

A low-angle photograph of a woman and a young girl laughing joyfully while throwing a large amount of dry, golden-brown autumn leaves into the air. The leaves are captured in mid-air, creating a dynamic and celebratory scene against a bright, slightly hazy sky. The woman is on the left, wearing a grey cardigan over a dark top, and the girl is on the right, wearing a grey cardigan over a white top. Both have their arms raised and heads tilted back in laughter.

Community Health | Newsletter

社區健康季刊

2019 Q4

第四季

OCT - DEC

十月至十二月

Chinese Hospital Clinic Service Spotlight 東華醫院診所服務



ICON Optometry

The optometry clinic at Gellert Health Services is staffed with board-certified optometrists and opticians. It provides a full range of eye health care services: complete eye exams, contact lenses, glasses, glaucoma testing, as well as pre- and post-operative care. ICON's optical dispensary has a wide variety of designer frames for people of all ages, and opticians are available to assist you in choosing your perfect frame. Besides, ICON's ophthalmic laboratory incorporates the latest technology to provide same-day lens edging service. For your convenience, ICON is open on Saturdays.

ICON 眼科/驗光中心

ICON眼科/驗光中心的驗光師及配鏡師經美國醫學委員會認證，提供全面的眼睛護理服務，包括眼科檢查、隱形眼鏡及眼鏡驗配服務，青光眼檢查以及手術前和後的護理。ICON還提供各式各樣及價格相宜的眼鏡架，他們的配鏡師可協助您合適的選擇。此外，ICON的實驗室採用最新尖端科技，可提供即日鏡片切邊服務。為了方便客顧客，星期六照常營業。



Business Hours:

Mon & Tue: 9:00 a.m. - 5:30 p.m.

Wed: 10:00 a.m. - 6:30 p.m.

Thu, Fri & Sat: 9:00 a.m. - 5:30 p.m.

1-650-761-3521 | 386 Gellert Blvd, Daly City, CA 94015

營業時間：

星期一、二：上午9時至下午5時30分

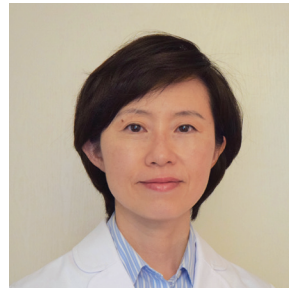
星期三：上午10時至下午6時30分

星期四、五及六：上午9時至下午5時30分



Laura Chu, O.D.
朱巧喬醫生

Doctor of Optometry
University of California,
Berkeley
視光學博士，加州大學
柏克萊分校



Teresa Wu, O.D.
吳姿蓉醫生

Doctor of Optometry
Illinois College of Optometry
視光學博士，伊利諾斯視光學院

Dr. Laura Chu is a glaucoma-certified optometrist. She is experienced in full scope of optometry practice ranging from routine eye exam and contact lens fitting to management of ocular diseases and ocular surgical co-managements. She is also experienced in fitting specialty contact lenses, including orthokeratology for myopia control in pediatric patients and young adults, and rigid gas permeable contact lenses for keratoconus patients.

朱巧喬醫生是具有治療青光眼專業資格的視光師。她擁有全面的視光學專業知識，從一般眼睛檢查到復雜的眼部疾病管理及眼部手術的共同管理，朱醫生均擁有豐富的經驗。此外，朱醫生在隱形眼鏡驗配方面同樣專業，她提供的服務包括角膜矯形術（適合兒童及青少年）及硬性透氧隱形眼鏡（適合圓錐角膜病人）。

Dr. Teresa Wu is a glaucoma-certified optometrist with extensive experiences in ocular diseases and low vision. She also fits specialty contact lenses, such as orthokeratology, hybrid and scleral lenses.

