

# Community Health News

## 社區健康資訊

*Care, in your community* | 時刻護您社區

2023 Q3  
JULY - SEPT

2023年 第三季  
七月至九月



## Season's Message 本季資訊



Summer is the season for outdoor adventures and appreciation of simple pleasures in life. As the heat approaches and the sun's rays grow stronger, it is important to remember to protect your skin from harmful UV radiation. Sun safety is key to preventing skin damage and reducing your risk of skin cancer. To stay safe in the sun, remember to wear protective clothing, including a wide-brimmed hat and sunglasses, and apply sunscreen with at least SPF 30 regularly throughout the day. Seek shade during peak sun hours. By taking these precautions, you can enjoy the beautiful weather while protecting your health and well-being.

CCHP is committed to putting our members' needs first, that's why we have recently moved our Member Services Center to 890 Jackson Street, conveniently across from the Chinese Hospital. We are here to serve our members in-person Monday-Friday 9am-5pm, or via phone Monday-Friday 8am-8pm. We look forward to continuing to serve you and providing you with the exceptional service that you have come to expect from us.

**CCHP invites you to join the Member Advisory Group** and become an integral part of shaping the future of CCHP. At CCHP, we firmly believe that members' voice and representation are essential to our mission of enhancing the health and wellbeing of our community. Your valuable feedback and stories have the power to inspire positive change and enable us to deliver even better services. By joining the Member Advisory Group, you will have the opportunity to contribute directly to the decision-making processes, ensuring that your needs and concerns are heard and addressed. Together, we can create a stronger, healthier community for all. Please contact our Member Services team at 1-888-775-7888 (M-F 8am-8pm) or email to [MemberServices@CCHPHealthPlan.com](mailto:MemberServices@CCHPHealthPlan.com) to join.

夏日炎炎適合我們進行戶外探險及在生活中尋找簡單樂趣。隨著氣溫上升及太陽光線增強，請務必保護您的皮膚免受紫外線傷害。防曬保護可減低皮膚受損及患上皮膚癌的風險。在猛烈的陽光下要時刻保持皮膚安全，您可以穿著防曬服飾，如闊邊帽及太陽眼鏡等。全日不時為身體肌膚塗上SPF30或以上的防曬霜，而且在日照高峰時尋找陰涼位置停留。透過採取以上措施，您就可以享受美麗天氣，同時保障您的健康。

CCHP向來將我們會員的需要放在首位，這解釋我們為何最近將會員服務中心搬遷至積臣街890號，面向東華醫院。中心開放時間為星期一至五，上午9時至下午5時，而熱線運作時間為星期一至五，上午8時至晚上8時。我們繼續提供符合您期望的卓越服務。

**CCHP誠邀您加入會員諮詢小組**，共同創造CCHP未來發展。CCHP認為每位會員的聲音及參與，對我們促進社區健康發展的使命有著密切關係。您寶貴的回饋可以產生積極改變，使我們能夠提供更好的服務水平。透過加入會員諮詢小組，您將有機會直接參與CCHP的決策過程，確保您的需求及疑慮得到正視及解決。我們可以一起為大眾創造一個更強及更健康的社區。請致電1-888-775-7888（星期一至五，上午8時至晚上8時）或電郵到[MemberServices@CCHPHealthPlan.com](mailto:MemberServices@CCHPHealthPlan.com)與會員服務中心聯絡及申請。



## Health Education 健康教育



### Beware of Scams!

Due to the reintroduction of the annual eligibility renewal for Medi-Cal beneficiaries, there has been a rise in deceptive individuals attempting to defraud Medi-Cal members into paying a fee for their renewal and application process. It is important to emphasize that the Medi-Cal renewal process is completely free, and no fees are ever necessary. This fact applies to your Covered CA, Medicare, and health plan renewals as well.

To protect yourself and prevent fraud, please keep in mind to always:

- **Verify the source:** Rely only on official channels like the Medi-Cal website or authorized entity for accurate information.
- **Protect personal information:** Do not share sensitive details with unknown individuals or suspicious websites.
- **Report suspicious activity:** If you encounter anything suspicious or become a target, report it immediately to the authorities.
- **Medicare members who suspect fraud** can contact the Senior Medicare Patrol at 1-855-613-7080.

If you receive any suspicious request from your CCHP plan, please do not hesitate to contact CCHP Member Services to verify the information. Stay informed, stay cautious, and together we can combat these scams and ensure a secure renewal process for everyone.

