

Health Watch

A COMMUNITY NEWSLETTER FROM OLYMPIA MEDICAL CENTER

LEEZA GIBBONS TALKS ABOUT CAREGIVING



IN THIS ISSUE:
ALTERNATIVE
TREATMENT
FOR SLEEP
DISORDERS

MEDICAL
MANAGEMENT
FOR AGING
PARENTS

OUTPATIENT
TREATMENT
FOR
PROSTATE CANCER

Olympia Medical Center is a Physician Owned Hospital



Dear Neighbor:

Olympia Medical Center has a rich history in this community - one that spans more than 60 years. It is important for us to continuously improve our services to meet the needs of our community.

We are pleased to offer new procedures for such medical conditions as prostate cancer, knee joint degeneration, and sleep apnea to name a few. With these new services, our board certified physicians at Olympia Medical Center will help you with a diagnosis and treatment.

Our medical team is committed to working together to provide you with the best healthcare, and our hospital and its staff has once again been recognized by the State of California with the Certificate of Excellence. This milestone recognizes the teamwork and the resolve of our employees and our medical staff.

In addition, the hospital has been honored recently with a national award from Avatar International for Exemplary Service – Most Improved Outpatient Services for the year 2010. This award for most improved outpatient services recognizes excellence in both quality care and operational efficiency.

As the hospital continues to adapt to changes in healthcare and in the community, we are listening to those we serve in order to find the ways to best meet their needs. We do this by surveying all the inpatients and outpatients who visit our hospital to find out what we are doing right, and what areas need improvement. If you receive one of these surveys I would urge you to complete it and send it back to us.

To those of you who tell us how we can improve our services, and who refer family, friends and neighbors, I say "Thank You." You are important to the Olympia Medical Center family.

Sincerely,

John A. Calderone, Ph.D.
Chief Executive Officer

DID YOU KNOW?

Washing your hands can improve cleanliness, but most importantly, it can lead to good health. Frequent hand washing, face washing, and bathing with soap and water can make the difference between sickness and health.

Many diseases can be spread if the hands, face, or body are not washed appropriately.

Center for Disease Control

Health Watch

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TROUBLE SLEEPING?

Groggy? Fatigued?

Sleep Masks Keeping You Awake?

Olympia Medical Center has a unique surgical alternative for you!



According to recent studies, some 20 million Americans suffer from Sleep Apnea, with an estimated 80 percent of sufferers going through life undiagnosed.

Sleep Apnea is a disorder caused by obstruction of the airway or a disturbance in the brain's respiratory center. Some people are helped by sleep masks that deliver compressed air pressure to prevent a sleeper's airway from collapsing during sleep.

Others experience discomfort from the sleep devices.

The most common form of Sleep Apnea occurs when tissues and muscles in the throat and the tongue collapse and block the flow of air in-and-out of the lungs during sleep resulting in prolonged, intense snoring, which usually becomes more serious with age.

Snoring can lead to fragmented and un-refreshing sleep, which can translate into poor daytime function and loss of sexual desire. There are several factors that facilitate and enhance snoring, including aging of throat muscles, use of alcohol or drugs, and obesity.

Both private and public health insurers are increasingly covering sleep treatments as a preventive measure for more serious conditions such as congestive heart failure, heart attack, stroke and high blood pressure, or constant fatigue and personality changes. At a typical sleep center, doctors will invite patients to spend a night in a specially designed "sleep room" or bedroom with medical and technical devices to monitor a patient's sleep. The study is called a Polysomnogram, which is used to help detect a variety of sleep disorders.

While there are a variety of non-surgical devices and noninvasive treatments for Sleep Apnea, should you not be able to tolerate these devices or noninvasive procedures, Olympia Medical Center offers unique alternatives from noted expert Joseph Broujerdi, MD, DMD. Options can include a jaw realignment to correct the airway passage. If you believe you have a sleep disorder, Olympia Medical Center will refer you to a certified sleep specialist for more information. For a Board Certified Physician Referral, available 24/7, call (800) 547-5189.



