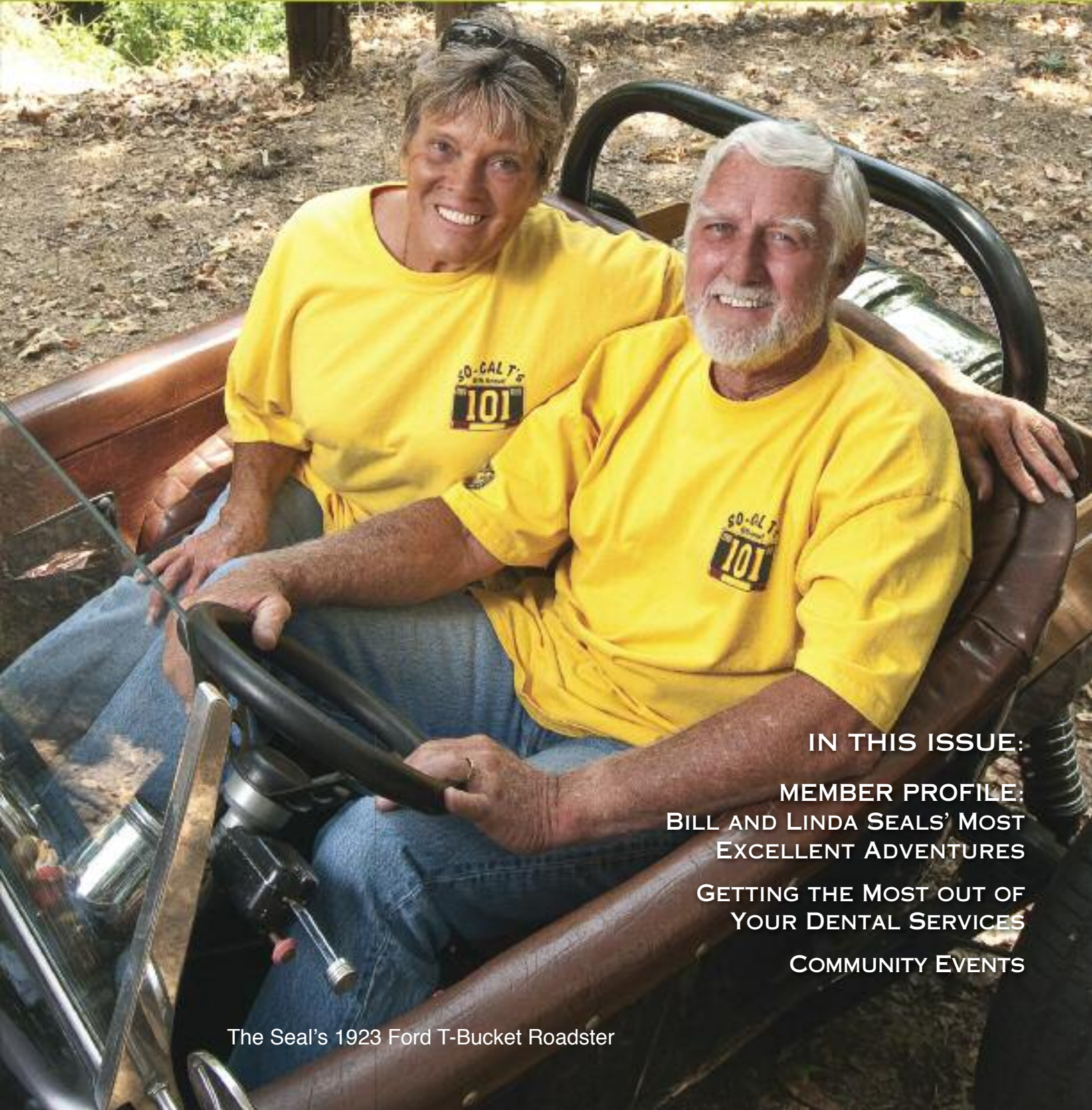


INTER VALLEY HEALTH PLAN

INTERVIEW

VOLUME 16, No. 2 ■ SUMMER 2011

For Health and Vitality



IN THIS ISSUE:

