Community Health Programs

JULY/AUGUST/SEPTEMBER 2020 COMMUNITY CALENDAR EVENTS

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.

ADULT EDUCATION

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: Fall classes begin Oct 1
Where: Locations vary by UCLA campus
Info & Cost: www.semel.ucla.edu/longevity/srscholars or srscholars@mednet.ucla.edu or 310-794-0679

ADVANCE HEALTH CARE PLANNING

Advance Health Care Planning
Learn how to communicate your health care wishes to your family and friends, appoint someone as your surrogate decision maker, and review health care decision-making documents.

When: Tuesdays, Aug 11 & Sep 8 / 6 – 8 pm
Where: Online
Info & Cost: uclahealth.org/50PlusSeminar or 800-516-5323

ALZHEIMER’S DISEASE

Memory Care (ongoing)
Memory Care is a weekly, three-hour program for dementia patients 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: Tuesdays or Thursdays, 1 – 4 pm
Where: UCLA Longevity Center, 10945 Le Conte Ave
Info & Cost: 310-794-0676 or longevity@mednet.ucla.edu

CANCER

Breast Cancer Update
Due to advances in breast cancer diagnosis and treatment, patient outcomes have steadily improved. Evangelia Kirimis, MD, UCLA oncologist, will focus on the history of breast cancer treatment as well as how even patients with advanced disease can live well with chronic medical therapy.

When: Tuesday, Sep 8 / 6:30 – 8 pm
Where: Cancer Support Community Pasadena, 76 East Del Mar Bl, #215
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Colorectal Cancer Prevention
Gobind Sharma, MD, UCLA gastroenterologist, will give an overview on colorectal cancer, how and when to screen, screening options and simple steps one can take to prevent it.

When: Friday, Sep 18 / Noon – 1:30 pm
Where: Cancer Support Community – LA, 1990 S Bundy Dr, Ste 100
RSVP: connect.uclahealth.org/calendar or 800-516-5323

DIABETES

Diabetes Visits Via Telehealth
As an ADA-certified organization, our diabetes program will help you gain important skills, knowledge and confidence to successfully manage your diabetes. The UCLA Diabetes Education Team has now expanded services to include one-on-one visits via telehealth for type 1 and 2 diabetes, gestational and nutritional education. A physician referral is required. Covered by most medical insurance policies.

When: Please call for next available appointment
Where: Online/Telephone
RSVP: 310-794-1299/310.828.1050 or diabeteseducation@mednet.ucla.edu

KIDNEY HEALTH

UKEEP | CKD: What You Should Know
UCLA CORE Kidney Program presents Anjay Rastogi, MD, PhD, Professor of Medicine and Clinical Chief of Nephrology, who will speak on what you should know about chronic kidney disease (CKD). Please join us for this free interactive event to learn and ask questions. There will also be free blood-pressure tests and other educational resources available on-site.

When: Sunday, Aug 16 / 1 – 4 pm
Where: UCLA Medical Ctr, Santa Monica, 1250 16th St, Conf Ctr
RSVP: 800-516-5323

FEATURED EVENT

HOW MANY LIVES WILL U SAVE?
BE A HERO! DONATE BLOOD!
Donating blood is one of the most selfless and gracious gifts you could ever give anyone. Learn how you can save lives through blood and platelet donations. Dawn Ward, MD, and Thomas King, from the UCLA Blood and Platelet Center, will answer your questions, and you can become a hero!

When: Thursday, Sep 10 / 1:30 – 3 pm
Where: WISE & Healthy Aging, 1527 4th St, Santa Monica
RSVP: connect.uclahealth.org/calendar or 800-516-5323

FEATURED EVENT

HEALTHY LIVING WITH DIABETES
This half-day event includes a health fair, presentations on diabetes topics and breakout sessions for type 1 and type 2 diabetes.

When: Saturday, Sep 26 / 8:30 am – 12:30 pm
Where: UCLA Medical Center, Santa Monica, 1250 16th St, Conf Ctr
RSVP: 310-794-1299 or diabeteseducation@mednet.ucla.edu
MEMORY CARE

Memory Training Course (quarterly)
Memory Training is an innovative, four-week educational program for improving memory designed for people with mild memory concerns (not dementia). Participants will develop good memory habits and techniques to improve their memory.

When: Please call for next session date (two hours per week, once a week, for one month)
Where: Online
Info & Cost: 310-794-0676 or longevity@mednet.ucla.edu

Brain Booster (quarterly)
Brain Booster will provide information on healthy aging research and exercises to enhance overall cognitive function. Limited seating available.