"Sleep Apnea is almost always an anatomical problem due to partial or total obstruction or blockage of the airway. The obstruction will lead to a disruption of sleep, and snoring is a sign that the disruption is occurring."



Joseph Broujerdi, M.D., D.M.D.

COLON CANCER CAN BE PREVENTED

The California Digestive Diseases Institute (CDDI) at Olympia Medical Center is a tertiary referral center with expertise in treating complex conditions of the digestive system including the pancreas, common bile duct stones, liver diseases, rectal and colon cancer and other gastrointestinal conditions.



Screening for colon cancer is a key component of preventive medicine and should begin at age 50 in those individuals at average risk, and earlier for those with certain risk factors.

The principle risk factors include having a parent or sibling with a history of colorectal cancer, especially a colon cancer diagnosis at a young age, or African-American. Other risk factors

include a history of ovarian or uterine cancer, chronic ulcerative colitis, Crohn's disease and certain inherited polyp syndromes. Obesity and a high fat diet also increase the risk of developing colon cancer.

Unfortunately, most colon cancers don't exhibit symptoms until the cancer has grown large enough to cause either anemia from blood loss, rectal bleeding or constipation from intestinal blockage.

The good news is colon cancer has a high cure rate if detected at an early stage. Laparoscopic and open surgeries can often completely remove the cancer while leaving the remainder of the colon intact.

"Make the decision to be screened for colon cancer or seek evaluation if you are having symptoms. Encourage loved ones to be screened as well. Prevent the unnecessary tragedy of a life lost to colon cancer. Check your colon health," says Dr. Mehrdad Vosoghi, CDDI's medical director.



Mehrdad Vosoghi, M.D.

Call for an appointment with Dr. Vosoghi today at Olympia Medical Center's California Digestive Disease Institute at (310) 556-7747.

GET A SCREENING COLONOSCOPY

"Increased screening during the last decade for colorectal cancer, the nation's second-leading cause of cancer deaths, has put a sharp dent in the prevalence of the disease and in the number of deaths resulting from it, according to the Centers for Disease Control and Prevention."

Los Angeles Times, July 2011

Signs and Symptoms of Colon Cancer:

- A change in your bowel habits, including diarrhea or constipation or a change in the consistency of your stool for more than a couple of weeks
- Rectal bleeding or blood in your stool
- Persistent abdominal discomfort, such as cramps, gas or pain
- A feeling that your bowel doesn't empty completely
- Weakness or fatigue
- Unexplained weight loss

Many people with colon cancer experience no symptoms in the early stages of the disease.

When symptoms appear, they'll likely vary, depending on the cancer's size and location in your large intestine.

Center for Geriatric Health

Comprehensive Medical Evaluation and Follow-up Treatment

In 2001, when she was 82 years-old, Elvira moved to Los Angeles to live with her daughter Lynne. She has been a patient at the Center for Geriatric Health at Olympia Medical Center for over ten years.

At that time, Lynne began her search for a medical program for her mother that would provide the wide range of specialties required for the elderly. She learned about a program led by Dr. Robert Wang, Medical Director of the Center for Geriatric Health. This program offered the array of services that her mother might need, so she made an appointment for her mother to visit Dr. Wang.

Elvira felt an immediate connection from the very first moment she met Dr. Wang and without hesitation asked him to be her doctor. "He was so caring," says Elvira. "He listened, gave the care I wanted and the advice I needed. The center has become like a second home to me, and the staff is marvelous," she added.

After reviewing her tests, Dr. Wang introduced her to a variety of specialists who were familiar with geriatric issues. He arranged for a physical therapist, podiatrist, and cardiologist to treat her at the center. Elvira liked the idea that she did not need her daughter to take her to other offices to meet with these specialists. "They all came to me," she says happily.