**MEMBER PROFILE:
BILL AND LINDA SEALS' MOST
EXCELLENT ADVENTURES**

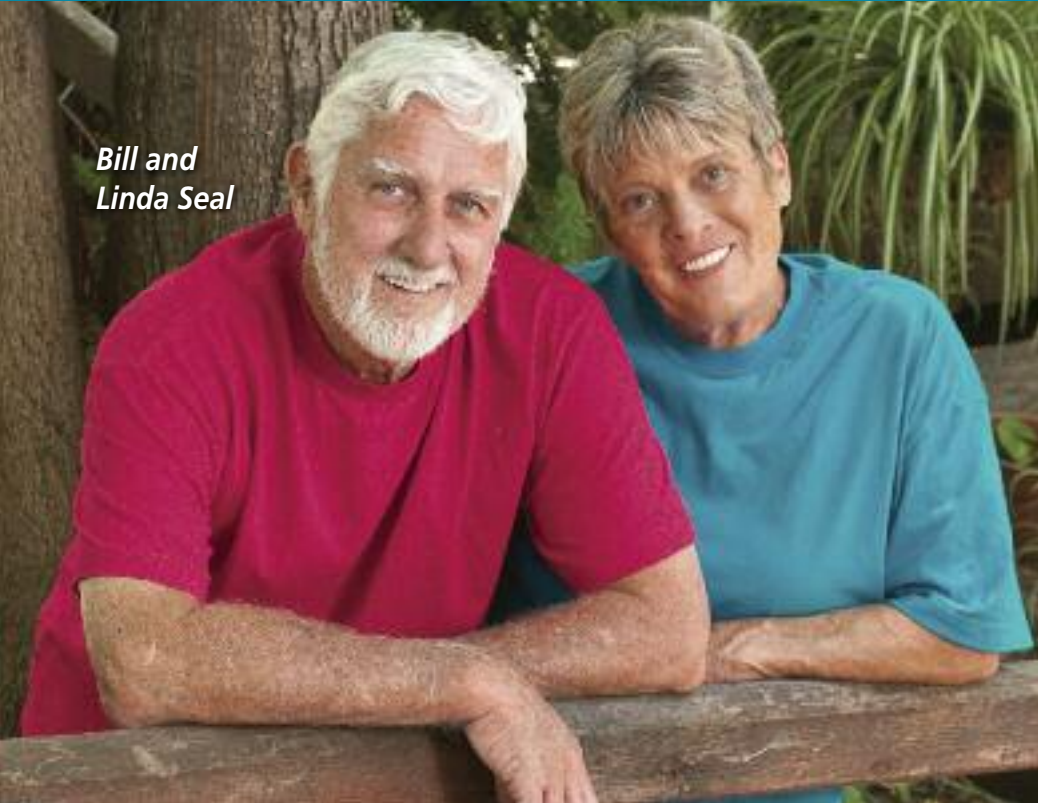
**GETTING THE MOST OUT OF
YOUR DENTAL SERVICES**

COMMUNITY EVENTS

The Seal's 1923 Ford T-Bucket Roadster

BILL & LINDA'S

Bill and
Linda Seal



It's been said that travel and a change of pace impart new vigor to the mind and the soul. So it is for Bill and Linda Seal, who find immense joy in their frequent adventures, cruising roads less traveled in their 1923 Ford T-Bucket roadster.

Linda and Bill Seal first met as neighbors in Covina and soon became good friends. Later, they began dating and eventually lived together for a few years. They had three children: two daughters, Lorie and Mary; and one son, Mike. Ultimately, the couple says it was "pressure from our kids" that convinced them to get married (a second marriage for both). That was 32 years ago.

A Labor of Love

While growing up in Southern California, Bill tinkered with cars in his school's auto shop and at home in the family garage. He had a Model A dragster in the 1950s, which he raced in San Gabriel (also known as "Old San Gabe"), and at what is now the Auto Club Raceway at the Fairplex in Pomona.

Many years later, when he began building the couple's now exceptionally "well-traveled" T-Bucket, **his enthusiasm for cars transformed into what would become a much-needed source of therapy—and a true labor of love.**

Bill, an engineer, designed and built a customized wheel-

chair that enabled their son, Mike, who was paralyzed, to tilt back at a 45 degree angle and sit up higher than a typical wheelchair height would allow. As a result of Bill's ingenuity, and labor of love, Mike sat taller allowing him to be "one of the guys" when hanging out with friends.

"Mike was bedridden for seven years," says Linda. "We didn't have much social interaction during that time. Mary our daughter, and her husband, Dave, moved in to help take care of Mike. But, Bill had to keep busy, and that's when he started building the T-Bucket.

"There aren't many men who could build a car from a vision, and from the ground up," she adds, describing his persistence in pursuing the needed parts online, at swap meets and at "pick-a-part" recyclers. Bill also built the frame himself, from scratch—and outfitted the car with a chromed beer keg, which serves as the 15-gallon gas tank. The engine is a rare hopped-up 1938 flat-head V8-60 (as in 60 horsepower), mated to a Toyota transmission. The pint sized engine gets about 20 MPG, which provides enough fuel for about 2 days worth of cruising distance.

MOST EXCELLENT ADVENTURES

While Bill was busy trying to decide where to order the body that would complete the T-Bucket project—Linda had been secretly saving up on the side to give her husband what would be an especially touching surprise—the body of the T-Bucket to complete the car.

Born to Be Wild

In the 6 years since their son's passing, Linda says she has found solace in getting out on the open road with Bill, calling it her "escape therapy." The couple agrees that what gives them the greatest pleasure is

taking off to go driving. They also enjoy their affiliation with the Cal-Rods of the San Gabriel Valley. Meetings are held the first Tuesday of every month, plus there's a Twilight Cruise the first Wednesday of every month; both events are at the Wally Parks NHRA Motorsports Museum. In addition, the Seals are members of the So-Cal T's in San Diego, part of the National T-Bucket Alliance.

What Bill is most proud of, however, is that Linda shares his passion equally. "There are many wives that don't accompany their husbands at

car club events because T-Buckets have no roof and they don't want to mess up their hair," he says, noting that Linda cut her waist length hair "short" because she loves the freedom of the T-Bucket.

"We used to ride a Yamaha motorcycle, but we had to wear helmets, so we sold it," she says. "The T-Bucket—and the old Jeep we use for playing in the desert—are both topless and I love the way it makes me feel... you know, the wind in your hair and the bugs in your teeth. It's wonderful!" says Linda with a mischievous smile.

