

# Navigator

## The Bazzeni Wellness Center Community Newsletter

October 2023

## Breast Cancer Awareness & Healthy Lung Month

### Breast Cancer Awareness

According to the National Breast Cancer Foundation, Breast cancer is the second most common type of cancer among women. Each year in the U.S., an estimate of 240,000 women and 2,100 men are diagnosed with breast cancer. It is important to familiarize oneself with the body's normal sensations of the breast, to spot any changes. All adult women should self-examine themselves every month and look for any changes in the breast such as lumps, masses, redness, or nipple discharge. Mammograms are still the most effective method of detecting breast cancer, as it is able to detect cancer before a lump can be felt. The American Cancer Society recommends that women between 40 and 44 have the option to start screening with a mammogram every year. Women 45 to 54 should get mammograms every year. Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms. Breast cancer cannot be prevented since risk factors like age, family history, and genetic predisposition are beyond our control. However, making healthy lifestyle decisions each day can minimize the risk. For more information, visit [nationalbreastcancer.org](https://nationalbreastcancer.org)

### Healthy Tips to Reduce Your Risk

- *Keep a healthy weight*
- *Stay physically active*
- *Limit alcohol consumption*
- *Be proactive about your screenings such as mammogram*

If you have a family history of breast cancer, or inherited changes in your gene BRCA1 or BRCA2 gene, talk to your doctor.

Sources: Breast Cancer. National Breast Cancer Foundation (June 2023). Retrieved September 11, 2023 from <https://www.nationalbreastcancer.org/breast-cancer-facts/>  
Breast Cancer. Center for Disease Control and Prevention (July 2023). Retrieved September 15, 2023 from [https://www.cdc.gov/cancer/breast/basic\\_info/index.htm](https://www.cdc.gov/cancer/breast/basic_info/index.htm)  
About Breast Cancer. American Cancer Society (January 2022). Retrieved September 15, 2023 from <https://www.cancer.org/cancer/types/breast-cancer/about.html>

### Breast Cancer Awareness Luncheon Event

#### English

Dignity Health-St. Mary Medical Center invites you to attend a special event this month. Join us, at no cost, and enjoy a nice lunch while learning about the importance of breast cancer screenings and early detection. Meet with health experts and community organizations to access free resources. Space is limited. RSVP only. Call soon to register!

When: Wednesday, October 25

Time: 10am - 12pm

Where: Dignity Health - St. Mary Medical Center

John Parr Health Enhancement Center

2nd Floor (Parr room)

1055 Linden Ave.

Long Beach, CA 90813

Wear **Pink** for Breast Cancer Awareness Month. For more information please contact, Melissa Dominguez, 562.491.9109





# Workshops, Events & More!

## Healthy Lung Month

According to the American Lung Association, Lung disease is a serious health issue that affects over 34 million Americans. There are different types of lung disease and disorders that impede the lungs' ability to function properly. The most common types are Asthma, Bronchitis, Chronic Obstructive Pulmonary Disease (COPD), and Cystic Fibrosis. Chronic lung disease is the most prevalent smoking-related medical condition, with 73% of diagnosed individuals suffering from it. Even for smokers who have quit smoking, chronic lung disease still makes up for 50% of smoking related conditions. Keep your lungs strong and healthy, and lower your risk of lung disease by staying active and avoid smoking. To learn more about lung health visit, [lung.org](http://lung.org)



## What Is The Better Breathers Club?

American Lung Association's Better Breathers Club (BBC) program has connected people living with lung disease to education for over 50 years. Members of the BBC learn ways to cope with various lung conditions while getting the support of others in similar situations. Meetings offer a fun and stimulating combination of guest speakers, problem-solving discussions, and social activities with the tools you need to stay active and healthy.

