

## Bazzeni Wellness Center ha creado servicios específicamente para la comunidad Latina habla Español para personas de tercer edad (50+).

Centro de Salud ofrece membresía gratuita y los servicios y recursos que recibirán les ayudara a empoderarlos con información necesaria para disfrutar una buena salud.

Ofrecemos actividades sociales, uno de los favoritos, siendo la celebración de cumpleaños mensualmente. También se ofrece talleres educativos que son unas grandes herramientas necesarias para mantener buena salud y brinda felicidad u usted y su Familia.

También, se ofrecerá información de cómo evitar fraude, transporte público, viviendas y mucho más recursos que le ayudaran a usted y a su familia. Es importante y nuestra responsabilidad como personas de tercera edad que nos

empoderanos a saber los recursos que existen para disfrutar la vida.

Mensualmente, Bazzeni Wellness Center ofrece viajes a casinos, museos, parques históricos, bibliotecas y varios lugares que ofrecen oportunidad de socializar.

Bazzeni Wellness Center ofrece dos niveles de membresía.

Centro de Salud los invita a que venga a conocernos en nuestra oficina. Que comparta su opinión que otros servicios sean sociales o educativos le gustaría que se ofreciera. Recuerde **¡ESTAMOS AQUÍ PARA AYUDARLE A TOMAR CONTROL DE SU SALUD! Para más información por favor de llamar: Maria E. Becerra 562-491-9820 o 562-822-0984.**



## Acérquese para aprender cómo manejar, usted mismo, la diabetes

### Beneficios de la educación:

- Mejorar el control de la glucemia (azúcar en la sangre)
- Mejorar el AIC (análisis del nivel de azúcar en la sangre)
- Mejorar la calidad de vida Reducir el riesgo de complicaciones
- Pérdida de peso
- Incorporar cambios de comportamiento y estilo de vida para mejorar la calidad de vida
- Ayudar a los pacientes para que se ayuden a si mismos.

El Programa de Educación sobre el Manejo de la Diabetes de St. Mary es el único programa en Long Beach reconocido por la American Diabetes Association (ADA).

1050 Linden Avenue  
Long Beach, CA 90813

RETURN SERVICE REQUESTED

July 2016

To Enroll Call  
**1-888-4ST-MARY**  
1-888-478-6279

**Bazzeni Wellness Center**  
1027 Linden Avenue, Long Beach  
Hours: Monday - Friday  
9:00 a.m. - 4:30 p.m.  
Closed 12:00 a.m. - 1:00 p.m. daily  
Office Line: 562-491-9811

**If you would like to receive this newsletter directly at home, please contact the Bazzeni Wellness Center at 562.491.9811.**

**Si le gustaria recibir este folleto directamente en su casa, por favor comunicarse al 562.491.9820.**

**Medicare 101**  
Monday, August 15, 2016  
10:00AM-11:00AM



Choices..Choices..Choices.. You've got Choices! Please join us for one of our Medicare 101 presentations this Open Enrollment to hear about your health plans new 2016 benefits! Every year during the Medicare Annual Enrollment Period (AEP) you have the opportunity to review the 2015 benefits offered by your current health plan. During this time, even if you are happy with your plans 2015 benefits it is wise to research other health plan benefits to see if you can help lower your costs for the upcoming year. To register, please call 888-478-6279.

**Medicare 101**  
Wednesday, July 18, 2016  
10:00AM-11:00AM



Turning 65? Consider your Medicare options. Learn more about your options in finding a health plan that meets your needs. To register, please call 888-478-6279.

**Healthier Living Workshop**  
Thursdays, July 14 - August 18, 2016  
10AM-12:30PM

If you suffer from diabetes, arthritis, depression, heart disease or any other chronic condition that affects your life, a Healthier Living Workshop can help YOU take better control of your health and your life. To register, please call 888-478-6279.

## Birthday Celebration

Every month the Wellness Center will be hosting a birthday celebration for people. If your birthday is coming up, you will receive an invitation in the mail to attend. For more information about this event, please call 562-491-9187.



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Long Beach, CA  
Permit No. 260

# The Wellness Navigator

## Bazzeni Wellness Center



July 2016

Clases en Español en pagina 4

### STAFF

Kit G. Katz  
*Community Benefits Director*

Annissa Jaramillo  
*Senior Care Coordinator*

Sister Celeste Trahan, CCVI  
*VP Mission Integration*

Todd Goodall  
*VP Business Development*

### VOLUNTEERS

Rusty Aitkins  
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Florence St. Peter

### ADVISORY COMMITTEE

Timothy Bojczko  
Genevieve Brill-Murphy  
Theresa Brunella  
Neal Bychek  
Steve Colman  
Rita Ellner  
Meena Meka, MD  
Patrick Nebo  
Florence St. Peter

## Stepping On

Fridays, June 24 - August 5 10AM-12:30PM

Join this 7 week workshop where you'll learn exercises and strategies to help prevent falling. It can help you continue to live independently in your own home. Topics covered: Simple and fun balance and strength training, the role vision plays in keeping your balance, what to look for in safe footwear and more! To register, please call 888-478-6279!