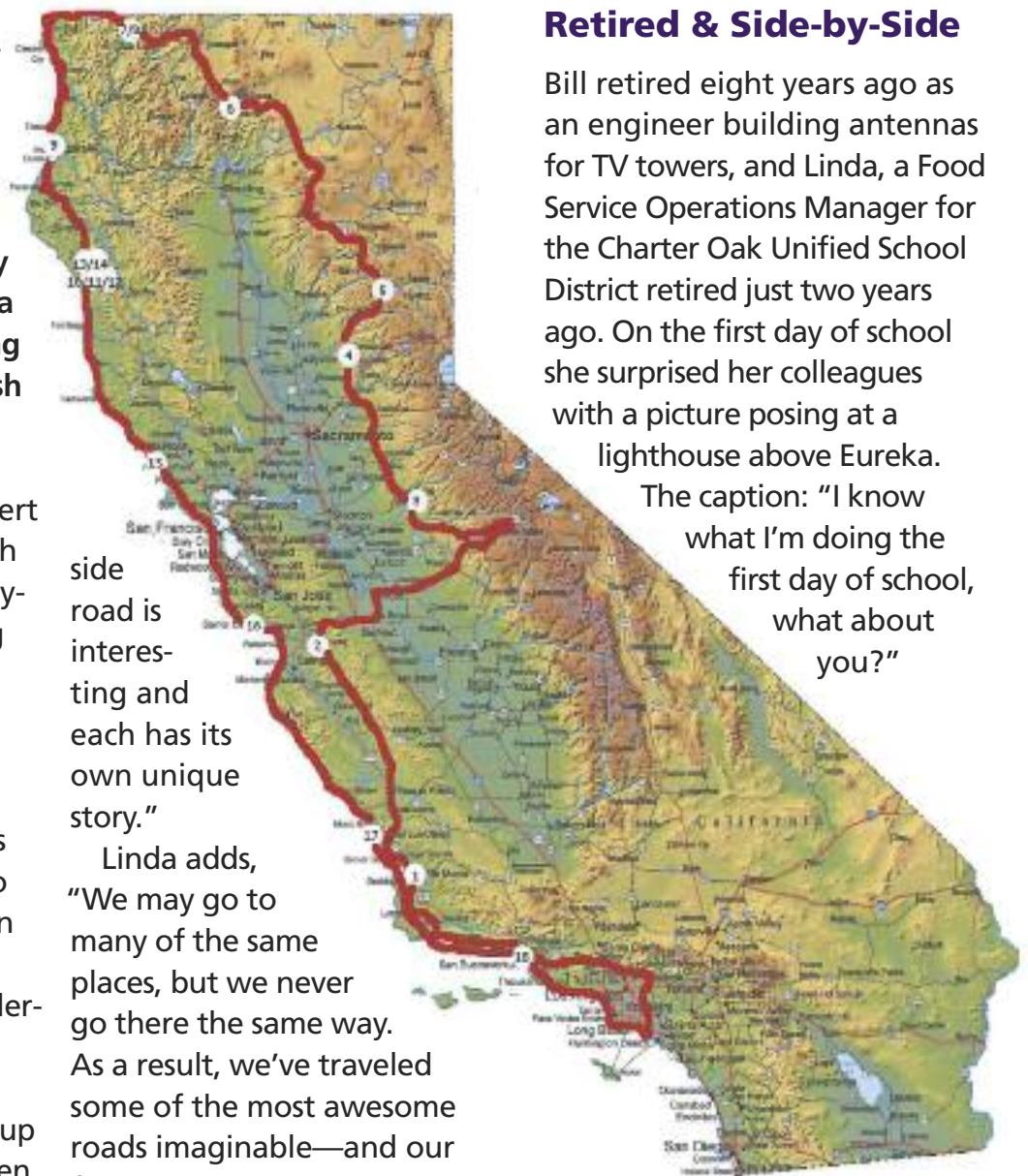


BILL & LINDA SEAL ...CONTINUED

Linda is equally enthusiastic when it comes to documenting their adventures taking as many as 800 to 1,000+ pictures during trips. They log about 6,000 – 7,000 miles a year on trips that may last for six-to-eight weeks, some of which as long as 4,500 miles. As a result, the Seals have learned to be ready for just about anything while on the road.

Since the T-Bucket is a two-seater with no storage, they hitch up a three-foot by four-foot trailer that carries a tent, inflatable beds, sleeping bags, clothes, dishes plus dish pan, raincoats and an inflatable raft. Then they head to the beach, mountains or desert—south to San Diego or north to Oregon—and almost everywhere in between. Bill being the “official” trip planner, often surprises Linda with a night at a luxury hotel or a beautiful rustic cabin with a spa on the porch. “He knows that sometimes I just need to soak in a hot tub and sleep in a soft bed,” she says.

“There’s nothing like wandering up little two-lane roads, cruising the back roads of places like Julian, or heading up Highway 1 to Lompoc and even up to Happy Camp in Bigfoot country,” says Bill. “We like to take our time, because every



side road is interesting and each has its own unique story.”

Linda adds, “We may go to many of the same places, but we never go there the same way. As a result, we’ve traveled some of the most awesome roads imaginable—and our favorite place is every place we visit, because we always stop to enjoy and savor where we are at that moment.”

Retired & Side-by-Side

Bill retired eight years ago as an engineer building antennas for TV towers, and Linda, a Food Service Operations Manager for the Charter Oak Unified School District retired just two years ago. On the first day of school she surprised her colleagues with a picture posing at a lighthouse above Eureka.

The caption: “I know what I’m doing the first day of school, what about you?”

The red line above traces just one of the Seal’s excellent adventures in California.

“...our favorite place is every place we visit, because we always stop to enjoy and savor where we are at that moment.”

In addition to their road trips, the Seals have a three-and-a-half-acre “back yard” that keeps them both extremely active. So, when they’re not out cruising, there are weeds to pull, fences to build, and a menagerie of animals to care for: six dogs, three cats, one goat and a pet squirrel. Plus, both agree that it’s the three live-in grandchildren—ages four, six and 11—and their other two granddaughters ages 14 and 16, who keep them on their toes.

Most significantly, the Seals are friends and partners in every one of their adventures. More often than not, they can be found working side-by-side on the T-Bucket, maintaining their property or playing with the grandkids. Bill, who’s 76, affectionately refers to Linda as his “partner in crime.” Linda, 65, says she never envisioned her retirement years to be so full and exciting. And both are delightfully young at heart—and quite determined to stay that way!



HEALTH BENEFITS OF CRUISIN’ LIKE THE SEALS

Most people typically wouldn’t associate a “road trip” with health benefits. But research shows that a trip of any kind can stimulate your body and mind, plus relieve stress—simply by providing a change in scenery.

Here are four great reasons why a road trip can be considered healthy:

■ **Exercise** – Even if your trip doesn’t include heart-pumping activities like kayaking or hiking in the mountains, the distance you walk while traveling is sure to be greater than normal. Whether you’re exploring the tunnels of an old mine or setting up camp on the beach, you’re sure to get an extra dose of healthy exercise.

■ **Variety** – Travel offers an escape from your daily routine. You’ll do things you don’t normally do while you travel, whether it’s experience new places, new food or new people. And, anyone who’s travelled knows the

benefits of coming back from a wonderful trip—short or long—feeling refreshed and rejuvenated.

■ **Getting Outdoors** – When on a trip, you’re more likely to be outside longer than usual. So, whether you discover an intriguing trail or are walking around a quaint little town, there are plenty of benefits from being outside and breathing fresh air. Not to mention all those healthy D-vitamins you’ll soak up from the sun—just make sure to protect your skin with sun block and a hat.

■ **Reducing Stress** – Even a brief trip can be rejuvenating, alleviate stress, boost your spirits and foster a good night’s sleep. Plus, as the Seals can surely attest to, it’s difficult to be stressed while enjoying the windswept cypress trees and majestic redwoods of California’s Highway 1, or the spectacular scenery of Death Valley’s sculpted hills and expansive vistas.