吳姿蓉醫生是具有治療青光眼專業資格的視光師，在眼部疾病及低視力管理方面均擁有豐富的經驗。此外，吳醫生也提供特殊隱形眼鏡驗配方面，包括角膜矯形術，混合隱形眼鏡和鞏膜鏡片。

Insurance Accepted 接受多種保險：

VSP
EyeMed
CCHP
Health Plan of San Mateo

San Francisco Health Plan
Medicare
Medi-Cal
Aetna

Anthem Blue Cross
Blue Shield
Cigna
Health Net

UnitedHealthcare
Tricare



Flu vaccinations are now available at Chinese Hospital & Clinics. They are free to CCHP members! 東華醫院及診所現有流感疫苗供應，免費提供給 CCHP 會員!

Acupuncture & Chinese Medicine 針灸與中藥



Fall Food and Herbs

Weather in the fall tends to be drier and cooler. Our bodies need to adjust to the seasonal changes from sunny summer and prepare for cold winter.

In Traditional Chinese medicine (TCM), lungs are related to fall season. Wei Qi (protective Qi) forms the first line of defense against external pathogens. Dry and cool are two pathogens against lungs. When Wei Qi is weak, common effects to lungs are allergies, asthma, bronchitis, and catching a cold/flu easily.

White colored foods are the best kitchen medicine for lungs. Pears are cooling and moistening. Asian pears are good for salads. Boiling pears with licorice root (Gan Chao) can treat a dry cough. The liquid from cooking pears with honey moistens lungs. Chinese turnip (Bai Luo Bo) fortifies Lung Qi, and tremella mushroom (Bai Mu Er) protects Lung Yin. Adding both into miso soup is both delicious and beneficial to lungs.

Reishi mushroom (Lingzhi) treats cough, asthma, and fatigue, and promotes longevity. Astragalus (Huang Qi) boosts the protective Qi and Lung Qi. A daily low dose of Huang Qi and Lingzhi promotes Wei Qi, also improves lungs function and immune response.

This is meant to be a general guideline only. To create a treatment plan tailored to you, please consult with a TCM provider.

By Dove Yu, L.Ac, Chinese Hospital East West Health Services

秋季食療

夏天過後，秋季天氣會變得清涼乾燥，同時身體亦需要為冬天作出準備。

在傳統中醫理論，肺部與秋季是對應的。肺部很容易被秋燥所傷。衛氣（保護氣）是抵禦外來病原體的第一道防線。當衛氣虛弱時，肺部便很容易產生過敏、哮喘、支氣管炎及引致感冒。

白色食物是肺部的最佳家居食療。梨子清熱滋潤，用途廣泛。例如，沙梨可做沙律食用、甘草加梨可治療乾咳、及梨水加蜜糖可潤肺。另外，白蘿蔔利肺氣，銀耳（白木耳）則滋潤肺陰；將兩者加入味噌湯，不但美味，而且對肺部有益。

此外，靈芝對咳嗽、哮喘及抵抗疲勞均有療效，而且能促進長壽。每日服用低劑量的黃芪及靈芝可益胃氣，也可改善肺功能及免疫力。

以上資訊僅供參考。您可找持牌中醫師為您訂製適合的治療計劃。

此文由東華醫院中西醫學門診余美完中醫師提供



Eat Well, Live Well Recipe

東華醫院註冊營養師

健康美食推介食譜



Stuffed Bamboo Fungus with Gold Flake

Ingredients: (6 Servings)

20g Dried mushroom	20g Winter melon	Seasoning: 5g Chicken broth 5g Oyster sauce 5g Maggi seasoning
20g Shimeji mushroom	20g Chives	
20g King trumpet mushroom	10 sheets Edible	
20g Carrot	gold flake (option)	
20g Bamboo fungus		

Instructions:

1. Shred all mushrooms and carrot, stir fry with oyster sauce and Maggi seasoning until cooked. Set aside.
2. Slice bamboo fungus and winter melon.
3. Stuffed with all mixture, steam for 5 minutes.
4. Decorate with gold flake.

