

# Community Health Newsletter 社區健康季刊

2018 - Q4 (October-December) | 2018年 - 第四季 (十月至十二月)

## Chinese Hospital 24th Annual Golf Tournament

### 第24屆東華醫院年度高爾夫慈善賽

By Lily Cun, Chinese Hospital Fund Development Manager 本文由東華醫院基金發展部經理 Lily Cun 提供



**SAVE THE DATE • Monday, October 8, 2018**

## Chinese Hospital 24th Annual Golf Tournament

### Olympic Club of San Francisco

(Site of the U.S. Open Championships)

[www.chinesehospital-sf.org](http://www.chinesehospital-sf.org)

Join us for the Chinese Hospital 24th Annual golf tournament on October 8, 2018. The event will be held the world famous Olympic Club. It features a day of golf on both the Lake and Ocean Courses, followed by a cocktail reception, auction and dinner. Proceeds benefit Chinese Hospital.

If interested in sponsoring this event, please contact the Office of Fund Development, at [donate@chasf.org](mailto:donate@chasf.org).

我們誠意邀請您參加2018年10月8日在世界著名的 Olympic Club 舉行的第24屆東華醫院年度高爾夫慈善賽。當日的節目包括在風景秀麗的海濱球道和湖濱球道上舉行的球賽、雞尾酒會、無聲拍賣會和晚宴。所籌得善款將用作支持東華醫院。

如欲贊助此活動，請電郵至 [donate@chasf.org](mailto:donate@chasf.org) 與基金發展部聯絡。





# Orthopedic Services at Chinese Hospital Support Health Clinic

## 東華醫院健康服務中心骨科專科服務

By Jiami Wu, MPH, Chinese Hospital Manager of Support Health and Wellness

此文由東華醫院健康及保健服務經理吳佳咪提供

Chinese Hospital Support Health Services now provides Orthopedic services. We accepted most health insurance plans, including CCHP, San Francisco Health Plan, San Mateo Health Plan, Blue Shield, Blue Cross, and Medicare and others. We have two orthopedic specialists: Dr. Eddie Lo and Dr. Gaurav Abbi.

Dr. Eddie Lo received his medical training at Columbia University and completed his orthopedic residency at UC Davis. After, he completed two years of fellowship training in Los Angeles and Dallas, specializing in sports medicine and shoulder surgery. Through 10 years of medical training and work experience, Dr. Lo has become an expert at treating all shoulder conditions and athletic hip injuries.



Dr. Lo has become an expert at treating all shoulder conditions and athletic hip injuries.

Dr. Gaurav Abbi attended UC San Diego for medical school. Then, he finished his orthopedic residency at UC Davis and completed two years fellowship in spine surgery at NYU-Hospital for Joint Disease. After, he worked at Santa Clara Valley Medical Center as the Chief of Spine surgery for four years. Through his training and work, Dr. Abbi has developed his skills in spine surgery, joint replacement, trauma/fracture care and sports.



If you are interested in learning more about orthopedic services at Chinese Hospital, or to make an appointment with us, please contact Chinese Hospital Support Health Services at 1-415-677-2370, or visit us at 845 Jackson Street Floor B1 (next to Emergency).

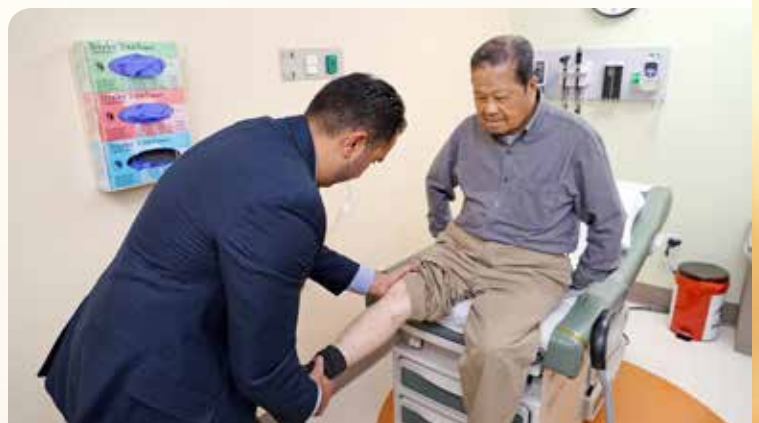


東華醫院華康醫務中心現在新增了骨科專科服務。我們接受大多數醫療保險，包括華人保健計劃（CCHP）、三藩市健康計劃、聖馬刁保健計劃、藍盾及藍十字，聯邦醫療健保以及其他保險。我們有兩位骨科醫生：羅友迪醫學博士和艾比高華醫學博士。

羅醫生在哥倫比亞大學接受了醫學培訓，並於 UC Davis 接受了註院骨科培訓。隨後羅醫生在洛杉磯和達拉斯完成了兩年的專業運動醫學及肩膀手術培訓。經過十年的醫學訓練和工作經驗，羅醫生已成為治療所有肩部狀況和運動性髖關節損傷的專科醫生。