When: Please call for next session date (90 minutes)
Where: Online
Info & Cost: 310-794-0676 or longevity@mednet.ucla.edu

Brain Boot Camp
This interactive educational program provides participants with lifestyle strategies and tools to keep their brains vital and healthy.

When: Classes held monthly
Where: Online
Info & Cost: Patricia Ramos at 310-794-6314 or pmramos@mednet.ucla.edu to watch the rest

ORTHOPAEDICS

Foot and Ankle Injuries
When is it more than “just a sprain”? Ajay Gurbani, MD, UCLA orthopaedic surgeon, will discuss common foot and ankle injuries, focusing on diagnosis and treatments.

When: Wednesday, Sep 23 / 6:30 – 8 pm
Where: Santa Monica Family YMCA, 1332 6th St
RSVP: connect.uclahealth.org/calendar or 800-516-5323

PODIATRY

Bunions and Bunion Surgery
Bob Baravarian, DPM, will discuss bunions and the latest surgical and nonsurgical treatments.

When: Tuesday, Jul 21 / 5:45 – 6:45 pm
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, Aug 18 / 5:45 – 6:45 pm
Where: 2121 Wilshire Bl, Santa Monica, Ste 101
RSVP: 310-828-0011

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, Sep 15 / 5:45 – 6:45 pm
Where: 2121 Wilshire Bl, Santa Monica, Ste 101
RSVP: 310-828-0011

THYROID

Thyroid Disease
James Wu, MD, UCLA endocrinologist, will discuss the anatomy and function of the thyroid, how thyroid blood tests are viewed, concerns about a thyroid nodule and when surgery is necessary.

When: Thursday, Aug 20 / Noon – 1:30 pm
Where: Santa Monica Family YMCA, 1332 6th St
RSVP: connect.uclahealth.org/calendar or 800-516-5323

WEIGHT MANAGEMENT

Weight: Beyond a Number
Elizabeth Ko, MD, UCLA internist, will answer the question — is there an ideal weight for me? She will explore concepts including body mass index and body composition, and review the optimal components of an exercise regimen.

When: Wednesday, Jul 29 / 1 – 2:30 pm
Where: WISE & Healthy Aging, 1527 4th St, Santa Monica
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Nutrition for Weight Management
Susan Ahern, MD, UCLA endocrinologist, will discuss different types of meal plans, how to develop an individualized nutrition plan, and current concepts in weight management nutrition.

When: Tuesday, Sep 22 / 6:30 – 8 pm
Where: Camarillo Health Care District, 3639 E Las Posas Rd
RSVP: connect.uclahealth.org/calendar 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, Sep 26 / 9 am – Noon (lectures and Q&A)
Where: teleconference session
RSVP: ucla.tremor@gmail.com
UCLA HEALTH 50 PLUS IS A FREE MEMBERSHIP PROGRAM that offers individuals age 50 and older access to educational lectures, exercise opportunities, information on community and health resources, a free community flu-shot clinic and special events. Call 800-516-5323 or go to uclahealth.org/50plus to sign up. To learn more about our 50 Plus program and events, subscribe to our Focus: 50 Plus e-newsletter by e-mailing us at fiftyplus@mednet.ucla.edu.

The Community Health Programs listed in Vital Signs was compiled during the Safer At Home policy throughout California. Before attending any program, please contact us to check if it is still happening as described, or if it is now virtual or rescheduled. Stay safe and take care.

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 / 9 – 10 am or 10 – 11 am
Where: St. Monica Catholic Church, 725 California Av
RSVP: 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)