金箔竹筍羅漢上素卷

材料：(6人份量)

冬菇 20克	紅蘿蔔 20克	韭菜花 20克	調味料： 雞汁 5克 蠔油 5克 美極醬油 5克
白玉菇 20克	竹筍 20克	金箔10張	
雞脾菇 20克	冬瓜 20克	(可不需要)	

做法：

1. 將雜菇切絲，用美極醬油和蠔油炒熟備用。
2. 竹筍和冬瓜切成片狀。
3. 將雜菇捲入，入爐蒸5分鐘。
4. 最後撒上金箔即可。

Nutrition information per serving:

每份材料含以下營養：

Calories 卡路里：	124.4kcal
Protein 蛋白質：	9.6gm
Carbohydrates 碳水化合物：	17.4gm
Fat 脂肪：	2gm
Dietary Fiber 食用纖維：	3.4gm
Sodium 鈉（鹽）：	654mg
No cholesterol 不含膽固醇	

Recipe Provided Courtesy of
WorldJournal, Nutritional Information
Provided by Chinese Hospital Diabetes
Center Registered Dietitian
此食譜由世界日報提供，營養資料由
東華醫院糖尿病中心註冊營養師提供

Phoenix Unveiling Ceremony

「彩鳳朝陽」揭幕典禮

The Phoenix Mosaic Campaign began in 2016, raising over \$3.4 million by the unveiling celebration on April 06, 2019. The funds support the renovation project including same-day surgery center, gastrointestinal laboratory, multispecialty clinic, as well as an infusion center for chemotherapy and blood transfusions.

Together with the Dragon, the Phoenix Mosaic completes the representation of success, good fortune, and wellness. We invite you to visit the community wall.

「彩鳳朝陽」慈善牆項目在 2016 年推出。直至2019年4月6日為止，項目一共籌得三百四十萬美元。項目所籌得的善款都會用於翻新1979大樓，包括即日手術服務、腸胃科化驗室、專科門診中心、專為癌症病人化療而設的輸血及捐血中心。

「彩鳳朝陽」慈善牆與慈善龍共同構成「龍鳳呈祥」之完整圖案，寓意事事順利，好運連連。我們誠意邀請您前來參觀。





Perinatal Classes 婦產及嬰兒講座

10/12	Prenatal Care	產前護理
10/19	Infant Care	嬰兒護理
10/26	Breastfeeding and Infant Nutrition	母乳餵哺及嬰兒營養
Saturday 星期六	Cantonese 粵語 10am-12pm	English 英語 1pm-3pm

- Physiological changes for the mother-to-be
- The role of nutrition and exercise
- Helpful tips on dealing with minor ailments of pregnancy
- Infant care: bathing, changing and feeding
- Breast-feeding and bottle-feeding
- Nutrition during the first year

- 準媽媽的生理變化
- 所需的營養及運動
- 如何應付孕期輕微的不適
- 嬰兒護理：沐浴、更換衣服/尿片和餵養
- 母乳餵養和奶瓶餵養
- 嬰兒第一年的營養需要

Fee:

CCHRC Members: FREE

Medi-Cal patients: \$20 per class

Others: \$30 per class

Pre-registration is required. Payment due at the beginning of class. Class will be cancelled if enrollment does not reach 3 students. Dates and times are subject to change.