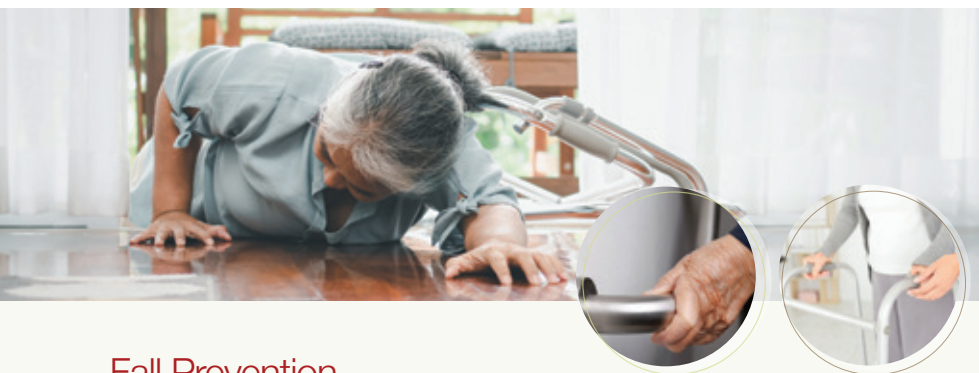
### 慎防詐騙

由於加州醫療補助計劃 (Medi-Cal) 資格年度審核程序已重新啟動，不法分子試圖向參加者騙取資格更新費用的活動將會有所增加。我們必須強調加州醫療補助計劃資格更新是完全免費，投保加州、聯邦保健計劃，及各個健康計劃續保申請也無需支付任何額外費用。

請謹記以下事項防止受騙：

- **核實訊息來源：**僅從加州醫療補助計劃網站，或官方授權單位獲取準確資料。
- **保護個人資料：**切勿與陌生人或可疑網站分享個人敏感資料。
- **報告可疑活動：**如果您遇到任何可疑活動或成為目標，請立即向當局舉報。
- **發現懷疑欺詐行為的聯邦保健計劃會員，**可致電1-855-613-7080聯絡Senior Medicare Patrol。

如果您收到對自己的CCHP計劃的任何可疑要求，請立即聯絡CCHP會員服務中心進行核實。時刻了解最新資訊及保持警惕，我們可以共同打擊詐騙活動，確保續保過程在安全情況下進行。



## Fall Prevention

### Facts About Falls

- Every year, 1 in 4 adults aged 65 and over falls
- Hip fracture is the most serious injury from a fall
- Falls are the leading cause of fatal injury and the most common cause of hospitalization among older adults

### Ways to Prevent Falls

- Exercise regularly
- Get regular vision tests
- Be careful when taking medications that affect coordination and balance
- Limit alcohol consumption
- Avoid getting up too quickly after eating or lying down
- Use a cane or walker to help maintain balance
- Wear rubber-soled, low-heeled shoes
- Have chairs at the proper height with sturdy arms
- Have good lighting and remove clutter along stairways and hallways
- Have stairways with handrails
- Make sure that rugs or carpets are firmly attached to the floor
- Put night-lights in bathrooms and bedrooms
- Use non-slip mats and grab bars in bathrooms

## 預防跌倒

### 有關跌倒的事實

- 每年，65歲以上長者中，每4位就有1位曾經跌倒過
- 跌倒會造成骨折，而髖部骨折是骨折中最為嚴重的
- 骨折是造成致命的主要原因，也是長者最常見的入院原因

### 如何預防跌倒

- |                    |                       |
|--------------------|-----------------------|
| • 時常保持運動           | • 椅子高度要適當並且有堅固的扶手     |
| • 定期測試視力           | • 樓梯走廊保持光線良好及不要堆放雜物   |
| • 小心服用某些影響平衡的藥物    | • 整個樓梯都要有扶手           |
| • 限制飲酒             | • 地毯牢固在地板上            |
| • 在餐後或躺下休息後，避免過快起立 | • 在浴室和睡房內安裝長明小燈       |
| • 用拐杖或助行架來保持平衡     | • 在浴缸或淋浴室內放置防滑膠墊及安裝扶手 |
| • 穿著低跟膠底鞋          |                       |



## Minority Mental Health Awareness Month

### Our mental well-being matters!

National Minority Mental Health Month is observed every year in July. This brings awareness and support to the minority population with distinctive struggles that racial and ethnic minority communities face regarding mental illness in the United States.

