



1050 Linden Avenue
Long Beach, CA 90813

QUALITY OF LIFE PROGRAM

St. Mary Medical Center is now offering a program to address the psychosocial needs for cancer patients. Through a grant from the St. Mary Foundation, cancer patients will now have access to free individual consultation, and a weekly support group for cancer patients and survivors.

“The goal of our new Quality of Life Project is to identify and address the emotional and psychological needs of cancer patients, and those that support them,” said licensed psychologist Robert Smith, Ph.D, the coordinator of the program. “We are developing audio CDs discussing cancer support topics that patients and family members can listen to anytime.”

The free support group meets weekly on Tuesday afternoons from 2:00 to 3:00 p.m. in the 1043 Elm Avenue building on the St. Mary Medical Center campus. Individual consultation sessions can be scheduled by contacting Dr. Smith at (562) 491-9067 and for more information about the Quality of Life project, call 1-888-4STMARY.

EVERY WOMEN COUNTS

Through the "Every Women Counts" program, The Breast Center at St. Mary is able to hold a breast clinic on the 1st Friday of every month. On this day, women are able to have a clinical breast exam by Dr. Eleanor Quan followed by a mammogram free of charge. This program is for women 40 years of age and over and covers any necessary follow up breast care recommended by the Radiologist free of charge to the woman. Call 1888-4stmary for more information

Support Groups Offered for Individuals with HIV/AIDS

St. Mary Medical Center's Comprehensive AIDS Resources and Education (CARE) Program sponsors several support groups for individuals suffering from HIV or AIDS. All three groups are free of charge.

A Peer Treatment Support Program (PTSP) is held the first and third Tuesday of the month from 11:00 a.m. to 1:00 p.m. in the Health Enhancement Center/Glenn Room on the second floor located at St. Mary Medical Center, 1055 Linden Avenue, Long Beach. This drop-in group offers discussion and education regarding HIV treatment issues and is a peer support network. For more information, contact Paul Lovely at (562) 624-4963.

On Wednesdays at 2:00 p.m., a Crystal Meth Anonymous 12-Step meeting is available for individuals living with HIV. The drop-in group meets in the Health Enhancement

Center/Glenn Room on the second floor located at St. Mary Medical Center, 1055 Linden Avenue, Long Beach. For more information, contact Carlos Ruiz, MPH, at (866) 243-7435.

The CARE program offers a Living With HIV support group for individuals living with HIV. The group meets on Mondays at 6:00 p.m. at the CARE Clinic. Individuals must register as a client or patient with the CARE Clinic to attend this group. To enroll, please contact John Blasco, LCSW, at (562) 624-4915.

The CARE Program offers individuals access to an Outpatient Medical Clinic; social and medical case management; social services; mental health evaluations and services; nutritional services; attendant care and other home health services; Family Services Program and Family Food Bank; HIV anonymous and confidential counseling and testing; access to AIDS Clinical Trials; plus a dental clinic.

LOW VISION CENTER OFFERS FREE CONSULTATIONS

The Low Vision Center at St. Mary Medical Center offers a variety of optical and non-optical aids, independent living skills classes, Braille, mobility instruction and demonstration of electronic video magnification to people suffering with low vision or blindness.

For more information, please call 562-491-9275.

FALL PREVENTION PROGRAMS FOR SENIORS

St. Mary offers a range of fall risk and assessment programs for seniors. The hospital currently offers two programs: the Senior Fit exercise program for seniors considered “not at risk” for a fall and a balance “small group” program for those with a minimal risk of incurring a fall which is also funded by the Archstone Foundation. The third program is the Fall Prevention Program which consists of three parts: a physical assessment and treatment program, a home assessment, and a medical assessment provided by the patient’s physician.”

“The physical assessment is used to identify physical weaknesses or imbalances that a senior might have that could lead to a fall,” Bazant notes. Based on the assessment, seniors are placed into one of four levels of physical movement programs. The most mobile seniors will participate in a regular exercise program to maintain mobility. Those with limited mobility will enroll in a balance program, a more intense fall prevention physical therapy program in a small class setting, or a one-on-one physical therapy program for those with the highest risk. “The programs are developed using the Berg Balance Test, which is a widely accepted method of determining fall risk,” explains Bazant.

“The home assessment is extremely valuable, as it identifies hazards in the senior’s living environment,” says Bazant. “And many of the items that are identified as unsafe might not be seen as hazards by the senior or by family members.” The assessment looks for

things like throw rugs, low stools and other furniture that could pose a hazard. “Lighting is also important,” Bazant says. “Especially on stairs. We also look at bathrooms and recommend grab bars in the bath or shower and around the toilet.”

The last assessment is conducted with the senior’s physician to determine if any of the medications prescribed to the senior might interfere with balance or coherence – things that can lead to a fall. Vision tests are also conducted to ensure that seniors eyesight is as clear as possible.

For reservations or more information, please call **1-888-4STMARY**.

CHILDBIRTH CLASSES OFFERED

St. Mary Medical Center offers classes in Lamaze, Breast Feeding and Infant Care. Please call 1-888-4STMARY for a list of dates and times.

MATERNITY TOURS OFFERED

St. Mary Medical Center offers free maternity tours and refreshments for expectant families. Tours are available in both English and Spanish. Call 1-888-4STMARY to register.