Community Health Programs

APRIL, MAY, JUNE 2019 COMMUNITY HEALTH PROGRAMS

UCLA Health offers community programs and events to help our neighbors lead healthier lives through wellness education. Go to connect.uclahealth.org/calendar for more information.

AGING

Healthy Aging and Longevity (In Spanish)
Mirella Diaz-Santos, PhD, UCLA psychologist, will discuss the impact of nutrition, exercise, sleep and medication management on your health, brain and daily functioning.
When: Monday, May 13 / 6:30 – 8 pm
Where: Pico Branch Library, 2201 Pico Bl, Santa Monica
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Sleepless in Calabasas
Susie Fong, MD, UCLA sleep medicine physician, will discuss what every senior needs to know to help with sleep in your silver years.
When: Friday, May 31 / 10 – 11:30 am
Where: Calabasas Senior Ctr, 300 Civic Ctr Way
Info: 818-224-1777 or apm.activecommunities.com/cityofcalabasasrec

Mind-Body Therapies for Mental Health & Aging
Helen Lavretsky, MD, MS, UCLA psychiatrist, will review mind-body therapies to help treat mood and cognitive disorders in aging patients.
When: Tuesday, Jun 4 / 1:30 – 3 pm
Where: WISE & Healthy Aging, 1527 4th St, Santa Monica
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Allergies in Seniors
Samantha Swain, MD, UCLA allergy and immunology medicine physician, will discuss strategies for seniors to help with allergies.
When: Wednesday, Jun 5 / 3 – 4 pm
Where: Calabasas Senior Ctr, 300 Civic Ctr Way
Info: 818-224-1777 or apm.activecommunities.com/cityofcalabasasrec

Day of Remembrance
Celebrate the memory of loved ones who were members of the Geriatric practice or the Alzheimer’s and Dementia Care program by sharing stories and photos with staff and attendees.
When: Thursday, Jun 13 / 4 – 6 pm
Where: UCLA Medical Center, Santa Monica, 1250 16th St, 15th St Garden
RSVP: MichelleTnguyen@mednet.ucla.edu or 310-825-8253

CANCER

East-West Culinary Medicine and Cancer
Felicia Yu, MD, UCLA internist, will discuss digestible nutrition tips for healthy individuals, cancer patients, cancer survivors and those caring for loved ones with cancer.
When: Thursday, Apr 25 / 3 – 4:30 pm
Where: Santa Monica Family YMCA, 1332 6th St
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Chemo Brain
Kathleen Van Dyk, PhD, UCLA neuropsychologist, will discuss cognitive problems associated with cancer treatment, also known as chemo brain.
When: Friday, Apr 26 / 1 – 2:30 pm
Where: Cancer Support Community Redondo Beach, 109 W Torrance Bl, #100
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Palliative Medicine and the Power of Language and Story
Sunita Puri, MD, USC Keck palliative care, and author of That Good Night: Life and Medicine in the Eleventh Hour (Viking/Penguin), discusses palliative medicine as treatment for patients seeking quality of life during their cancer journey.
When: Tuesday, May 14 / 7 – 9 pm
Where: Ronald Reagan Medical Ctr, 757 Westwood Plaza, B130
Info: 310-794-6644

Multiple Myeloma: Options for Treatment and Research
Sarah Larson, MD, UCLA oncologist, will discuss multiple myeloma disease, current available treatments and exciting new research clinical trials involving immunotherapy.
When: Friday, May 17 / Noon – 1:30 pm
Where: Cancer Support Community Los Angeles, 1990 S Bundy Dr, Ste 100
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Hydration and Cancer
Howard Murad, MD, FAAD, UCLA dermatologist, and Carolyn Katzin, MS, CNS, UCLA oncology specialist, discuss the nutritional value of high water content foods and the role of hydration during treatment for cancer.
When: Tuesday, Jun 11 / 7 – 9 pm
Where: Ronald Reagan Medical Ctr, 757 Westwood Plaza, B130 RRMC
Info: 310-794-6644