GET YOUR KICKS ON ROUTE 66!

Perhaps no other highway in the United States is as fabled as Route 66, having been immortalized in song, literature and on a television series. The route was originally known as the National Old Trails Road in the early 1900s. The road officially became US Highway 66 on November 11, 1926. Within a decade, it was paved all the way from Santa Monica, California to Chicago, Illinois. Interstate 40 bypassed the famous route in 1973, but the romance of its quirky motels, chromed diners, neon signs and gravelly-voiced waitresses who still call you “honey” endures. And, although only segments of the original route remain, its remnants continue to epitomize the classic American road trip.

While few have the chance to retrace the entire 2,000+ miles of the old route, there are plenty of opportunities within California to experience the Route 66 of days gone by.

And don't forget to celebrate the old route's 85th birthday this November 11th!



SUMMER CAR SHOWS AT-A-GLANCE

7th Annual So-Cal T's 101 Fun Run
(T-buckets only) ■ Friday & Saturday,
August 5 & 6 ■ Escondido & San Diego

Pomona Car Show & Swap Meet
Sunday, August 14 ■ 5 am – 2 pm
Fairplex Drive (Gate 17), Pomona

14th Annual Thunder on the Mountain Car and Truck Show
Sunday, August 21 ■ 9 am – 3 pm
Green Street, Downtown Tehachapi

11th Annual Uptown Whittier Car Show
Saturday, August 20 ■ 9 am – 4 pm
Historic Uptown Whittier

7th Annual Wheels 'N Windmills
Saturday, August 27 ■ 8 am – 4 pm
Downtown Solvang

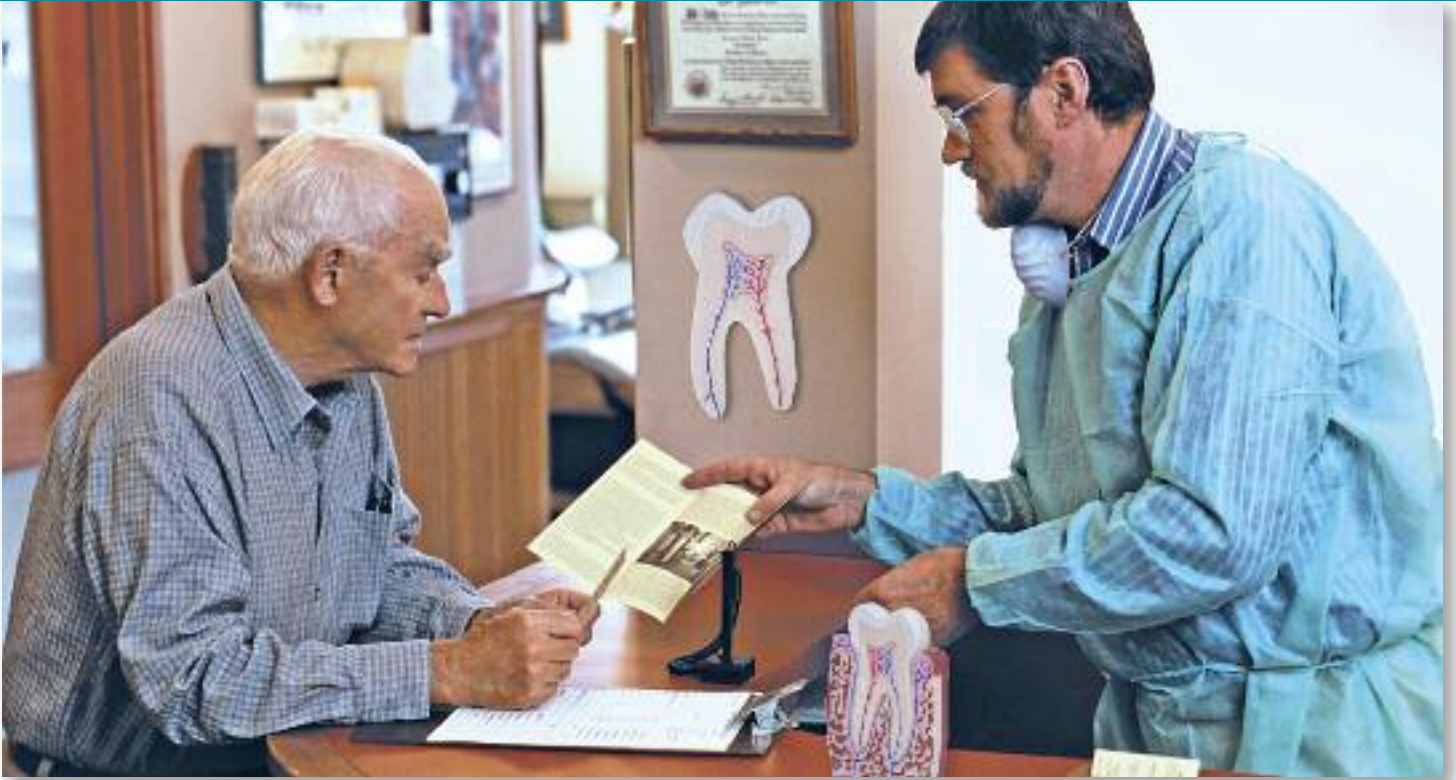
22nd Annual Stater Brothers Route 66 Rendezvous
Thursday – Sunday, September 15 – 18
Downtown San Bernardino
www.route-66.org

10th Annual Hot Rods & Harleys
Friday, September 16 ■ 5 pm – 8 pm
Harley-Davidson of Victorville
14522 Valley Center Drive, Victorville

12th Annual Cruisin' For A Cure Car Show
Saturday, September 24 ■ 7 am – 5 pm
Orange County Fairgrounds

16th Annual Route 66 Birthday Car Show
Saturday, November 5 ■ 8:30 am – 2 pm
CA Route 66 Museum
16825 So. D Street, Victorville

GETTING THE MOST OF YOUR DENTAL HEALTH SERVICES



With any insurance plan it is important to understand all the available options. Don't agree to any part of the treatment you feel unsure about, or that you do not understand. You should always ask questions so you fully understand the suggested treatment plan.

