■ May 19, June 16 & July 21 ■ 9 am**  
**Classic Movie Event** – Mary Pickford Theater

**Wednesday, May 25 ■ 2 pm**  
**Doctor Talk** – *Neurology Update 2011*

**Thursday, May 26 ■ 10 am**  
**Learn to Navigate Medicare.gov**

**Wednesdays, May 11 & 18, June 8 & 22, July 13 & 27 ■ 11 am ■ Cardio/Sculpt** – Gold's Gym

**Monday, June 27 ■ 10 am ■ Laughing Yoga**

**Thursday, July 28 ■ 10 am**  
**Learn to Navigate Medicare.gov**



**BLOCK WALK FOR WOMEN'S HEART HEALTH**

**A**bout 100 people of all ages walked the 1.5 miles between Desert Valley Charitable Foundation and Inter Valley Health Plan's Medicare Information & Vitality Center in Victorville this past February. The walk was held to recognize women's heart health.



## VITALITY SPA DAYS

**T**his past February over 100 individuals "treated themselves sweet" with pampering at

our Riverside, Victorville and Hemet Medicare Information and Vitality Centers. Participants of the *Treat Yourself Sweet* themed events were invited

to choose two beauty treatments from a list that included fingernail polish, a make-up make-over or hairstyle, FREE of charge! Everyone who attended was offered a free chair massage as well.

Inter Valley Health Plan wishes to thank the following schools who donated their time: Victor Valley Beauty College, 4 D College, Marinello's School of Beauty in Moreno Valley plus the American College of Healthcare.



Continued on next page

# INVESTING IN THE *Vitality* OF...

## RIVERSIDE

### Medicare Information & Vitality Center

Heritage Plaza Shopping Center  
5266 Arlington Ave, Riverside

Thursday, May 12 ■ 2 pm

#### **Palliative Care**

Thursday, May 26 ■ 2 pm

#### **Osteoporosis & You** with *FREE Bone Density Screening*

Wednesday, June 8 ■ 2 pm

#### **Preventing Dehydration**

Thursday, June 16 ■ 1 pm

#### **Afternoon at the Movies:**

"As Good As It Gets" starring Jack Nicholson.

Tuesday, June 21 ■ 1:30 pm

#### **Remain Independent in Your Home**

Wednesday, June 22 ■ 10 am

#### **What is Memory: Get the Facts**

Wednesday, June 29 ■ 10 am

#### **Focus on Diabetes**

Wednesday  
July 13 ■ 1 pm

#### **Ice Cream Social & Comedy Hour**

with  
John  
Lynde



## VICTORVILLE

### Medicare Information & Vitality Center

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

Friday, May 13 ■ 2 pm ■ **Diabetes**

**& Your Emotions** with Janelle Marousek,  
RN, Desert Valley Medical Group

Wednesday, May 18 ■ 10 am

#### **Osteoporosis & You**

*FREE Bone Density Screening*

Tuesdays, June 7, 14, 21 & 28 ■ 9 am

#### **Chair Exercise/Low Impact Cardio**

Friday, June 10 ■ 9 am

#### **Dental Health as You Age**



Thursday, June 23 ■ 10 am

#### **Preventing Dehydration**

Friday, June 24 ■ 11 am

#### **Improved Balance = Improved Life**

Wednesday, June 29 ■ 11 am

#### **Making it Raw Without Preservatives or Colors**

Thursday, June 30 ■ 10 am

#### **Remain Independent in Your Own Home**

Thursday, June 30 ■ 4 pm

#### **Medicare 101**

Tuesdays, July 5, 12, 19 & 26 ■ 12:30 pm

#### **Tai Chi**

Wednesday, July 13 ■ 1 pm

#### **Ice Cream Social**

# OUR MEMBERS AND THE COMMUNITY

## COMMUNITY WIDE EVENTS & CLASSES

**Tuesday, May 3 ■ 10 am ■ Medication Management & Safety** Kay Cenicerros Senior Center, 29995 Evans Rd, Menifee

**Friday, May 6 ■ 11 am ■ Oh, My Achin' Bones** Palomares Senior Center, 499 Arrow Highway, Pomona

**Thursday, May 19 ■ 10:30 am ■ Osteoporosis & Nutrition** Janet Goeske Center. 5257 Sierra St, Riverside

**Friday, May 27 ■ 10 am ■ Drive Well** Chino Senior Senter, 13170 Central Ave, Chino

**Tuesday, July 12 ■ 9 am ■ Preventing Dehydration** St. Mary Medical Center/Senior Select Resource Center 19333 Bear Valley Road, Apple Valley 760-946-5915

**Tuesday, July 19 ■ 10 am ■ Drive Well** Kay Cenicerros Senior Center, 29995 Evans Rd, Menifee

**Friday, July 22 ■ 10:30 am ■ Five Wishes**, South Pasadena Senior Center, 1102 Oxley Ave, South Pasadena, 626-403-7321

**Saturday, July 23 ■ 10 am ■ Health Fair-BMI Screening** provided by Inter Valley Health Plan, Alexander Hughes Center 1700 Danbury Rd, Claremont, 909-399-5490