Mental health includes our physiological and social well-being. It affects how we think, feel, act, and manage our relationships and stress, as well as how we make choices. Our mental well-being is just as important as our physical well-being in all stages of life. There are 21% of adults experiencing at least one type of mental illness per NextStep Solutions Behavioral Health. You are not alone!

## 少數族裔精神健康意識月

### 我們的心理健康是很重要！

每年7月是「全國少數族裔精神健康意識月」，這為少數族裔社區面對精神疾病的鬥爭帶來了重視及支持。

心理健康包括我們的生理及社會兩方面。它影響我們如何思考、感受、行動、管理關係、應付壓力，及如何作出決定。在生命的各個不同階段，我們的心理與身體健康同樣重要。根據NextStep Solutions Behavioral Health，有21%的成年人至少患有一種精神疾病。你不是唯一的一個！

Above article is provided by CCHRC. 以上文章由華人社區健康資源中心提供。

Download a home safety checklist at | 下載中文家居安全核查表:

<http://www.cchrchealth.org/safety/>

Reference | 參考資料: National Council on Aging

<https://www.ncoa.org/healthy-aging/falls-prevention>

# Health, Wellness, Fitness and Educational Class Schedule

2023 Q3  
JULY - SEPT

## HEALTH EDUCATION CLASSES SPONSORED BY CCHRC

Registration: 1-415-677-2473



## CLASSES PROVIDED BY CHINESE HOSPITAL

Registration: 1-415-677-2458



LOCATION	DATE	DAY	TIME		LANGUAGE			CLASS	LEARNING OBJECTIVES
			START	END	E	C	M		
ONLINE VIDEO VISIT 1-415-677-2473	7/6/2023	Thur	1:00pm	2:30pm	•			Dementia	<ul style="list-style-type: none"> <li>What is Dementia</li> <li>Risk factors for Alzheimer's disease</li> <li>10 warning signs of Alzheimer's disease</li> <li>Importance of Early Detection</li> </ul>
	7/18/2023	Tue	1:00pm	2:30pm	•			Urinary Incontinence	<ul style="list-style-type: none"> <li>Common causes of urinary incontinence</li> <li>Diagnosis and treatment of urinary incontinence</li> </ul>
	8/10/2023	Thur	1:00pm	2:30pm	•			Mental Health and Wellness	<ul style="list-style-type: none"> <li>What is mental health</li> <li>How does mental health affect you</li> </ul>
	8/22/2023	Tue	1:00pm	2:30pm	•			Healthy Eating	<ul style="list-style-type: none"> <li>Dietary recommendations</li> <li>Tips on healthy eating</li> </ul>
	9/7/2023	Thur	1:00pm	2:30pm	•			Fall Prevention	<ul style="list-style-type: none"> <li>How to prevent falls and fractures</li> <li>Falls and fractures</li> </ul>
	9/19/2023	Tue	1:00pm	2:30pm	•			Diabetes Education	<ul style="list-style-type: none"> <li>What is diabetes</li> <li>How to control diabetes</li> </ul>
ONLINE VIDEO VISIT 1-415-677-2458	CALL FOR APPOINTMENTS	Wed Thur	3:00pm	4:00pm	•			*National Diabetes Prevention Program	<p>Participants will learn the skills needed to lose weight, become more physically active, and manage stress, to prevent or delay on set of type 2 diabetes (FREE to CCHP members and Chinese Community Health Services patients, \$220 for everyone else). <b>Note: Dates and times are subject to change.</b></p>

## PERINATAL CLASSES CLASSES PROVIDED BY CHINESE HOSPITAL | Registration: 1-415-677-2458



ONLINE VIDEO VISIT 1-415-677-2458	CALL FOR APPOINTMENTS	Mon Thur	1:30pm	2:30pm	•	•		Preparing for Babies	<ul style="list-style-type: none"> <li>How to prepare a pediatric medical home for the baby</li> <li>What to expect at the hospital after the baby is born</li> <li>How to care for the baby when they go home</li> <li>Oral care and breastfeeding</li> </ul>
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**Health Education Class:**  
Fee: FREE

**Perinatal Class:**  
Fee: FREE for members

**NOTE:** If fewer than 5 students register, the class will be cancelled.

**National Diabetes Prevention Program**

**In-Person Fitness Class:** Chinatown YMCA  
855 Sacramento Street, San Francisco, CA 94108

**NOTE:** Classes are FREE for CCHP members only. Pre-registration is required. If fewer than 5 students register, the class will be cancelled. Dates and times are subject to change. In order to allow fair access, CCHP members may register for up to four classes each quarter. Beyond four classes, members can enter their name on a waiting list. If there are still spaces available, members will be contacted and added to the additional classes. Proof of vaccination is required and masking is highly recommended.