"I appreciate the program and Dr. Wang so much! He would read the reports from the other doctors and focus in on the most minute details and make recommended changes to my activities based on these medical reports," recalls Elvira.

When Elvira came to the clinic, she was surprised that she not only got the specialized care, but also got a "bigger family -- Every one of them," says Elvira.

Lynne said her mother loves the clinic staff at Olympia Medical Center. When she and her mother come for their once a month medical review, they look at it as a social outing.

"Everyone is respectful, and everyone knows us," says Lynne. "My mother really looks forward to it. They ask the right questions and offer services that have truly made a difference. She especially enjoys going for physical therapy. They have rejuvenated her."



Elvira D., 92, Patient

If she asks to see an orthopedist, or a podiatrist for her toe nails, Dr. Wang sees that one is scheduled. Whenever Elvira requires special attention, she gets it.

A team of multi-specialty physicians, nurse practitioners, registered nurses and social workers will consult with the family to present the results of the tests prescribed by the team of physicians. The team specializes in treatments that focus on improving the patient's quality of life. Geriatric specialties include, but are not limited to:

Behavioral Health	Neurology
Cardiology	Nutrition
Dermatology	Ophthalmology
Ear, Nose and Throat	Rheumatology

"The program maintains the quality of my life as I get older," says Elvira, "and I see all the doctors I need to see at the center."

If you have a loved one having difficulty coping with multiple medical problems, call the Center for Geriatric Health today at (323) 932-5333 and schedule an appointment.



Robert Wang, M.D., Ph.D.

"I See All The Doctors I Need To See at the Center."



CAREGIVING:

“Caregiving is not a path that should ever be walked alone.”

Leeza Gibbons



“Life doesn’t always go as planned,” says Leeza Gibbons, TV/Radio Host, Producer and Philanthropist. “The people we love get sick, they get diseases and we often feel helpless to do anything about it. Whether you are a husband or wife, son or daughter, brother, sister or friend who takes care of someone in your family or someone you love, chances are you need help too. That’s where Leeza’s Place comes in...”

Leeza’s Place is simply a place for family caregivers to get educated, empowered and energized. If you find yourself feeling hopeless, exhausted and overwhelmed, Leeza’s Place offers some light and helps shoulder the load. We hope you can take a deep breath knowing that you are not alone.

Leeza’s Place began with a promise to my mother that I would take her diagnosis of Alzheimer’s disease and our family’s struggles with caregiving to educate and empower all caregivers dealing with chronic or progressive illness. Now we have a new promise to caregivers and their diagnosed loved ones...that we will be a beacon of light on your caregiving journey and together we will begin to make it better. Remember to Breathe, Believe and Receive.”

Leeza Gibbons created The Leeza Gibbons Memory Foundation in 2002 as a promise to her mother to “tell her story and make it count.” Leeza’s Place, the signature program of the foundation, opened its doors the following year as the manifestation of what Leeza “wished we had when we were going through our caregiving journey.”

The Leeza Gibbons Memory Foundation is proud to partner with Olympia Medical Center in the heart of Los Angeles to offer Leeza’s Place to members of its surrounding community. Programs at Leeza’s Place are designed to provide educational and empowering strategies that offer support on three levels - emotional, educational and social - for caregivers, families and friends. Leeza’s Place is a source of strength and purpose to connect caregivers to one another and to the much needed resources within their own community.

“We are so proud of our association with Olympia Medical Center and honored to offer caregiver support programs through our Leeza’s Place community center,” says Gibbons.

In partnering with Olympia Medical Center, the goal is to provide a safe, home-like setting where family caregivers feel comfortable with their new caregiving challenges. When a loved one loses functionality and the ability to lead a productive life, family caregivers often don’t know where to turn for support and guidance. This can often lead to stress, anxiety and depression in caregivers who feel isolated and alone. All of the dynamic programs at Leeza’s Place create a real sense of belonging and a place where caregivers can connect with others experiencing similar paths.