艾比醫生在加州聖地亞哥大學讀醫學。然後，他在加州大學戴維斯分校完成骨科實習，並在紐約大學-聯合疾病醫院完成兩年的脊椎手術醫學。之後，他在聖克拉拉山谷醫學中心擔任了脊柱外科主任四年。通過他的訓練和工作，艾比醫生已經發展他的脊柱外科技術，關節置換，創傷/骨折護理和運動技能。

如果您想要了解更多關於東華醫院骨科的資訊，或者想要跟我們預約看診，歡迎您致電東華醫院健康服務中心 1-415-677-2370。我們的診所位於積臣街 845號，東華醫院新大樓地下一層（緊鄰急症部）。



## Helpful Glossary of Health Coverage and Medical Terms

### 保健計劃及醫療詞匯

**Pneumococcal Pneumonia Vaccine** are vaccines against the bacteria *Streptococcus pneumoniae*. Their use can prevent some cases of pneumonia, meningitis, and sepsis.

The CDC recommends pneumonia vaccination for all babies and children younger than age two, and all adults 65 years or older. Your doctor may also recommend a pneumonia vaccination if you have certain medical conditions or risk factors like smoking or asthma, but don't fall within these age groups.

There are two of these vaccines. If you're a healthy adult over 65, you'll need both. The timing and sequence of them depend on what vaccine you may have had before. Doctors recommend another dose 5 years after the first for people with long-lasting kidney failure or other conditions that weaken the immune

system. People who get their first pneumococcal shot before age 65 get a second dose after 65.

**肺炎球菌疫苗**是針對肺炎鏈球菌的疫苗以預防肺炎，腦膜炎和敗血症。

疾病預防控制中心（CDC）建議所有嬰兒和2歲以下兒童以及所有65歲或以上的成年人接種肺炎疫苗。如果您是2至64歲，但有某些疾病，吸煙，或哮喘等危險因素，您的醫生也可能建議您接種肺炎疫苗。

肺炎疫苗有兩種。如果你是65歲以上的健康成年人，你需要接種兩種肺炎球菌疫苗。接種時間和次序取決於您之前接種過的疫苗種類。對於患有長期腎功能衰竭或其他免疫系統較弱的病人，醫生建議在第一次接種後5年再接種一次。在65歲之前獲得第一次肺炎球菌注射的人在65歲後獲第二次接種。

## Cataract Surgery: Most Performed Surgical Procedures at Chinese Hospital 東華醫院最常施行的外科手術：白內障手術

By Ivy So, MBA, MAcc, BSN, RN, CNOR, Former Interim Director of Nursing, Chinese Hospital

此文由東華醫院前臨時護理總經理 Ivy So, MBA, MAcc, BSN, RN, CNOR 提供

Cataract is the leading cause of blindness in the US. It affects about one out of every six Americans age 40. By age 80, more than half of Americans have a cataract or have had cataract surgery.

A cataract is a clouding of the normally clear lens of the eye. Lifetime exposure to UV radiation is one of the risk factor for cataract. It may also occur after eye injury, exposure to toxic substances or radiation, or diseases.

Treatment is widely available and usually with good outcomes. It involves removing the cloudy lens and replacing it with an artificial intraocular lens (IOL) implant. In recent years, advances in the IOL has made it possible to correct astigmatism and presbyopia.

Cataract removal is one of the most commonly performed surgical procedures at Chinese Hospital. We treat over a thousand patients each year.

Chinese Hospital is committed to providing safe and high quality care to all patients. Our surgical suites have the latest technologies and a team of well-trained nurses, technicians and anesthesiologists.

Centers for Medicare and Medicaid has recently rated Chinese hospital 5 out of 5 Stars. We are considered one of the best among others in the Bay Area to have surgeries.

於美國，白內障是致盲的頭號殺手。每6名40歲以上的人當中便有1人患上白內障，及過半數80歲以上的人有患上白內障或曾經接受白內障手術。

白內障是指眼中的聚焦晶體變得渾濁。長期暴露於紫外線是患上白內障的危險因素之一。此外，眼睛受傷、接觸有毒物質或輻射、或疾病等亦會引致白內障。白內障手術非常普遍及成功率高。手術首先將白內障移除，再植入人工水晶體。近年新的人工晶體更可改善散光及老花。

白內障移除是東華醫院最常施行的外科手術之一，每年治療超過千名病人。

東華醫院致力為病人提供安全及優惠的服務。我們的手術室配備最先進的設施，並擁有經驗豐富的護士、技術員及麻醉師團隊。東華醫院最近榮獲聯邦保健及醫療輔助中心評為5星級醫院（滿分為5星），意味著東華醫院是灣區其中一間設有手術服務最好的醫院之一。



# Chinese Hospital Earns 5-Stars from CMS 東華醫院榮獲五星評分

By Chinese Hospital 此文由東華醫院提供



Chinese Hospital continues our march toward highest quality care mission. 2018 Hospital Compare Overall Hospital Quality Star Rating revealed that Chinese Hospital has earned 5 stars out of 5 in a Centers for Medicare & Medicaid (CMS) report comparing hospitals in the U.S.

