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Palm Desert resident Kurt Sipolski, 69, is a writer who has lived and worked around the world, including Australia and Europe. Although Sipolski has lived a glamorous life, it has not been without its challenges.

At just two years old, he was diagnosed with polio, an infectious viral disease that affects the nervous system. The disease affected his right leg and, as a result, he wore a leg brace for ten years. “All little boys like to run around...that was out of the question for me.”

It was unknown how the polio virus actually was contracted. As a result, in the 1940s and 1950s, people were afraid that they or their loved ones might be infected. Sipolski remembers that this led to his family being somewhat isolated from social circles for a time.

Despite his physical challenges, his widowed mother nurtured him with tough love — “I still had to mow the lawn,” says Sipolski with a smile.

His mother was a huge source of strength and support during his early life. Her resilience and care inspired Sipolski to write a memoir-based novella as a tribute to her and other “polio mothers,” as well as to that era of American history itself. The memoir-based novella, Too Early for Flowers: The Story of a Polio Mother, is a heartfelt account of his mother’s journey through life in the era of World War II, as a single mother of a young child recovering from polio, and into her later years. “It’s the saga of a family over generations,” says Sipolski. The novella was published in 2012 and the movie rights are being discussed.

A Thirst for Knowledge

When he was a boy, Sipolski’s mother would talk to him while helping him exercise his leg, teaching him spelling, the alphabet and the importance of words. “She was a secretary at the Pentagon, so she had a very good vocabulary,” he remembers. Eventually, she even bought him a set of encyclopedias, and during those times when he was unable to walk, he immersed himself in reading. He attributes his later pursuit of a career in journalism to these early influences. “I really liked the study of books,” he says. “And the fact that you could have all this knowledge at your fingertips...I liked learning things and telling people things that they didn’t know. That kind of defines journalism.”

During 1968, his last year of studying journalism at college in Illinois, Sipolski wrote to Rupert Murdoch, asking for a job as a reporter. He was hired and moved to Sydney, Australia to work for the Daily Mirror. After years in Sydney, he moved to Europe and worked in Paris for a time running a coffee bar in a private club.

Missing Australia, he moved back again to begin work with Qantas Airways. Later he was transferred to San Francisco where he founded and published Gentry Magazine, a home and garden monthly, through which he
Standing Tall: Turning Obstacles into advocacy

developed a love of gardening and landscaping. “You’re creating something beautiful, and it’s a green industry.”

A Man on a Mission

Because of his struggles due to the effects of polio, Sipolski is an advocate for vaccination to prevent diseases. Even today there are still cases of polio that crop up throughout the world. With more widespread vaccination, polio and other infectious diseases such as shingles and measles can move closer to eradication. “I want to make people aware of that,” he says. “If you don’t try to help others based on your experiences, life is a waste.”

Staying Active

Because of his bout with polio at so young an age, Sipolski has coped with the effects of post-polio syndrome for most of his life. Now post-polio syndrome has affected his muscles, which weaken and tire easily. “My physical ambitions are limited,” he acknowledges.

Because the polio only affected one of his legs, Sipolski was able to maintain his ability to walk. However, walking is more difficult at times, and he currently uses the assistance of a cane or crutches to protect against falls. The effects of post-polio syndrome can slow Sipolski down, part of the reason he sold his three unit apartment building in San Francisco and bought a single level home in Palm Desert, but he never lets it stop him completely. He stays active by going to the gym, where he spends an hour each day doing a variety of exercises, and by swimming in his pool in the summer. Although he stays active, he is careful not to overdo it. “My simple rule… one hour of rest for every hour active.”

Rich men have therapists and poor men have gardens.
Sipolski also spends a lot of time working in his garden, a source of great pleasure as well as great exercise. Since moving to his Palm Desert home, he has replaced the vast sandlot that came with the house and created a true desert oasis by adding a swimming pool, fruit trees (fig, key lime & orange) and many bright-colored flowering plants, succulents and cacti. He regularly feeds his pets which are the masses of songbirds and buzzing hummingbirds in his garden. “Gardening is the perfect hobby for me, I can take breaks when I need to and I can find peace in all this beauty. Rich men have therapists and poor men have gardens,” he says wryly.