**Tuesday, July 26 ■ 10 am ■ Options for Senior Living** La Verne Community Center, 3680 D Street, La Verne 909-596-8776

**Wednesday, July 27 ■ 10 am Medicare 101**, Joslyn Center, 815 N. Barranca Ave, Covina

**Thursday, July 28 ■ 10 am ■ Five Wishes**, Montclair Senior Center, 5111 Benito, Montclair, 909-625-9456



## TALENT SHOW A SUCCESS AT SILVERADO

**O**n March 26, an audience of 300 people filled Victorville's Silverado High School auditorium to enjoy stellar performances from 24 acts. Inter Valley Health Plan annually sponsors the High Desert Star Search Talent Show and this year St. Mary Medical Center and Heritage Victor Valley Medical Group were co-sponsors. We wish to give a special thanks to Silverado High School for the use of their spacious auditorium.

More upcoming Vitality events like the High Desert Star Search Talent Show continued on next page.



## SAVE THE DATES FOR UPCOMING VITALITY EVENTS

**Saturday, May 7 ■ 10 am**  
**10th Annual Senior Talent Showcase** *A Tribute to Vaudeville Variety Show*, The newly renovated Plummer Building, 245 E. Bonita Ave, San Dimas. For tickets or more information, please call 909-623-6333 ext 626.

**Saturday, May 7 ■ 4 – 7 pm**  
Inter Valley invites you to  
**Your Hemet Senior Prom**  
Hemet Library, 300 E. Latham  
For tickets or more information please call 800-251-8191 ext 625.

**Saturday, May 14 ■ 9 am**  
**Baby Boomer Expo**, Central Park, 11200 Baseline Rd, Rancho Cucamonga, Experts speak on Medicare, Alzheimer's Disease, Financial Planning and more.

**Saturday, May 14 ■ 6 pm**  
**Your Senior Prom**, West Covina Senior Center, 2501 E. Cortez, West Covina, Some events in life are worth repeating. Join "Swing for Sale" and dance the night away! For more information call 909-623-6333 ext 626.

**Friday, May 20 ■ 6 pm**  
**4th Annual Senior Talent Showcase**, Janet Goeske Center, 5257 Sierra St, Riverside Do you have a special talent to share with a friendly audience? For applications and further information, please call 800-251-8191 ext 626.  
Auditions – May 6, 9 am,  
Dress Rehearsal – May 13, 9 am.

# IT'S NOT TOO LATE



**D**id you know that by improving your health habits you can prevent and even reverse some chronic conditions? It is never too late to make positive changes and feel better.

### Quit Smoking

Even if you have smoked for decades, **your health can still benefit from stopping right now**. If you need help, speak to your doctor about how you can stop smoking.

### Exercise

Walking, swimming, bicycling, dancing and gardening are just a few ways you can start to feel better from the benefits of exercise. **Find a sport or hobby you like to do and work towards doing it every day.**

### Healthy Weight

Take this quick test to find out if you need to lose weight. **Measure your waist size and if**

**it measures 40 inches or more, it is time to decrease portions, make lower calorie choices and increase exercise.** Be sure to check with your physician before you start any weight loss program.

### Blood Pressure

Check your blood pressure at least annually—more often if you are taking medication to control it. **If your blood pressure is more than 140/90, it's too high.**

### Cholesterol

LDL is the bad cholesterol and HDL is the good type. You, or at least your doctor, should **know your LDL levels**. Cholesterol levels can be managed by diet, exercise and medication.

### Mammogram

Women need to **have this screening annually at least until age 69.**

# — YOU CAN FEEL BETTER

## Colon Health

A colonoscopy with “normal” results is considered good for ten years. An annual stool test is an alternative to a colonoscopy. Discuss these options with your doctor.

## Immunizations

An easy way to keep yourself healthy is by obtaining needed immunizations. They can help to prevent serious illness.

- **Make sure to get a new flu shot every year because vaccines are custom-made to fight the flu.** You should also get the “once in a lifetime” pneumonia shot.
- **Get a tetanus shot every 10 years** to keep lockjaw at bay.
- **And if you are over 50, you may want to get immunized with the Zoster vaccine to avoid getting “shingles.”**



## Vision

See an eye professional annually. Severe vision loss or blindness can often be prevented when diagnosed early.

## Hearing

Your quality of life is greatly affected by loss of hearing. Get tested, especially if you or your loved ones notice any changes in your hearing. Now there are many varieties of hearing aid styles available and some models are virtually unnoticeable.

## Bladder

More than **half of the older adult population have bladder control issues.** Discuss options for managing these issues with your physician.