The best way to ensure you are receiving all your dental benefits is to take your Inter Valley Health Plan Evidence of Coverage to every appointment with your Dental Health Services (DHS) dentist. Dental procedures are identified by "ADA codes" (codes assigned by the American Dental Association).

Your Inter Valley Health Plan Evidence of Coverage includes a dental copayment schedule

that shows copayments for each of the covered procedures. Some procedures have additional charges for specialized materials, like upgraded metals. **Always check the copayment schedule to make sure the recommended treatment(s) are covered and the correct copayment is being charged for the service.** It is important to remember that one tooth can require multiple treatments and each would have an associated copayment.

As a Dental Health Services (DHS) patient, you have the right to ask your primary dentist to explain the available treatment options. This includes whether the options listed in the suggested treatment plan are covered under your DHS

Plan. You also have the right to request a second opinion. You may discuss your concerns and/or benefits with your DHS Member Service Specialist before you agree to the suggested treatment plan.

If you have any questions about a dental treatment plan or need help understanding your benefits, contact a DHS Member Service Specialist at 1-888-645-1261 or for the hearing impaired TTY/TDD 1-888-645-1257.



WHY DOES MY REFERRAL NEED TO BE AUTHORIZED?

When a doctor writes a referral for a medical service it must be authorized by the doctor's medical group. That means that the need for the service meets the rules according to your Evidence of Coverage (EOC). Usually an authorization means you can receive the service and pay only a fraction of the cost, for example, a copay.

Some of the reasons that an authorization is required are:

- We want to maximize your benefits by stretching the dollars available from Medicare. Therefore we try to make sure that you will receive your services from providers that we know and trust to give quality care and service and not overcharge.
- We try to match the right provider to the right service. You wouldn't want the orthopedic doctor performing your back surgery to be a hand specialist.
- If you will need ongoing referral care we can track, anticipate and approve future services.

How do referrals get approved?

Inter Valley works with a number of physician groups. Each group's authorization process has some differences in the detail but overall they are very similar.

Some services may not require any authorization. For example, most blood tests don't require anything except the doctor's order for the test.

Other services may be automatically approved. Your doctor needs to submit a request but receives approval before you leave the office. The

process that comes to mind for many people is when the authorization needs to be reviewed prior to approval. Your doctor sends your clinical information to your doctor's medical group where it is reviewed by knowledgeable medical personnel. Over 90% of requests are approved. Only a physician can deny a request for authorization. The authorization decision is shared with the your doctor, you and the medical personnel who will be providing authorized services.

How long does it take to get my referral approved?

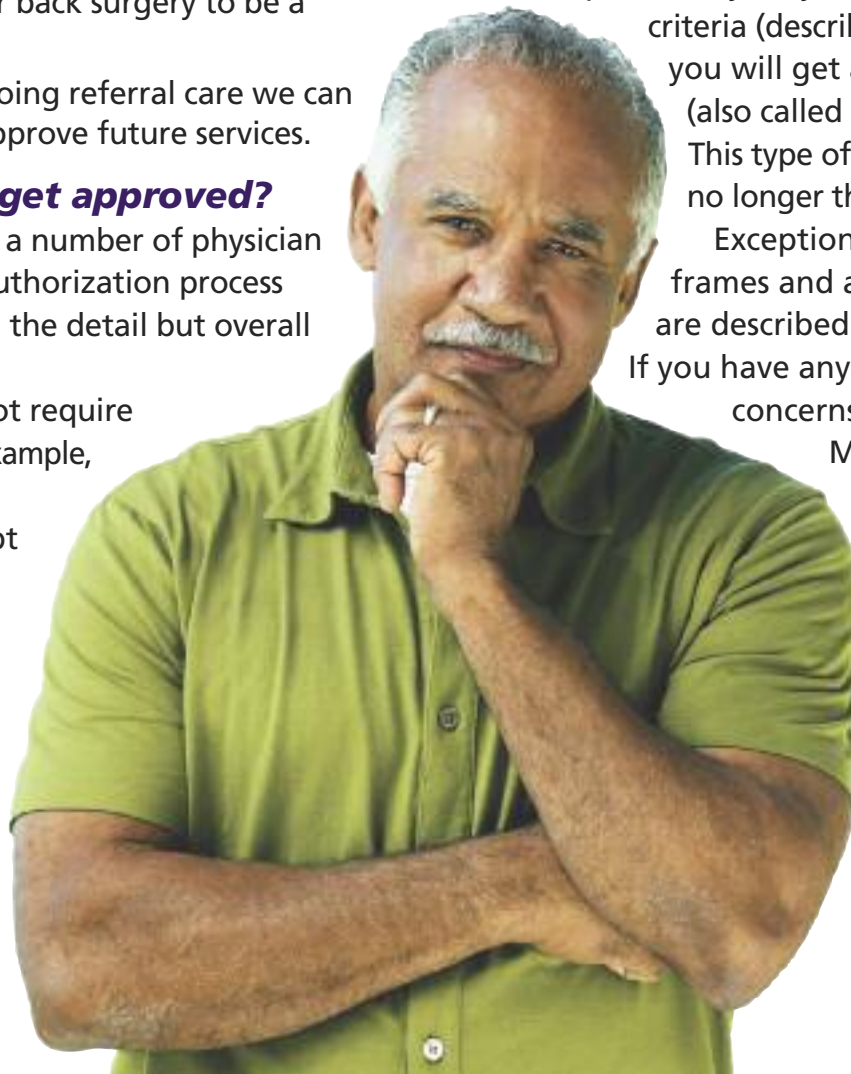
Timely care is the first consideration. If you are having an emergency such as a heart attack don't worry about an authorization, get emergency care and the paperwork will get done later. A standard authorization decision may take up to 14 days. If you meet certain

criteria (described in your EOC) you will get an expedited (also called a fast) decision. This type of decision can take no longer than 72 hours.

Exceptions to these time frames and appeal options are described in your EOC.

If you have any questions or concerns please call

Member Services
at 800-251-8191
or TTY/TDD
505-7108 for
the hearing
impaired. We
want to help
you get the
medical services
you need.