Financial abuse, like fraud, can be especially devastating to older adults. In some cases, a person’s life savings can disappear overnight, leaving them unable to provide for even basic needs. Older adults are often targeted by criminals, who may gain their trust only to exploit it later. Here are some quick tips to help protect yourself against becoming a victim of financial abuse:

- Be sure to keep your financial records and valuables, including ATM cards, credit cards, and check books in a secure place.
- Review your bank and credit statements regularly to ensure that no fraudulent charges have been made.
- Be wary of individuals who try to pressure you into making financial decisions you are unsure about, or who present opportunities that seem “too good to be true.”
- Report suspicious activity in any of your accounts immediately.

To learn more about how you can protect yourself or those you love from financial abuse and fraud, visit www.stopfraud.gov/protect-yourself.html.

Financial abuse can also extend to your health care coverage. Medicare fraud wastes money for you and everyone. To protect your privacy and Medicare rights, keep your eyes open for Medicare fraud, waste, and abuse.

**What does Medicare fraud look like?**

Be on the lookout for unnecessary charges. Medicare does not allow doctors to charge for writing a prescription. Typically, your doctor will review your medical history, discuss your symptoms with you, examine you, and suggest treatment if necessary.

Be wary of scams that offer testing that has not been ordered by your doctor, especially those that ask for your Medicare ID or social security number. Tests and preventive screenings performed without your doctor’s written request are not covered by Medicare.

If you suspect that you may be the victim of Medicare fraud, call: 1-877-772-3379. For other questions about Medicare, call: 1-800-MEDICARE (1-800-633-4227) or visit the website www.medicare.gov.
Summer Survival: 5 steps to a Safer Summer

Summer is a great time to enjoy the outdoors, as long as you’re prepared. You can have a safer summer when you follow these steps.

1. Stay hydrated by drinking plenty of water before, during, and after outdoor activities. You need to drink more water than usual to replace the fluids you’re losing from sweating.

2. Be sure to choose polarized sunglasses that provide both UVA and UVB protection and block 99 to 100 percent of the sun’s UV rays.

3. Apply sunscreen before and during sun exposure. The American Academy of Dermatology recommends products labeled “broad spectrum” that are SPF 30 or higher. If you’ll be sweating or swimming, use “water resistant” sunscreen, but be sure to apply before, during and after your activities.

4. Wear a wide-brimmed hat that covers your head, nose and tops of the ears, providing better coverage than a baseball cap.

5. Avoid going barefoot, and wear sturdy sandals or sneakers to avoid trips, falls or other injuries. If you’re diabetic, this is especially important — it’s also important to check your feet for cuts and wounds.

Inter Valley Health Plan Partners with National Pharmaceutical Services (NPS)

Inter Valley recently partnered with National Pharmaceutical Services (NPS) to help us with our growing customer service needs. NPS has been working with Inter Valley’s Pharmacy Specialists for the past five years and is familiar with our drug formulary and benefits. We are confident their team can help you with your pharmacy/drug benefit questions with the same high touch service you deserve. NPS representatives are available 24 hours a day / 7 days a week at 1-866-632-7890, or for hearing impaired TTY/TDD 1-866-706-4757.
One in three people suffers from poor sleep, and regularly not getting enough sleep can lead to serious health issues. Lack of quality sleep over time can even shorten life expectancy. A good night’s sleep is one of the keys to having a long and healthy life.

The negative effects of not getting enough sleep include:

- **Increased stress.** When your body and mind are tired, routine activities can start to feel overwhelming, inducing stress and weight gain. When you’re stressed, your body releases more of the hormone cortisol, a major contributor to weight gain and obesity.

- **Poorer memory.** Deep sleep, or rapid eye movement (REM) sleep, increases memory formation and function. Without the proper amount of sleep, your memory will start to suffer.