Immunotherapy and Cancer
Dr. Bartosz Chmieleowski, UCLA hematologist and oncologist, discusses immunotherapy as an important modality in cancer treatment.
When: Tuesday, Jul 9 / 7 – 9 pm
Where: Ronald Reagan Medical Ctr, 757 Westwood Plaza, B130 RRMC
Info: 310-794-6644

DEMENTIA

Middle-Aged Dementia Groups
Memory Care is a weekly, three-hour program for middle-aged dementia patients (age 65 and younger) and their loved ones. It teaches memory techniques and strategies to lower stress and stimulate the mind and the body and offers support for people with memory challenges and their caregivers.
When: Thursdays / 1 – 4 pm
Where: UCLA Longevity Ctr, 10945 Le Conte Av
Contact: 310-794-0680

Coping with Dementia
This is a four-week (1.5 hours per session) program for patients recently diagnosed with mild dementia, Alzheimer’s disease or other memory disorders and a family member or other care partner. Covered by Medicare and other insurances.
Info: 310-794-6314 or cyniguez@mednet.ucla.edu

SUPPORT GROUPS
UCLA Health and its community partners offer support groups to inform and help patients, families and caregivers coping with a variety of diagnoses. For more information, visit: uclahealth.org/support-groups
**DIABETES**

**Living with Type 2 Diabetes**
This ADA-certified self-care class will help you gain important skills, knowledge and confidence to successfully manage your diabetes. A physician referral is required. Covered by most medical insurance policies.

- **Info:** 310-794-1299 or diabeteseducation@mednet.ucla.edu
- **Santa Monica**
  - **When:** Mondays, Apr 8 & 22, May 6 & 20, June 10 & 24 / 8:30 am – 5 pm
  - **Where:** 2020 Santa Monica Blvd, 2nd Fl Conf Rm
- **Porter Ranch**
  - **When:** Mondays, Apr 15 & Jun 17 / 8 am – 5 pm
  - **Where:** 19950 Rinaldi St, Ste 300

**Basic Diabetes Nutrition Group Class**
This two-hour ADA-certified class will teach you how different foods affect your blood sugar and how to plan healthy meals. A physician referral is required. Covered by most medical insurance policies.

- **Info:** 310-794-1299 or diabeteseducation@mednet.ucla.edu
- **Santa Monica**
  - **When:** Tuesdays, Apr 9, May 14, June 11 / 9 – 11 am
  - **Where:** 2020 Santa Monica Blvd, 2nd Fl Conf Rm
- **Redondo Beach**
  - **When:** Thursdays, Apr 18, May 16, Jun 20 / 3 – 5 pm
  - **Where:** 514 N Prospect Ave, Ste 103

**Learning to Manage Gestational Diabetes**
This ADA-certified self-care class will help you successfully manage your diabetes. A physician referral is required. Covered by most medical insurance policies.

- **Info:** 310-794-1299 or diabeteseducation@mednet.ucla.edu
- **Santa Monica**
  - **When:** Thursdays, Apr through Jun (time may vary by date)
  - **Where:** 2020 Santa Monica Bl, 2nd Fl Conf Rm
- **Torrance**
  - **When:** Fridays, Apr through Jun / 3 – 5 pm
  - **Where:** 3445 East Pacific Coast Hwy, Ste 100

**Integrative Medicine Class**
This class will teach patients integrative approaches to manage diabetes, including gentle yoga, mindfulness, guidance on the judicious use of supplements and nutrition counseling.

- **Info:** 310-794-1299 or diabeteseducation@mednet.ucla.edu
- **When:** Tuesdays, Apr through Jun / 10 am – Noon
  - **Where:** 2020 Santa Monica Blvd, 2nd Fl Conf Rm

**Diabetes Overview**
Trinidad Solis, MD, MPH, UCLA family medicine physician, will give an overview of diabetes. She will focus on prevention and treatment strategies.