Check for updates on classes at [www.cchphealthplan.com/classes-and-events](http://www.cchphealthplan.com/classes-and-events)

# 健康講座及健身課程時間表

2023年 第三季  
七月至九月

## 健康講座時間表

課程是由華人社區健康資源中心提供  
報名：1-415-677-2473



課程是由東華醫院提供  
報名：1-415-677-2458



地 點	日 期	星 期	時 間		語 言			講 座	課 程 須 知
			開始	結束	英	粵	國		
網上視像 課程 1-415-677-2473	7/6/2023	星期四	10:00am	11:30am		•		失智症	<ul style="list-style-type: none"> <li>• 何謂失智症</li> <li>• 罹患阿滋海默症的因素</li> <li>• 阿滋海默症的十個警告訊號</li> <li>• 及早檢查的重要性</li> </ul>
	7/18/2023	星期二	10:00am	11:30am		•		尿失禁	<ul style="list-style-type: none"> <li>• 尿失禁的原因</li> <li>• 尿失禁的診斷及治療方法</li> </ul>
	8/10/2023	星期四	10:00am	11:30am		•		心理健康和保健	<ul style="list-style-type: none"> <li>• 什么是心理健康</li> <li>• 心理健康對您有什么影響</li> </ul>
	8/22/2023	星期二	10:00am	11:30am		•		健康飲食	<ul style="list-style-type: none"> <li>• 飲食建議</li> <li>• 健康飲食小貼士</li> </ul>
	9/7/2023	星期四	10:00am	11:30am		•		預防跌倒	<ul style="list-style-type: none"> <li>• 如何防止跌倒及骨折</li> <li>• 跌倒及骨折</li> </ul>
	9/19/2023	星期二	10:00am	11:30am		•		糖尿病教育	<ul style="list-style-type: none"> <li>• 什麼是糖尿病</li> <li>• 如何控制糖尿病</li> </ul>
網上視像 課程 1-415-677-2458	請來電預約	星期三 星期四	2:00pm	3:00pm		•		國家糖尿病預防項目	<p>通過學習減輕體重、增加鍛煉、和管理壓力的各種技能，預防和延緩II型糖尿病的發病</p> <p>(該課程對華人保健會員和華康醫務中心病人免費開放，其他公眾收費 \$220 整套課程) 備註：日期及時間可能有更改</p>

## 婦產及嬰兒講座時間表

課程是由東華醫院提供 | 報名：1-415-677-2458



網上視像 課程 1-415-677-2458	請來電預約	星期一 星期四	1:30pm	2:30pm	•	•		為寶寶的到來做好準備	<ul style="list-style-type: none"> <li>• 新生父母指南</li> <li>• 新生兒須知</li> <li>• 如何護理新生兒</li> <li>• 口腔護理和母乳喂養</li> </ul>
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■ 健康講座：  
費用：免費

■ 婦產及嬰兒講座：  
費用：會員免費

備註：如果報名人數少於5人，該課程可能會被取消。

■ 國家糖尿病預防項目 親身授課健身班：華埠青年會  
855 Sacramento Street, San Francisco, CA 94108

備註：課程為華人保健計劃會員提供。健身課程需要事先報名。如果報名人數少於5人，該課程會被取消。日期及時間可能有更改。為使每位會員都有機會參加健身課程，會員每季度只允許註冊4節課程。對其它有興趣的課程，會員需在等候名單上登記等候通知。親身授課需要提供完全接種疫苗證明及強烈建議配戴口罩。

可上網查看健身班及健康講座的更新：[www.cchphealthplan.com/zh-hant/classes-and-events](http://www.cchphealthplan.com/zh-hant/classes-and-events)



## FITNESS CLASSES

**FREE TO CCHP MEMBERS**

Registration: 1-415-677-2458 | [wellness@chasf.org](mailto:wellness@chasf.org)