Dr. Jian Zhang, CEO of the hospital, said in an interview with Sing Tao newspaper, "...this is the culmination of hard work by everyone at the hospital and organization — everyone did their very best to make sure our patient is our focus. I am so proud of everyone who made this possible. This is yet another validation of our focus on quality care. Our top focus and priority is how our patients and community is cared for. These results speak for themselves."

The Centers for Medicare & Medicaid Services (CMS) developed and implemented the Hospital Compare



Overall Hospital Quality Star Rating in response to consumer feedback. The addition of Overall Hospital Rating to Hospital Compare supports CMS's commitment to transparency and accessibility, as well as patient and family-centered care, by strengthening consumers' ability to make decisions about their healthcare needs.



東華醫院繼續以「為社區提供高質素的醫療服務」為目標向前邁進。東華醫院在美國聯邦醫療保險與醫療補助服務中心（CMS）7月份發表的「2018 年度醫院綜合質量星級評定標準（2018 Hospital Compare Overall Hospital Quality Star Rating）」中獲得5星評分（5 星為最高等級）。東華醫院行政總裁張建清博士接受星島日報訪問表示：「我們再次用行動證明我們對優質服務的堅持及重視。過去兩年，醫院不論在資源管理、財務管理，抑或一般營運上各個方面都作出特別的努力。不過，我們最優先及最關心的事情還是如何照顧我們的病人及社區，而事實亦證明了這一點。」張博士再補充：「這項殊榮是全體員工共同努力的成果，包括護士、醫生、接待員及清潔人員等等。我衷心感謝每一位克盡己職的員工，他們都秉持以病人為中心的信念為病人服務。」

CMS 制定醫院綜合質量星級評定標準是為了反映病人的意見。此評級加強消費者決定其醫療需求的能力，同時亦支持 CMS 對信息透明，無障礙、及以病人及家庭為中心的承諾。



# Digestive Health and Chinese Medicine 中醫與消化系統健康

By Emily Yuen, L.Ac, Chinese Hospital East West Health Services

本文由東華醫院中西醫學門診針灸師阮寶儀提供

Digestive health plays a huge part in our overall health. If we are not able to digest our food, we cannot fully absorb the benefits of the food we eat.

In Traditional Chinese Medicine, when we think of digestion we often think Spleen and Stomach. Spleen is responsible for producing part of our body's post-natal (after birth) Qi. Our Stomach breaks down the food we eat so that the Spleen can extract it and turn it into Qi.

Having strong Spleen and Stomach Qi is essential to healthy digestion. Here are a few tips we can incorporate to make sure they are in good shape.



Eat mindfully. With our busy schedules and culture of constant stimulation, we rarely just sit down and eat. Spleen controls the mouth so it is important to really chew our food to stimulate our Spleen. It is best to eat in a relaxed environment so our body knows it's time to rest and digest. Try to eat without working, reading or watching tv.

Avoid cold or raw foods in the morning and night-time. This is the time when our digestion is weakest and has the hardest time breaking down food. Cold and raw foods tend to be harder for our spleen and stomach to break down. Instead try to eat foods that are warm and soupy; they are easier to digest.

Stimulate Stomach 36. 足三里。This is located in the depression 4 finger widths below the lateral knee cap. It is a great acupuncture point to help with digestive issues. Daily stimulation helps with overall health.

This is a general guideline. Please see a Traditional Chinese Medicine practitioner to tailor a treatment plan to your health.

消化系統的健康，對於我們的健康非常重要。如果我們不能良好地消化我們的食物，我們無法完全吸取得食物之精華。

傳統中醫認為，脾和胃的功能是消化。脾負責製造我們身體一部分的氣。胃部消化我們所吃的食物，使脾能夠吸收並化之為氣。

擁有強健的脾胃之氣，對於我們消化系統的健康至關重要。以下是我們可以採用的一些脾胃保健小貼士：

專心吃飯。快節奏的生活伴隨著不間斷刺激的文化，我們幾乎沒有簡單坐下吃飯的時候。脾氣通於口，故此，細嚼慢嚥以刺激我們的脾，試著吃飯時不工作、不閱讀、不看電視是很重要的。最好是在輕鬆的環境下吃飯，這樣，我們的身體就知道是時候要休息並消化食物了。

避免早晚吃生冷食物。早上和晚上是我們消化系統最虛弱的时候，也是最難消化食物的時候。生冷食物對於我們的脾胃來說更加難以消化。反之，試著吃一些溫暖及湯類的食物；這些食物比較容易消化。

