

Free Health Education & Community Resources

May 2021

Cancer Support

Women's Cancer Care Support Group

Tuesday, May 11th, 25th

6:00p.m.- 7:00p.m. | Virtual Class

Our Women's Cancer Support Group is open to all women with a history or current diagnosis of any type of cancer. All or a portion of each meeting will include a sharing and support segment. Guest speakers will be invited to present current and relevant topics for the group. To receive Zoom meeting details, please contact **Helena McLain** at hmclain@memorial.org or (949) 525-6651.

Cancer Care Support Group

Thursday, May 27nd

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**

4th 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.

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Diabetes

Virtual Diabetes Support Group

Monday, May 10th

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 you sign up.

Click link to sign up <https://www.memorialcare.org/events/virtual-diabetes-support-group>

Healthy Aging

Arthritis Pain Do's and Don'ts

Thursday, May 6th

4:00 p.m. – 5:30 p.m. | Virtual Class

Please join physical therapist, Branden Owen, P.T., D.P.T., as he discusses what to do and what to avoid to stay ahead of your pain. For this offered Zoom session, registration is required and registered attendees will receive a class link a couple hours prior to scheduled class time. **To join** click on link. <https://www.memorialcare.org/events/arthritis-pain-dos-and-donts>

Tests You Should Take

Tuesday, May 11th

4:00 p.m. – 5:30 p.m. | Zoom Virtual Class

Preventive Services – Which Ones? How Often? How Do They Help?

SCAN Health Plan® is committed to finding and investing in ways to keep seniors healthy and independent. One way we accomplish this is through free, educational events. Our seminar programs offer valuable information for successful aging. Join us at a SCAN educational event.

<https://www.memorialcare.org/events/tests-you-should-take-0>

Meeting ID: 975 0474 8660

Meeting Passcode: SCAN

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Healthy Living

Mother's Day Cooking Demo

Tuesday, May 4th

1:30 p.m. | Zoom Virtual Class

Learn a fun new healthy meal idea for Mother's Day with Chef Pablo!

Instructor Name: Jose Juarez (714.640.7158)

Instructor Email: jjuarez2@memorialcare.org

Meeting ID: 989 8017 3558

Passcode: 280505

Click link to join <https://www.memorialcare.org/events/virtual-mothers-day-cooking-demo>

The ABC's of Emotions

Wednesday, May 5th

6:00 p.m. – 7:00 p.m. | Zoom Virtual Class

This lecture will touch on how emotions work, how to manage them, how to handle interpersonal conflict, achieve goals, protect your life and health, and feel the way you want to feel. It is open to anyone in the community. To sign up call (562) 933-7815 or email rsnyder@memorialcare.org or sgarrison@memorialcare.org

<https://www.memorialcare.org/events/abcs-emotions>

High Blood Pressure

High Blood Pressure

Visit our website for ways that may help you lower your blood pressure.

<https://www.memorialcaresselecthealthplan.org/high-blood-pressure>

Mental Health

Love, Blessings, & Miracles Amidst a Pandemic

Wednesday, May 5th, 12th, 19th, 26th

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 sign up**

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

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Bereavement Support Group

Wednesday, May 5th, 19th

3:00 p.m. - 4:00 p.m. | Virtual

This support group provides a safe environment to help individuals who are grieving due to the loss of a loved one. You will have the opportunity to discuss and share feelings and emotions surrounding your loss, explore healthy coping strategies and self-care, and receive support from others. For additional information and assistance, please contact Sarah Wu, M.S.W., L.C.S.W., at (714) 378-7146.

SilverCloud

An online educational and therapeutic program to help manage anxiety, depression, stress, and trouble sleeping. Click link for more information.

<https://www.memorialcare.org/services/mental-health/silvercloud>

Women's Health

Breastfeeding Basics

Wednesday, May 12th

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. **To sign up** call (800) 636-6742 or click link

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

COVID-19 Resources

May 2021

COVID-19 Resources

Visit our main page, www.MCSHP.org, for COVID-19 updates. Click on the links below for additional information about each resource.

- MyTurn.ca.gov - Know when it is your turn to take the vaccine
- [Commonly Asked Questions](#)

Testing and Vaccination Sites

Orange County

[COVID-19 Testing information](#)

[Testing resources in Orange County](#)

[Vaccine Distribution Sites](#)

Los Angeles County

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

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

[Vaccination Appointments](#)

Long Beach

[COVID-19 Testing information](#)

[Free testing locations in Long Beach](#)

[Where to Get Vaccinated](#)

Free virtual health education classes

Anthem health educators can help you improve your health.

May

Monday	Tuesday	Wed	Thursday	Friday	Sat
3	4	5	6	7	8
10	11	12 Coping with Stress during COVID-19 3:00PM	13 Enfrentando el estrés durante el COVID-19 3:00PM	14	15
17	18	19 Mental Health: General 3:00PM	20 Salud mental: general 3:00PM	21	22
24	25	26 Asthma and Allergies 3:00PM	27 El asma y las alergias 3:00PM	28	29



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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