- **When:** Thursday, May 30 / Noon – 1:30 pm
  - **Where:** Santa Monica Family YMCA, 1332 6th St
  - **RSVP:** uclahealth.org/50PlusSeminar or 800-516-5323

**GASTROINTESTINAL**

**GERD: What to Know About Acid Reflux**
Lisa Lin, MD, UCLA gastroenterologist, will discuss the symptoms of acid reflux, how to test for it and treatments to relieve the disorder.

- **When:** Thursday, May 23 / 2 – 3:30 pm
  - **Where:** Belmont Village, 10475 Wilshire Bl
  - **RSVP:** uclahealth.org/50PlusSeminar or 800-516-5323

**GENETICS**

**Home DNA Testing: The Good, The Bad and The Ugly**
Wayne Grody, MD, PhD, UCLA pathologist and molecular geneticist, will discuss home DNA tests, what to know about the test results and the importance of partnering with experts to interpret the results.

- **When:** Saturday, Jun 22 / 10:30 am – Noon
  - **Where:** UCLA Medical Center, Santa Monica, 1250 16th St, Conf Rm 3
  - **RSVP:** uclahealth.org/50PlusSeminar or 800-516-5323

**KIDNEY DISEASE**

**Kidney Smart Classes**
This two-hour class provides information on kidney function, kidney disease and managing a diet that promotes healthy kidneys.

- **When:** Thursdays, Apr 11 & 25, May 30 and Jun 27 / 2 – 4 pm
  - **Where:** UCLA Medical Ctr, Santa Monica, 1250 16 St, Conf Center
  - **Info & RSVP:** 888-695-4363 or kidneysmart.org

**MEMORY CARE**

**Memory Training Course (Quarterly)**
This innovative, four-week educational program teaches people with mild memory concerns (not dementia) how to develop good memory habits and techniques to improve their memory.

- **When:** Two hours per week, once a week.
  - **Call for next session dates.
  - **Where:** Locations vary
  - **Info & Cost:** 310-794-0680 or sgoldfarb@mednet.ucla.edu

**Brain Booster**
Brain Booster will provide information on healthy aging research and exercises to enhance overall cognitive function. Limited seating available. Sessions are 90 minutes.

- **Where:** UCLA campus
  - **Info & Cost:** Sherrie Goldfarb at 310-794-0680 or sgoldfarb@mednet.ucla.edu

**MEMORY CARE (CONTINUED)**

**Brain Boot Camp** (Ongoing)
This intensive course teaches healthy lifestyle tips to enhance memory ability for people with age-related memory concerns.

- **Where:** UCLA Longevity Center, 10945 Le Conte Av, Ste 3119
  - **Info:** 310-794-6314 or cyniguez@mednet.ucla.edu

**Mental Health and Memory**
Jennifer Logan, MD, UCLA family medicine physician, will give an overview of the causes and treatments of anxiety, depression and dementia and the way these diseases impact memory and recollection.

- **When:** Monday, Jun 17 / 2:30 – 4 pm
  - **Where:** Kehillat Israel, 16019 W Sunset Bl, Pacific Palisades
  - **RSVP:** uclahealth.org/50PlusSeminar or 800-516-5323

**MULTIPLE SCLEROSIS**

**REACH to Achieve Program** (Ongoing)
This weekly comprehensive wellness program includes fitness, yoga, cognitive stimulation, emotional well-being, recreation, nutrition and health education for those with MS. Sessions are led by a team of health and wellness professionals.

- **Where:** Marilyn Hilton MS Achievement Ctr, 1000 Veteran Av
  - **Info & Application:** 310-267-4071

**Exercise and MS**
This 12-week program will teach those with MS — who can easily walk a minimum of 25 feet with or without a cane or walker — how to use exercise to improve overall wellness and manage MS symptoms.

