

Navigator

The Bazzeni Wellness Center Community Newsletter

February 2023

February is American Heart Health & Teen Dating Violence Awareness Month

Heart Health Awareness

February is the awareness month for Heart Health, with one day set aside as National Wear Red Day – Friday, February 3 to raise awareness of heart disease. According to the Centers for Disease Control and Prevention (CDC), about 697,000 people in the United States died from heart disease in 2020 – that's **1 in every 5 deaths**. Heart disease is the **leading cause of death** for people of most racial and ethnic groups in the United States, including African American, American Indian, Alaska Native, Hispanic, and white men. For women from the Pacific Islands and Asian American, American Indian, Alaska Native, and Hispanic women, heart disease is second only to cancer. Heart disease refers to several types of heart conditions. The most common type is known as Coronary Heart Disease (CAD) and affects the blood flow to the heart. There are several risk factors, such as, high blood pressure, high cholesterol, smoking, diabetes, overweight and obesity, physical inactivity and excessive alcohol use. The good news is that you can help reduce your risk and improve your heart health by following the ABCS!

A-Take aspirin as directed by your health care professional

B-Control your blood pressure

C-Manage your cholesterol

S-Don't smoke

To see how much you know about heart disease, take the quiz <https://www.riddle.com/view/471795?qzr=1>

To learn more, visit www.cdc.gov/heartdisease/



Teen Dating Violence Awareness

According to The Centers for Disease Control and Prevention (CDC), 1 in 3 high school students experience either physical or sexual violence (or both) from their romantic partner. Since teenage years are a key time to gain fundamental understanding of life, it is also an opportunity for parents to start talking to their teen daughters and sons about violence prevention. Here are some suggestions:

Let Them Know They Can Talk to You About Anything. Teens take cues from their surroundings and the media they follow. Use those opportunities to talk and reflect with them about what they see on screen.

Be Supportive and Empathetic. Don't shy away because the subject is potentially embarrassing. Your teen is developing lifelong important habits and expectations.

Talk Privately. Look for signs by staying attuned to any behavioral changes. Make it a meaningful and exploratory conversation. Don't blame them or judge them, instead offer them support.

Encourage Positive Relationship Habits. Pointing out negative behaviors can help them shape positive habits and recognize unhealthy ones. Ensure they also understand the potential criminal consequences of violence.

Acknowledge Challenges. Try to relate to the difficulties your teen may be experiencing in his or her relationships by confirming that you understand their fear of uncertainty. They will build emotional strength as they find their way through troublesome times. Knowing you are on their side will keep them confident and strengthen your relationship. It's a win-win situation! *(See next page).*



Workshops, Events & More!

Teen Dating Violence Awareness Cont...

Stay active in a teenager's life, monitor relationships for signs of danger, and understand how to approach sensitive issues. Remember, if you regularly ask your teen about his or her relationship, they may feel more comfortable approaching you if it becomes unhealthy. Your support is crucial in helping your teen find their own way to end their unhealthy relationship. To learn more, visit www.teendvmonth.org

St. Mary Medical Center Cardiac Rehabilitation Program

Research has found that cardiac rehabilitation programs can reduce your risk of death from heart disease and reduce your risk of future heart problems. Cardiac rehab is a medically supervised program that helps patients get well sooner and return to full active lives. The American Heart Association and American College of Cardiology recommends it to patients with all types of heart problems. If you're recovering from a heart related condition or surgery, ask your doctor if you are eligible for cardiac rehab. Your insurance company will most likely pay for some or all of the cost. To learn more about St. Mary Medical Center Cardiac Rehab Program call 562.491.9018 or visit www.dignityhealth.org/socal/locations/stmarymedical/services/cardiac-and-vascular-center/cardiac-rehab

Wellness Workshops

English

Dignity Health-St. Mary Medical Center in partnership with Alzheimer's Los Angeles & SCAN brings you hourly Zoom wellness sessions:

Golden Hour-Practice of Gratitude: Creating a Haiku

When: Monday, February 6
Time: 1pm - 2pm

Healthy Brain Habits

When: Wednesday, February 15
Time: 11am - 12pm

Access all presentations through the Zoom login below:

Zoom Login ID: 3504333027

Passcode: 987456

Zoom Phone Number: (US) +1 301-715-8592

For more information please contact, Nimisha Tomar, 562.491.9171

Nutrition & Health Virtual Workshops

English & Spanish

Join Dignity Health-St. Mary Medical Center and Healthy Active Long Beach virtual sessions to learn:

Tips to Lose Weight and Keeping It Off

When: Wednesday, February 15

Time: 10am-11am

Zoom Login ID: 945 6644 3901

Passcode: 382429

Zoom Phone Number: (US) +1 213 338 8477

Tips Para Bajar De Peso y Mantenerse Saludable

When: Wednesday, February 22

Time: 10am-11am

Zoom Login ID: 946 2778 0866

Passcode: 753337

Zoom Phone Number: (US) +1 213 338 8477

For more information please contact, Gia A. Lipow, 562.491.9187

Better Breathers Support Group

English & Spanish

Are you or someone you know living with a chronic lung disease such as Chronic Obstructive Pulmonary Disease (COPD), post-COVID conditions, asthma, pulmonary fibrosis, or lung cancer? Consider joining us!