ADULT BLADDER LEAKAGE: THE CAUSES AND THE CURES

Our surveys show that over half of our members occasionally leak urine. Doctors refer to this as urinary—or bladder—incontinence.

Stress incontinence: This type of incontinence occurs when the bladder is squeezed. The pressure of coughing, sneezing or laughing can cause the squeezing and it is most common in women. The muscles and ligaments around the bladder may be stretched and weakened, particularly after child birth. Stress incontinence in men usually occurs after prostate surgery. Kegel exercises* may be helpful in controlling this type of incontinence in both men and women.

Other kinds of incontinence occur in both sexes.

Urge incontinence is sometimes called “overactive bladder.” An uncontrollable, often sudden, urge to urinate occurs frequently. Infections, nerve problems and other medical problems could underlie urge incontinence. You should discuss it with your doctor.

Overflow incontinence occurs when the bladder doesn’t empty properly. If the bladder gets too full then sometimes small amounts of urine leak out. Once again a variety of medical problems can cause this and you should check with your doctor.



Action you can take to help control the symptoms of incontinence:

Quit smoking: smoking can lead to a chronic cough that strains pelvic floor muscles. Smoking may also damage the bladder and the urethra.

Lose weight: Excess weight puts extra pressure on the pelvic floor muscles. Exercising and eating right can help you lose weight. This helps other treatments work better too.

Change your diet: Some foods like caffeinated drinks and alcohol may make you urinate more, so it may be good to avoid them. Ask your doctor whether these or other diet changes might be helpful.

Visit your doctor: Most doctors have many patients with incontinence and will be happy to discuss it with you. Various examinations can be done to determine what type of incontinence you have and depending on the type, which medications can be helpful. Other options may be discussed. Surgery may be appropriate in some cases.

For more information call Inter Valley’s Health Services Department at 909-623-6333 or TTY/TDD 505-7108, 7:30 am to 8 pm, Monday through Friday, or read more about bladder issues by going online to www.ivhp.com and click *Resources*, then *Health and Wellness* and finally on the *Krames* page.



Laugh with confidence

*For a definition and examples go to the *Krames* page on our website or call the number above.

INVESTING IN THE *Vitality* OF...

C L A R E M O N T

Medicare Information & Vitality Center

Pomona Valley Health Center Building
1601 Monte Vista, Suite 275

Tuesday, August 16 ■ 10 am

Real Connections *Resources for Ageless Living*

Thursday, August 18 ■ 10 am

Ask the Pharmacist

Friday, August 19 ■ 9 am

Vertigo (Dizziness)

Tuesday, August 23 ■ 10 am

Preventing Falls

Thursday, September 8 ■ 10 am

Medicare 101

Thursday, September 15 ■ 10 am

Thyroid Disorders *with Dr. Mary Kasem*

MOTHER'S DAY TEA

Inter Valley Health Plan hosted four Mother's Day Tea events at our Medicare Information and Vitality Centers during the month of May. Guests were treated to lots of goodies and a variety of teas. We invited everyone to wear an outrageous hat to win a prize. Some were funny and some were sweet; so much creativity in one room! Special tea cups were brought and stories were shared. "Mom" stories also brought some laughter and tears as we all reminisced.



H E M E T

Medicare Information & Vitality Center

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

Wednesday, August 10 ■ 10 am

BINGO! *with Sensible Senior Homecare*

Tuesday, August 16 ■ 10 am

Preventing Dehydration

Friday, August 19 ■ 10 am

Beginning Internet

Tuesday, August 23 ■ 10 am

Don't Agonize, Organize

Wednesday, August 24 ■ 10 am

Computer Safety

Wednesday, August 24 ■ 2 pm

Achin' Bones

Wednesday, September 7 ■ 9 am

Five Wishes

Friday, September 9 ■ 10 am

Preventative Health

Friday, September 9 ■ 2 pm

Label Reading *and FREE BMI Screening*

OUR MEMBERS AND THE COMMUNITY

PALM SPRINGS

Medicare Information & Vitality Center

555 S. Sunrise Way, Palm Springs

Wednesdays ■ 11 am ■ July 27; August 3, 17 & 31;
September 7 & 21 ■ **Cardio/Sculpt** Gold's Gym

