

FOR YOUR ADVANTAGE

A NETWORK OF SERVICES FOR PEOPLE 50+

JUN., JUL. &
AUG. 2010

Improving And Maintaining The Health of Your Back

When acute back pain strikes, it can be caused by a number of things: a muscle spasm, a strain, a sprain, or a disc problem.

Regardless of the cause, back pain sufferers are all looking for relief and for ways to prevent future pain that can disrupt everyday living.

June's lecture will focus on both short term and chronic back pain including pain caused by degenerative changes of the spine and discs, and the ways to find the relief you are seeking as well as general conditions of the back including spinal stenosis, degenerative changes, and herniated discs.

Come to this informative lecture to learn:

- Does all back pain indicate back problems or trouble?
- What symptoms indicate the need for medical attention?

- How do you manage back pain?
- What are the most typical treatments for first time back pain? For chronic back pain?
- How are back conditions diagnosed?
- When are you a candidate for surgery? When are you not?
- What kinds of surgery are available?
- What are "minimally invasive" surgical techniques and when are they used?
- What is the role of physical therapy in treating and preventing back pain? What is the role of rehab in treating back pain?
- What role do complementary modalities like acupuncture and chiropractics play in

treating back pain?

- How do you maintain a healthy back?
- How do you take care of your back?
- How important is exercise to a healthy back?
- What type of exercises should be done if you have a back condition? What should be avoided?
- What lifestyle changes do you need to make if you have a back condition?

Back Problems

Back Basics

SPEAKERS:

Randolph O'Hara, MD
Orthopedic Surgeon

Dirk Overturf, OT
Occupational Therapist

Wednesday
June 16, 2010
7-9 p.m.

Health Conference Center. NO RESERVATIONS REQUIRED.
Please park in the West Parking Structure to attend this program at the Torrance Memorial Health Conference Center. You may reach this structure by turning onto Medical Center Drive from Lomita Boulevard or Skypark Drive.

If you are unable to attend the evening program, you may view the lecture video at this location during *daytime* hours:

Torrance Memorial West Tower
Monday, June 21,
10 a.m.-Noon

RESERVATIONS REQUIRED
for **daytime** video showings.
Call (310) 517-4666

Dear Members,

We are pleased to share with you our many traditional class and program offerings as the summer season kicks off. If you have some free time this summer, consider signing up for a class that has always interested you, but that you've never had a chance to take.

Or, you might want to take a look at some of the new classes or lectures described in this newsletter such as "LecturePlus," H.E.L.P. Life Planning Classes, senior fitness classes, and even gardening classes.

One of our newest offerings is the lecture series "Miracle of Living at the Beach." Our long-standing and successful Miracle of Living program has been expanded into the Beach Cities and is dedicated to educating and enhancing the lives of residents of the beach community.

Lectures are held four times a year at the Shade Hotel in Manhattan Beach, and reservations are never required. Upcoming topics include Heart Health on Tuesday, June 8 at 7 p.m., and Healthy Self Image on Tuesday, August 10 at 7 p.m.

Monthly Miracle of Living Programs at Torrance Memorial are still happening. Check the calendar section of this newsletter for upcoming topics.

Sincerely,
Claire Coignard
Director, Health Education

Torrance Memorial Medical Center
3330 Lomita Blvd.
Torrance, CA 90505
(310) 517-4666

"Lecture Plus" at HealthLinks:

Presented by ADVANTAGE & Miracle of Living

RESERVATIONS ARE REQUIRED. TO REGISTER, CALL (310) 517-4711.

"CranioSacral Massage"* This gentle, holistic approach to bolstering the body's self-healing capabilities is used as a complement to medical care to help ensure that the body's natural healing processes are fully engaged. Come and learn a simple technique you can use to encourage well being from within. \$7/person; ADVANTAGE Member rate: \$5/person.

Wednesday Jun. 16 5:15 – 6:45 p.m.

Instructor: Karen Axelrod, BA, CST, NCTMB is an Upledger-certified CranioSacral Therapy instructor/therapist and a staff therapist with TMMC's Health and Healing Services.

"Beginning the Conversation: Planning Ahead For The Needs Of An Elderly Parent." FREE. At some point in your lifetime in order to balance the needs of an elderly parent with those of your own family, you may need to "begin the conversation" identifying and planning for care at home, before crisis hits. Learn how to start the conversation using effective tools, techniques and resources in your community.

Wednesday Aug. 18 5:15 – 6:45 p.m.