- **Where:** Marilyn Hilton MS Achievement Ctr, 1000 Veteran Av
  - **Info & Application:** 310-481-1107

**PLASTIC SURGERY**

**Facial Rejuvenation**
Andrew Vardanian, MD, UCLA plastic surgeon, will discuss the surgical and nonsurgical options for cosmetic and facial rejuvenation, including Botox, fillers and laser skin resurfacing.

- **When:** Thursday, Apr 18 / 6 – 7:30 pm
  - **Where:** 200 UCLA Medical Plaza, Ste 206
  - **RSVP:** plasticsurgery@mednet.ucla.edu

**Rhinoplasty**
Jason Roostaeian, MD, UCLA plastic surgeon, will discuss how rhinoplasty procedures can improve nasal airflow and aesthetic appearance of the face.

- **When:** Thursday, May 2 / 6 – 7:30 pm
  - **Where:** 200 UCLA Medical Plaza, Ste 206
  - **RSVP:** plasticsurgery@mednet.ucla.edu

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**VITAL SIGNS**
**SPRING 2019**
**VOL.82**

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PODIATRY (CONTINUED)

Ankle Arthritis and Ankle Replacement
Bob Baravarian, DPM, will discuss the latest advances in treating foot and ankle arthritis, including injection joint lubrication, arthroscopic cleanup, joint-preservation surgery, fusion surgery and ankle-replacement surgery.  
When: Tuesday, Jun 18 / 5:45 – 6:45 pm  
Where: 2121 Wilshire Bl, Santa Monica, Ste 101  
RSVP: 310-828-0011

radiology

Fibroids Update
Cheryl Hoffman, MD, UCLA interventional radiologist, will discuss new treatment options for fibroids, such as uterine fibroid embolization, which is performed through a small entry in the wrist.  
When: Tuesday, May 7 / 1 – 2:30 pm  
Where: OASIS Baldwin Hills, 4005 Crenshaw Bl, Macy’s 3rd Floor  
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

TREMORS

How to Shake the Shakes
UCLA movement-disorders specialists will discuss treatment options to cope with tremors, including medicines, surgery (deep-brain stimulation) and noninvasive therapies.  
When: Saturday, May 18 / 9 am registration, 9:30 am – Noon lectures and Q&A  
Where: French Hospital Medical Ctr, Copeland Health Education Bldg, 3rd Floor Auditorium, 1911 Johnson Ave, San Luis Obispo  
RSVP: 310-571-5741 or ucla.tremor@gmail.com

Volunteer Services

UCLA Health Volunteer Open House
Meet current volunteers and learn about UCLA Health volunteer opportunities. Valet parking and refreshments will be provided.  
When: Friday, May 10 / 10 – 11 am  
Where: Ronald Reagan UCLA Medical Ctr, 757 Westwood Bl, B Level, Room B124  
RSVP: 310-267-8180 or smolina@mednet.ucla.edu

Research and Trials

UCLA conducts research on a wide range of medical disorders. Go online to learn more information about opportunities to participate in research and clinical trials: uclahealth.org/clinical-trials

Featured Event

2019 Kidney Fair at the Beach!
Enjoy a fun and educational day at the beach with family, friends and four-legged friends. Meet health care experts at different stations to learn information about kidney disease, high blood pressure, diabetes, nutrition and more. Please join our spirit walk at the end in support of our patients with kidney disease.  
When: Sunday, May 5 / 11 am – 3 pm  
Where: Santa Monica Beach Park #1, Ocean Park Bl & Barnard Way  
RSVP: 310-954-2692

Breast Augmentation

Andrew Da Lio, MD, UCLA plastic surgeon, will discuss breast augmentation and the silicone, saline and cohesive gel implants currently on the market.  
When: Thursday, May 16 / 6 – 7:30 pm  
Where: 200 UCLA Medical Plaza, Ste 206  
RSVP: plasticsurgery@mednet.ucla.edu

Is It Time for a Lift?