- **Hard to focus.** Sleep deprivation can make it difficult to concentrate, which slows you down and can impair your judgement and your reaction time.

- **Depression.** Sleep and mood are very closely linked. Lack of sleep can cause depression, which can negatively affect your everyday function and your relationships.

- **Increased blood pressure.** Some studies have shown that a lack of sleep leads to higher blood pressure, especially in those who have hypertension or pre-hypertension. A variety of factors can keep you from getting the sleep you need. These factors can be:
  - **Physical** such as noise or chronic pain.
  - **Medical** such as asthma or sleep apnea.
  - **Environment** — your phone, tablet, E-reader, or even your TV.

Turn off your electronic devices. They emit a “blue light” that prevents the release of melatonin. Suppression of melatonin has been linked to numerous health problems including diabetes, cardiovascular disease, obesity, and certain cancers. Reading from or watching a screen before bed can make it harder to fall asleep and has been found to alter alertness and levels of melatonin.

But how much sleep do you really need? Most people need approximately eight hours of quality sleep a night to function at their peak, although the actual number varies somewhat from person to person. Once you have determined how much sleep you need (how much sleep keeps you feeling alert and energetic throughout the day), it is important to make sure that you are getting it. If you are feeling lethargic or in need of a nap to make it through the day, odds are you aren’t getting the amount of sleep that you need.

The health benefits of sleep include:

- **Better immunity.** When you’re getting enough sleep, your chances of getting sick decrease. Lack of sleep can disrupt your immune system.
system, making it harder to combat even the common cold.

- **Sleep keeps the scale from going up.** Studies have shown that less sleep may lead to more weight gain, possibly because the right amount of sleep can decrease levels of ghrelin, a hormone that causes hunger.

- **Sense of wellbeing.** Better sleep means a better mood and decreased anxiety.

- **Sleep can prevent diabetes.** Missing sleep can affect the way the body processes glucose and may lead to type 2 diabetes.

- **Increased sex drive.** Research has shown that less sleep means a lower libido and less interest in sex.

**How do you make sure you get the proper amount of quality sleep?**

- **Stick to a routine.** Try to go to bed and wake up at the same times each day, even on weekends. Making it a habit will train your body and help it reach the level of deep sleep it needs.

- **Get comfy and turn off that screen.** Make sure the temperature in your sleeping space is low. Also keep your environment dark, quiet and comfortable.

- **Limit napping.** Although daytime naps can be pleasant and refreshing, they rarely lead to the kind of deep sleep your body requires. Sleeping too much during the day can make it harder to sleep at night.

- **Lay off the stimulants.** Too much caffeine or nicotine can wind you up and make it harder to fall asleep and stay asleep.

- **Be active.** The more energy you expend during the day, the better you will sleep at night. Research has shown that regular exercise, especially early in the day, can help you fall asleep faster and sleep deeper.

Everyone has trouble sleeping from time to time. Try to create an environment that will make sleeping easier and more satisfying. If you regularly have trouble sleeping, talk to your doctor to make sure you are addressing any underlying problems that may be contributing to your tossing and turning.
L
ike many of us, you might be procrastinating about going in for a test that your doctor says you need. **But the problem with waiting is that early detection of health problems can make a big difference—sometimes life or death.**

With many diseases and conditions, earlier detection means earlier treatment, which can reduce the risk of death or help to better manage a chronic condition and its symptoms.

Early detection and treatment of diabetes, for example, can help reduce the risk of complications from the disease. Complications that include kidney disease, stroke, nerve damage, and glaucoma.

**For many types of cancer, early treatment is linked with increased survival rates.**

In women over 50, getting a mammogram every year reduces the risk of dying of breast cancer by 16% or more, according to the U.S. Preventive Services Task Force.

**After more people began getting screened for colon cancer, deaths from the disease decreased from over 57,000 in 2000 to 53,580 in 2004, according to the CDC.**

Even more dramatically, the death rate from cervical cancer dropped 74% between 1955 and 1992 following the widespread adoption of Pap tests to screen for the disease.