Instructor: Nicholas A. Arquette, co-founder of Adia, a home care agency and co-founder of Walk With Sally, a free mentoring support program for children of parents with cancer.

*Always consult your physician for your health needs. Complementary approaches are intended to enhance wellness but are not a substitute for medical care.

"Understanding Challenging Behaviors" FREE. Learn communication techniques and steps to understand the causes of common behavior problems when caring for someone with memory loss.

Tuesday Jun. 24 2 – 3:30 p.m.

Instructor: Estee Bienstock, RN, is a community educator, member of the Alzheimer's Association's Speakers Bureau, and a co-founder of ALLPOINT Home Health.

TORRANCE MEMORIAL MEDICAL CENTER

HealthLinks
Information • Products • Services

ADVANTAGE Members

Please present this coupon to receive
20% off one item



HealthLinks offers specialty items to support health and wellness such as heart-health & diabetic cookbooks, fitness accessories, blood pressure cuffs, and stress management CD's.

Located on the 1st floor of the West Tower

One certificate per person, per visit • Cannot be combined with any other discount or offer • Valid through August 31, 2010

ADVANTAGE publications are produced six times a year by Torrance Memorial Medical Center. Director, Health Education: Claire Coignard, Editor: Judi Gerber. Supported in part, by the Ambassadors of the Torrance Memorial Health Care Foundation. We welcome your comments and questions; call 1 (310) 517-4666. Torrance Memorial Medical Center treats all people equally without regard to race, color, national origin, age, sex or handicap. For questions about these matters, contact the Section 504 Coordinator at 1 (310) 784-4894.

Torrance Memorial Urgent Care Manhattan Beach

Torrance Memorial is pleased to announce the opening of the Torrance Memorial Urgent Care Medical Group in the heart of the Manhattan Beach community.

Intended to be a convenient place to go when your doctor's office is closed and you need immediate care, urgent care is designed to handle many of "life's little emergencies" that are unexpected and demand immediate attention.

Staffed by Torrance Memorial Emergency Department Physicians, it offers compassionate medical care in a comfortable environment and is open seven days a week, 365 days a year. No appointment is ever necessary and we strive to ensure that there are minimal wait times.

Torrance Memorial Urgent Care is located at 855 Manhattan Beach Blvd., Suite 101, Manhattan Beach, (310) 939-7873.

Hours:

Monday – Friday: 5 p.m. to 9 p.m.
Saturday & Sunday: 8 a.m. to 5 p.m.
Major holidays: 8 a.m. to 5 p.m.

Taking Care of Your Financial Health

Free, Interactive Workshops Created Just For You!

Torrance Memorial's Professional Advisory Council (PAC), a volunteer group of attorneys, financial and estate planners, and CPAs, presents a series of workshops.

Managing Retirement Assets

Saturday, June 5

Education Planning—529 Plans

Saturday, June 19

Caregiver Issues—The "Sandwich Generation"

Saturday, July 24

Planning Your Long Term Care Needs

Saturday, August 28

All Session Times: 9 a.m. to 11 a.m.

Location: Health Conference Center, Room 4

Reservations are required for all workshops. Please RSVP to Bert Stewart at (310) 517-4728. If you have any questions or want more information, please contact Joe Ward, Director of Gift planning at (310) 784-4843, or joe.ward@tmmc.com. All inquiries are confidential and without obligation.

Torrance Memorial Health Care Foundation 24th Annual Golf Tournament

Monday, July 12

Rolling Hills Country Club,
27000 Palos Verdes Drive East,
Rolling Hills Estates

Schedule of Events:

9:00 a.m.	Check-In
9:30 - 11:15 a.m.	Putting Contest
10:00 - 11:15 a.m.	Barbecue Lunch
11:30 a.m.	Shotgun Start
5:00 - 6:30 p.m.	Cocktail Reception and Silent Auction
6:30 p.m.	Dinner and Awards Banquet

Tournament Format: Shamble.
Mandatory "softspikes"

For additional information and/or tournament applications, call (310) 517-4728.

All proceeds to benefit

Torrance Memorial's new Main Tower.

Tournament Sponsor, City National Bank

Life Planning Classes Offered in Collaboration with H.E.L.P.*

This 7-week series covers a wide-range of topics including maintaining financial health, staying safe and independent at home, residential care choices, and long term-care insurance.

Fridays Jun. 11 – Jul. 30 10 a.m. – 12 p.m.
(no class Jul. 2)

Reservations required. Call (310) 533-1996 for reservations and more information.