按摩足三里。足三里位於外膝眼下四橫指凹陷處。這是一個可以幫助改善消化問題的重要穴位。每天按摩有助於全身健康。

此文提供一般性的指引。約見執業中醫師，為您制定一項適合的治療計劃。

這篇文章是概括的指引。如有任何問題，請向您的主治醫生諮詢或致電 1-415-795-8100 或電郵 [www.chewhs.org](http://www.chewhs.org) 東華醫院中西醫學門診預約。



# Eat Well, Live Well Recipe - Chicken and Water Chestnut Stuffed Shiitake Mushrooms 健康美食 - 金菊翡翠拌馬蹄

Recipe Provided Courtesy of World Journal, Nutritional Information Provided by Chinese Hospital Diabetes Center Registered Dietitian 此食譜由世界日報提供，營養資料東華醫院糖尿病中心註冊營養師提供

## Ingredients: (Makes 4 servings)

16 pcs dried shiitake mushrooms  
4 pcs water chestnut, minced  
12 oz chicken, chopped  
12 oz broccoli

## Seasoning:

1 can of chicken broth  
1 tbsp salt  
½ tbsp sugar  
½ tbsp sesame oil  
2 eggs  
½ tbsp cornstarch

## Instructions:

1. Gently rinse dried shiitake mushrooms. Soak it in water until softened. Then boil it until done.
2. Finely mince chicken and water chestnut. Then add ½ tbsp salt to mix well.
3. Fill each mushroom with filling, steam it for about 7 minutes.
4. Cook egg batter to a thin sheet, shred. Form them into a chrysanthemum-shaped then place it next to the cooked mushrooms.
5. Blanch broccoli in boiling water. Place it next to the cooked mushrooms.
6. Boil chicken broth and add the remaining seasoning. Thicken the sauce with cornstarch.
7. Pour over mushrooms and broccoli. Serve.

## Nutrition information per serving:

Calories: 228 kcal  
Protein: 26.9 g  
Carbohydrates: 18.7 g  
Cholesterol: 154 mg  
Dietary Fiber: 3.9 g  
Sodium: 390 mg

## 每份材料含以下營養：

卡路里：228千卡  
蛋白質：26.9 克  
碳水化合物：18.7 克  
膽固醇：154 毫克  
食用纖維：3.9 克  
鈉（鹽）：390 毫克



## 材料：（4 人分量）

16 個冬菇  
4 個馬蹄  
12 安士雞肉（切碎）  
12 安士西蘭花

## 調味料:

1 罐雞湯  
1 茶匙鹽  
½ 茶匙糖  
½ 茶匙麻油  
2 顆雞蛋  
½ 茶匙生粉

## 做法:

1. 將冬菇用水浸軟再以水煮熟煮軟
2. 將雞肉剁爛，加鹽 ½ 茶匙攪拌至絞肉狀，再加入剁碎的馬蹄粒。
3. 釀入冬菇內做成馬蹄型狀，蒸約7分鐘至熟。
4. 將雞蛋打散，煎成蛋皮，並切絲捲成菊花型，拌在蒸熟的馬蹄型冬菇邊。
5. 將西蘭花用水燙熟，圍在盤邊。
6. 將雞湯煮滾，加入剩餘調味料並用生粉勾芡
7. 再淋在冬菇及西蘭花上。



## Everyday Exercise Routine - Knee to Chest Stretch

### 日常運動小貼士 - 胸膝伸展運動

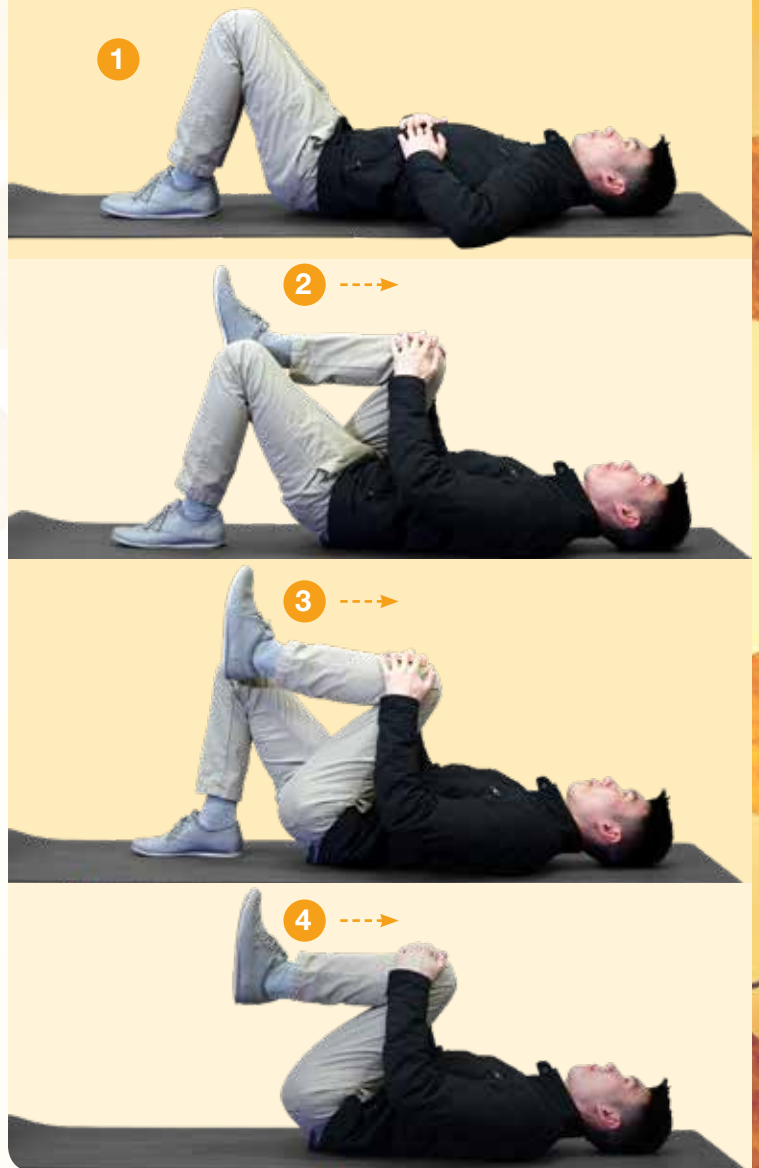
By Chinese Community Health Resource Center 以下資料由華人社區健康資源中心提供