Are you due for any type of health screenings this year? Don’t put them off. If tests show that you’re disease-free, you can have peace of mind; and if something does come up, you can start treatment immediately, increasing your chances for a better outcome.

Included in this publication is a list of guidelines for preventive screenings and immunizations recommended by public health authorities. Talk to your doctor today about getting the screenings you need.

**Prostate Cancer Screening, Is it necessary?**

Preventive health screenings are very important but a blood test for prostate cancer is a test that not every man needs: the prostate-specific antigen (PSA) test.

In many cases, men have been over-diagnosed by the PSA blood test, and received prostate cancer treatment when they didn’t actually need it.

A 2009 study found that for every man whose life was saved due to PSA screening, about 50 men received treatment (surgery or radiation) unnecessarily. Treatment carries its own risks and side effects.

There are multiple groups that now recommend limiting or avoiding this test.

To avoid unnecessary treatment, here are some talking points to discuss with your physician to help determine if you need a PSA test:

- Whether or not digital screening would be preferable to a PSA screening
- Whether you have a family history of prostate cancer
- Why it makes sense to first establish a baseline PSA level instead of automatically getting the screening.

Be informed and talk with your doctor about whether the PSA screening makes sense for you.
Medications that Manage Heart Failure

Heart Failure (HF) is not just a single episode — it’s an ongoing condition that worsens over time. Having HF means your heart isn’t pumping blood as well as it should. In some cases, a heart can become enlarged because it has to work extra hard. Many conditions can cause HF, including damage to the heart muscle from a heart attack or high blood pressure.

It’s important that you follow a prescribed diet, monitor the amount of water/salt consumed daily and understand what medications you take and when to take them.

Talk to your doctor about creating an HF action plan so you can have correct written instructions on how to better manage your condition.

**ACE inhibitor**

An ACE inhibitor is a medication that dilates (widens) the blood vessels to make it easier for the blood to be pumped through the body. The increased blood flow helps decrease how hard the heart has to work and may also decrease blood pressure.

- An ACE inhibitor prevents the body’s production of harmful substances (angiotensin II) that are made in response to heart failure.
- It helps manage “systolic heart failure.” In systolic dysfunction the heart muscle doesn’t contract with enough force so the amount of oxygen-rich blood pumped throughout the body is decreased (not enough to function properly).
- It may be prescribed for treatment of heart failure with preserved left ventricular function (diastolic dysfunction) that occurs when the heart contracts normally, but less blood enters the heart due to the left ventricle not relaxing properly.
- Your doctor can discuss which condition is present in your heart.

**MEDICATION NAMES:** Amlodipine, Benazepril, Captopril, Enalapril, Fosinopril, Lisinopril, Quinapril, Ramipril and Trandolapril

**Beta-blockers**

A beta-blocker (Beta-adrenergic blocking agent) improves the heart’s ability to relax. It decreases the production of harmful substances produced by the body in response to heart failure, and slows heart rate. Over time, a beta-blocker may improve the heart’s pumping ability.

- A beta-blocker is essential for people with heart failure — even if they do not have symptoms.
- Prescribed for patients when the heart muscle doesn’t contract forcefully enough (systolic heart failure), it improves survival even in people with severe symptoms.
- They control high blood pressure
- It slows the heart rate in conditions that cause “tachycardia” or fast heart rate and in heart failure with preserved left ventricle function (diastolic dysfunction).

**MEDICATION NAMES:** Bisoprolol, Carvedilol, Metoprolol, Atenolol, Labetalol and Propranolol

**Angiotensin II Receptor Blockers (ARBs)**

An ARB is a vasodilator that dilates (widens) the blood vessels and increases blood flow. They improve the amount of blood the heart pumps and may also decrease blood pressure.

- ARBs prevent harmful substances such as angiotensin II from their normal actions in the blood vessels and organs (including the heart).
- ARBs decrease certain chemicals that cause salt and fluid build-up.
- They are prescribed when people can’t tolerate an ACE inhibitor like in diastolic heart failure (when the heart contracts normally but the left ventricle does not relax properly so less blood enters the heart).
- ARBs are used for patients with mild or moderate heart failure.