“At Leeza’s Place, we often remind our guests to “Take Your Oxygen First.” We believe that caregivers must nourish themselves “mind, body & soul” in order to have the strength and stamina needed to ultimately provide better care for their loved one,” says Gibbons.

THE HEART OF A CAREGIVER

The heart of a caregiver is tender
but strong.

Open and hopeful.

It is hope that is reborn daily
After nights of worry and little
sleep.

The caregivers heart is capable of
forgiveness

And friendship that knows no
boundaries.

It breaks often but grows stronger
After each tear in its seams.

A caregiver's heart can find answers

Where no one else can
And can give solace to even
The most tortured soul.

In the life of a caregiver ,
Many tears fall . Sometimes
Quietly and softly;
Sometimes with anger and
confusion

That seem to force
Hot wet rivers of frustration down
their cheeks.

A caregiver's work is never done
And is often given with lots of
Love but little recognition.

Even when blame is everywhere
And all roads seem like dead ends,
The caregiver stays on the job.

Because a caregiver's heart is
A beautiful thing.

It loves without condition.
And it always sees what is possible
Rather than what is a problem.

Leeza Gibbons November 2008

“As for people who are losing their memory, they can't join you in your world -- you have to meet them in theirs.”

Memory Loss: Warning Signs

- Forgetting Recently Learned Information
- Experiencing Changes in the Ability To Develop and Follow a Plan or Work with Numbers
For Example: Trouble Following a Familiar Recipe or Keeping Track of Monthly Bills
- Finding It Hard to Complete Daily Tasks
- Losing Track of Dates, Seasons and the Passage of Time
- Difficulty Reading, Judging Distance and Determining Color or Contrast
- Trouble Following or Joining a Conversation
- Putting Things in Unusual Places
- Experiencing Changes in Judgment or Decision-Making
- Removing Themselves from Hobbies, Social Activities, Work Projects or Sports
- Mood and Personalities of People with Alzheimer's Can Change; They Can Become Easily Confused, Suspicious, Depressed, Fearful or Anxious

If you have a loved one that has issues related to aging and memory loss, call the Memory Institute at Olympia's Center for Geriatric Health at (323) 932-5333. (See page 3 for more information.)

Groups Available at Leeza's Place:

Parkinson's Disease	Caregiving
Bereavement	LGBT Support
Breath, Movement and Meditation	Grief and Loss
Early Stage Memory Loss	Stroke

Classes are held at LEEZA'S PLACE
Olympia Medical Plaza, 3rd Floor
5901 West Olympic Blvd., Suite 300A
Los Angeles, CA 90036 Tel: (323) 932-5414

Education! Empowerment! Energy!

Healthy Snacks Made Easy!

Instead of splurging on sugary drinks, high saturated fat ice creams and double trouble milk shakes, try the cool-as-a-cucumber sandwiches with Greek Island tzatziki, avocado soup, and a refreshing banana smoothie to inspire your healthful cravings!

Easy Recipes:

Greek Tzatziki: Ingredients: one container plain yogurt, one unpeeled cucumber, 3 cloves garlic, ½ cup dill, ¼ cup mint, olive oil, salt to taste
Directions: Chop the cucumber, garlic, mint and dill finely, add to yogurt, add oil and salt to taste.

Chilled Avocado Soup: Ingredients: 2 ripe peeled avocados, 1 ½ cup vegetable broth, 1 chopped green chilies if desired, whole milk, lime juice, salt, black pepper, cilantro, tortilla chips for garnish.
Directions: Add ingredients in blender (excluding chips), blend until creamy, chill in refrigerator for 2 hours.