*Healthcare and Elder Law Programs Corporation



**TORRANCE MEMORIAL
MEDICAL CENTER**

3330 Lomita Boulevard, Torrance, CA 90505-5073

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Senior Gardening Classes – Most of us know that gardening provides strength, increases flexibility, and reduces stress. But did you ever realize that gardening requires you to use your head and your creativity as you plan your garden? Join us as we continue our new garden series and let your own creativity shine in your own garden. Reservations are required for these classes. For reservations call (310) 517-4666.

“Create Your Own Container Herb Garden” – Come and learn how to make your own container herb garden and the best herbs to grow in containers. Seedlings and growing guide will be provided. \$5 materials fee. Space is limited.

Friday Jun. 18 2:30 – 4:00 p.m.

“Create Your Own Edible Garden” - Growing fresh food is not only achievable in any space, but is affordable too. Class will cover soil, seed-starting, organic pest control, and planting time. Seedlings and growing guide will be provided. \$5 materials fee. Space is limited.

Friday Aug. 20 2:30 – 4:00 p.m.

Instructor: Judith Gerber is a freelance agriculture and garden writer from Torrance. She regularly writes for various publications including *Edible Los Angeles* and the *Palos Verdes Peninsula News*. She is also a certified University of California Master Gardener and a horticultural therapy consultant.

Courses Offered in Collaboration with Lomita Parks & Recreation*

Senior Aerobics: Dance your way to health and fitness in this fun class. Get fit and increase your cardiac strength by moving to great music. \$2 per class.

Muscle Strengthening Classes: Come and learn correct, safe techniques for strengthening your upper and lower body using flexible exercise bands. Warm-up, cool down and stretching. \$2 per class, and a \$5 equipment fee for the exercise band.

*Classes on-going. Call for dates. Registration is required for these classes, call Lomita Parks and Recreation at (310) 326-0140.

Torrance Memorial ADVANTAGE Calendar

www.TorranceMemorial.org

Reservations are REQUIRED for all listed events below unless otherwise indicated.
For more information or to reserve a seat, call 1-310-517-4666.

Miracle of Living Lecture: FREE. Health Conference Center, NO RESERVATION REQUIRED.

"Ears/Hearing"	Wednesday	Jul. 21	7 – 9 p.m.
"Women's Health"	Wednesday	Aug. 18	7 – 9 p.m.

Daytime Video Replay of Miracle of Living Lecture: FREE. Reservations are required.

"Ears/Hearing"	Monday	Jul. 26	10 a.m. – 12 p.m.
"Women's Health"	Monday	Aug. 23	10 a.m. – 12 p.m.

AARP Driver Safety Program: \$12 fee/AARP members; \$14 non-members

8-hr. class	Saturday	Jun. 19, Jul. 17 or Aug. 21	9 a.m. – 5 p.m.
4-hr refresher*	Saturday	Jun. 5, Jul. 3 or Aug. 7	9 a.m. – 1:30 p.m.

*Must bring current AARP driver certificate for refresher course

Balance Checks: FREE. Are you, or someone you know experiencing balance problems? Come and get a balance assessment of areas including vision assessment, reach testing, sit-to-stand testing, and strength testing. Space is limited. Please call (310) 517-4666 for reservations and location.

Wednesday	Jun. 2	9:30 – 11:30 a.m.
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Grandparenting: Discussion topics include role of grandparents, care of baby (feeding, diapering, schedules), and safety (car seats, air bags, "child proofing" your home). \$15/person, \$25/couple; ADVANTAGE member rate: \$12/person or \$20/couple.

Sunday	Jun. 13 or Aug. 15	2 – 4:30 p.m.
Tuesday	Jul. 27	6:30 – 9 p.m.

Memory Enhancement: Improve memory skills using mental exercises including games, trivia and other methods. \$40/5 classes; ADVANTAGE Member rate: \$35/5 classes

Tuesdays	Jun. 29 – Jul. 27	9 – 11 a.m.
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Medicare Lecture: Understanding Medi-Gap: FREE. Do you have questions or need help understanding Medicare supplemental insurance? Come to this lecture to learn what your options are and how to choose the plan that is best for you.

Monday	Jun. 7	2 – 3:30 p.m.
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Questions for the Pharmacist: FREE. Come to this informative session with a Torrance Memorial pharmacist. Bring your medications and a list of questions and concerns.