Prolonged sitting and incorrect posture can cause lower back discomfort. Stretching increases flexibility, improves circulation, reduces stress on your spine, and may eliminate lower back pain.

- 1 Lie on your back, bend your knees together and keep your feet flat on the floor.
- 2 Use both hand to pull up one knee against your chest and hold for 10 seconds.
- 3 Go back to the starting position and repeat with the opposite leg.
- 4 Go back to the starting position and pull both knees against your chest.
- 5 Repeat each stretch 2-3 times.

長時間的坐著和不正確的坐姿會導致腰部不適。這運動增加脊柱靈活性，改善循環，減輕脊柱壓力，並可能消除腰痛。

- 1 首先平臥，背部靠在地上，雙膝彎曲，雙腳保持平放在地上。
- 2 用雙手將一邊的膝蓋起抱在胸前，並維持10秒。
- 3 回到開始時的姿勢，並以另外一邊膝蓋重複第二步的動作。
- 4 回到開始時的姿勢，並將雙膝起頂在胸前。
- 5 重複每個伸展動作 2-3 次。



# Bullying 預防欺凌

By Angela Sun, PhD, MPH at Chinese Community Health Resource Center

以下資料由華人社區健康資源中心孫潔博士提供

Bullying is a problem that affects our youths and can have lasting impact on their lives. When someone repeatedly harms another person either physically or emotionally due to an imbalance of power, this is bullying. Examples include physically or verbally attacking someone, spreading rumors, and purposely excluding someone from a group. Technology has also opened up a new venue for bullying through the internet, social media sites, and messaging, known as cyberbullying.

Young people who are socially isolated or have disabilities are at risk of being victims of bullying. They are more likely to skip classes and not do well in school; have health complaints; have increased mental health problems including depression and anxiety, which may continue into adulthood. It is important for the parents to help their child develop self-confidence and self-esteem.



To avoid being a target of bullying, teach your child to:

- Stand up for themselves
- Look the bully in the eye and say STOP when being bullied
- Not react to comments from bullies but simply walk away
- Stay with their peers and within sight of an adult
- Stay away from areas where bullies tend to attack

If your child or someone they know is a victim of bullying, advise him/her to:

- Report it to a parent, teacher, principal, counselor, coach or a trusted adult
- Report it to the internet service providers/social media sites, a trusted adult, or law enforcement (for cyberbullying)

- Call the National Suicide Prevention Lifeline for help at 1-800-273-TALK (8255), if the person feels hopeless and is thinking of suicide
- Call 911 if there is immediate harm

For more information:

[www.stopbullying.gov/what-is-bullying](http://www.stopbullying.gov/what-is-bullying)

[www.pacerkidsagainstabullying.org/#/home](http://www.pacerkidsagainstabullying.org/#/home)

欺凌的問題影響著很多青少年，並且對他們的身心發展有著很深的影響。欺凌就是當強勢者不斷地對弱勢者做出傷害他們身體或者心靈的行為。這些行為包括，肢體或言語上攻擊他人，散佈謠言和故意排斥他人等，都屬於欺凌。信息技術也給欺凌者開闢了新的渠道，通過互聯網，社交媒體網站和信息發送，也就是所謂的網絡欺凌。

一些與社會隔絕或殘障的青少年往往容易成為被欺凌的對象。被欺凌者通常會逃課，學業不好；出現身體不適；容易造成心理問題，包括壓抑和焦慮，也有可能會延續到成年後。

作為家長，應該多幫助孩子建立自信和自尊心。

教導你的孩子如何避免成為被欺凌的對象：

- 學會為自己站出來
- 在他們被欺負的時候，不要膽怯，對望欺凌者的眼睛，要他們停手
- 不要對欺凌者所發表的言論做出任何舉動，避開當沒看見
- 與同年紀的人在一起，並在成年人的視線範圍內
- 遠離欺凌者聚集的地方