Aging and Brain Diseases
Gal Bitan, PhD, UCLA neurology, will focus on aging, different types of dementia, Alzheimer’s disease, other aging-related neurodegenerative diseases, recent developments in research, how to prevent these diseases and what to do if a loved one has been diagnosed.
When: Tuesday, July 28 / 1 – 2:30 pm
Where: Oasis Baldwin Hills, 4005 Crenshaw Bl, inside Macy’s 3rd fl
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Skin Care for Women of Color
Sara Hogan, MD, UCLA dermatologist, will give an overview of dermatology and special considerations for ethnic skin, hair and nails.
When: Monday, Aug 17 / 1 – 2:30 pm
Where: Oasis Baldwin Hills, 4005 Crenshaw Bl, inside Macy’s 3rd fl
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Finding Humor in Mental Health
Ze’ev Korn, LCSW, UCLA psychotherapist, will explore ways to maintain, regain and keep your sense of humor to help your mental health.
When: Tuesday, Aug 25 / 1 – 2:30 pm
Where: Oasis Baldwin Hills, 4005 Crenshaw Bl, inside Macy’s 3rd fl
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Losing Balance? Falls? Don’t Fear!
As humans age, there is a decline in balance that contributes to falls. Fear of falling increases the decline in activity level and a loss of independence. Learn about balance, knock down the fear of falling, learn how to recover from a fall, and discover balance exercises to challenge yourself.
When: Wednesday, Aug 26 / 5 – 6:30 pm
Where: Collins & Katz Family YMCA, 1466 S Westgate Av, West Los Angeles
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Losing Well with Arthritis and Pain
This seminar will explore the importance of using holistic approaches to better manage maturing bodies, focusing on yoga, mindfulness, movement strategies and other conservative methods of pain management to live a life with more ease in our bodies and minds.
When: Thursday, Aug 27 / Noon – 1:30 pm
Where: Santa Monica Family YMCA, 1332 6th St
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Spirituality and Well-Being
Blake Arnall, MDiv, Manager of Spiritual Care at UCLA Medical Center, Santa Monica, will explore spiritual practices that support well-being, relaxation, health, and creating meaning and purpose in your life.
When: Wednesday, Sep 9 / 1:30 – 3 pm
Where: WISE & Healthy Aging, 1527 4th St
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Health Care Maintenance as U Age
Milica Simpson, MD, UCLA family medicine, will focus on screening exams, fall prevention and recommended supplements to maintain good health as you age.
When: Tuesday, Sep 15 / 11:30 am – 12:30 pm
Where: Malibu Senior Center, 23825 Stuart Ranch Rd
RSVP: connect.uclahealth.org/calendar or 800-516-5323
COVID-19 Clinical Trials

UCLA conducts research for a wide range of medical disorders and offers patients opportunities to participate in research and clinical trials. Below are some of our active clinical trials dedicated to the research and treatment of COVID-19.

COVID-19 Recovered Volunteer Research Participant Pool Registry
This is a prospective observational registry of COVID-19 recovered patients who are no longer symptomatic. This registry is intended to serve as a pool of individuals who can participate in studies associated with serological testing, characterization of immunity and immune response, vaccine development and convalescent plasma donors.

When: Thursday, Sep 17 / Noon – 1:30 pm
Where: UCLA Medical Center, Santa Monica, 1250 16th St, Conf Rm 3
RSVP: connect.uclahealth.org/calendar or 800-516-5323

A Study to Evaluate the Safety and Efficacy of Tocilizumab in Patients with Severe COVID-19 Pneumonia
This study will evaluate the efficacy, safety, pharmacodynamics and pharmacokinetics of tocilizumab (TCZ) compared with a matching placebo in combination with standard of care (SOC) in hospitalized patients with severe COVID-19 pneumonia.

Donation of Convalescent Plasma from Patients who have Recovered from COVID-19
This pilot study will: 1. Collect apheresis plasma from patients who have recovered from COVID-19, with >14 days without symptoms, and laboratory recovery established by subsequent negative SARS-CoV-2 PCR tests. As serological testing becomes available, donors and/or units will be tested for titers of anti-SARS-CoV-2 antibodies. 2. Provide apheresis plasma units collected above to support research efforts, such as the development of serologic tests and defining protocols for enrichment of neutralizing antibodies. 3. Provide apheresis plasma units collected above for treatment and/or post-exposure prophylaxis of COVID-19. For more information on this study, visit uclahealth.org/gotblood/covid-19-plasma-donation

Expanded Access to Convalescent Plasma for the Treatment of Patients with COVID-19
This expanded access program will provide access to investigational convalescent plasma for patients in acute care facilities infected with SARS-CoV-2 who have severe or life-threatening COVID-19, or who are judged by a health care provider to be at high risk of progression to severe or life-threatening disease.

Hydroxychloroquine for COVID-19 PEP
This is a clinical study for the prevention of SARS-CoV-2 infection in adults exposed to the virus. The study will enroll up to 2000 asymptomatic men and women 18 to 80 years of age (inclusive) who are close contacts of persons with laboratory confirmed SARS-CoV-2 or clinically suspected COVID-19. Eligible participants will be enrolled and randomized to receive the intervention or placebo at the level of the household (all eligible participants in one household will receive the same intervention).

To learn more about all of our clinical trials, visit uclahealth.org/clinical-trials. Explore our active research studies by drilling down to specific categories, such as treatments for hospitalized COVID-positive patients, treatments for nonhospitalized patients, studies for health care workers and first responders, among others.