收費標準：

華人保健計劃會員：免費

持有加州醫療白卡的人士：每堂課\$20

其他：每堂課\$30

需提前報名。需要於上課前支付費用。如報名人數少於3人該課堂將被取消。日期及時間可能有更改。

Question or Registration 查詢或報名: 1-415-677-2473 | CCHRCHealth.org

Healthy Exercise Tips 健康運動小貼士

Standing Side Stretch

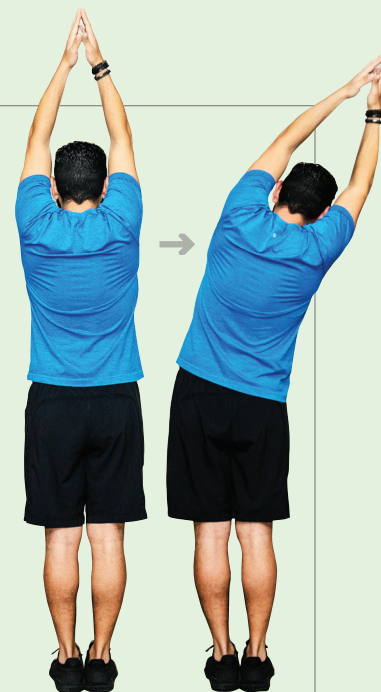
This exercise stretches the spine and oblique muscles of the waist and abdomen, promotes better posture and also strengthens the legs.

1. Stand with feet and legs together and bring both arms straight up over your head as you breathe in.
2. As you breathe out, bend your upper body gently to the right.
3. Breathe in as you return to the center slowly.
4. Repeat on the left side.

站立側伸展運動

此項運動可以拉伸腰部及腹部的脊柱及斜肌，促進更好姿勢及增強腿部肌肉。

1. 站立，雙腳及雙腿放直，吸氣時將雙臂向上拉直在頭上。
2. 呼氣時將上半身輕輕地向右側。
3. 吸氣時慢慢地回到中心。
4. 重複動作向左側。



Above exercise tip contributed by the Chinese Community Health Resource Center.
以上資料由華人社區健康資源中心提供

Expert Highlight 專業團隊訪談



Elliotte Mao, Tai Chi Instructor

Five is the magic number

After over 20 years of teaching tai chi, Ms. Elliotte Mao insists that it takes five sessions for beginners to appreciate the true benefits of tai chi. After first five classes, it becomes evident that the benefit of tai chi is about achieving balance between three elements: body, mind and spirit.

It all works together

Achieving good health and wellness is not about medical versus spiritual. Rather, it is holistic where all three (body, mind, spirit) have to work in concert. Ms. Mao's biggest satisfaction comes from her students' success stories. A student shared how he has avoided many falls. Another student credited tai chi for how well she recovered from a surgery and other simply remarked about how much more energy they discovered in doing the exercise. Because the students mind and spirit were in balance, or in chi, their bodies respond to treatments well in addition to daily nutritions.

Tai chi runs in the family

It was her father, a tai chi master, who helped her to 'get it' after her first five lessons. Once Ms. Mao felt the benefits and thus, understood the philosophy, she made it her mission to share the amazing power of tai chi, continuing her father's legacy. Ms. Mao was recruited over 10 years ago and began teaching tai chi to Chinese Hospital patients and CCHP Members. She's been spreading the practice ever since.

Regular tai chi classes

CCHP and Chinese Hospital offer tai chi, yoga and chi gong classes. They are free to all CCHP members. You can find Ms. Mao's classes at Chinese Hospital's Excelsior Health Services in San Francisco. Or, call Member Services or Wellness Department for a complete schedule and other locations.

By Chinese Hospital Wellness Program

Elliotte Mao 太極導師

神奇數字：五

毛老師擁有超過二十多年的太極拳教學經驗，她認為初學者需要花五節課的時間才能認識太極拳的好處。完成五節課後，學員便能感受到太極拳的好處，身體、心靈及精神方面可取得平衡。

互相配合

要維持身心健康，身體、心靈及精神各方面都必須協調及取得平衡。毛老師表示，見證著學員成功是當太極拳老師最大的滿足感。例如，有學員說練習太極拳後減少摔倒、也有學員說練習太極拳後加速了她手術後恢復的速度、還有很多學員說練習太極拳後身體變得強壯。毛老師表示，這都是因為學員的身體、心靈及精神取得平衡。

代代相傳

毛老師的父親也是一位太極拳老師。毛老師上了五節課後便領悟到太極拳的好處。隨後，毛老師立志發揚及推動太極拳的精神，並延續父親的使命。毛老師教導東華醫院的病人及華人保健計劃的會員已有十多年，至今仍從未間斷。