**MEDICATION NAMES:** Candesartan, Irbesartan, Losartan, Telmisartan and Valsartan

Medications for your specific heart condition are critical to managing symptoms and prolonging quality of life. Don’t stop taking your medication, even if you feel it’s not working. Your heart failure symptoms may not improve right away. However, long-term use of prescribed medications help manage chronic heart failure and reduce the risk that your condition will become worse. Ask your doctor how to take your medication correctly and consistently.
Investing In the Vitality of our Medicare Information & Vitality Center

**CLAIREMONT**

Medicare Information & Vitality Center
Pomona Valley Health Center Building
1601 Monte Vista, Suite 275, Claremont

Tuesday, June 7 @ 10 am **BEE BRAINY**: *Wii Summer Olympics Opening Ceremony*

Wednesday, June 8 @ 10 am
**Scams & Identity Theft**

Thursday, June 9 @ 1 pm
**BEE BRAINY**: *Afternoon Movie – The Notebook*

Thursday, June 16 @ 10 am **BEE BRAINY**: *Smart Phones (Apple Products only)*

**AZUSA**

Medicare Information & Vitality Center
Valleymade Park, 5525 N. Lark Ellen Ave, Azusa

Tuesday, June 14 @ 12:30 pm
**Cognitive Brain Games**

Friday, July 22 @ 10 am **Smartphones**

Tuesday, August 9 @ 12:30 pm **Brain Diets**

**CHINO**

Medicare Information & Vitality Center
Superior Grocery Store (inside) 12375 Central Ave

Thursday, June 9 @ 1 pm **Reflexology**

Thursday, June 30 @ 11 am **Simplify Your Life**

Tuesday, July 26 @ 2 pm **Social Media Overview**

RSVPs a must to all Classes & Events @ 800-251-8191, ext. 625 or forhealthandliving.com
Members and the Community

**BANNING**

Medicare Information & Vitality Center  
Sun Lakes Village Center (Suite 10-J)  
300 S. Highland Springs Ave

- **Monday, June 6 @ 10 am**  
  Wii Summer Olympics
- **Wednesday, June 8 @ 11 am**  
  BEE BRAINY: Morning Movie – Still Alice
- **Tuesday, June 14 @ 10 am**  
  Diabetes Class
- **Wednesday, June 22 @ 2 pm**  
  Gardening in Small Spaces
- **Friday, June 24 @ 1 pm**  
  Summer Kick-Off Ice Cream Social
- **Tuesday, July 12 @ 10 am**  
  Cancer Prevention
- **Thursday, July 21 @ 2 pm**  
  Caring & Pruning Roses
- **Thursday, July 22 @ 10 am**  
  BEE BRAINY: Cognitive Brain Games
- **Tuesday, July 26 @ 1 pm**  
  Wii Summer Olympics: Swimming
- **Tuesday, August 16 @ 10 am**  
  Solutions to Better Sleep
- **Thursday, August 18 @ 2 pm**  
  Fairy Gardening

**CLAREMONT CONTINUED**

- **Tuesday, July 19 @ 10 am**  
  BEE BRAINY: Armchair Travel to the Philippines
- **Wednesday, July 20 @ 10 am**  
  BEE BRAINY: Cognitive Brain Games
- **Wednesday, August 3 @ 10 am**  
  Shingles & Other Vaccines
- **Tuesday, August 16 @ 10 am**  
  BEE BRAINY: Facebook 101
- **Wednesday, August 17 @ 1 pm**  
  BEE BRAINY: Armchair Travel to Graceland
- **Wednesday, August 17 @ 5:30 pm**  
  BEE BRAINY: Facebook for iPhone & iPad (only)
- **Friday, August 26 @ 10 am**  
  BEE BRAINY: Wii Summer Olympics Closing Ceremony

Class Information may change be sure to check when you RSVP.
Investing In the Vitality of our