Thursday, July 28 ■ 10 am

Learn to Navigate Medicare.gov

Thursday, August 4 ■ 2 pm ■ **Laughing Yoga**

Mondays ■ 11 am ■ August 8 & 22 ■ **Tai Chi**

Tuesday, August 9 ■ 10 am ■ **Chair Yoga**

Wednesday, August 10 ■ 2 pm

Ask the Doctor – Dr Natalie Shemonsky

Thursdays ■ 9 am ■ August 11 & September 15

Classic Movie Event – Mary Pickford Theater

Thursday, August 18 & Tuesday August 23

11:30 am ■ **Self Defense**

Monday, August 22 ■ 2 pm ■ **Five Wishes**

Wednesday, August 24 ■ 10 am

Learn to Navigate Medicare.gov

Tuesday, August 30 ■ 1 pm

The Zen of Memoir Writing

Tuesday, September 13 ■ 1 pm ■ **Writing**

Workshop – *Reflective Journaling*

Monday, September 19 ■ 2 pm ■ **Five Wishes**

Thursday, September 22 ■ 10 am

Learn to Navigate Medicare.gov

Tuesday, September 27 ■ 1 pm ■ **Writing**

Workshop – *Childhood Memories*



WEST COVINA

Medicare Information & Vitality Center

West Covina Senior Center

2501 E. Cortez, West Covina

Tuesday, July 26 ■ 10 am

Focus on Diabetes

Tuesday, August 2 ■ 10 am

Osteoporosis & Bone Density Screening

Tuesday, August 9 ■ 10 am ■ **Five Wishes**

Thursday, August 11 ■ 12 pm

Dementia & Memory Loss

Tuesday, August 16 ■ 10 am

Focus on Your Heart

Tuesday, August 30 ■ 10 am

Label Reading for Good Health & Weight Management

Tuesday, September 6 ■ 10 am

Maintain a Healthy Brain

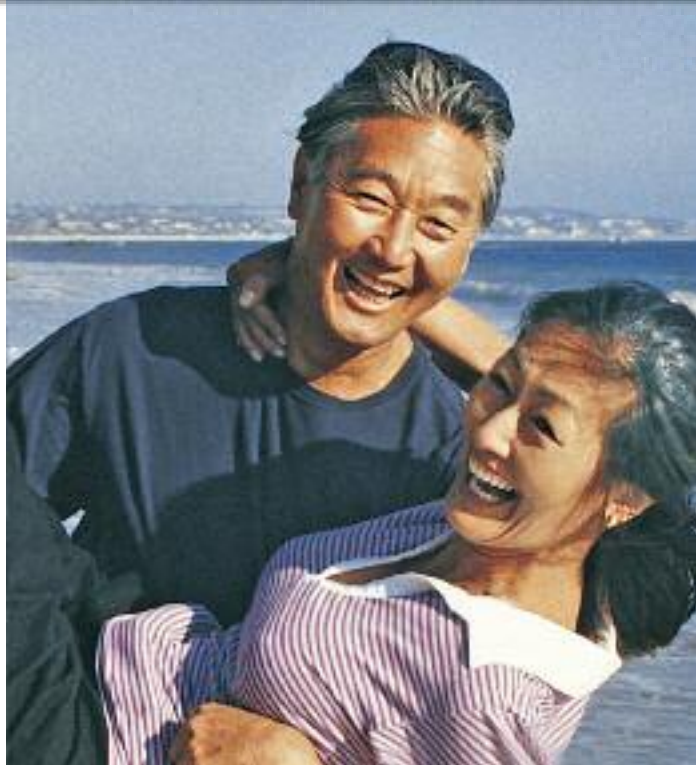
Thursday, September 22 ■ 10 am

Medicare 101

Tuesday, September 27 ■ 10 am

Oh, My Achin' Bones

INVESTING IN THE *Vitality* OF...



RIVERSIDE

Medicare Information & Vitality Center

Heritage Plaza Shopping Center
5266 Arlington Ave, Riverside

Tuesday, August 9 ■ 10 am

Exercise the Right Way!

Thursday, August 11 ■ 1 pm

Aging Safely

Wednesday, August 17 ■ 10 am

Elder Abuse – SCAMS!

Wednesday, August 24 ■ 10 am

Dehydration

Wednesday, August 31 ■ 9 am

Better Hearing is Better Living

Wednesday, September 7 ■ 10 am

**Communication in
Challenging Situations**

Wednesday, September 14 ■ 10 am

**Myths and Facts About
Late Life Depression**

Wednesday, September 14 ■ 1 pm

BUNCO

VICTORVILLE

Medicare Information & Vitality Center

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

Tuesday, August 9 ■ 10 am

Don't Agonize — Organize

Thursday, August 11 ■ 10 am

Preventing Dehydration

Thursday, August 18 ■ 1 pm

Beginning Internet

Friday, August 26 ■ 10 am

Hypertension

Wednesday, August 31 ■ 10 am

Plan Ahead: Estate Organization

Wednesday, September 7 ■ 10 am

Stay Healthy with Preventative Care

Friday, September 9 ■ 11 am

Healthy Back Class

Tuesday, September 13 ■ 9:30 am

**An Alternative Look at Pain
Management**

Wednesday, September 14 ■ 10 am

Preventing Dehydration

Wednesday, September 14 ■ 10 am

VA Aid and Attendance



HARVEST MOON DANCE

Friday, September 30
from 4 to 8 pm

Hilton Garden Inn
Victorville

RSVP line opens
on August 29

760-242-2311 x 8208

OUR MEMBERS AND THE COMMUNITY

COMMUNITY WIDE EVENTS & CLASSES

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

Thursday, August 18 ■ 10 am

Remain Independent in Your Own Home

Janet Goeske Center, 5257 Sierra St, Riverside

Thursday, September 1 ■ 10:30 am

Plan Ahead – Estate Organization

Mary Phillips Senior Center, 41845 6th St, Temecula

Wednesday, September 7 ■ 1 pm

Medicare 101

Joslyn Center, 815 N. Barranca Ave, Covina

Thursday, September 8 ■ 9 am

Memory Classes & FREE Screening,

Beaumont Civic Center, 550 E. 6th St, Beaumont

Thursday, September 15 ■ 10 am

Plan Ahead – Estate Organization

Janet Goeske Center, 5257 Sierra St, Riverside



Tuesday, September 20 ■ 9 am

Health Fair, James Brulte Center
11200 Baseline Rd, Rancho Cucamonga

Tuesday, September 20 ■ 10 am

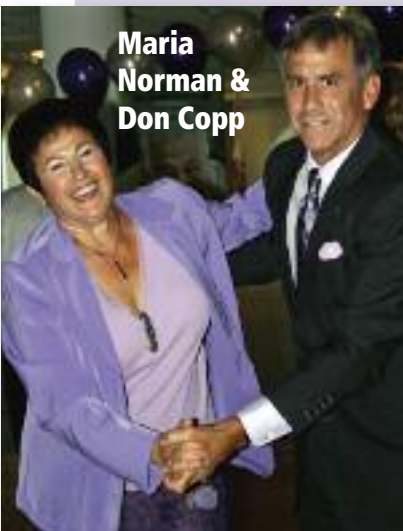
Medicare 101

La Verne Senior Center, 3680 D Street, La Verne

Tuesday, September 27 ■ 9 am

Focus on Diabetes FREE Screening

Janet Goeske Center, 5257 Sierra St, Riverside



**Maria
Norman &
Don Copp**

SENIOR PROMS

Inter Valley's Senior Proms attracted large turnouts once again this past spring.

Almost 250 guests enjoyed the "Swing 4 Sale" band and a delicious Italian buffet in Hemet on May 7th. Maria Norman and Don Copp were crowned our reigning King and Queen after an exciting dance-off.

"Swing 4 Sale" also supplied the dance tunes May 14, at the West Covina Senior Center. The 120 guests in attendance celebrated with dinner and a full evening of dancing. Ed Reyes and Natividad Florencio earned the royal titles with their graceful dancing.



