Community Health News
第二季 | 四月至六月
Spring is here!

It is a great time to focus on staying healthy and happy. As the flowers bloom and the days get warmer, let us think about how we can take care of ourselves. Try spending more time outside, going for walks. Eat yummy fruits and vegetables that are in season, like strawberries and carrots. Don’t forget about your feelings too! Talk to someone you trust if you are feeling worried or sad. Small things, like getting enough sleep and drinking water, can make a big difference. Let’s make this spring a time of growth and wellness for everyone!

CCHP and Balance are working on upgrading our member portals to make it even easier for our valued members! We are committed to making members’ experience smoother and more convenient, so they can focus on their wellness journey without any hassle. Stay tuned for the new features coming soon!

Highlighted in 2024 are our community quarterly health fairs with fun activities and health screenings. Stay tuned for updates on our health fair at www.chinesehospital-sf.org/health-fair. We look forward to seeing you there!
Your Health and Opinion Matter

From March to June, you may receive the CAHPS survey, which is done yearly. Please complete the survey as your feedback will help us improve our services.

The Consumer Assessment of Healthcare Providers and Systems (CAHPS) Survey collects information from your experience and satisfaction with the health care services you received from your health plan and providers in the last 6 months. The survey will be mailed to you by our vendor Press Ganey in any of the envelopes shown on the picture. A return envelope will be provided for you. If the survey is not returned, Press Ganey may contact you by telephone to help complete the survey. If you have any questions or need help translating the CAHPS survey, our Member Services is here daily to assist you on a one-on-one basis, please call CCHP Member Services Center at 1-888-775-7888 (TTY1-877-681-8898), Mondays-Fridays 8:00 a.m. to 8:00 p.m. As always, we are here to help our community. Help us to better serve you!
Lung Cancer

Lung cancer is a serious disease and the main cause of cancer-related deaths in the U.S. There are two main types: non-small cell lung cancer (NSCLC) and small-cell lung cancer (SCLC). When the disease is advanced, signs like a persistent cough, chest pain, coughing up blood, and weight loss may show up.

Smoking, being around asbestos or radon, having family members with lung cancer, or having past lung diseases can increase the risk of getting lung cancer. Finding and treating lung cancer involves physical examination, X-rays, computed tomography (CT) scans, tissue biopsy, and examination of mucus and saliva. Treatment options include surgery, chemotherapy, targeted therapy, radiation, and clinical trials.

It is important to quit smoking, stay away from secondhand smoke, eat healthy, and be cautious around asbestos and radon. People at high risk, including heavy smokers, ages 55 to 80, who have smoked a pack a day for 30 years and are currently smoking, or have stopped smoking within the past 15 years, may need CT screening.
## Health Education Classes

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>LANGUAGE</th>
<th>CLASS</th>
<th>LEARNING OBJECTIVES</th>
</tr>
</thead>
</table>
|          | 4/11/2024  | Thur| 1:00pm   | 2:30pm   | Stress Management | • What is stress?  
• Common causes of stress  
• How to prevent and manage stress |
|          | 4/23/2024  | Tue | 1:00pm   | 2:30pm   | Cancer Awareness | • What is cancer  
• Medications, dietary recommendations, and self-care |
|          | 5/9/2024   | Thur| 1:00pm   | 2:30pm   | Blood Pressure | • Risk factors for high blood pressure  
• Ways to control high blood pressure |
|          | 5/21/2024  | Tue | 1:00pm   | 2:30pm   | Diabetes Prevention | • What is diabetes  
• Prevention of diabetes |
|          | 6/6/2024   | Thur| 1:00pm   | 2:30pm   | Asthma | • What is asthma?  
• How to manage asthma? |
|          | 6/18/2024  | Tue | 1:00pm   | 2:30pm   | Heart Failure | • What Causes Heart Failure?  
• Signs and Symptoms of Heart Failure?  
• How is Heart Failure Diagnosed?  
• Heart Failure Treatment Options?  
• Lifestyle Changes for Heart Failure? |