HEMET

Medicare Information & Vitality Center
Stater Brothers Shopping Center
214 E. Stetson Ave (at State St), Hemet

Tuesday, June 14 @ 10 am Wills & Trusts: with Attorney Ron Doty

Wednesday, June 22 @ 10 am
Gardening in Small Places

Wednesday, June 29 @ 10 am Understanding Memory & How to Have a Healthy Brain

Tuesday, July 12 @ 10 am Social Media

Thursday, July 21 @ 10 am
Master Gardener Series: Roses

Friday, July 22 @ 1 pm
BEE BRAINY: Cognitive Brain Games

Thursday, August 18 @ 10 am
Master Gardener Series: Fairy Gardening

Monday, August 29 @ 10 am
Armchair Travel: The Rock & Roll Museum

Wednesday, August 31 @ 1 pm
Senior Living Housing Options for 55+

PALM SPRINGS

Medicare Information & Vitality Center
Plaza at Sunrise, 555 South Sunrise Way, Ste 105

Fridays, June 3, 10, 17, 24, July 1, 8, 15, 29,
August 5, 12, 19, & 26 @ 10 am

Meditative Yoga

Mondays, June 6, 13, July 11, 18, August 8 & 15 @ 1:30 pm
Smartphone and Tablet Class

Tuesdays, June 7, July 5 & August 2 @ 1 pm
Storyteller’s Writing Workshop

Thursdays, June 9 & July 14 @ 1 pm
Water Color Painting Class

RANCHO CUCAMONGA

Medicare Information & Vitality Center
James L Brulte Senior Center @ Central Park
11200 Base Line Rd, Rancho Cucamonga

Wednesday, June 22 @ 2:30 pm
Summer Kick-Off with Root Beer Floats

Wednesday, July 20 @ 2:30 pm
Social Media Overview

RSVPs a must to all Classes & Events @ 800-251-8191, ext. 625 or forhealthandliving.com
Members and the Community

RIVERSIDE

Medicare Information & Vitality Center
Lincoln Plaza Shopping Center
2995 Van Buren Blvd, Suite A-13, Riverside

Tuesday, June 7 @ 2 pm  Wii Summer Olympics
Friday, June 17 @ 10 am  Small Spaces Gardening
Tuesday, June 21 @ 1 pm  BEE BRAINY: Afternoon Movie – Still Alice
Thursday, June 23 @ 2 pm  Water, Water Everywhere
Friday, July 8 & 29 @ 10 am  Tai Chi
Tuesday, July 12 @ 11 am  Simplify Your Life
Tuesday, July 19 @ 10 am  Caring & Pruning Roses
Wednesday, July 20 @ 1 pm  BEE BRAINY: Cognitive Brain Games
Tuesday, July 26 @ 10 am  Wii Summer Olympics: Swimming
Thursday, July 28 @ 2 pm  Probiotics
Wednesday, August 17 @ 10 am  Fairy Gardening
Wednesday, August 24 @ 10 am  Reflexology
Thursday, August 25 @ 2 pm  Vegetarian & Vegan Diets

VICTORVILLE

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

Friday, June 3 @ 10 am  BEE BRAINY: Wii Summer Olympics
Wednesday, June 8 @ 10 am  BEE BRAINY: Brain Foods
Thursday, June 9 @ 10 am  BEE BRAINY: Smart Phones & iPads (Apple Products only)
Wednesday, June 15 @ 10 am  BEE BRAINY: Habits of an Effective Brain
Thursday, June 23 @ 10 am  BEE BRAINY: Social Media Overview
Wednesday, June 29 @ 10 am  Humane Society Pet Safety

Wednesday, July 5 @ 1 pm  4th of July Bunco & Ice Cream
Thursday, July 7 @ 10 am  BEE BRAINY: Wii Summer Olympics

