

Community Health Newsletter

社區健康季刊

2019 - Q1
(January - March)
2019年 第一季
(一月至三月)



CHINESE
HOSPITAL



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- Chinese Hospital, in front of the Dragon Tile Wall
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845 Jackson St, San Francisco
- Community Clinics 社區診所：
 - Sunset Health Services 日落區華康醫務中心
1800 31st Ave, San Francisco
 - Excelsior Health Services 外米慎區華康醫務中心
888 Paris St, #202, San Francisco
 - Daly City Health Services 帝利市華康醫務中心
93 Skyline Plz, Daly City
 - Gellert Health Services Gellert華康醫務中心
386 Gellert Blvd, Daly City

MAIL CHECKS 郵寄支票到：

Chinese Hospital 東華醫院
845 Jackson Street, San Francisco, CA 94133
(All checks made payable to "Chinese Hospital")
(支票抬頭："Chinese Hospital")

DONATE ONLINE 網上捐款：

www.chinesehospital-sf.org/donate-now

Annual Wellness Visit and Physical Exam

健康檢查及身體檢查

By Jean Rao, PharmD, CCHP Pharmacy and Health Management Manager
此訊息由 Jean Rao, PharmD 藥房及健康管理經理提供

If you are a CCHP member, your annual preventive care visit is a covered benefit at no cost to you. A preventive care visit focuses on evaluating your current health, and helping you stay healthy. We encourage you to visit your primary care provider at least once a year to keep current with your health goals and recommended screenings.

- If you are a Medicare member, your preventive care includes an Annual Wellness Visit. CCHP covers an Annual Wellness Visit with your primary care provider to develop or update your personalized preventive care plan to complete your health risk assessment.
- For all other members, your preventive care includes a routine physical (see related article). CCHP covers a routine physical with your primary care provider to help you maintain your health goals.

If you have questions about your covered benefits, please reach out to Member Services at 1-415-834-2118.

華人保健計劃會員享有免費的年度疾病預防身體檢查服務。此檢查的重點在於評估您現時的健康狀況以及幫助您保持身體健康。我們鼓勵您每年最少約見醫生一次，制定健康目標及進行合適的身體檢查。

- 如果您是聯邦保健計劃的會員，華人保健計劃會提供每年一次的免費健康檢查，由主治醫生為您制定或更新合適的個人化預防疾病計劃以完成健康風險評估。
- 其他華人保健計劃的會員均享有免費的常規身體檢查作為疾病預防服務（請參閱有關文章），主治醫生會藉常規體檢來幫助您保持健康目標。

如您對承保的服務保障有疑問，請致電 1-415-834-2118 會員服務部查詢。

Importance of Preventive Checkup

預防性檢查和護理的重要性

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

Good health comes from receiving good medical care and stopping disease before it starts. That is why preventive care and screenings are an important part of health promotion. Preventive care can help you avoid serious health conditions and/or obtain early diagnosis and treatment. Getting the right tests at the right time can increase chances of treatment success and better the outcome.

Preventive care may include immunizations such as flu shot, physical examination, laboratory tests and health screenings. During your preventive checkup visit, your doctor will decide which screenings are right for you based on your age, gender, overall health status and health history.

If you are a CCHP member and not sure if a screening or vaccination is covered by CCHP, call Member Services at 1-415-834-2118 for help.



良好的健康源自在接受良好的預防性醫療護理之前疾病產生。疾病預防檢查可以幫助避免嚴重疾病的產生和盡早獲得診斷及治療。在正確的時間得到正確的測試檢查，可以提高治療的成功率和達到更好的治療效果。因此，預防性檢查是促進身體健康的重要因素。

預防性護理包括預防接種疫苗（如流感疫苗），身體檢查，化驗和健康檢查。在進行預防性護理期間，您的醫生會根據您的年齡，性別，整體健康狀況和病歷來決定您需要的健康檢查項目。

如您是華人保健計劃會員但不清楚本計劃所承保的預防性檢查或疫苗接種服務，請致電 1-415-834-2118，向會員服務部查詢。

New Mental Health Psychiatry Services at Chinese Hospital Support Health and Gellert Clinics

東華醫院健康服務中心和 Gellert 華康醫務中心提供心理及精神專科服務

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 Clinics now provides specialty services in mental health and psychiatry therapy. We have one psychiatrist Dr. Samantha Liu and one Licensed Marriage and Family Therapist (LMFT) Dr. Henry Poon, practicing at two locations: Support Health Services in Chinatown and Outpatient Center (Gellert Health Services) in Daly City.