## Preventing Falls

Stay healthy and active by being vigilant about keeping your home a safe place. **Keep floors clear, add bathroom grab bars, and make sure walkways and rooms are well lit at night.**

## Bone Density

Surprisingly, having thin, fragile bones from osteoporosis won't hurt, but the bones can break more easily. **Get your bone density checked. If you get a fracture—get checked again for osteoporosis.** Often women become aware they have osteoporosis when a bone is broken. Do not wait to manage this disease, medicine is available to



slow down and even reverse the effects of osteoporosis.

## Managing Diabetes

Your annual blood tests usually includes a test for diabetes. **If you have been diagnosed with the disease, there are things you can do to lessen the effects of diabetes and stay healthy.**

- **Annually check your vision** and the inside of your eyes.
- **Keep your kidneys healthy by annually checking your urine microalbumin.**
- **Check your feet daily** for signs of skin breakdown or infection
- **Regularly check your sugar level and A1C level.**

For more information about health screenings that can both help to keep you healthy and feel better, please call member services at 800-251-8191 or TTY/TDD 800-505-7150 between the hours of 7:30 am to 8 pm, seven days a week.

## HAPPY 40TH BIRTHDAY TO “EARTH DAY”



**E**arth Day is observed each year on April 22nd and this year marks the 40th anniversary since its inception in 1970. Currently 140 countries around the world honor Earth Day.

Earth Day aims to promote ecology and respect for life on the planet as well as to encourage awareness of the growing challenges of air, water and soil pollution.

Typical ways of celebrating Earth Day include planting trees, conducting programs for recycling and conservation, picking up roadside trash, and using recyclable containers for snacks and lunches.

### **Inter Valley “goes green” by:**

- Going paperless wherever possible
- Printing this magazine with soy-based ink
- Recycling cans, plastic & paper in our lunch rooms
- Using recycled paper wherever it is economically feasible
- Sponsoring “Go Green” community health fairs
- Offering InterView and Annual Renewal Notification electronically

### **Simple things you can do to reduce your carbon foot print:**

- Go paperless. Think twice before printing an email
- Use cloth bags for shopping
- Plant a tree
- Compost your green refuse
- Recycle bottles, cans, newspapers and plastic

## **INTER VALLEY HEALTH PLAN MEMBERS CAN RECEIVE MATERIALS ELECTRONICALLY**

If you wish to have your member magazine, *InterView*, and your Annual Renewal Contract delivered to your email address, please call our Member Services department at **800-251-8191** or **TTY/TTD 800-505-7150**, Monday to Friday, from 7:30 am to 8 pm.



# GO GREEN ON US

**W**e are all being encouraged to “go green.” Using cloth bags at the grocery store and recycling aluminum and plastic are two easy ways to save resources and help our environment. Inter Valley Health Plan will give three winners an aluminum can crusher and a cloth bag to aid their recycling efforts.

If you are a member of Inter Valley Health Plan, and answer the contest questions 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 June 30, 2011.

Send your Entry to: **Go Green on Us,**  
Inter Valley Health Plan, Attention:  
Communications Department, P.O. Box 6002, Pomona, CA 91769-6002



- 1** Osteoporosis is a disease that \_\_\_\_\_ bones, thereby \_\_\_\_\_ the risk of \_\_\_\_\_ from \_\_\_\_\_ and other accidents.
- 2** You could have the \_\_\_\_\_ and not know it because osteoporosis \_\_\_\_\_ but doesn’t make them \_\_\_\_\_.
- 3** After suffering a fracture, talk to your physician about getting a \_\_\_\_\_ — a fast, simple test that \_\_\_\_\_ bone \_\_\_\_\_. Based on this test, doctors can determine if you have \_\_\_\_\_ or are \_\_\_\_\_ for the \_\_\_\_\_.
- 4** Be aware that a “\_\_\_\_\_,” offered at health fairs and drug stores, is \_\_\_\_\_ an adequate \_\_\_\_\_ to \_\_\_\_\_ for \_\_\_\_\_.

\_\_\_\_\_ Daytime Phone ( \_\_\_\_\_ ) \_\_\_\_\_  
\*Name

\_\_\_\_\_  
\*Address

\_\_\_\_\_  
\*City State Zip

Play Your Cards on Us winners: Richard Russell, Pomona, Mary Teresin, Fontana and Kathleen Santora, Victorville.

*\*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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INTER VALLEY HEALTH PLAN  
**INTERVIEW**  
*For Health and Vitality*

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For article information,  
or additional copies,  
call the Editor at 909-623-6333.



**Inter Valley Health Plan**

For health. Not for profit.

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## INTER VALLEY'S COMPANY OBSERVED HOLIDAYS

Our offices will be closed on:

**MEMORIAL DAY .....MONDAY, MAY 30, 2011**

**INDEPENDENCE DAY .....MONDAY, JULY 4, 2011**

**To become a member** of any of our Plan programs and receive all our benefits, as well as 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. Thank you for your cooperation!

**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.

Inter Valley Health Plan is a non-profit, Medicare Advantage organization with a Medicare contract.

*This publication is printed with soy based ink.*