Banana Smoothie: Ingredients: 1 cup unflavored yogurt, 1 banana, 2 ice cubes, 1 tbsp honey, ½ tsp vanilla extract.
Directions: Blend until thick in covered

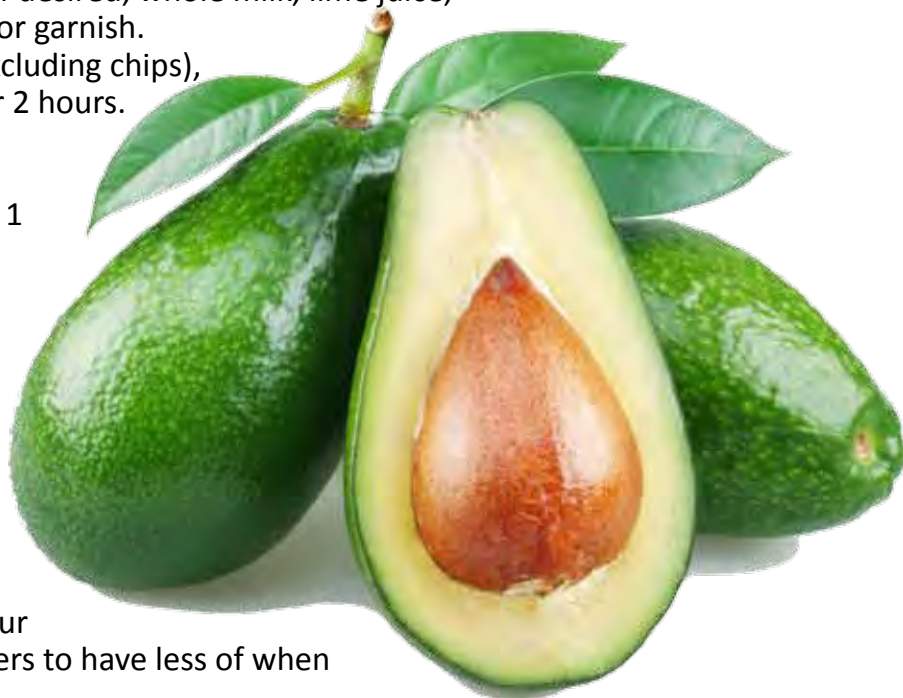
Snacks and meals should include all the mouth watering delicacies we love to eat. Take a heart-felt approach that would save the rising triglycerides and blood sugars. Meals and snacks must be healthy, low in refined sugar and low in bad fats, and if planned well, could be fantastic and delicious! So let us review our choice of foods to enjoy more of and others to have less of when summer begins!

You can get creative with your snacks by replacing the high sugar and saturated fat content of ice creams by trying popsicles! Homemade popsicles can be made by blending fresh fruits and adding some low fat yogurt. The blend can then be poured into molds with ice cream sticks and frozen to later eat as a look-alike ice cream bar. The taste and enjoyment will be equally as wonderful but the calories, sugar and fat will be so much less.

Substitute your favorite potato chips with fresh vegetables-- try these crunchy munchies fresh or steamed, cut into snack sizes and store in your refrigerator. Carrots, celery sticks, cherry tomatoes, cucumber and zucchini slices can be enjoyed with low fat yogurt, low fat ranch or a bean dip like hummus alone or with a baked potato. You will feel nourished when adding some tortilla chips/crackers with pieces of cheese while also increasing fiber, antioxidants and at the same time decreasing all that hydrogenated fat circulating in your blood!

**Outpatient nutritional counseling is now available at Olympia Medical Center.
For more information, call today at (323) 932-5264.**

Take a heart-felt approach that can reduce rising triglycerides and blood sugars.



DIAGNOSED WITH PROSTATE CANCER?

REMOVAL IS NOT THE ONLY OPTION! NO INCISION NECESSARY

Even though it can be slow growing, prostate cancer is still overall one of the most important malignancies in men and one of the major causes of death. According to the National Cancer Institute over 200,000 new cases of prostate cancer are found in the U.S. every year and cause more than 30,000 deaths.*

Signals to check for and report to your primary physician:

Are you getting up frequently at night to empty your bladder?

Are you able to empty your bladder adequately?