Dr. Samantha Liu is a trilingual Child, Adolescent and Adult Psychiatrist. She speaks Mandarin, Taiwanese, and English. Dr. Liu earned her Doctor of Medicine degree from the University of South Florida, and completed her medical internship at University of California, San Francisco (UCSF) while simultaneously working on her General Psychiatry Residency. Additionally, Dr. Liu completed her Child and Adolescent Psychiatry Fellowship at UCSF. Dr. Liu has worked for a variety of academic institutions as well as San Mateo County, Westside Crisis Clinic, and API Wellness Program in San Francisco. She also provided child, adolescent, and adult psychiatric services for 10+ years at her own private practices in San Mateo and San Francisco.

Dr. Henry Poon is a California Licensed Marriage & Family Psychotherapist, fluent in English, Cantonese, Mandarin, and basic Japanese. He received his Doctor of Philosophy in East-West Psychology from California Institute of Integral Studies, with an emphasis in Cross-Cultural Psychology & Counseling. Dr. Poon has 20 years of diverse experience working as mental health therapist as well as academic faculty with multiple agencies and institutes.

If you are interested in learning more about mental health services at Chinese Hospital Clinics, or to make an appointment with us, please contact Chinese Hospital Support Health Services (Chinatown) at 1-415-677-2370, or Chinese Hospital Outpatient Center (Gellert Health Services in Daly City) at 1-650-761-3500.

東華醫院現為CCHP會員和持有聯邦醫療保險人士提供精神及心理健康專科服務。我們有一位精神科醫生 **Dr. Samantha Liu** 和一位註冊婚姻與家庭治療師 **Dr. Henry Poon**，他們會在華埠和帝利市的華康醫務中心為病人看診。

Dr. Samantha Liu 是一位通曉三種語言的兒童、青少年、成人精神科醫生。她會說英語、國語以及閩南語。她在南佛羅里達州大學獲得醫學學位，並在加大舊金山分校完成普通精神科培訓。另外，她也在加大舊金山分校完成了兒童及青少年精神科專科培訓。**Dr. Liu** 經為多個機構提供服務，包括聖馬刁縣、Westside 危機醫務所、舊金山 API 健康項目。她也在自己舊金山和聖馬刁的執業診所為兒童、青少年、成人提供精神科服務十多年。

Dr. Henry Poon 是一位加州註冊的婚姻及家庭治療師，並能說流利的英語、廣東話、國語及簡單的日語。他在加州整合學院獲得東西方心理學博士學位，致力研究跨文化心理與諮詢。**Dr. Poon** 有二十年為多個機構提供服務的經驗。

想知道更多關於東華醫院精神及心理健康的服務，或者想和我們預約，請致電東華醫院健康服務中心 (1-415-677-2370)，或者東華醫院門診中心（帝利市Gellert華康醫務中心，1-650-761-3500）。

Eat Well, Live Well Recipe

Tofu, Corn and Chicken Meatballs

東華醫院註冊營養師推介食譜

健康美食 – 玉米豆腐雞肉丸

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，營養資料由東華醫院
糖尿病中心註冊營養師提供



Ingredients: (Makes 7 servings)

150g chicken breast, minced
1 box of tofu
100g whole corn kernels

Seasoning:

1 can of chicken broth
1 tbsp salt
½ tbsp sugar

Instructions:

1. Drain the tofu. Wrap the tofu with paper towel or a clean tea towel on a stream rack. Set some heavy objects on top like heavy plate. Let the tofu drain for several hours in fridge, then press the excess water out.
2. In a large mixing bowl, combine the chicken and tofu, add salt, pepper and seasoning. Mix well.
3. Gently form/roll into balls about 7 total, then coat with corns.
4. Steam for 15 to 20 minutes.