如果你的孩子或他們所認識的人被欺凌，勸告他/她們：

- 告訴父母，老師，校長，輔導員，教練或者可信任的成人
- 向互聯網服務提供商報告，告訴可信任的成人或者相關執法部門（若是受網絡欺凌）
- 致電國家自殺預防熱線（National Suicide Prevention Lifeline）1-800-273-TALK（8255），若所認識的人感到絕望和有自殺傾向
- 在緊急情況下，立即打911

欲了解更多信息：

[www.stopbullying.gov/what-is-bullying](http://www.stopbullying.gov/what-is-bullying)

[www.pacerkidsagainstabullying.org/#/home](http://www.pacerkidsagainstabullying.org/#/home)



# Influenza Season: 2018-2019 流感季節到了

By Bonnie M. Holland, RN, CCHP Clinical Services Director

此文由華人保健計劃臨床醫療服務總監 Bonnie M. Holland, RN 提供



Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. The more people who get vaccinated, the more people will be protected from flu, especially older people, very young children, pregnant women and people with certain health conditions who are more vulnerable to serious flu complications.

## What's new this flu season?

- Only injectable flu shots are recommended this season.
- Flu vaccines have been updated to better match circulating viruses.
- Generic versions of the flu antiviral drug oseltamivir have become available.

What are everyday preventive actions?

- Try to avoid close contact with sick people.
- If you or your child gets sick with flu-like illness, CDC (Centers for Disease Control and Prevention) recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way

## When is the Flu Season?

Flu season is when flu viruses are most common during the fall and winter months. Influenza activity often begins to increase in October and can last as late as May.

Chinese Hospital & Clinics now have flu vaccinations available. Your doctor's office also should have plenty of vaccinations available starting September. So be sure to check with your provider about when to get vaccinated. Most are covered by health plans like CCHP as part of no cost preventive service.

For more information about seasonal flu:

[www.sfcdcp.com/flu](http://www.sfcdcp.com/flu)

接種流感疫苗是保護您和家人免受感冒困擾的首要及最好的方法。流感疫苗可以幫助減少感染流感和看醫生的次數，同時能減少人們因流感導致住院或不能上班和缺課的機會。接種疫苗的人越多，免受感冒困擾的人也越多，尤其是老年人，非常年幼的兒童，孕婦以及身體健康狀況較差的人更容易感染嚴重的流感併發症。

## 這個流感季節有什麼新事？

- 只注射本季推薦的流感疫苗。
- 流感疫苗已更新，以更好地對抗病毒。
- 抗流感病毒藥物oseltamivir的非商標藥物現已有售。

日常預防措施是什麼？

- 盡量避免與病人近距離接觸。
- 如果您或您的子女患有疑似流感疾病，CDC（美國疾病控制和預防中心）建議您（或您的子女）除了要出外就醫或其他必需的情況外，在發燒之後的至少24小時留在家中。不需要用退燒藥，也應該會自然退燒。
- 經常用肥皂和水洗手。如果沒有肥皂和水，請使用含酒精成份的免水洗手液。
- 避免用手觸摸眼睛，鼻子和嘴巴，以防止細菌傳播。

## 流感季節是哪時？

流感病毒最常見是在秋冬兩季出現。流感病毒活躍期通常在10月份開始，並可能持續到5月份。

東華醫院及診所現在有流感疫苗接種服務。從9月開始，您的醫生辦公室也應該有接種疫苗的服務。因此，請務必向醫生查詢有關接種疫苗的時間。大部分醫療保健公司都像華人保健計劃一樣提供接種疫苗服務作為免費的疾病預防服務。

參考資料:

[www.sfcdcp.com/flu](http://www.sfcdcp.com/flu)

## New Medicare ID Cards Are Coming!

### 新版聯邦醫療保險卡（紅藍卡）即將寄到府上！

Your new card will have a new Medicare Number that's unique to you, instead of your Social Security Number. This will help to protect your identity.

Centers for Medicare & Medicaid (CMS) is the U.S. government organization that administers matters relating to original Medicare programs. CMS has started to issue new Medicare ID cards so that your personal information is more secure. The new cards have started arriving at eligible homes since April 2018 and will continue through April 2019.

Some people may have already received it and some have not. This is okay as Medicare has given itself until April 2019 to complete this project. Here are a few things to you should be aware of:

#### 3 Things to Know

1. Your new card will automatically come to you. You don't need to do anything as long as your address is up to date. If you need to update your address, visit your My Social Security account.
2. Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
3. Your new Medicare Number is a unique combination of numbers and letters. Your new number uses numbers 0 thru 9. The letters S, L, O, I, B, and Z are never used.