定期太極班

華人保健計劃及東華醫院提供免費太極、瑜伽及氣功班給病人及會員。毛老師的太極拳班每星期都在外米慎區華康醫務中心舉行。如欲索取健身班的時間表，歡迎致電會員服務中心或健身服務計劃。

此文由東華醫院保健項目提供



This quarterly newsletter highlights health topics and programs that may be important to you, your family or someone you care about. Please read, enjoy, participate in our programs and pass it along when done. If you would like additional copies or to be removed from our mailings, please call 1-628-228-3257 or email Info@CCHPHealthPlan.com. Electronic copies are available online at:

www.CCHPHealthPlan.com/community-health-newsletter
www.cchrhealth.org/health/library/health-newsletters

這季刊會注重每季健康的主題和活動，對您，您的家人及親友都很有益。健康寶貴，分享無價。請您仔細閱讀及積極參與這些活動的同時，將這季刊在您的親友之間傳閱。如果您想索取更多副本或剔除您的郵寄地址，請致電1-628-228-3257，電郵

Info@CCHPHealthPlan.com 或上網瀏覽：
www.CCHPHealthPlan.com/community-health-newsletter
www.cchrhealth.org/health/library/health-newsletters

Sign up for 2020 Health Plan | 2020年醫療保險的登記期

For people looking for health insurance coverage, there are set times each fall when most people can join or change their health plans. 大部分人都可在每年的秋季加入或更改醫療保險計劃。

Medicare

Annual Enrollment Period (AEP)
聯邦保健年度登記期

October 15 - December 7, 2019

Individuals, Families and Covered California
Open Enrollment Period (OEP)
個人、家庭及投保加州開放登記期

October 15, 2019 - January 15, 2020

IMPORTANT CONTACT INFORMATION 重要聯絡資料



CCHP Member Services
CCHP 會員服務

CCHP Member Services Center - Chinatown **1-415-834-2118**
CCHP 會員服務中心 - 華埠
845 Jackson St, San Francisco
www.CCHPHealthPlan.com/memberservices

CCHP Member Services Center - Daly City **1-415-834-2118**
CCHP 會員服務中心 - 帝利市
386 Gellert Blvd, Daly City
www.CCHPHealthPlan.com/memberservices

Health Education
健康教育

Chinese Community Health Resource Center **1-415-677-2473**
華人社區健康資源中心
845 Jackson St, Lobby, San Francisco
www.cchrhealth.org

Chinese Hospital
東華醫院

Chinese Hospital **1-415-982-2400**
東華醫院
845 Jackson St, San Francisco
www.chinesehospital-sf.org

Support Health Services **1-415-677-2370**
東華醫院健康服務中心
845 Jackson St, Floor B1, San Francisco
www.chinesehospital-sf.org

Chinese Hospital Outpatient Center **1-650-761-3500**
東華醫院門診中心
386 Gellert Blvd, Daly City
www.chinesehospital-sf.org

Chinese Hospital Clinics
東華醫院門診中心

Sunset Health Services **1-415-677-2388**
日落區華康醫務中心
1800 31st Ave, San Francisco
www.chinesehospital-sf.org

Excelsior Health Services **1-415-677-2488**
外米慎區華康醫務中心
888 Paris St, #202, San Francisco
www.chinesehospital-sf.org

Gellert Health Services **1-650-761-3500**
Gellert 華康醫務中心
386 Gellert Blvd, Daly City
www.chinesehospital-sf.org

East West Health Services **1-415-795-8100**
- Chinatown/Financial District
中西醫學門診 - 華埠/金融區
445 Grant Ave, Ground Floor, San Francisco
www.chewhs.org

East West Health Services **1-650-761-3542**
- Daly City
中西醫學門診 - 帝利市
386 Gellert Blvd, Daly City
www.chewhs.org