BEE BRAINY: What Makes Us Tick?
Thursday, July 21 @ 1 pm
BEE BRAINY BABEL: Learn a New Language
Tuesday, July 26 @ 10 am  BEE BRAINY: Armchair Travel to the Philippines
Tuesday, August 9 @ 10 am  BEE BRAINY: Memories to Memoirs
Tuesday, August 23 @ 10 am  BEE BRAINY: Social Media Overview
Thursday, August 25 @ 10 am  BEE BRAINY: Facebook for iPhone & iPad (only)
Friday, August 26 @ 2 pm  BEE BRAINY: Wii Summer Olympics Closing Ceremony

Class Information may change be sure to check when you RSVP.
Investing in the Vitality of our members & the community

COMMUNITY WIDE EVENTS

YOU’RE INVITED TO THE FOURTH ANNUAL
Women’s
CHANGING,
AGING,
Roles

Change Your Story,
Change Your Life

Saturday, June 25, 9 am to 12 pm
University of La Verne, 1950 3rd St, La Verne
Abraham Campus Center (3rd floor)

Speakers and spirited discussion, Gift bags,
Door prizes, refreshments and more
FREE no obligation — seating is limited call
and reserve your space today.
800-251-8191 x 625 or TTY/TDD 800-505-7150

Save these Dates:

SATURDAY
September 24 at 1 pm
EIGHTH ANNUAL
SENIOR
TALENT SHOWCASE

Victor Valley College
18422 Bear Valley Rd, Victorville
Auditions on Thursday, September 8
@ 1 pm, Victor Valley College
For applications or more information
call Marcie Lerner x 626 or contact her
by email at mlerner@ivhp.com.

Saturday, July 30 @ 9:30 am
BRAIN CONFERENCE
Brulte Senior Center, Rancho Cucamonga

Friday, September 16
SENIOR DANCE
Tukwet Canyon, Beaumont
For more information about these two
events, please call 800-251-8191, x 240

Local Couples Renew Wedding Vows

On Thursday, February 11, 2016, Inter Valley Health Plan
hosted a reception for 13 couples who said “I do” all over
again. The couples had been married from a range of 20
to 67 years and totaled 590 years all together.
WIN A HUMMING BIRD FEEDER

With warm weather comes a desire to be outside enjoying the birds and flowers. Inter Valley is offering three lucky members a chance to win a hummingbird feeder. Hummingbirds make wonderful garden “pets” because they are easy to feed and don’t require a litter box or a sitter when you are away from home.

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 Monday, July 18, 2016.

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

1. Heart Failure (HF) is not just a _________ episode — it is an ________________ condition that gets ________ over time. Having HF means your _________ isn’t ______________ blood as well as it should.

2. An ACE ______________ helps manage “systolic heart failure.” Systolic ______________ means that the heart muscle doesn’t ______________ with enough __________ so that the amount of oxygen-rich blood pumped throughout the body is ______________ (not enough to function properly).

3. A beta-blocker ______________________ improves the heart’s ability to ______________, decreases the ________________ of harmful substances produced by the body in ______________ to heart failure, and ________ the heart rate. Over time, a beta-blocker may ______________ the heart’s ______________ ability.

4. An ARB is a type of ________________ that dilates (widens) the blood vessels to ______________ the amount of blood the heart pumps. An ARB ______________ the blood flow, which will ______________ the amount of work the heart has to do and may also ______________ your blood pressure.


* By entering this contest, you give Inter Valley Health Plan permission to publish your name and city in this magazine, should you win.
INTER VALLEY HEALTH PLAN’S
COMPANY OBSERVED HOLIDAYS

Our offices will be closed:
Independence Day............................. Friday, July 4
Labor Day ........................................ Monday, September 5

Do you like being a member of Inter Valley Health Plan? Tell a friend!

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 our 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
300 South Park Avenue
PO Box 6002
Pomona CA 91769-6002

Health/Wellness/Prevention
Information
Address Service Requested

INTER VALLEY HEALTH PLAN
For health. Not for profit.

Like us on facebook.

Inter Valley Health Plan is a not-for-profit HMO with a Medicare contract. Enrollment in Inter Valley Health Plan depends on contract renewal.

This publication is printed with soy based ink.