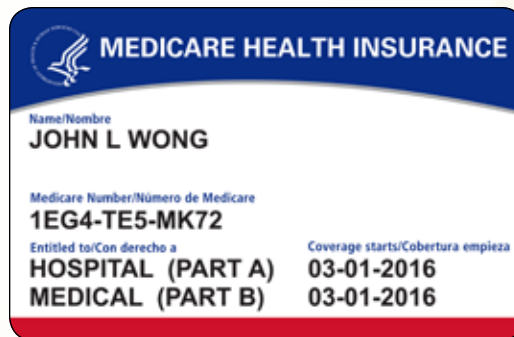
#### Watch Out for Scams

Medicare will never call you uninvited and ask you to give us personal or private information to get your new Medicare Number and card.

Scam artists may try to get personal information (like your current Medicare Number) by contacting you about your new card.

If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call 1-800-MEDICARE (1-800-633-4227).

For CCHP members, you can visit us in person or call us at 1-888-775-7888.



您的新卡將印上獨有的聯邦醫療保險號碼（Medicare Number），代替舊卡上的社會安全號碼（Social Security Number）；此舉將幫助保護您免受身份盜竊之害。

聯邦醫療保險與醫療補助服務中心（Centers for Medicare & Medicaid，簡稱 CMS）是主管原式聯邦醫療保險計劃相關事務的聯邦政府機構。CMS 已經開始發放新版聯邦醫療保險卡（Medicare ID cards，俗稱紅藍卡），以確保您的個人資料更加安全。自2018年4月開始，新卡已經開始寄到符合資格者的家中，並將陸續寄出直到2019年4月。

某些民眾可能已經收到新卡，某些民眾還沒有收到。這沒有問題，因為聯邦醫療保險已經規劃直到2019年4月才完成這一項目。以下是一些您應當注意的事項：

#### 三件要知道的事情

1. 您的新卡會自動寄給您。只要您的地址是最新地址，您無需做任何事情以取得新卡。如果您需要更新您的地址，請上網在您的 My Social Security 帳戶中作出更改。
2. 一旦您收到您的新版聯邦醫療保險卡（紅藍卡），請將舊卡銷毀並立即開始使用新卡。
3. 您的新聯邦醫療保險號碼（Medicare Number）是由獨特數字與英文字母組成。您的新號碼使用從0到9之中的數字。新號碼中沒有使用英文字母 S，L，O，I，B，及 Z。

#### 謹防騙術

聯邦醫療保險從來不會主動打電話給您並謊稱取得新聯邦醫療保險號碼或新卡需要將您的個人或私人資料提供給保健計劃。

騙徒可能試圖以您的新卡為由聯絡您以騙取您的個人資料（比如您現有的聯邦醫療保險號碼）。

如果有人打電話向您索取個人資料、金錢、或威脅說如果不給個人資料就取消醫療保險福利，請您直接掛斷電話，並致電 1-800-MEDICARE (1-800-633-4227)。

華人保健計劃（CCHP）會員可以親臨面談或致電 1-888-775-7888 與我們聯絡。



## Wellness Library Has Relocated Back to Chinese Hospital Lobby!

### 華人社區健康資源中心之保健資訊圖書室已遷回東華醫院大堂!

By Angela Sun, PhD, MPH at Chinese Community Health Resource Center

以下資料由華人社區健康資源中心孫潔博士提供

Community members are welcome to use our FREE services:

- Assist in obtaining referrals, resources and health educational information
- Health education books in Chinese on loan (I.D. required)
- Bilingual health education booklets and pamphlets
- Different health screenings each month
- Completion of Advance Directives (for CCHP members only)
- Basic training in computer, tablet computer, internet, email and smart phone use (for CCHP members only)

#### Hours:

Monday through Friday

10:00 a.m. to 12:00 p.m., 1:00 p.m. to 4:00 p.m.

Phone: 1-415- 677-2473

歡迎社區人士使用以下各項免費服務:

- 協助獲取合宜的服務，資源和健康資料
- 健康教育中文書籍免費出借（需出示身分證）
- 健康教育中英文小冊子和資料
- 每月不同健康測檢
- 協助填寫醫療照護事前指示（只為華人保健計劃會員提供）
- 教導基礎電腦，平板電腦，互聯網，電子郵件和智能手機基本應用（只為華人保健計劃會員提供）

#### 服務時間：

星期一至五

上午十時至中午十二時，下午一時至四時

查詢電話：1-415- 677-2473

## Importance of Pediatric Preventive Checkup 兒科預防疾病檢查的重要性

By Lyra Ng, MD, MPH, Chinese Hospital Gellert Health Services

此文由東華醫院華康醫務中心，伍韻琴醫學博士，公共衛生碩士提供

Summer is a wonderful time for kids to see their health providers. The American Academy of Pediatrics (AAP) says all school-aged kids need visits with their medical provider at least once a year. Since oral health is important for overall health, the AAP says children need to see the dentist twice a year for healthy mouth care.