材料：(7 人分量)

150 克雞胸肉(切碎)
1 盒豆腐
100 克玉米粒

調味料:

1 罐雞湯
1 茶匙鹽
½ 茶匙糖

做法:

1. 將豆腐用廚房紙包裹放在蒸架上再放上重物如盤子，冷藏數小時後再壓出豆腐多餘水份。
2. 將豆腐、雞胸肉、鹽及黑胡椒粒拌勻。
3. 將肉餡分成7份，揉成丸子狀並在外層裹上玉米粒，放在抹上少許油的盤子上。
4. 隔水蒸15至20分鐘即可。

Nutrition information per serving:

Calories: 122 kcal	Fat: 3.3 g
Protein: 11 g	Dietary Fiber: 1.7 g
Carbohydrates: 12 g	Sodium: 186 mg

每份材料含以下營養：

卡路里：122千卡	脂肪：3.3 克
蛋白質：11 克	食用纖維：1.7 克
碳水化合物：12 克	鈉（鹽）：186 毫克

Tips for a Healthy Holiday Season

享有一個健康假期的秘訣

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



Good health begins with a healthy diet. Choosing what to eat and what to buy at the grocery store can make a difference in your health and the health of your family, especially during the holiday season. Here are some tips to help you keep a healthy diet:

- Eat a low fat snack such as fresh fruit before a holiday meal so you won't be tempted to overeat.
- Chew slowly and enjoy each bite of food, and you'll be less likely to go for seconds.
- Extend the time and frequency of your exercise routine to burn off the extra calories.
- Center your holiday get-togethers around friends and family instead of eating and drinking.
- Avoid crowded places to limit your exposure to second-hand smoke and germs.
- Don't mix alcohol with medication.
- When you travel, remember to bring enough medications and keep them in your carry-on luggage.
- Reduce last minute anxiety and stress by shopping early and making a list ahead of time.

The "Nutrient Analysis" and "Grocery Shopping" interactive tools on the Chinese Community Health Resource Center's bilingual website can also help you get started in making wise food choices for you and your family.

Please visit: www.cchrhealth.org/healthful-eating/healthful-eating

健康的體魄取決於您如何選擇您的食物。了解如何吃得健康及懂得如何選擇購買食物，對您及您家人的健康是非常重要的，特別在多個公假期期間。以下有些假期飲食的秘訣幫助您保持飲食健康：

- 參加宴會及聚餐前，先吃一些低脂肪的小食如水果，可避免在聚餐時吃得過量。
- 慢慢細嚼和品嚐每一口食物，可令您減少添食的慾望。
- 增加運動的時間和次數以助消耗多餘的熱量。
- 假期內與朋友和家人歡聚，應偏重閒談及有益身心的娛樂，不要只顧吃和喝。
- 減少到空氣不流通的公眾場所，可減低吸二手煙和感染病菌的機會。
- 服用藥物時不要喝酒。
- 出外旅遊切記帶備您所需的藥物並應放在手提行李內。
- 購物前列出一份想買東西的清單及預早購買，可以減輕精神緊張和心理壓力。

華人社區健康資源中心網上“鍋中有學問營養成分”及“日常食品購買指南”的互動工具，可幫助您如何選擇健康的飲食，開始您健康的第一步。

www.cchrhealth.org/healthful-eating/healthful-eating

Low Back Pain and Chinese Medicine

中醫與腰背健康

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

Most people have experience low back pain at one point in their lives. It can be an isolated ache or severe back pain with sciatica preventing us from walking. With our lifestyles becoming more and more sessile, and lowered activity rates; it is not surprising that low back pain is on the rise.