Jaco Festekjian, MD, UCLA plastic surgeon, will discuss contemporary approaches to body contouring, such as neck lift, face lift and eyelid lift.  
When: Thursday, May 23 / 11 am – Noon  
Where: Calabasas Senior Ctr, 300 Civic Ctr Way  
Info: 818-224-1777 or apm.activecommunities.com/cityofcalabasasrec

Lunchtime Liposuction and Other In-Office Procedures

Andrew Vardanian, MD, UCLA plastic surgeon, will discuss the latest in office procedures for body contouring and facial rejuvenation, including lunchtime liposuction, chemical peels, laser skin resurfacing, Botox and dermal fillers.  
When: Thursday, Jun 13 / 6 – 7:30 pm  
Where: 200 UCLA Medical Plaza, Ste 206  
RSVP: plasticsurgery@mednet.ucla.edu

Bunions and Bunion Surgery

Bob Baravarian, DPM, will discuss bunions and the latest surgical and nonsurgical treatments.  
When: Tuesday, Apr 16 / 5:45 – 6:45 pm  
(Date subject to change)  
Where: 2121 Wilshire Bl, Santa Monica, Ste 101  
RSVP: 310-828-0011

Heel and Ankle Pain

Gary Briskin, DPM, will discuss common causes of heel and ankle pain, as well as surgical and nonsurgical therapies.  
When: Tuesday, May 21 / 5:45 – 6:45 pm  
Where: 2121 Wilshire Bl, Santa Monica, Ste 101  
RSVP: 310-828-0011

Heart Healthy Diet

Amir Rabbani, MD, UCLA cardiologist, will discuss the latest research on heart healthy diets — what to eat to prevent heart disease and if you have heart problems, what to eat to maximize your health and well-being.  
When: Wednesday, May 8 / 10:30 am – Noon  
Where: Hawthorne Public Library, 12700 Grevillea Av  
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Exercise Recommendations for Adults

Timothy Canan, MD, UCLA cardiologist, will review the new 2018 Physical Activity Guidelines on physical activity and exercise and discuss the physical and mental health benefits of maintaining an active lifestyle.  
When: Wednesday, May 22 / 6 – 7:30 pm  
Where: Camarillo Health Care District, 3639 E Las Posas Rd  
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Snoring: What Does It Mean?

Susie Fong, MD, UCLA sleep medicine specialist, will examine the causes of snoring, how it can interrupt our partner’s sleep, and how it can signal a medical condition such as obstructive sleep apnea.  
When: Tuesday, Jun 18 / 6:30 – 8 pm  
Where: Belmont Village, 10475 Wilshire Bl  
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Research and Trials

UCLA conducts research on a wide range of medical disorders. Go online to learn more information about opportunities to participate in research and clinical trials: uclahealth.org/clinical-trials

Webinars on Demand

If you missed one of our UCLA MDChat Webinars, visit our library at: uclahealth.org/uclamdchat
Stay Active and Independent for Life (SAIL)
Join the SAIL fitness and education program led by UCLA physical therapists, designed for healthy seniors. First-time participants must receive a physical therapy screening ahead of time.
When: Mondays and Thursdays / 10 – 11 am
Where: St. Monica Catholic Church, 725 California Av
Info & Enrollment: 424-259-7140 or visit UCLA Rehabilitation, 1131 Wilshire Bl, Ste 200, between 8 am and 5 pm for a screening.
Cost: $40 per month (unlimited participation)

Senior Scholars
The UCLA Longevity Center invites adults 50 years of age or older to audit undergraduate courses taught by UCLA’s distinguished professors.
When: Spring quarter session begins April 1
Where: Locations vary by UCLA campus.
Info: www.semel.ucla.edu/longevity/srscholars or srscholars@mednet.ucla.edu or 310-794-0679
Cost: $150 per course