Please do not wait for illness to happen before seeing the doctor or dentist. Preventing sickness is more prudent than getting sick by accidentally following unhealthy habits. For example, did you know children need 10-12 hours of sleep a day to grow? The usual reason for too little sleep during summer is cell phone or tablet use!! Limiting electronic use to less than 2 hours per day is healthier. Another reason for poor sleep is not enough physical activity! A person needs to have a tired body to sleep well. When their bodies do not move around during the day, their minds are easily stimulated by electronic devices. Sleep is sacrificed. Sleeping too little can lead to problems

with behavior, poor growth and, worst of all, school work suffers.

暑期是兒童去看他們的醫生的好時機。美國兒科協會（American Academy of Pediatrics，簡稱 AAP）建議所有的學齡兒童每年需要至少到他們的醫生處就診一次。因為口腔健康對於整體健康非常重要，AAP 建議兒童每年需要去看牙醫兩次，以獲得口腔醫療護理。

請不要等到生病了才去看醫生或牙醫。比起因為不健康的生活習慣而導致生病，預防疾病是更精明的打算。您可知道：兒童每天需要10到12小時的睡眠以幫助長高？暑期睡眠時間太少的通常原因，就是使用手機或平板電腦！限制每天少於2小時使用電子設備的時間，是比較健康的生活習慣。另外一個導致睡眠質量差的原因是缺少體力活動！一個人需要需要身體疲倦才能睡得好。如果他們的身體白天不活動，他們的心思會非常容易受電子設備刺激。睡眠時間就減少了。睡眠時間太少，可能導致行為出現問題、長不高，並且最不好的是影響學業。



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[www.cchrhealth.org/health/library/health-newsletters](http://www.cchrhealth.org/health/library/health-newsletters)

這季刊會注重每季度健康的主題和活動，對您，您的家人及親友都很有益。健康寶貴，分享無價。請您仔細閱讀及積極參與這些活動的同時，將這季刊在您的親友之間傳閱。如果您想索取更多副本或剔除您的郵寄地址，請致電1-628-228-3257，電郵 [Info@CCHPHealthPlan.com](mailto:Info@CCHPHealthPlan.com) 或上網瀏覽：

[www.CCHPHealthPlan.com/community-health-newsletter](http://www.CCHPHealthPlan.com/community-health-newsletter)  
[www.cchrhealth.org/health/library/health-newsletters](http://www.cchrhealth.org/health/library/health-newsletters)

## Community Health Newsletter 社區健康季刊 2018 - Q4 (October-December) | 2018年 - 第四季 (十月至十二月)



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### IMPORTANT CONTACT INFORMATION 重要聯絡資料

CCHP Member Services CCHP 會員服務	CCHP Member Services Center - Chinatown CCHP 會員服務中心 - 華埠 845 Jackson St, San Francisco <a href="http://www.CCHPHealthPlan.com/memberservices">www.CCHPHealthPlan.com/memberservices</a>	1-415-834-2118 <b>NEW</b>	Chinese Hospital Clinics 東華醫院門診中心	Sunset Health Services 日落區華康醫務中心 1800 31st Ave, San Francisco <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	1-415-677-2388
	CCHP Member Services Center - Daly City CCHP 會員服務中心 - 帝利市 386 Gellert Blvd, Daly City <a href="http://www.CCHPHealthPlan.com/memberservices">www.CCHPHealthPlan.com/memberservices</a>	1-415-834-2118		Excelsior Health Services 米慎區華康醫務中心 888 Paris St., #202, San Francisco <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	1-415-677-2488
Health Education 健康教育	Chinese Community Health Resource Center 華人社區健康資源中心 845 Jackson St, Lobby, San Francisco <a href="http://www.cchrhealth.org">www.cchrhealth.org</a>	1-415-677-2473 <b>NEW</b>	Chinese Hospital 東華醫院	Daly City Health Services 帝利市華康醫務中心 93 Skyline Plaza, Daly City <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	1-650-991-8883
Chinese Hospital 東華醫院	Chinese Hospital 東華醫院 845 Jackson St, San Francisco <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	1-415-982-2400		Gellert Health Services Gellert 華康醫務中心 386 Gellert Blvd, Daly City <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	1-650-761-3500
	Support Health Services 東華醫院健康服務中心 845 Jackson St, Floor B1, San Francisco <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	1-415-677-2370		East West Health Services - Chinatown/Financial District 中西醫學門診 - 華埠/金融區 445 Grant Ave, Ground Floor San Francisco <a href="http://www.chewhs.org">www.chewhs.org</a>	1-415-795-8100 <b>NEW</b>
	Chinese Hospital Outpatient Center 東華醫院門診中心 386 Gellert Blvd, Daly City <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	1-650-761-3500		East West Health Services - Daly City 中西醫學門診 - 帝利市 386 Gellert Blvd, Daly City <a href="http://www.chewhs.org">www.chewhs.org</a>	1-650-761-3542