

# Free Health Education & Community Resources

March 2021

## *Cancer Support*

### **Women's Cancer Care Support Group**

**Thursday, March 11<sup>th</sup>**

2:30- 3:30p.m. | Virtual Class

This is a special group for **women** at any stage of the cancer experience and meets via Zoom on the **second Thursday of the month**. This group provides educational information, supportive discussion, and addresses vital cancer issues and concerns. For additional information and to register for an upcoming Zoom session, **please call Sonia Olivera, MSW, LCSW at (714) 378-7146**. A Zoom link will be emailed to registered guests at least a couple hours before the Zoom session.

### **Cancer Care Support Group**

**Thursday, March 25<sup>th</sup>**

2:30- 3:30p.m. | Virtual Class

This is a special group for individuals at any stage of the cancer experience and meets via Zoom on the **fourth Thursday of the month**. This group provides educational information, supportive discussion and addresses vital cancer issues and concerns. For additional information and to register for an upcoming Zoom session, **please call Sonia Olivera, MSW, LCSW at (714) 378-7146**. A Zoom link will be emailed to registered guests at least a couple hours before the Zoom session.

## *Chronic Lung Disease*

### **Better Breather's Club**

Better Breathers Clubs are welcoming support groups for individuals with chronic lung disease and their caregivers. Learn better ways to cope with conditions such as COPD, pulmonary fibrosis, and asthma while getting the support of others in similar situations. Led by a trained facilitator, adult support groups give you the tools you need to live the best quality of life you can.

#### ➤ **Long Beach Medical Center**

**4<sup>th</sup> Tuesday of every month** 12:00 - 1:00 p.m. | Virtual Class

Please use the [online form](#) to communicate your interest in joining the Better Breathers Club - Long Beach, CA.

**For more information**

Contact our Quality Assurance Department at  
[mcselectquality@memorialcare.org](mailto:mcselectquality@memorialcare.org)

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## *Diabetes*

### **Virtual Diabetes Support Group**

**Monday, March 8<sup>th</sup>**

6:00 p.m. – 7:30 p.m. | Virtual Class

Join the Diabetes Program at Long Beach Medical Center for a support group for adults with Type 1 and Type 2 diabetes, as well as individuals using insulin pumps. The support group is free, and significant others are welcome to attend. Sessions will be held via Zoom. Call (562) 933-5043 for more information and to register. Zoom link will be provided after RSVP. **Click link to RSVP**  
<https://www.memorialcare.org/events/virtual-diabetes-support-group>

## *Healthy Aging*

### **Parkinson's Wellness Program- Introductory**

**Thursday, March 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> 25<sup>th</sup>**

3:00 p.m. | Virtual Class

The [MemorialCare Rehabilitation Institute at Long Beach Medical Center](#) offers a virtual Parkinson's Wellness Program for people who are having difficulty moving, speaking and thinking due to Parkinson's Disease or Parkinson's-like symptoms. This virtual class includes a screening to determine eligibility. Caregivers are encouraged to attend and assist loved ones as needed. This program is assisted by a community grant from the Parkinson's Foundation. Visit the link below to join and use the meeting ID when prompted. Call (562) 933-9283 for questions.  
Zoom Link: [zoom.us/j/3207674854](https://zoom.us/j/3207674854) | Meeting ID: 320 767 4854

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## *Healthy Living*

### **Save Lives Through Colorectal Screening**

**Tuesday, March 16<sup>th</sup>**

5:00 p.m. | Virtual Class

Please join MemorialCare Medical Group Gastroenterologist, Ashkan Farhadi, M.D., F.A.C.P., and Orange Coast Medical Center Oncology Nurse Navigator, Robin Philips, RN, M.S.N., B.S.N., P.H.N., for a session about how colorectal screenings can detect colorectal disease during its earliest stages. After the presentation, FREE Fecal Immunochemical Test (FIT) kits will be mailed to registered attendees who request a FIT kit for at-home testing. Limited quantity available. For this offered Zoom session, registration is required and registered attendees will receive a class link a couple hours prior to scheduled class time. **Click link to RSVP**