LOCATION	DATE	DAY	TIME		LANGUAGE			CLASS	LEARNING OBJECTIVES
			START	END	E	C	M		
<b>ONLINE VIDEO VISIT</b> 1-415-677-2458	7/10, 7/17, 7/24, 7/31 8/7, 8/14, 8/21, 8/28 9/4, 9/11, 9/18	Mon	11:00am	12:00pm	.			Tai Chi (All Level)	Build a healthy body and peaceful mind while learning a sequence of graceful steps from this centuries old martial art.
	7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31 9/7, 9/14, 9/21	Thur	9:15am	10:15am	.			QiGong (All Level)	Strengthen joints and the immune system through the gentle, slow, elegant, smooth movements, balanced with relaxation and quietness. The imitation of the postures and movements of wild creatures improve the flexibility of the body and limbs and the motility of the muscles and bones.
<b>IN-PERSON CLASS</b>  <b>CHINATOWN YMCA</b> 1-415-677-2458  Proof of vaccination is required & masking is highly recommended.	7/14, 7/21, 7/28, 8/4, 8/11, 8/18, 8/25, 9/1, 9/22	Fri	11:00am	12:00pm				Yoga (All Level)	Develop strength, flexibility, breathing, alignment, and relaxation. Mixed level class. No previous experience is required. Bring a yoga mat or towel.

## 健身班時間表

健身課程為華人保健計劃會員免費提供

報名：1-415-677-2458 | wellness@chasf.org



CHINESE  
HOSPITAL  
& CLINICS



地 點	日 期	星 期	時 間		語 言			講 座	課 程 須 知
			開始	結束	英	粵	國		
<b>網上視像 課程</b> 1-415-677-2458	7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28, 9/4, 9/11, 9/18	星期一	11:00am	12:00pm	•	•	•	太極 (各級)	學習這門有百年曆史的古老武術，練習一系列優雅的招式步法，可以使您強健身心。
	7/13, 7/20, 7/27 8/3, 8/10, 8/17, 8/24, 8/31 9/7, 9/14, 9/21	星期四	9:15am	10:15am	•	•	•	氣功 (各級)	八段錦由八節動作組成。側重舒展肢體，進而強健關節及自身免疫系統。特點為體勢動作輕柔舒緩，古樸高雅，剛柔並濟，動靜結合。五禽戲是一種中國導引術（傳統健身方法），由五種模仿動物的動作組成，有助於調理筋脈運行。
<b>親身授課</b> 華埠青年會 1-415-677-2458  需要提供 完全接種 疫苗證明 及強烈建議 配戴口罩	7/14, 7/21, 7/28 8/4, 8/11, 8/18, 8/25, 9/1, 9/22	星期五	11:00am	12:00pm	•	•		瑜珈 (各級)	學習瑜珈能增強體力、促進身體柔軟度及平衡感、調息呼吸、並能讓身心放鬆。歡迎從未學過瑜珈人士報名，祇需攜帶瑜珈墊或毛巾。



# Balancing Western Medicine with Eastern Remedies

## 東方中醫療法與西藥的平衡



### Chinese Herb Highlight: Pàng Dà Hǎi

Pàng Dà Hǎi is also known as Sterculia Seed. In Traditional Chinese Medicine (TCM), Pàng Dà Hǎi is considered cool and sweet. It's associated with the lung and large intestine channels, and has various health benefits.

First, it moisturizes the lungs and can be helpful when you suddenly have a hoarse voice accompanied by cough, thirst, or sore throat. This can occur when you strain your voice, like when you shout loudly.

Second, Pàng Dà Hǎi aids digestion by relieving symptoms like bloating, indigestion, and constipation. It has a mild laxative effect, which helps with bowel movements.

If you want to try Pàng Dà Hǎi, here's what you can do:

1. Soak 2-3 pieces of Pàng Dà Hǎi in a cup of boiling water for 10 minutes
2. Once the seeds expand, you can add honey for flavor, if you desire
3. You can also add 2 pieces of chrysanthemum to increase the cooling effect
4. Drink this mixture once daily for 2-3 days

It's important to be cautious when using this herb:

- Don't use more than 5 pieces per serving
- Only have one serving per day
- Avoid drinking for more than 7 consecutive days

Furthermore, if you have certain health conditions, you should avoid using Pàng Dà Hǎi:

- Abdominal pain
- Loose stool or diarrhea
- Feeling sick, experiencing chills, physical weakness, or fatigue
- Chronic respiratory diseases
- Low blood pressure
- Diabetes

Article provided by Lykos Yang, L.Ac., Licensed Acupuncturist at Chinese Hospital East West Health Services.