Is there urinary burning, back pain or flank pain?

Abdominal pain? Weight Loss?

Men should always include a prostate exam as part of their general health check up.



"I went to work the next day... after prostate cancer treatment."

Prostate Brachytherapy Patient

Some of the urological issues for men are related to normal growth of the prostate as men age. People who are at a higher risk include those with a family history of prostate cancer, and African-Americans who have a higher risk of prostate cancer. The Prostate Brachytherapy procedure consists of a computer guiding the planting of tiny treatment seeds into the prostate. This kind of precision tailored procedure has been effective in treating the prostate cancer and sparing the surrounding tissue. The advantage of Prostate Brachytherapy is that it is a minimally invasive, one-hour, one time, outpatient procedure.



Stephen Doggett, M.D.

According to Dr. Stephen Doggett, Radiation Oncologist and a pioneer in Brachytherapy technology, "If it is determined that there is a tumor in the prostate, Prostate Brachytherapy is an excellent option. It is a medically proven procedure performed at Olympia Medical Center that results in less incontinence and less erectile dysfunction when compared to other treatments."

Prostate Brachytherapy is performed by a team of Olympia Medical Center's Board Certified physicians including urology specialists. If you are interested in learning more about Prostate Brachytherapy call 800-547-5189.

* <http://www.cancer.gov/cancertopics/types/prostate>

OLYMPIA MEDICAL CENTER HONORED WITH SECOND CONSECUTIVE *Certificate Of Excellence*

In recognition of the quality care we provide, Olympia Medical Center has received its second consecutive "Certificate of Excellence" from CalHospitalCompare.org, which rates hospitals for quality of care in California. This award is based on the February 2010 update from CalHospitalCompare.org.

The "Certificate of Excellence" acknowledges that Olympia Medical Center achieved **above average or superior scores** in five of the eight measurements from the California Healthcare Assessment and Reporting Taskforce (CHART), and did not receive any "below average" or "poor" score on any measure, and reported data for all of the measurements for which they qualify.

"These findings reflect the dedication of our hard working physicians and staff and confirm that our focused efforts on service excellence to improve the healthcare quality for our patients, has made a positive, measurable difference," says hospital CEO, John A. Calderone.

CalHospitalCompare.org includes ratings for clinical care, patient safety and patient experience for the more than 240 hospitals, representing over 86% of acute care hospital admissions in California.

Although choosing a hospital can be a difficult choice, CalHospitalCompare.org has made it easier to pick the very best hospital for you or a loved one.

OLYMPIA MEDICAL CENTER RECEIVES NATIONAL AWARD FOR EXEMPLARY SERVICE

***Radiology, Laboratory, Wound Care and
Physical Therapy Services Recognized***

Olympia Medical Center has been recognized as a community healthcare facility that efficiently provides outstanding patient care and consistently sets the standard in clinical excellence nationwide. The hospital has recently received a national award from Avatar International for Exemplary Service – Most Improved Outpatient Services for the year 2010. This award recognizes Olympia Medical Center's Radiology, Laboratory, Wound Care and Physical Therapy services for their excellence in both quality care and operational efficiency.

"Patient satisfaction is a top priority at Olympia Medical Center," said John A. Calderone, Chief Executive Officer.

Calderone adds, "I am proud of our excellent physicians, nurses and staff for providing compassionate, patient-centered care and I'm honored to accept these awards on their behalf."

DIABETES SUPPORT GROUP

The Diabetes Support Group at Olympia Medical Center meets on the second Thursday of each month. This free group offers a safe and open atmosphere where people meet to learn about the disease and share experiences.

Patients, caregivers and family members share experiences and learn about managing this disease. Although speaking is not required, returning Diabetes Support Group participants welcome newcomers and encourage them to ask questions and tell their stories.

"Education is key when you have diabetes," says Andrew Berman, M.D., Diabetes Support Group co-facilitator and a diabetic himself.