<https://www.memorialcare.org/events/save-lives-through-colorectal-screening>

### **March Into Better Nutrition**

**Thursday, March 18<sup>th</sup>**

3:00 p.m. | Virtual Class

March is National Nutrition month and a great opportunity to start your spring by learning about the latest updates in nutrition for seniors! Join **Angela Whitaker, M.D.**, an internal medicine physician with Edinger Medical Group for this interactive discussion. Registration is required, and registered participants will receive a Zoom link at least two hours prior to start of the presentation. Email [phambelton@memorialcare.org](mailto:phambelton@memorialcare.org) or call (714) 378-5531 instructor for more information. **Click link to sign up** <https://www.memorialcare.org/events/march-better-nutrition>

## *Mental Health*

### **Love, Blessings, & Miracles Amidst a Pandemic**

**Wednesday, March 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>**

10:00 - 11:30 a.m. | Virtual Class

Join Erin Sommerville, mind body oncology coach, MemorialCare Todd Cancer Institute, Long Beach Medical Center, to learn how to experience calm, joy and empowerment during these challenging times. The program is free and open to anyone. Please be aware that your microphone will already be muted when you join the meeting – please keep it on mute unless you are sharing. For questions, call (562) 933-9520. **Click link to RSVP**

<https://www.memorialcare.org/events/love-blessings-miracles-amidst-pandemic>

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## *Women's Health*

### **Breastfeeding Basics**

**Wednesday, March 24<sup>th</sup>**

6:00p.m. | Virtual Class

Achieve the confidence you need to make breastfeeding a satisfying experience for you and your baby. This class covers the basics: positioning, feeding techniques and corrective actions for breastfeeding problems. Dads, coaches and/or a support person are encouraged to attend. Registration required.

Click link to RSVP <https://www.memorialcare.org/events/breastfeeding-basics-saddleback-virtual-class>

## *COVID-19 Resources*

[MemorialCare Select Health Member Guide to COVID-19](#)

### **Testing Sites**

Visit our main page, [www.MCSHP.org](http://www.MCSHP.org), for more information about each resource.

### **Orange County**

[COVID-19 Testing information](#)

[Testing resources in Orange County](#)

### **Los Angeles County**

[COVID-19 Information & Free testing locations](#)

Questions regarding results, click [here](#).

### **Long Beach**

[COVID-19 Testing information](#)

[Free testing locations in Long Beach](#)

# Free virtual health education classes

Anthem health educators can help you improve your health.

## March

Monday	Tuesday	Wed	Thursday	Friday	Sat
1	2	3	4	5	6
8	9	10 <a href="#">Healthy Eating; General Nutrition</a> 3:00PM	11 <a href="#">Comiendo Saludable; Nutrición General</a> 3:00PM	12	13
15	16	17 <a href="#">Children's Nutrition</a> 3:00PM	18 <a href="#">Nutrición Para Niños</a> 3:00PM	19	20
22	23	24 <a href="#">Nutrition for Chronic Illness</a> 3:00PM	25 <a href="#">Nutrición de Enfermedades Crónicas</a> 3:00PM	26	27



### How to register:

1. Click registration links in the calendar.

Contact (559)331-4360 for any questions or for help with registration.

Classes are open to Anthem members and the community.

Anthem members can receive a special benefit. You can call Customer Care Center at 1-800-407-4627 for a free one-on-one session with a health educator.



<Do you need help with your health care, talking with us or reading what we send you? We provide our materials in other languages and formats, including Braille, large print and audio at no cost to you. Call us toll-free at 1-888-285-7801 (TTY 711) (Los Angeles County); 1-800-407-4627 (TTY 1-888-757-6034) (Medi-Cal).

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Proporcionamos nuestros materiales en otros idiomas y formatos, incluyendo Braille, letras grandes y audio sin costo para usted. Llámenos a la línea gratuita al 1-888-285-7801 (TTY 711) (Los Angeles County); 1-800-407-4627 (TTY 1-888-757-6034) (Medi-Cal).

您在醫療保健、向我們諮詢、或是閱讀我們寄給您的資料時有需要任何的幫助嗎？我們以其他語言和格式提供我們的資料，包括點字、大型字體印刷和音訊格式，您無需支付任何費用。請撥打免費電話1-888-285-7801 (TTY 711) (Los Angeles County); 1-800-407-4627 (TTY 1-888-757-6034) (Medi-Cal)。>

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