### 中草藥小知識：胖大海

胖大海為梧桐科植物胖大海的乾燥成熟種子。在傳統中醫 (TCM) 中，胖大海屬甘寒藥物。其與肺及大腸經相關，具有多種健康益處。

胖大海可以潤肺，當您突然肺熱聲啞並伴有咳嗽、口渴或喉嚨痛時，服用它有所緩解此不適症狀。當您拉緊聲音時（例如大聲呼喊），就會發生這種情況。

胖大海也可以緩解腹脹、消化不良及便秘等症狀。它具幫助消化，也具有溫和的通便作用。

您可以嘗試以下胖大海的食療方法：

1. 浸泡2-3片胖大海在一杯滾水10分鐘
2. 在種子膨脹後，您可以隨意添加蜂蜜調味
3. 您也可以加入2片菊花來增加清熱效果
4. 每天服用一次，持續2-3天

服用這種草藥時要注意：

- 每次不能使用超過5片胖大海
- 每日只可服用一次
- 避免連續服用超過7天

如果您有以下症狀，則應避免服用胖大海：

- 腹痛
- 稀便或腹瀉
- 感覺噁心、發冷、身體虛弱或疲勞
- 慢性呼吸道疾病
- 低血壓

本文由東華醫院中西醫學門診 - 楊振緯針灸師中醫針灸師提供。

Disclaimer: This article is for informational purposes only and is not intended to substitute professional medical advice, diagnoses, or treatment. Always seek advice from your physicians or other qualified health provider.

免責聲明：本文僅供參考，它不能替代專業的醫療建議、診斷或治療。應向您的醫生或其他合格的健康提供者尋求建議。

# Eat Well, Live Well Recipe

## 東華醫院註冊營養師健康美食推介食譜



### Korean Vegetable Pancakes

#### Ingredients (Serving 4, Serving size 2):

½ cup chopped carrots      2 large eggs  
½ cup chopped zucchini    ¼ teaspoon salt  
½ cup chopped cauliflower   ¼ teaspoon ground  
½ cup chopped broccoli      black pepper  
¼ cup chopped scallions  
1¼ cup all-purpose, whole-wheat flour

#### Instructions:

1. In the bowl of a food processor, add carrots, zucchini, cauliflower, broccoli, and scallions. Pulse to puree vegetables until finely chopped-but be careful not to turn the vegetables into liquid.
2. Into a large bowl, add flour, eggs, salt, and pepper. Pour in 2 cups of cold water. Use a fork to whisk mixture together until combined. Stir in the pureed vegetables. Aim for a pancake-like batter consistency, adding 1 to 2 tablespoons more water if needed.
3. Coat an 8-inch nonstick pan with cooking spray and warm over medium-high heat. Add ½ cup batter into the center of the pan. Cook until edges begin to get golden-about 2 to 3 minutes-and then use a spatula to carefully flip. Cook another 1 to 2 minutes until the side is golden. Transfer pancake to a plate. Spray pan with cooking spray and repeat continually until all 8 pancakes are made.

Recipe & Photo Provided Courtesy of America Heart Association (<https://recipes.heart.org/en/recipes/korean-vegetable-pancakes>)

Nutritional Information Provided by Chinese Hospital Registered Dietitian.

### 韓式雜菜煎餅

#### 材料 (4人份量)：

紅蘿蔔 (切粒) 半杯  
意大利青瓜 (切粒) 半杯  
白椰菜花 (切粒) 半杯  
西蘭花 (切粒) 半杯  
蔥 (切碎) ¼ 杯  
全麥麵粉 1 ¼ 杯  
雞蛋 2 隻  
鹽 ¼ 茶匙  
黑胡椒粉 ¼ 茶匙

#### 做法：

1. 使用食物攪拌器將紅蘿蔔、青瓜、椰菜花、西蘭花和蔥全部一起攪碎至泥像即可 (小心不要把雜菜攪至成流質像)。
2. 在一個大碗裡，加入麵粉、雞蛋、鹽及胡椒粉，倒入2杯冷水。用叉將混合物攪拌混合。放入雜菜泥，再攪拌混合到像煎餅樣的麵糊濃度，如需要，可再加1到2湯匙水。
3. 用一個8寸平底易潔鍋，噴上食用油 (或加入1湯匙植物油) 並用中高火加熱。將半杯麵糊倒入鍋中間位置。煎至餅邊開始變金黃 (約2-3分鐘)，然後用煎鏟小心地翻轉。再煎1-2分鐘，直至餅邊成金黃色，即可放在碟上。重複做法直至完成8個煎餅。

食譜及相片來自美國心臟協會

(<https://recipes.heart.org/en/recipes/korean-vegetable-pancakes>)

營養資料由東華醫院註冊營養師提供。

#### Nutrition information per serving

##### 每份量含以下粉漳營養：

Calories 卡路里：183 kcal      Sodium 鈉 (鹽)：208 mg  
Protein 蛋白質：9 g      Dietary Fiber 食用纖維：5.4 g  
Fat 脂肪：3.5 g      Carbohydrates 碳水化合物：31 g  
Cholesterol 膽固醇：93 mg

Software 分析軟件：Nutritionist Pro

## Healthy Exercise Tips 健康運動小貼士

### Neck Stretch

There are many benefits to regular physical activity and exercise, including maintaining muscle mass, improving your balance, and preventing falls. If you aren't comfortable with leaving your home, you can still find ways to exercise.