## Perinatal Classes

| ONLINE VIDEO VISIT 1-415-677-2458 | CALL FOR APPOINTMENTS  | MON | 1:30pm | 2:30pm | Preparing for Babies | • How to prepare a pediatric medical home for the baby  
• What to expect at the hospital after the baby is born  
• How to care for the baby when they go home  
• Oral care and breastfeeding |

### Health Education Class:
- Fee: FREE

### Perinatal Class:
- Fee: FREE for members

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

### NOTE:
Classes are FREE for CCHP members. 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
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<td>Mon</td>
<td>11:00am 12:00pm</td>
<td>E M</td>
<td>Tai Chi (All Level)</td>
<td>Build a healthy body and peaceful mind while learning a sequence of graceful steps from this centuries old martial art.</td>
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<td>ONLINE VIDEO VISIT</td>
<td>4/19, 4/26 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14, 6/21</td>
<td>Fri</td>
<td>9:15am 10:15am</td>
<td>E M</td>
<td>QiGong (All Level)</td>
<td>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.</td>
</tr>
<tr>
<td>IN-PERSON CLASS CHINATOWN YMCA</td>
<td>4/12, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14, 6/21</td>
<td>Fri</td>
<td>11:00am 12:00pm</td>
<td>E</td>
<td>Yoga (All Level)</td>
<td>Develop strength, flexibility, breathing, alignment, and relaxation. Mixed level class. No previous experience is required. Bring a yoga mat or towel.</td>
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</table>

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

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| 網上視像課程 | 4/11/2024 | 星期四 | 10:00am | 11:30am | • | 處理壓力 | 什麼是壓力？
|           |      |      |      |      |    |     | 壓力的常見原因
|           |      |      |      |      |    |     | 如何預防和管理壓力
|           | 網上視像課程 | 4/23/2024 | 星期二 | 10:00am | 11:30am | • | 癌症的認識 | 什麼是癌症
|           |      |      |      |      |    |     | 藥物治療、飲食建議及自我護理方法
|           | 5/9/2024 | 星期四 | 10:00am | 11:30am | • | 血壓教育 | 引起血壓高的因素
|           |      |      |      |      |    |     | 怎樣預防血壓高或保持正常的血壓
|           | 5/21/2024 | 星期二 | 10:00am | 11:30am | • | 糖尿病的預防 | 什麼是糖尿病
|           |      |      |      |      |    |     | 如何預防糖尿病
|           | 6/6/2024 | 星期四 | 10:00am | 11:30am | • | 氣喘 | 什麼是氣喘？
|           |      |      |      |      |    |     | 如何管理氣喘？
|           | 6/18/2024 | 星期二 | 10:00am | 11:30am | • | 心臟衰竭 | 心臟衰竭的原因是什麼？
|           |      |      |      |      |    |     | 心臟衰竭的徵兆和症狀？
|           |      |      |      |      |    |     | 如何診斷心臟衰竭？
|           |      |      |      |      |    |     | 心臟衰竭治療選擇？
|           |      |      |      |      |    |     | 改變生活方式會導致心臟衰竭嗎？

備註：日期及時間可能會有更改。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。

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。日期及時間可能會有更改。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。

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 | 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 | 新生父母指南
| 費用：會員免費 |
| 親身授課健身班：華埠青年會 |
| 855 Sacramento Street, San Francisco, CA 94108 |
| 備註：如果報名人數少於5人，該課程可能會被取消。 |

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可上網查看健身班及健康講座的更新：www.cchphealthplan.com/zh-hant/classes-and-events
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<td>星期一</td>
<td>11:00am</td>
<td>12:00pm</td>
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<td>4/19, 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14, 6/21</td>
<td>星期五</td>
<td>9:15am</td>
<td>10:15am</td>
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<tr>
<td>親身授課</td>
<td>華埠青年會</td>
<td>1-415-677-2458</td>
<td>4/12, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14, 6/21</td>
<td>星期五</td>
<td>11:00am</td>
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Traditional Chinese Medicine & Vision Health

We are spending more and more time looking at screens (computer, television, smartphone, etc.). Therefore, it is important to support our eye health.