In Traditional Chinese Medicine, there are many approaches to treat low back pain. There is acupuncture, herbs, cupping, moxibustion and lifestyle changes. The treatment is dependent on the cause. It can be categorized in external causes: such as trauma from an acute injury or from repetitive motion causing a blockage in the channel and not allowing Blood and Qi flow in the area. Or internal causes that weakens our low back such as Liver Qi (stress), Spleen deficiency (worrying, blood deficiency), Kidney deficiency (aging) not allowing Qi and Blood to nourish the area.

Whether the cause of your low back pain, there is a few acupressure points you can use to help relief the symptoms. However, avoid pressing if pregnant!

Acupressure: Ling gu, Da Bai are very popular points for low back pain. They are located on back your hand in the space between your thumb and pointing finger. It is located right along next to the metacarpal bone of the pointing finger. Da bai is located at the distal end of the bone. Ling gu is located at the proximal end of the bone.

This is a general guideline. Please see a Traditional Chinese Medicine (CTM) practitioner to find one tailored to your health.



大多數人都經歷過腰背痛。它可能是偶爾一次的疼痛或嚴重的背痛及坐骨神經痛令我們難於行走。隨著我們的生活方式變得越來越無拘無束，活動率因而降低了；腰痛情況漸趨嚴重亦不足為奇。

傳統中醫有許多治療腰痛的方法：如針灸、草藥、拔罐、艾灸和改變生活方式。治療取決於病因。病因可分外部及內部原因；外部原因包括急性損傷引起的創傷或重複運動導致腰部血液和氣流通道堵塞。內部原因如肝氣（壓力）、脾虛（擔心，血液不足）、腎虛（衰老）阻礙氣和血滋養腰背部。

無論是您腰痛是什麼成因，也可以用幾個穴位按摩來幫助緩解症狀。但是，如果懷孕，請避免按摩！

靈骨和大白是非常受歡迎的舒緩腰痛穴位。它們位於大拇指和食指之間。大白位於食指尖的掌骨旁邊的遠端。靈谷位於骨骼的近端。

此文提供一般性的指引。請約見執業中醫師，為您制定一項適合的治療計劃。

We're Moving | 搬遷啟示

By Daly City Health Services

此訊息由帝利市華康醫務中心提供

Daly City Health Services will be moving to a new location on February 4, 2019.

帝利市華康醫務中心將於2019年2月4日遷至以下地址：

Gellert Health Services
Gellert 華康醫務中心
386 Gellert Boulevard
Daly City, CA 94105

1-650-991-8883 (Same)
1-650-761-3500



Healthy Mind, Healthy Body – What is the Connection?

心理與身體健康的關係

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

More and more researchers, scientists, and physicians are beginning to recognize that mental wellness and physical well-being are intimately related. People with positive attitudes generally enjoy life more, have a lower risk of early death, fewer physical and emotional problems, and more energy. They are happier and healthier. To help you improve your mental health, consider the following suggestions:

1. Build self-esteem and confidence

- Identify your strengths and weaknesses
- Be willing to improve
- Set attainable personal goals
- Don't compare yourself with others
- Strive to do your best

2. Manage stress

- Handle one thing at a time
- Share your feelings by talking things over
- Be flexible
- Be realistic
- Learn to say, "NO"

3. Take care of your body

- Don't abuse drugs or alcohol
- Stop smoking and avoid second hand smoke
- Exercise regularly
- Choose a well-balanced diet
- Get plenty of rest

4. Learn to relax

- Practice deep breathing exercises
- Try prayer/meditation
- Think pleasant thoughts
- Visualize (form mental pictures) positive expectations or outcomes
- Start a hobby such as gardening or painting

5. Express and handle your emotions in a positive way

- Share your problems with someone you trust
- Stop all negative self-talk
- Give and accept support
- Let go of the past
- Open yourself to laughter and humor

6. Cultivate love and friendship

- Make time for and spend time with friends and family
- Be cheerful, helpful, and nice to others
- Volunteer – helping others gives a sense of purpose and satisfaction

Your expectations, emotions and thoughts determine how well you cope with everyday living. By learning how to improve your mental health, you can increase your chances of a longer, healthier, and more satisfied life.