One such exercise is the Neck Stretch. Use the following steps to perform it correctly:

1. Gently turn your head to the right, hold for 5 seconds, and return to center.
2. Gently turn your head to the left, hold for 5 seconds, and return to center.
3. Relax and repeat.

Please be sure to consult with your doctor before attempting certain exercises that you may feel uncomfortable performing. Whenever exercising make sure you have others around or can contact them quickly.

### 頸部伸展運動

定期進行運動有很多好處，包括保持肌肉質量、改善平衡及防止跌倒。如果您不習慣外出，您仍然可以家中找到物品進行鍛煉。

其中一種練習是頸部伸展，請依照以下步驟進行：

1. 輕輕將頭轉向右側，維持5秒然後回到中心位置。
2. 輕輕將頭轉向左側，維持5秒然後回到中心位置。
3. 放鬆及重複以上動作。

在嘗試某些您可能感覺不適的運動之前，請事前向您的醫生查詢。每當進行運動時，請確保您身邊有其他人在場或他們可讓您可以快速聯絡。





### Chinese Hospital Awarded Spring 2023 'A' Hospital Safety Grade from Leapfrog Group

Chinese Hospital received an "A" Hospital Safety Grade from The Leapfrog Group, a national nonprofit upholding the standard of patient safety in hospitals and ambulatory surgery centers. This national distinction celebrates Chinese Hospital's achievements in prioritizing patient safety by protecting patients from preventable harm and errors. The new grades reflect performance primarily during the height of the pandemic.

"We are honored to receive recognition from The Leapfrog Group as one of the top-performing hospitals in the nation for patient safety and quality care," said Dr. Jian Zhang, CEO of Chinese Hospital. "At Chinese Hospital, patient safety has always been a top priority, and this recognition reaffirms our commitment to that mission. I am incredibly proud of our dedicated staff, who have worked tirelessly to provide safe and high-quality care to our patients, especially during these challenging times. This achievement is a testament to their hard work and unwavering commitment to our patients and community."

The Leapfrog Group, an independent national watchdog organization, assigns an "A," "B," "C," "D" or "F" grade to general hospitals across the country based on over 30 national performance measures reflecting errors, accidents, injuries and infections, as well as systems hospitals have in place to prevent harm.

"This new update of Hospital Safety Grades shows that, at the national level, we saw deterioration in patient safety with the pandemic," said Leah Binder, president and CEO of The Leapfrog Group. "But this hospital received an 'A' despite those challenges. I congratulate all the leaders, staff, volunteers and clinicians who together made that possible."

The Leapfrog Hospital Safety Grade is the only hospital ratings program based exclusively on hospital prevention of medical errors and harm to patients. The grading system is peer-reviewed, fully transparent and free to the public. Grades are updated twice annually, in the fall and spring. To see Chinese Hospital's full grade details and to access patient tips for staying safe in the hospital, visit [HospitalSafetyGrade.org](https://HospitalSafetyGrade.org) and follow The Leapfrog Group on Twitter, Facebook and via its newsletter.

In addition to the prestigious "A" Hospital Safety Grade, Chinese Hospital has also earned a coveted 4-Star rating from the Centers for Medicare and Medicaid Services (CMS). This rating evaluates hospitals based on various quality measures, including readmission rates, safety of care, patient experience, and mortality rates. Chinese Hospital's 4-Star rating reflects its consistent efforts in delivering excellent healthcare outcomes and ensuring a positive patient experience.

These notable accolades further reinforce Chinese Hospital's unwavering commitment to patient safety, the delivery of quality care, and the achievement of exceptional healthcare outcomes.