## 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, October 31

Time: 10am - 11am

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

## Health & Wellness Workshops

**English & Spanish**

Join Dignity Health-St. Mary Medical Center health and wellness sessions to learn:

### In-Person Classes

#### How Cholesterol Affects Your Health/ Como Afecta el Colesterol a su Salud

When: Wednesday, October 11

Spanish session time: 11am-12pm

English session time: 12pm-1pm

Where: Jenny Oropeza Community Center (Cesar Chavez Park)  
401 Golden Ave, Long Beach, CA 90802

### Virtual Classes

#### What's on a Label

When: Thursday, October 19

Time: 10am-11am

Zoom Login ID: 920 8915 4758

Passcode: 575785

#### Que Hay en Una Etiqueta?

When: Thursday, October 26

Time: 10am-11am

Zoom Login ID: 987 8340 3136

Passcode: 124327

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

For more information please contact, Melissa Dominguez,  
562.491.9109

### English

Dignity Health-St. Mary Medical Center in partnership with SCAN-IAH brings you hourly Zoom wellness sessions:

#### Golden Hour - Practice of Gratitude: Journaling Techniques

When: Tuesday, October 10

Time: 1pm - 2pm

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



# Health Education

## Healthy Spook-tacular Tips

Trick-or-Treating is one of the most popular Halloween traditions in the United States. According to the United States Census Bureau, in 2021 alone, an estimated 42 million potential trick-or-treaters ages 5 to 14 were reported to have partaken in the tradition. Keep your Halloween spirit alive by following these tips to make trick-or-treating safe, healthy, and fun!

***Trick-or-treat after your child has eaten a balanced meal.***

***Make healthy Halloween themed treats! Not only does it provide a nutritious snack, but is also a fun way to get creative at home.***

***Inspect all treats for signs of tampering before eating.***

***Make sure to remove any choking hazards from small children such as gum and small wrappers.***

Source: Halloween Fun Facts. United States Census Bureau (October 2022) Retrieved August 9, 2023 from <https://www.census.gov/schools/resources/fun-facts/halloween.html>

## Healthy Recipe Ideas

### Peanut Butter Toast

Give this quick and easy treat a try!

#### Ingredients

1 slice of 100% whole wheat bread

1 1/2 tablespoons peanut butter

Additions:

1 medium banana, peeled

1 tablespoon of raisins

1/2 peach, sliced

#### Directions

Toast your bread

Spread peanut butter evenly across the toast

Add your choice of additions: banana, raisins, or peach slices.

Enjoy for breakfast or as a snack!

**Makes:** 1 serving

**Preparation time:** 5 minutes



Source: CalFresh Healthy Living.org (2019). California Department of Public Health. Retrieved from <https://calfreshhealthyliving.cdph.ca.gov/en/recipes/Pages/Peanut-Butter-Toast.aspx>

## Resources

### Free – Life Improving Resources

**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](http://www.211.org)

**Transportation** Now through November, Long Beach residents age 55+ may be eligible to receive free taxi rides to essential services such as medical appointments, pharmacy, public social services, and more. Call the Healthy Aging Center (DHHS) at 562.570.3529 for more information! Funding provided by AARP and Toyota.

### 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](http://988lifeline.org)

**Teen Line 1-800-852-8336** Nationwide (6pm-10pm PST) provides support, resources, and hope to young people through a hotline of professionally trained teen counselors, and outreach programs that de-stigmatize and normalize mental health. **Text TEEN to 839863** (6pm-9pm PST) or visit [www.teenline.org](http://www.teenline.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.

**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

1050 Linden Avenue  
Long Beach, CA 90813

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## RETURN SERVICE REQUESTED

October 2023

### Bazzeni Wellness Center

**“NEW WAY TO CONTACT US”:**

Office Line: 562.491.9811

### STAFF

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*Community Health Outreach Manager*

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*Community Health Outreach Educator*

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>

## October Health Observances

Domestic Violence Awareness Month  
Health Literacy Month  
Medical Ultrasound Awareness Month  
National Bullying Prevention Month  
Mental Illness Awareness Week (Oct. 3-9)  
National Health Education Week (Oct. 18-22)  
World Mental Health Day (October 10)  
Halloween (Oct. 31)

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.