All classes are held in the St. Mary Health Enhancement Center, 1055 Linden Avenue, unless otherwise noted. For recommended reservations or information, please call 1-800-4STMARY (1-888-478-6279). ALL CLASSES ARE SUBJECT TO AVAILABLE SEATING - CLASSES ARE OPEN UNTIL FULL! Free self-parking with a gold Bazzeni Wellness Center membership card. Look for us on the web at [www.stmarymedicalcenter.com](http://www.stmarymedicalcenter.com)



## The Aging Eye

Thursday, July 7, 2016  
9AM-10:30AM

Board Certified ophthalmologist Dr. Nimesh Pathak will be giving an exciting presentation about the impact of aging on your eyes. The presentation will be followed by an informative question and answer session. To register please call 888-478-6279



## AARP Smart Driver Course

4 Hour Class: Tuesday, July 12  
8 Hour Class: Tuesday, August 9  
& Thursday, August 11  
9AM-1PM  
(\$20 per person, \$15 for AARP members)



Taught by an instructor from AARP the 1-day or 2-day Smart Driver program is held monthly at St. Mary Medical Center. First time participant must take the 8 hour class (2 day/4-hr per day); you may take the 1-day refresher class only if you have previously taken the 8-hr course within the last 3 years.

RESERVATION: Please make check payable to AARP (\$20 per person, \$15 for AARP members-please write your AARP number on the note line of your check) and mail to: St. Mary Bazzeni Wellness Center, 1050 Linden Avenue, Long Beach, CA 90813 Attn: Annissa Jaramillo For more information please call 562-491-9187.



## Advanced Planning Seminar

Thursday, July 21, 2016  
9:00AM-11:00AM



What is the cost of a funeral and how to protect from price increases? Would I save money by choosing Creamtion? What is the planning process? These are some of the questions you may have regarding funeral planning. Come learn from a Forest Lawn Representative about your options today. To register call 888-478-6279..



## Senior Fit

Monday, Wednesday & Friday  
9:30AM-10:30AM  
(\$20 Blue Members/Non Members  
\$18 Gold members)

What better time to get in shape than NOW? Come to the Senior Fit exercise class. We will be holding a NO OBLIGATION PREVIEW day on July 1st for anyone who would like to "test" the class. Senior Fit is a low impact aerobics class for all fitness levels. If you would like more information please call 562-491-9811.

## Bazzeni Wellness Center Membership, reservation, and payment REQUIRED for trip participation.

For reservation, please mail separate check for each trip, payable to Bazzeni Wellness Center, Attn: Annissa Jaramillo, 1050 Linden Avenue, Long Beach, CA 90813. For additional information, please call 562-491-9187.

\*An additional \$25.00 fee per person, per trip will be charged for those under 50, or not a Bazzeni Wellness Center Member.

**REFUND POLICY:** Must receive written request either by email at Annissa.Jaramillo@dignityhealth.org or dropped off in person at St. Mary Bazzeni Wellness Center 14 days PRIOR (30 days if an overnight trip) to event date. If request is received after, you will forfeit payment. No exceptions. All trips subject to change!

## 4th of July at the Hollywood Bowl

Monday, July 4, 2016 3:30PM-11:30PM  
\$120 per person

Spend a star-spangled Fourth of July at the Hollywood Bowl. Once again, John Murceri will conduct the Hollywood Bowl orchestra in a spectacular salute to our country during this year's "America the Beautiful" concert! You'll have great reserved seats for the evening's celebration. Enjoy a specially prepared box lunch and bring your own bottle of wine to enjoy under the display of fireworks. Special Guest Chicago will be the celebrity voice of the year.



## Solvang Summer Getaway

Wednesday, August 31, 2016 8:00AM-7:00PM  
\$69 per person

Spend the day in beautiful Solvang! Like a page from a Hans Christen Andersen fairy tale, this picture perfect village fetures dozens of import shops and boutiques. You will also cist Santa Barbara City College's nationally recognized Culinary school where you're invited for a taste of their training program. You'll take a seat in the gourmet dining room as these future chefs show off their newfound skills by preparing you a gourmet luncheon. Don't delay and sign up today!.



## Yosemite National Park Spectacular

Monday, September 19 - Wednesday, September 21, 2016  
7:30AM-6:00PM  
\$360 per person double occupancy  
\$485 per person single occupancy

See nature's splendor at its best! You will spend your nights at Black Oak Casino Resort, where you will receive 2 breakfast vouchers, \$10.00 in slot play and an additional \$5.00 food voucher. The next day you will have a full day to experience Yosemite Valley which is surrounded by cascading waterfalls, granite faced peaks and lush meandering meadows. You will enjoy lunch at the Majestic Yosemite Hotel and afterward tour the Valley Floor. And there's no better time to visit since this year marks 125 years since the park as established as a National Park. On the way home you will also make a stop at Bravo Farms where you will have plenty of time to shop and grab lunch on your own. Come join us for this memorable trip!



## GRATIS - Exámenes Clínicos del seno, Mamografías y Pruebas Papanicolaou

Ofrecemos exámenes clínicos del seno y mamografías para mujeres de 40 años de edad y mayores que califican.\*

Ofrecemos pruebas Papanicolaou y exámenes clínicos del seno para mujeres de 25 años de edad y mayores que califican.\*

\*Las mujeres que reúnen los requisitos no deben de tener seguro médico o tener seguro médico con cobertura limitada. Es posible que algunos pacientes con seguro médico privado reúnan los requisitos. Residencia legal no es un requisito para calificar para este programa.

Horario: De lunes a viernes de 8:00am a 4:30pm. Aceptamos Medi-Cal, Medicare y la mayoría de los principales planes de seguros.

## Annuncio de Covered California

St. Mary Medical Center es una Certified Enrollment Entity (Entidad Certificada de Inscripción) a través de Covered California. Nuestros asesores certificados de inscripción están disponibles para ayudarlos a inscribirse para Covered California o Medi-Cal. Por favor de llamar a 562-491-4843.



## Celebramos

Cada mes Bazzeni Wellness Center celebra el cumple años de miembros de Bazzeni Wellness Center!

El mes de su cumpleaños recibirá una invitación por correo para celebrar su día!