For more information call Courtney Walberg at (323) 932-5265

HOSPITAL INFORMATION ONLINE

at www.olympiamc.com

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www.olympiamc.com

SERVICES

MAIN HOSPITAL LINE
(310) 657-5900

Center for Geriatric Health
(323) 932-5333

Physical Therapy/Rehabilitation
(323) 932-5086

Center for Sleep Apnea
(800) 547-5189

24/7 Emergency Services
(323) 932-5105

**Center for Wound Management
and Hyperbaric Medicine**
(323) 932-5922

**Reflections – Outpatient
Mental Health Program
for Adults and Seniors**
(323) 932-5980

**Los Angeles Center for
Spine Care and Research**
(866) 517-7463

**California Digestive
Diseases Institute**
(310) 556-7747

Continent Ostomy Center
(800) 677-5252

**Southern California
Sports Medicine Institute**
(866) 315-CURE (2873)

Memory Institute
(323) 932-5477

Leeza's Place
(323) 932-5414

Center for Prostate Brachytherapy
(800) 547-5189



5900 West Olympic Blvd., Los Angeles, CA 90036

www.olympiamc.com

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COMMUNITY EDUCATION & WELLNESS ACTIVITIES

The following activities are offered through and held at Leeza's Place at the Olympia Medical Office Building, 5901 W. Olympic Blvd., Suite 300A, Los Angeles, CA 90036 (unless noted in green). For more information visit: www.olympiamc.com or call (323) 932-5414.

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LEEZA'S PLACE ACTIVITIES

LGBT BEREAVEMENT SUPPORT GROUP

1st and 3rd Tuesdays: 11:00 AM - 12:30 PM.
Led by Yael Wyte, M.S.W.

BREATH, MOVEMENT & MEDITATION

4th Monday: 1:00 PM. Gentle chair-assisted yoga suitable for all fitness levels.

PARKINSON'S SUPPORT GROUP

4th Monday: 1:45 PM - 3:00 PM. Led by Linda O'Conner, L.C.S.W. and Yael Wyte, M.S.W.

CAREGIVER SUPPORT GROUP

1st and 3rd Mondays: 2:00 PM - 3:30 PM.
1st and 3rd Wednesdays: 11:00 AM - 12:30 PM.
Led by Yael Wyte, M.S.W. and Barbara Hament, L.C.S.W. *Please be prepared to find metered street parking or parking in a pay lot.*

NEW YOUNG ADULT (HIGH SCHOOL, 20'S & 30'S) CAREGIVER SUPPORT GROUP

1st Wed: 7:00 PM. Led by Chad Schwartzman, M.F.T.

EARLY STAGE MEMORY LOSS SUPPORT GROUP

Thursdays: 11:00 AM - 12:30 PM. Led by Janie Michaels Grauman, L.C.S.W. Meetings are one hour to one and a half hours in duration depending on date. Call for more detailed information.

GAY & LESBIAN CAREGIVER SUPPORT GROUP

1st and 3rd Thursdays: 1:00 PM - 2:30 PM. Led by Barbara Hament, L.C.S.W. and Yael Wyte, M.S.W.



CCFA SUPPORT GROUP

(Crohn's and Colitis Foundation of America – Greater Los Angeles Chapter)
3rd Monday: 6:30 PM - 8:30 PM. Led by Tillie Huber, R.N./C.D.A.C., Program Coordinator, Continent Ostomy Center at Olympia Medical Center. This group meets at the CCFA Chapter Office, 1640 S. Sepulveda Blvd., Suite 214, Los Angeles, CA 90025.
Reservations and information: (800) 677-5252.

DIABETES SUPPORT GROUP

2nd Thursday: 7:00 PM - 9:00 PM.
Led by Andrew G. Berman, M.D. This group meets at Olympia Medical Center Pavilion Conference Room, 1st floor. For reservations and information contact: Courtney Walberg at (323) 932-5265.