In Traditional Chinese Medicine (TCM), the Liver opens to the eyes. Liver Blood nourishes the eyes, but can be weakened by poor diet and poor rest. Some Liver Blood deficiency signs are blurry vision, dry eyes, or impaired night vision.

Stress and emotions affect Qi flow. When Qi gets stuck, it can cause Liver Qi stagnation. This can lead to symptoms like eye pain, red eyes, irritability, or headache.

General tips to benefit the eyes:
• Take regular breaks from looking at screens. Look at something far away instead.
• Eat a well-balanced diet. Include leafy greens and colorful fruits and vegetables.
• Aim to be asleep from 11 PM to 3 AM to support the Gallbladder and Liver meridians.
• Apply firm pressure to UB 2, hold for 10 seconds, then release. Repeat as needed.

This is a general guideline. Consider acupuncture and/or herbal remedies under the guidance of a licensed TCM practitioner.

Article provided by Katarina Fok, L.Ac., ND Licensed Acupuncturist at Chinese Hospital East West Health Services.
Rice Cakes with Mixed Vegetables

Ingredients (Serving 3, Serving size 3)

- 2 slices ginger
- 2 scallions (2-inches lengths)
- 2 cloves of garlic
- 1 cup oyster mushrooms
- 1 small carrot
- 2 tbsp Shaoxing wine
- 1 cup Napa cabbage
- 1 cup rice cakes
- ½ cup bean sprouts
- ½ cup water
- 2 tbsp natural oil
- 1 tsp oyster sauce
- 1 tsp light soy sauce
- 1 tsp dark soy sauce
- ½ tsp sugar
- ½ tsp sesame oil

Instructions:

1. Bring wok over to medium-high heat, add oil, ginger slices, and scallion. After 1 minute, add garlic, oyster mushrooms, and carrots, and stir-fry for another minute.

2. Add Shaoxing wine to the stir-fry, then add Napa cabbage. Stir-fry for about 1 minute, add in rice cake and water and allow them to cook for 3 minutes with lid at medium heat.

3. Remove the lid, add in oyster sauce, light soy sauce, dark soy sauce, sugar, and sesame oil. Give them a nice stir.

4. Bring the heat to high, add in bean sprout for final mix. Stir-fry everything together until rice cakes are tender and veggies are all cooked.

5. Plate and serve!

Source of recipe and photo:
The Woks of Life, with modification.
Rice Cakes with Mixed Vegetables - The Woks of Life (https://thewoksoflife.com/rice-cakes-mixed-vegetables/)

亂菜炒年糕

材料（3人份量）

- 薑 2片
- 葱 2 條 (2 英吋長)
- 蒜頭 2 粒
- 秀珍菇 1 杯
- 細紅蘿蔔 1 條
- 紹興酒 2 湯匙
- 大白菜 1 杯
- 年糕 1 杯
- 芽菜半杯
- 食油 2 湯匙
- 蠔油 1 湯匙
- 生抽 1 湯匙
- 老抽 1 茶匙
- 糖半茶匙
- 芝麻油半茶匙

做法：

1. 開中火，將油、薑片及蔥段放入鍋。1 分鐘後加入 大蒜、秀珍菇及紅蘿蔔，再炒1分鐘。

2. 加入紹興酒翻炒，然後加入大白菜炒約 1 分鐘。之 后加入年糕及水，蓋上中火煮3分鐘。

3. 打開蓋後加入蠔油、生抽、老抽、糖及麻油，再翻炒一下。

4. 將火力調至最高，加入芽菜再翻炒，直至年糕變 軟身及蔬菜均熟透。

5. 完成及即可上桌！
What is Stroke?

Stroke, also known as a 'brain attack,' occurs when there is a blockage in blood flow to a part of the brain or when a blood vessel ruptures, potentially causing damage to or the death of brain cells.

