Community Health Programs

JANUARY / FEBRUARY / MARCH 2022 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.

CARE PLANNING

Advance Care Planning
Advance care planning is a gift you give your loved ones who might otherwise struggle to make choices about your care in the event you are unable to. This session provides an introduction to care planning.
When: Tuesday, Jan. 4, 1:30 – 3 pm
Where: Teleconference session
Register: 310-394-9871 or shorturl.at/lHOTY

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. Dr. Neil Wenger leads the sessions, which center around filling out an advance directive to clarify decisions about end-of-life care.
When: Wednesdays, Jan. 26, 6 – 7:30 pm and Mar. 9, 6 – 7:30 pm
Where: Teleconference session
Info & Register: ACP@mednet.ucla.edu

COGNITIVE HEALTH

Senior Scholars
The UCLA Longevity Center invites adults age 50 and older to audit undergraduate courses taught by UCLA’s distinguished professors.
When: Spring quarter begins Mar. 23; applications begin Feb. 1
Info & Cost: semel.ucla.edu/longevity/senior-scholars-program-longevity-center or srscholars@mednet.ucla.edu or 310-794-0679

Memory Training Course (monthly)
Memory Training is an innovative, four-session 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.
Where: Teleconference session
Info & Cost: longevity@mednet.ucla.edu

Mindfulness Classes and Events (ongoing)
UCLA Mindful Awareness Research Center offers classes, workshops and events on mindfulness techniques and practices to reduce stress and promote well-being, including free meditation sessions.
When (meditation): Mondays and Thursdays, 12:30 pm
Where: Teleconference session
Info: uclahealth.org/marc

Brain Boot Camp (monthly)
This interactive educational program provides participants with lifestyle strategies and tools to keep their brains vital and healthy.
When: Teleconference session
Info & Cost: longevity@mednet.ucla.edu

Sharper Mind Series (monthly)
This series focuses on the formula for living better and longer, including physical activity, nutrition, stress, sleep and cognitive training.
When: Teleconference session
Info & Cost: longevity@mednet.ucla.edu

DIABETES

Diabetes and Seniors — the Latest News
Discussion of the treatment modalities for diabetes in the elderly.
When: Tuesday, Mar. 29, 1:30 – 3 pm
Where: Teleconference session
Register: 310-394-9871 or shorturl.at/lHOTY

KIDNEY DISEASE

Monthly Chat with Dr. Rastogi and the UCLA CORE Kidney Health Team
Professor and Clinical Chief of Nephrology, and Director of the CORE Kidney Health Program, Anjay Rastogi MD, PhD, and the CORE Kidney Health Team answer questions on a wide variety of topics related to kidney disease and high blood pressure, including prevention, diagnosis, management, dialysis, transplantation and kidney-friendly life choices. We will be joined by our Circle of CORE patient advocates and support group. You can ask questions during the event or send your questions in advance to COREKidney@mednet.ucla.edu.
When: Monday, Jan. 10, 5 – 6 pm
Tuesday, Feb. 1, 5 – 6 pm
Tuesday, Mar. 1, 5 – 6 pm
Where: Teleconference session
RSVP: tinyurl.com/rastogi-chat

Kidney Health Q and A
Dr. Ira Kurtz, Distinguished Professor and Chief of the Division of Nephrology at UCLA, hosts a monthly Q and A session on all aspects of kidney disease. Dr. Kurtz will answer questions on the various causes of acute and chronic kidney disease and medications that injure the kidneys among other kidney-related topics, including treatment options.
When: Thursdays, Jan. 13, Feb. 17 and Mar. 17, 7 – 7:45 pm
Where: Teleconference session
RSVP: lblum@mednet.ucla.edu

DIGESTIVE HEALTH

Constipation
Learn what can cause constipation, what can be done to treat constipation and simple steps you can take to prevent it from occurring.
When: Tuesday, Feb. 22, 1:30 – 3 pm
Where: Teleconference session
Register: 310-394-9871 or bit.ly/3Gp3sgr

Colonoscopy and Seniors
The risks and benefits of preventive health screenings in the elderly and why screening colonoscopy is recommended until age 75.
When: Tuesday, Mar. 15, 1:30 – 3 pm
Where: Teleconference session
Register: 310-394-9871 or shorturl.at/lHOTY

World Kidney Day
Patient conference to discuss recent advances in kidney health and kidney care at UCLA. Presented by Anjay Rastogi, MD, PhD, and the CORE Kidney Health Team.
When: Thursday, Mar. 10
Info & RSVP: COREKidney@mednet.ucla.edu
MULTIPLE SCLEROSIS

REACH to Achieve Program (ongoing)
This weekly wellness program focuses on fitness, memory, emotional well-being, recreation, nutrition and health education for individuals living with multiple sclerosis.
Where: Marilyn Hilton MS Achievement Center
Info & Application: 310-267-4071

Beyond Diagnosis
An evening program for those newly diagnosed with MS. Join MS professionals from the MS Achievement Center and the National MS Society in a conversation about the disease and wellness practices to help you live your best life with MS.
When: Wednesday, Jan. 12, 6:30 – 8 pm
Where: Teleconference session
Info & Application: 310-267-4071

CogniFitness
A four-week program for those with MS who are experiencing mild cognitive problems. Learn strategies to improve concentration, memory, organization, problem-solving and critical-thinking skills.
When: Saturdays in Feb.
Where: Teleconference session
Info & Application: 310-267-4071

Living Well
This 12-week program helps those newly diagnosed with MS better understand MS and develop fitness and lifestyle practices to manage symptoms and enhance well-being.
Where: Marilyn Hilton MS Achievement Center and teleconference sessions
Info & Application: 310-267-4071

Exercise and MS
Learn from an MS exercise specialist how to use exercise to improve your overall wellness and help manage your MS symptoms. This 12-week program is for those who can easily walk 25 feet without a cane or walker.
When: Saturdays, 10 am – noon
Where: Marilyn Hilton MS Achievement Center and teleconference sessions
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SLEEP HEALTH

Sleep and Seniors
What you can incorporate into your bedtime routine and other interventions to avoid another sleepless night.
When: Tuesday, Jan. 25, 1:30 – 3 pm
Where: Teleconference session
Register: 310-394-9871 or shorturl.at/ihoty

TECHNOLOGY

Tech Help 4 U Workshops
With telemedicine appointments and online access to electronic health records, healthcare is more technology-intensive than ever for patients. Student-run myUCLAhealth Ambassadors provides free virtual technology workshops to help participants become more familiar with various applications and features on their mobile devices and laptops. One-on-one sessions will be available during these workshops to help participants navigate any individual questions they may have.
RSVP: tinyurl.com/techworkshop2022

VOLUNTEERISM

Volunteer Open House
Please join us for a Virtual Volunteer Open House for UCLA Health. Learn about interesting and rewarding nonstudent volunteer opportunities at Ronald Reagan UCLA Medical Center.
When: Friday, Jan. 28, 2 – 3 pm
Where: Teleconference session
Register: Please contact Sandra Molina at smolina@mednet.ucla.edu or 310-267-8182 for Zoom information

The need for blood and plasma during the COVID-19 pandemic remains acute. Blood donation is a way for healthy people to make a significant contribution during this difficult time. The UCLA Blood & Platelet Center follows the precautions recommended by the American Association of Blood Banks to keep donors and staff safe. For more information and to schedule an appointment to donate, go to: uclahealth.org/gotblood