愈來愈多的研究人員、科學家及醫生均開始意識到“心”與“身”二者之間的密切關係。對生活持有積極樂觀態度的人，往往更能享受人生。開朗達觀的人較長壽，更富有活力，而且，身體和情緒的問題也較少。換句話說來，他們更幸福和健康。以下幾點建議有助於你改變你的心境：

1. 建立自信心

- 自知之明，瞭解自己的長處和短處
- 謙厚寬容，樂意去改變自己
- 腳踏實地，定下切實的個人目標
- 知足常樂，莫將自己與他人比較
- 盡己所能，努力做好本分

2. 處理壓力

- 從容做事，勿使自己過累及緊張
- 多與人傾談
- 不要執著
- 切合實際，勿將目標定得太高
- 勿勉強自己，該說“不”時應說“不”

3. 愛惜自己的身體

- 勿吸毒或過量飲酒
- 不要吸煙，並避免二手煙
- 定時運動
- 均衡飲食
- 充足休息

4. 學習鬆弛技巧

- 練習深呼吸運動
- 嘗試禱告或冥想
- 凡事樂觀，向好處想
- 想像美好的事物（在腦海中描繪美好的圖像）
- 培養園藝或畫畫等良好嗜好

5. 遇到煩惱，開懷達觀

- 向信賴的朋友傾訴
- 勿低貶自己，向自己講勉勵的話語
- 助人為樂，並接受別人的幫助
- 勿沉溺在過去中，讓過去成為過去
- 敞開心胸，開懷大笑，保持幽默感

6. 培養親情和友情

- 保持與家人及朋友相處的時間
- 滿懷希望，樂觀快樂做人
- 助人為樂，幫助他人可使自己的人生更有意義和滿足感

你的心理狀態，影響到你應付生活壓力的能力。改變生活觀，保持積極的心態，可使你人生變得更充實，更健康，更長壽。

References:

www.cchrchealth.org/healthful-eating/healthful-eating

參考資料：

www.cchrchealth.org/tw/healthful-eating/healthful-eating



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www.CCHPHealthPlan.com/community-health-newsletter
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 或上網瀏覽：
www.CCHPHealthPlan.com/community-health-newsletter
www.cchrhealth.org/health/library/health-newsletters

Community Health Newsletter 社區健康季刊

2019 - Q1 (January-March) | 2019年 - 第一季 (一月至三月)



Chinese Hospital
Health System
東華醫院醫療體系



CHINESE
HOSPITAL
& CLINICS



CCHP
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Jade HEALTH CARE
MEDICAL GROUP
翡翠東華醫師協會



Chinese
Community
Health
Resource
Center
華人社區健康資源中心

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 www.CCHPHealthPlan.com/memberservices	1-415-834-2118	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 www.chinesehospital-sf.org	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 www.CCHPHealthPlan.com/memberservices	1-415-834-2118		Excelsior Health Services 米慎區華康醫務中心 888 Paris St., #202, San Francisco www.chinesehospital-sf.org	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 www.cchrhealth.org	1-415-677-2473		Daly City Health Services 帝利市華康醫務中心 93 Skyline Plaza, Daly City www.chinesehospital-sf.org	1-650-991-8883 WE'RE MOVING 即將搬遷
Chinese Hospital 東華醫院	Chinese Hospital 東華醫院 845 Jackson St, San Francisco www.chinesehospital-sf.org	1-415-982-2400		Gellert Health Services Gellert 華康醫務中心 386 Gellert Blvd, Daly City www.chinesehospital-sf.org	1-650-761-3500
	Support Health Services 東華醫院健康服務中心 845 Jackson St, Floor B1, San Francisco www.chinesehospital-sf.org	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 www.chewhs.org	1-415-795-8100
	Chinese Hospital Outpatient Center 東華醫院門診中心 386 Gellert Blvd, Daly City www.chinesehospital-sf.org	1-650-761-3500		East West Health Services - Daly City 中西醫學門診 - 帝利市 386 Gellert Blvd, Daly City www.chewhs.org	1-650-761-3542