Thursday	Jun. 3, Jul. 1, or Aug. 5	2 – 3 p.m.
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Using Healing Touch as "Energetic First Aid": In this fun, experiential workshop you will learn simple Healing Touch techniques to support the body's flow of energy and support the body in its natural healing processes. \$30; ADVANTAGE Member rate: \$25

Saturday	Jul. 10	9 a.m. – 1 p.m.
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EXERCISE/MOVEMENT CLASSES:

Bones for Life: Gentle and safe exercises to prevent bone degeneration. \$65/6 classes; ADVANTAGE Member rate: \$60/6 classes

Tuesdays	Jun. 29 – Aug. 3	9 – 10 a.m.
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Chair Yoga: These classes are ongoing and you can register at any time during the series.

Mondays	Jun. 28 – Jul. 19 (no class Jul. 5)	3:30 – 5 p.m.
Monday series \$19 payable the first day of class. Cash only.		
Thursdays	Jul. 1 – Jul. 22	9 – 10:30 a.m.
Thursday series \$25 payable the first day of class. Cash only		

Torrance Memorial ADVANTAGE Calendar

www.TorranceMemorial.org

Reservations are REQUIRED for all listed events below unless otherwise indicated.
For more information or to reserve a seat, call 1-310-517-4666.

Qi Gong: Learn movements to enhance the body's energy flow and reduce stress. \$40/4 classes; ADVANTAGE Member rate: \$36/4 classes

Wednesdays Jul. 7 – Jul. 28 10 – 11 a.m.

Spring Forest Qi Gong: A simple efficient method for helping you heal physical and emotional pain and enhance the quality of your life, that teaches you ways to open your energy channels and maintain balance. \$64/8 classes; ADVANTAGE member rate: \$56/8 classes

Mondays Aug. 2 – Sep. 27 (no class Sep. 6) 6 – 7:30 p.m.

Tai Chi: \$60/8 classes prepaid, or \$10 per class; ADVANTAGE member rate: \$55/8 classes prepaid or \$8 per class. NO RESERVATION REQUIRED. Health Conference Center Room 2.

Beginning Wednesdays Jun. 23 - Aug. 11 or Aug. 18 – Oct. 6 4 – 5 p.m.

Intermediate Wednesdays Jun. 23 - Aug. 11 or Aug. 18 – Oct. 6 3 – 4 p.m.

Yoga Basics: \$48/6 classes prepaid, or \$9 per class; ADVANTAGE Member rate: \$42/6 classes prepaid, or \$8 per class. NO RESERVATION REQUIRED. Health Conference Center Room 5

Mon., Tues., Thurs. Ongoing Call for Times

SUPPORT GROUPS:

Amputee Support Group: Free quarterly support group for amputees and their relatives. Light lunch & refreshments served. FREE. RESERVATIONS REQUIRED. For reservations call Marion at (310) 530-6711.

Saturday Jul. 17 11:30 a.m. – 1:30 p.m.

Diabetes Support Group: Free support group. NO RESERVATION REQUIRED.

For information, call (310) 784-3792.

Tuesdays Jun. 8, Jun. 22; Jul. 13, Jul. 27; Aug. 10, Aug. 24 7 p.m.

Reiki Circle: Drop-in, mini-Reiki session, \$5 donation requested. NO RESERVATION REQUIRED, HealthLinks.

Saturdays Jul. 24 and Aug. 28 10 a.m. – Noon

Torrance Memorial Medical Center offers a wide variety of support groups. For a complete list, call (310) 517-4666 or visit www.torrancememorial.org/supportgroups.

CANCER RESOURCE CENTER EVENTS IN JUNE, JULY AND AUGUST

Cancer Survivors Day: Free dinner and lecture for cancer survivors and their loved ones. Speaker this year is Idelle Davidson, author of *Your Brain After Chemo: A Practical Guide to Lifting the Fog and Getting Back Your Focus*. For information call The Cancer Resource Center at (310) 517-4665 or for reservations call (310) 517-4660.

Wednesday Jun. 2 5:30 – 8:30 p.m.

Woman to Woman Image Enhancement Center: This free, confidential service is staffed by trained volunteers, and provides a comfortable and supportive environment where women can learn techniques to cope with temporary hair loss resulting from illness and its treatment. Services are arranged by appointment only. For more information or to schedule an appointment, call (310) 517-4660.

Free Breast Health Lectures: Led by, Nina Clapp, RN, BSN Breast Health Educator. Snacks provided

Thursday Jun. 17, Jul. 15, Aug. 19 5 – 6 p.m.

Reservations Required. Call (310) 784-6335 or email nina.clapp@tmcc.com