When: Tuesday, January 31 Time: 10am - 11am (PT)

Zoom Login ID: 952 6451 4515 Passcode: 482145

Zoom Phone Number: (US) +1 253 215 8782

For more information please contact, Berenice Frausto, 562.491.9931

Community Events

Senior Valentine's Day Party

Join The Salvation Army, Optum and Dignity Health-St. Mary Medical Center for a Valentine's Day Heart Health event. Reserve your spot soon!

When: Tuesday, February 14 Time: 11am - 12:30pm

Where: **The Salvation Army**

3000 Long Beach Blvd., Long Beach, CA 90807

For more information, contact The Salvation Army, 562.247.3539 or via email at LBSENIOR.CENTER@USW.SALVATIONARMY.ORG



Health Education



St. Mary Medical Center Mobile Health Services

St. Mary Medical Center Mobile Services Our mobile unit provides services to the communities of Long Beach, Wilmington, and San Pedro. Services include screenings such as blood pressure, glucose, body mass index, and respiratory tests. Call us to ask where we will be at next. We are always out in the community, come check us out! For more details please call, Berenice Frausto, 562.491.9931.

St. Mary Medical Center Highlights

Families in Good Health (FIGH) and the Educated Men with Meaningful Messages (EM3) Program completed their three months Youth Mentorship Basketball League. The program's goal was to give at-risk youth opportunities to learn skills and gain knowledge to become community advocates rather than falling victim to gang violence and dropping out of high school. EM3 staff and coaches recruited 100 youth to participate in the program from the Asian American and Pacific Islander, Hispanic/Latinx, and African American populations in Long Beach. The program was held at CALREC gym in McBride Park, in Central Long Beach. To learn more about the EM3 Program, contact Bryan Flores, 562.522.5586.



Image source: St. Mary Medical Center-Families in Good Health (FIGH)

Resources

Free/Low Cost – Life Improving Resources

1 Degree is a free online platform from *Whole Person Care Program* from The Los Angeles Department of Health Services (LA DHS) that provides thousands of health and social service resources for the community, such as food, housing, clothing, education, legal, and more! For more details and to access free resources, visit www.1degree.org

2-1-1 is your locally based, nonprofit guide to the services and information you need to navigate in Los Angeles County. Dial 211 to find services such as food banks, cooling center locations, transportation, and more! For more information, visit www.211.org

Mental Health

988 National Suicide & Crisis Lifeline offers a 24/7 free confidential support in English or Spanish. The National Suicide Prevention Lifeline **1-800-273-TALK (8255)** is available indefinitely. For more information, visit 988lifeline.org

Violence Prevention

National Human Trafficking Hotline 1-888-373-7888. If you believe someone may be a victim of human trafficking, call the 24-hour, toll-free, and multilingual National Human Trafficking Hotline or report an emergency to law enforcement by calling 911. Trafficking victims, whether or not U.S. citizens, are eligible for services and immigration assistance.

National Domestic Violence Hotline 1-800-799-7233 (SAFE) or SMS: Text START to 88788 to obtain confidential support with a trained staff member 24/7/365.

Visit loveisrespect.org The **National Teen Dating Abuse Helpline (NTDAH)**, a 24-hour national web-based and telephone helpline created to help teens (ages 13-18) experiencing dating abuse

Crisis Text Line. Connect with a trained crisis counselor to receive 24/7 crisis support via text message. **Text LA to 741-741**



Dignity Health®

St. Mary Medical Center

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February 2023

Bazzeni Wellness Center

“NEW WAY TO CONTACT US”:

Office Line: 562.491.9811

STAFF

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Community Health Manager

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Senior Services Program Manager

If you would like to receive this newsletter directly at home, please contact the **Bazzeni Wellness Center at 562.491.9811.**

Connect with Us!

Making your health and well-being a priority can help you become the best version of yourself. In each issue of the Navigator newsletter, we'll provide quick tips and easy actions you can take to put your health first everyday. For more tips, follow us on social media.



@DignityHealthSoCal



@DignityHealthSC



@DignityHealthSouthernCalifornia



@StMaryMedicalCenter

Maternity Tours

To access our maternity tour online experience in English or Spanish from St. Mary Medical Center, visit our website: <https://www.dignityhealth.org/socal/locations/stmarymedical/services/maternal-child-health>

February Health Observances

- American Heart Month
- Teen Dating Violence Awareness Month
- National Birth Defects Prevention Month
- National Cancer Prevention Month
- National Children's Dental Health Month
- National Eating Disorders Awareness Month

This newsletter contains information about ways you can take care of your health. It is not meant to take the place of your health care provider. If you have questions because of something you have read in this newsletter, contact your provider. Never stop or wait to get medical attention because of something you have read in this material.