

HEALTH TALK

St. Vincent IPA - Volume 2, Issue 1 - Fall 2010

Newsletter Introduction

St. Vincent IPA (Your Medical Group) is proud to introduce its revamped newsletter to all of our senior patients! Included in this letter is important news from St. Vincent IPA, a written piece by one of our medical staff (a Primary Care Physician, Specialist, RN, etc), fun outdoor activities, a tasty and less than \$10 recipe, and other friendly reminders.

So, read on- and enjoy! For information about a physician with St. Vincent IPA please call our local customer care line at (888) 255-5053.

It's That Time Again!!!

Your Medicare Annual Election Period is here! This year you will only have 6 weeks to decide which Medicare Advantage Plan you will join. You only have from Nov. 15th to Dec. 31st!

St. Vincent IPA is here to help. If you have any questions regarding our contracted Health Plans or questions about changes in Medicare please give us a call and we will be more than happy to assist you.

Don't forget these items when you visit the doctor!

Please remember to have these items when you visit the doctor's office:

1. Insurance Card
2. Current Prescriptions
3. A list of things you want to talk about so you don't forget when you're in the exam room

For questions about this newsletter, please contact Christian Videa, Marketing Manager for St. Vincent IPA at: (888) 255-5053 or
E-mail: cvidea@pdtrust.com

Nurse Practitioner

By Trina Law, MN, APRN-BC, FNP

Unable To See Your Physician?

Many ask, "What is a Nurse Practitioner"? A Nurse Practitioner is a Registered Nurse who has also completed a Masters in Nursing (MN) program. They become board certified by taking a national certification exam and must keep their education current to continue to remain board certified. Similar to a physician, a Nurse Practitioner is trained to diagnose and develop treatment plans for acute and chronic diseases. Nurse Practitioners also specialize in diseases of the aging, gerontology. The care provided is also reviewed with your Primary Care Physician to provide a status on your health and to have the Primary Care Physician's oversight in the patient's care.

At St. Vincent IPA, one of our main objectives is to keep you as healthy as possible. Our Homebound program we provide special help to patients who are in greatest need and unable to easily come to a doctor's office. Instead, we visit you at home, just as if you had an appointment with your physician. It is the role of our Nurse Practitioner to facilitate and manage the care of these patients. Our Nurse Practitioner is available to you 24 hours a day, seven days a week by telephone.

When patient's transition from the hospital to a Skilled Nursing Facility, our Nurse Practitioner works closely with our Hospitalist in the management of your care to bring you back to your prior level of function with rehabilitation and medical therapies. Once you are safe and have met your rehabilitation potential you are discharged home with the support necessary to keep you safe and living to your potential. If you are in need of this type of care, a simple referral from your Primary Care Physician will initiate a visit. This service is available to you because you are our patient. There are no fees for this type of care. In our group, it is an added benefit.



The Great Outdoors Bocce Ball

Equipment: 1 Bocce Ball Set (can be purchased at any Wal-Mart, Target, etc.) (Includes: 1 Pallino-small, white, target ball; 2 sets of 4 bocce balls; case) Prices range from \$15-\$50, depending on quality.

Location: An open lawn, field, or at the beach

Game Play: The game begins by randomly picking a side to toss the pallino (the small target ball). The side that first placed the pallino is given the opportunity to bowl first. Once the first bowl has taken place, the other side has the opportunity to bowl. From then on, the side which does not have their ball closest to the pallino has a chance to bowl, up until one side or the other has used their four balls. At that point, the other side bowls its remaining bocce balls. The team with the closest bocce ball to the pallino is the only team that can score points in any frame. The scoring team receives one point for each of their balls that are closer to the pallino than the closest ball of the other team. The length of a game varies by region, but is typically from 7 to 13 points.

Bocce is a fun, relaxing way to get some exercise, get together with friends, and get some fresh air. If you like golf or bowling, bocce might be your new favorite game! Give it a try- start a Bocce group in your neighborhood! Don't forget the sunscreen!

Cooking Corner

Berrrrrry Good Smoothies

- 1 banana, peeled and halved
- 1 cup berries (I like a frozen blackberry/blueberry/strawberry mix, but any berries will work fine)
- 1 cup plain yogurt
- 1 ½ cup orange juice
- (optional) ¼ cup finely ground oatmeal

Put all ingredients into a blender and blend at high speed until well mixed, with no large chunks. Serve immediately. Makes 4 servings of 8 oz. each. A great way to start the day or to have a healthy afternoon snack!

*note- if you find it tastes too tart, stir in a tablespoon of honey or frozen apple juice.

Online Lab Appointments

Now you can make your Lab appointment online! To make your appointment, visit www.questdiagnostics.com

Quest L.A.: (213) 413-1274

Quest Grand: (213) 765-0457

Quest Wilshire: (213) 977-0164

Please visit our website at www.stvincentipa.com for additional locations.