Cardiovascular Update
Learn about prevention, symptoms and treatments of cardiovascular diseases as well as what lifestyle changes you can make to stay healthy.
When: Tuesday, Apr 16 / 2 – 3:30 pm
Where: Collins & Katz Family YMCA, 1466 S Westgate Av, West LA
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

New Recommendations for Aspirin
Boris Arbit, MD, UCLA cardiologist, will present the latest research on the role of aspirin, fish oil and vitamin D to prevent heart attacks and strokes.
When: Thursday, Apr 25 / 10 – 11:30 am
Where: ONEGeneration, 18255 Victory Bl, Reseda
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Total Joint Replacement & Recovery
Adam Sassoon, MD, UCLA orthopaedic surgeon, will discuss the indications, technical aspects and postoperative recovery for total hip replacements and partial/total knee replacements.
When: Thursday, May 2 / 7 – 8:30 pm
Where: UCLA Medical Ctr, Santa Monica, 1250 16th St, Auditorium
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Tech Help for U
UCLA undergraduate students offer free one-on-one coaching (30 – 45 minute sessions) to UCLA Health 50-Plus members about electronic devices. Bring your fully charged smartphone, tablet, laptop or e-reader to have your questions answered.
When: Saturdays, May 4 & Jun 1 / 9 am – Noon
Where: UCLA Medical Ctr, Santa Monica, 1250 16th St, Conf Rm 3
RSVP: 800-516-5323, by appointment

Exercise as You Age
Learn about the importance of exercise throughout life, the latest guidelines and recommendations for people over 50 and strategies to incorporate exercise into your life.
When: Tuesday, May 14 / 2 – 3:30 pm
Where: Collins & Katz Family YMCA, 1466 S Westgate Av, West LA
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Social Connections: Good for Your Health
Learn how social connections in your later years can improve your health and strategies to employ for you to stay socially connected.
When: Wednesday, May 15 / 2 – 3:30 pm
Where: UCLA Medical Center, Santa Monica, 1250 16th St, Conf Rm 3
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Aging, BPH and Cancer
Nicholas Donin, MD, UCLA urologist, will discuss the ABCs of prostate health in the aging male, covering diagnosis, evaluation and treatments for prostate problems.
When: Thursday, May 16 / 6 – 7:30 pm
Where: Santa Clarita Family YMCA, 26147 McBean Pkwy, Valencia
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Conservative Management of Osteoarthritis
Arielle Levy, DPT, UCLA physical therapist, will discuss the symptoms of osteoarthritis and review conservative options available for improving pain and disability.
When: Monday, May 20 / 1:30 – 3 pm
Where: WISE & Healthy Aging, 1527 4th St, Santa Monica
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Living a Brain Healthy Lifestyle
This presentation will discuss the latest research on what you can do to keep your brain healthy as you age and what are ways to reduce your risk of developing dementia.
When: Thursday, Jun 6 / Noon – 1:30 pm
Where: Hawthorne Public Library, 12700 Grevillea Av
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Thyroid Disorders Update
This presentation will give an overview of thyroid disorders, including symptoms, treatments and how to prevent thyroid problems.
When: Tuesday, Jun 11 / 2 – 3:30 pm
Where: Collins & Katz Family YMCA, 1466 S Westgate Av
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Understanding Medicare
Learn what Medicare covers, doesn’t cover and how to fill the gaps.
When: Wednesday, June 19 / 6:30 – 8 pm
Where: UCLA Medical Center, Santa Monica, 1250 16th St, Conf Rm 3
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Hearing Loss
Denise Nicholson, AuD, UCLA audiologist, will discuss different types of hearing loss, causes, treatment options and updates on current hearing aid technologies.
When: Friday, Jun 21 / 1 – 2:30 pm
Where: OASIS Baldwin Hills, 4005 Crenshaw Bl, Macy’s, 3rd Fl
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323