Article provided by Chinese Hospital

### 東華醫院榮獲 Leapfrog "A" 級評分

東華醫院在Leapfrog Group 最新公布的2023年春季醫院安全評級報告中獲得 "A" 級評分，以表彰其在保護病人免受可預防的傷害及錯誤方面的出色表現，以及在疫情高峰期間維持高水平的表現。此評級由非牟利組織Leapfrog Group進行，該機構致力維護全國醫院及門診手術中心的病人安全標準。

東華醫院行政總裁張建清博士表示：「我們很高興獲得Leapfrog Group的認可，成為全國病人安全及優質護理表現最佳的醫院之一。東華醫院一直把病人安全放在首位，這項殊榮再次肯定了我們的承諾。此外，我亦要衷心感謝我們的醫護人員及員工，即使在充滿挑戰的時期，他們亦始終如一地為社區及病人提供最安全及優質的醫療服務。正是因為他們的努力及堅持，才讓這項成就成為可能。」

Leapfrog Group是一個獨立的國家監督組織，致力評估醫院的病人安全表現，評分分為 "A"、"B"、"C"、"D" 及 "F" 5個等級。他們會根據超過30項指標來作出評估，其中包括錯誤、事故、傷害、感染、以及醫院為防止這些問題而建立的系統等。

Leapfrog Group主席兼行政總裁Leah Binder表示：「最新的醫院安全評級報告顯示，很多醫院因為疫情而面臨著病人安全方面的挑戰。但即使在這樣的困境下，東華醫院仍然獲得了A級評分。我要向東華醫院的領導層、醫護人員及員工表示祝賀，他們對病人的承諾是實現這項成就的關鍵。」

Leapfrog Group醫院安全評級是全國唯一完全基於醫院預防醫療錯誤及減少病人受害風險的評級系統。該系統經過同行評審、完全透明、並且向公眾免費公開。此外，評分會每年定期更新兩次，分別在秋季及春季。欲查閱東華醫院的完整評級報告，或獲取有關在醫院保持安全的提示，請到 [HospitalSafetyGrade.org](https://HospitalSafetyGrade.org) 或關注Leapfrog Group的Twitter、Facebook及新聞通訊。

除了獲得Leapfrog "A" 級評分外，東華醫院也獲聯邦保健及加州醫療輔助計劃服務中心 (CMS) 授予四星評級。CMS根據多項質量指標對全國醫院進行評估，包括再入院率、護理安全性、病人評價及死亡率等。東華醫院獲得四星評級充分體現了醫院在確保病人獲得優質醫療保健成果及服務體驗方面所做出的持續努力。

這些殊榮都進一步鞏固了東華醫院對病人安全、提供優質醫療服務及實現卓越醫療成果的堅定承諾。

此文章由東華醫院提供。





This quarterly newsletter highlights health topics and programs that may be important to you, your family or someone you care about. Please read, enjoy, participate in our programs and pass it along when done. If you would like additional copies or to be removed from our mailings, please call 1-415-834-2118 or email [Info@CCHPHHealthPlan.com](mailto:Info@CCHPHHealthPlan.com). Electronic copies are available online at:

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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1-415-834-2118，電郵 [Info@CCHPHHealthPlan.com](mailto:Info@CCHPHHealthPlan.com) 或上網瀏覽：

[www.cchphealthplan.com/zh-hant/community-newsletter](http://www.cchphealthplan.com/zh-hant/community-newsletter)  
[www.cchrchealth.org/tw/cchp-newsletters](http://www.cchrchealth.org/tw/cchp-newsletters)

## MEMBER SERVICES CENTER HAS MOVED! 會員服務中心已搬遷至東華醫院斜對面！

### NEW LOCATION & HOURS



#### 890 JACKSON STREET SAN FRANCISCO

Across from Chinese Hospital  
東華醫院斜對面

### 新地點及 辦公時間



**IN PERSON 親臨：** MON-FRI, 9AM- 5PM  
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## IMPORTANT CONTACTS 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 890 Jackson St, San Francisco <a href="http://www.CCHPHHealthPlan.com">www.CCHPHHealthPlan.com</a>	1-888-775-7888
	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.CCHPHHealthPlan.com">www.CCHPHHealthPlan.com</a>	1-888-775-7888
Health Education 健康教育	Chinese Community Health Resource Center 華人社區健康資源中心 818 Jackson St, Unit 301, San Francisco <a href="http://www.cchrchealth.org">www.cchrchealth.org</a>	1-415-677-2473
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
	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
	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

### 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
Excelsior Health Services 外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
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
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
East West Health Services - Excelsior 中西醫學門診 - 外米慎區 888 Paris St, #202, San Francisco <a href="http://www.chewhs.org">www.chewhs.org</a>	1-628-228-2280
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