It is a leading cause of death and long-term disability in adults. Brain damage is only one of the effects. A stroke can lead to ongoing issues, including:

- Memory problems or trouble thinking and speaking
- Vision problems
- Trouble walking or keeping your balance
- Paralysis (not being able to move some parts of the body) and muscle weakness
- Trouble controlling or expressing emotions
- Trouble with chewing and swallowing
- Trouble controlling when you go to the bathroom

What is a mini-stroke

A mini-stroke exhibits identical symptoms to a stroke but with a shorter duration of symptoms. Another term for a mini-stroke is TIA (transient ischemic attack).

A TIA occurs when blood flow to the brain is briefly blocked, typically lasting minutes to hours. If you've had a TIA, you face a heightened risk of experiencing a more substantial stroke. Never disregard signs of a TIA.

Am I at risk?

The primary risk factor for stroke that you can modify is high blood pressure. High blood pressure often exhibits no signs or symptoms.

You might also be at risk for stroke if you:
- Have had a previous stroke or a transient ischemic attack (TIA/Mini-stroke)
- Smoke or vape
- Drink too much alcohol
- Use certain drugs
- Have diabetes
- Don’t get enough physical activity
- Are overweight or have obesity
- Have certain heart problems
- Have high cholesterol
- 糖尿病
- 缺乏運動
- 超重或肥胖
- 有某些心臟問題
- 高膽固醇
- 當流向腦部的血液短暫受阻，就可能發生短暫性腦缺血，症狀通常持續數分鐘至數小時。小中風可視為中風的前兆，再發生中風的風險很高。切勿忽視小中風。

SPOT A STROKE

BE FAST, CALL 911. 請立即撥打 911。

[Balance Loss, Eyesight Changes, Face Drooping, Arm Weakness, Speech Difficulty, Time to Call 911]

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- 糖尿病
- 缺乏運動
- 超重或肥胖
- 有某些心臟問題
- 高膽固醇
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 1-888-775-7888 or email Info@CCHPHealthPlan.com. Electronic copies are available online at:
www.cchphealthplan.com/community-newsletter
www.cchrchealth.org/cchp-newsletters

This season celebrates the 125th anniversary of Chinese Hospital.

SAVE THE DATE
THURSDAY
MAY 9, 2024 | 5PM
HYATT REGENCY SAN FRANCISCO
5 Embarcadero Ctr, San Francisco

IMPORTANT CONTACTS

CCHP Member Services Center - Chinatown
1-888-775-7888
890 Jackson St, San Francisco
www.CCHPHealthPlan.com

CCHP Member Services Center - Daly City
1-888-775-7888
386 Gellert Blvd, Daly City
www.CCHPHealthPlan.com

Chinese Community Health Resource Center
1-415-677-2473
818 Jackson St, Unit 301, San Francisco
www.cchrchealth.org

Chinese Hospital
1-415-982-2400
845 Jackson St, San Francisco
www.chinesehospital-sf.org

Support Health Services
1-415-677-2370
845 Jackson St, Floor B1, San Francisco
www.chinesehospital-sf.org

Chinese Hospital Outpatient Center
1-650-761-3500
386 Gellert Blvd, Daly City
www.chinesehospital-sf.org

Sunset Health Services
1-415-677-2388
1800 31st Ave, San Francisco
www.chinesehospital-sf.org

Excelsior Health Services
1-415-677-2498
888 Paris St, #202, San Francisco
www.chinesehospital-sf.org

Gellert Health Services
1-650-761-3500
386 Gellert Blvd, Daly City
www.chinesehospital-sf.org

East West Health Services
1-415-795-8100
- Chinatown/Financial District
445 Grant Ave, Ground Floor, San Francisco
www.chewhs.org

East West Health Services
1-628-228-2280
- Excelsior
888 Paris St, #202, San Francisco
www.chewhs.org

East West Health Services
1-650-761-3542
- Daly City
386 Gellert Blvd, Daly City
www.chewhs.org