**Natividad
Florencio &
Ed Reyes**

INTER VALLEY SHOWCASES TALENT



In memory of
Maria Ybarra

This past March, one of our new Master of Ceremonies, Terry Keenan, entertained a Victorville audience at the 4th Annual High Desert Star Search held at Silverado High School. Then in May, Terry emceed the 4th Annual Goeske Star Search, performed at the Janet Goeske Center in Riverside. Amazing talent that included musicians, comedians, opera singers and dancers all graced the stage.

Vaudeville was the popular entertainment of the late 1800's and early 1900's. Almost 100 years later, Vaudeville was back in San Dimas thanks to Inter Valley Health Plan. In honor of our 10th Anniversary Senior Talent Showcase, Master of Ceremonies, John Lynd, directed 12 past showcase performers in a tribute to Vaudeville that he wrote. Two hundred audience members viewed tap dancing, singing, skits and ukulele playing with special appearances by Groucho Marx and Elvis Presley.

Inter Valley Health Plan sponsors four Talent Showcases supporting senior talent each year. The Parade of Talent will take place this fall in Fontana (see below). For details on other upcoming events visit our website at www.ivhp.com. And while your online, be sure take a look at our Vaudeville show on "you tube" or "facebook," where you can find Elvis's biggest fan.

Inter Valley Health Plan thanks all the participants for sharing their amazing talents with us. We are very impressed with how you demonstrate *Vitality* in your lives!



John Lynd



Elvis's
biggest fan

Senior Talent Showcase Parade of Talent

Saturday October 1 1 – 3 pm

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

BABY BOOMER SYMPOSIUM

Inter Valley Health Plan and Merkler's Consulting Services provided the Inland Empire a Baby Boomer Symposium on May 14th at Central Park in Rancho Cucamonga. Over 50 vendors offered the attendees information about adapting to aging. Four speakers presented information on Medicare, placement and care options, long term planning and Alzheimer's Disease. Everyone that attended went away with valuable information.

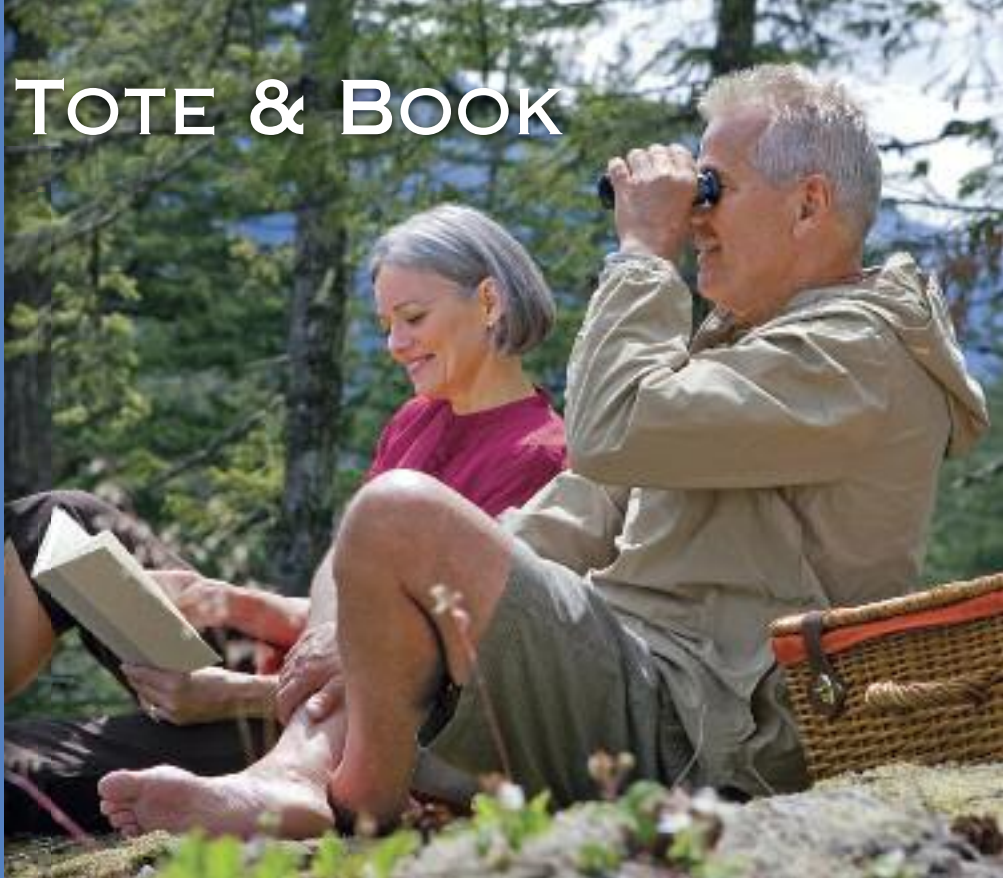
WIN A BOOK TOTE & BOOK

Summer is a great time to take a good book to the beach, mountains or park. Wherever you roam, it's wise to have reading material along to help pass the time when you have to wait.

We are offering three members a chance to win a handy book tote and book. Light-weight and washable, the tote has two wide straps and can even double as a grocery bag.

If you are an Inter Valley Health Plan member, 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 August 29, 2011.

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



1. _____ can lead to a _____ that _____ pelvic floor muscles. _____ may also damage the _____ and the _____.
2. Excess _____ puts extra _____ on the _____ muscles. _____ and _____ right can help you lose weight.
3. Some _____ like _____ drinks and _____ may make you _____ more, so it may be _____ to _____ them. Ask your doctor whether these or other diet changes might be helpful.
4. **Visit your _____:** most doctors have many patients with _____ and will be happy to _____ it with you. Various _____ can be done to _____ what type of incontinence you have and depending on the _____, which _____ can be helpful.

_____ Daytime Phone (_____) _____

*Name

*Address

*City, State, Zip

Go Green winners: Natalie T. Martinez, Apple Valley, Maria Rodriguez, Pomona & Karen Gregory, San Jacinto

**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

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INTER VALLEY HEALTH PLAN
INTERVIEW
For Health and Vitality

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



Inter Valley Health Plan

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www.ivhp.com



**INTER VALLEY HEALTH PLAN'S
COMPANY OBSERVED HOLIDAYS**

Our offices will be closed on:

LABOR DAYMONDAY, SEPTEMBER 5

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.

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