

FOR MEMBERS OF INTER VALLEY HEALTH PLAN

# InterView

VOLUME 13, No.2  
WINTER 2008

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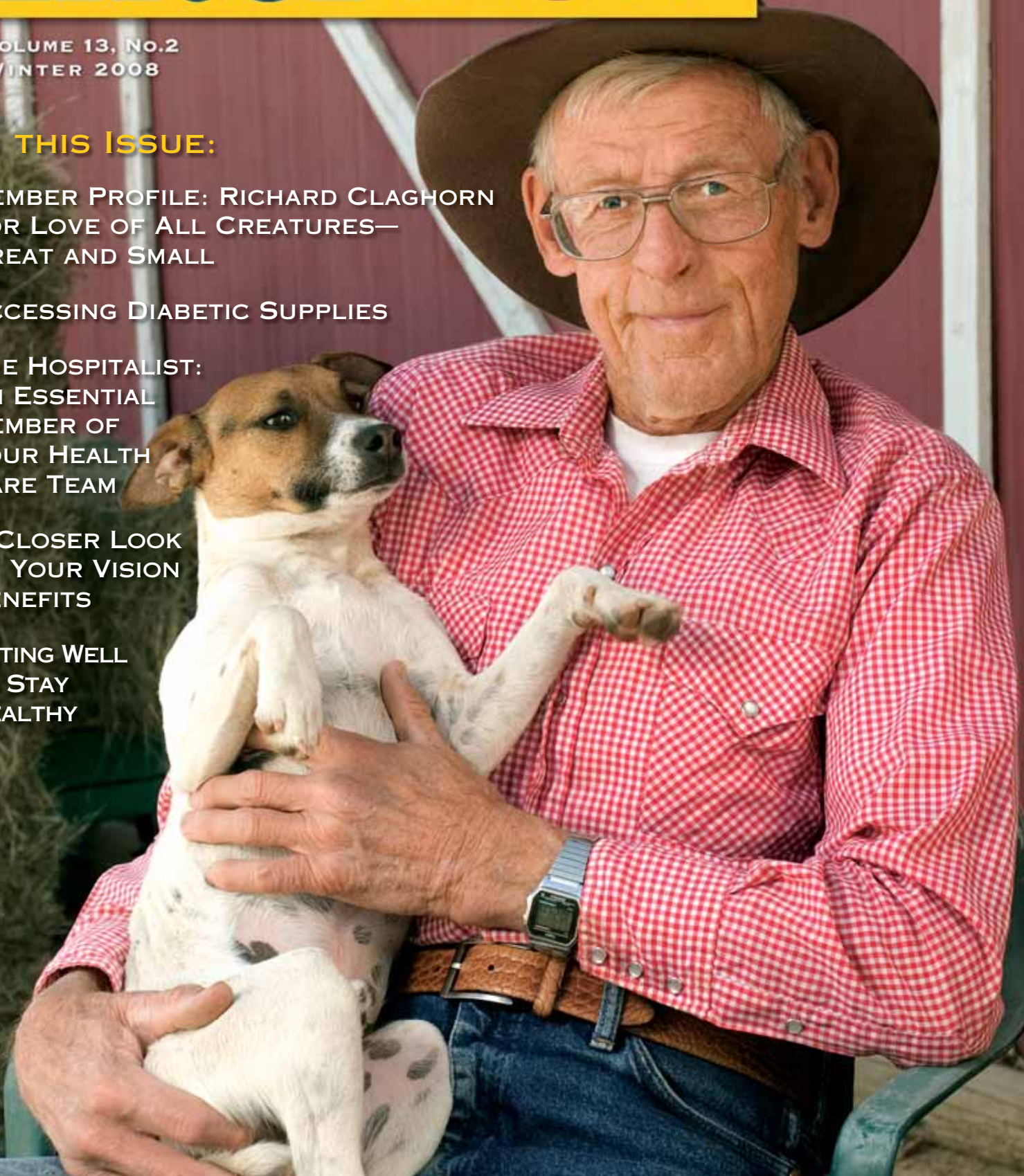
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# FOR LOVE OF ALL CREATURES— GREAT AND SMALL

*If you've ever pondered the term "labor of love," look no further than Richard and Patt Claghorn. Their shared and exceedingly noble nonprofit endeavor—otherwise known as the Wee Bar None Ranch—has been making a huge difference in the lives of abandoned and homeless animals (and the communities they've lived in) for more than three decades.*

There's little in the pre-retirement life of Portland, Oregon native Richard Claghorn that offers an inkling he would one day be benefactor to all things furry and feathered. He transitioned from high school to four years in the Navy, which he followed with a long and successful career in the motion picture business.

Claghorn's initial post-Navy career found him working as a laboratory manager for Image Transform, a government concern in North Hollywood. He followed that with six years at Technicolor as a chemical engineer. Next came six more years in the special effects department of Disney Studios,

where he worked on such films as "Beauty and The Beast," "Lion King," "Pocahontas" and "Mulan."

Following his years with Disney, Claghorn "retired" but ended up signing on as a consultant with Golden Era Productions in San Jacinto. It was there that the first hint of Claghorn's post-retirement life began to take shape. The



production company owned its own apartment buildings, which didn't accept animals—and Claghorn ended up adopting two dogs, as well as a cat that otherwise would have been homeless.

## From Film to Farm

In the meantime, Claghorn had met Patt at a Fourth of July church picnic in 1976. He married her the following year on Labor Day in her mother's garden in Kansas City.

"My wife has always been an avid animal advocate," relates Claghorn, noting Patt had worked with American author Cleveland Amory, who devoted his life to promoting animal rights. Patt also

***“Compassion, in which all ethics must take root, can only attain its full breadth and depth if it embraces all living creatures and does not limit itself to mankind.”***  
—Albert Schweitzer

founded Amory’s West Coast Fund for Animals office.

The two began married life on an acre of property in Santa Clarita with Patt’s Chihuahua “K.C.” (rescued from the local shelter) and the newly purchased Palomino horse she had longed for. But their family would soon grow much larger. For example, their first Thanksgiving together was commemorated by the rescuing of a turkey that fell off a truck on its way to market. Not long afterward, they received a call from someone who’d discovered a duck in their swimming pool, wondering if the Claghorns could take it in. It was around that time, in “a flash of inspiration” that he says, “We

decided to call our place the Wee Bar None Ranch.”

And they’ve been faithful to their name, helping as many animals in need as space and regulations permit. “We’ve accumulated quite a menagerie over the years,” say Claghorn, noting “guests” of the Wee Bar None have included a llama, miniature mules, goats, a pony, horses, burros, a pot belly pig, birds—and, of course, dogs and cats. He also relates coming home to find a dog tied to their gate or that a goat had been dropped over their fence. Other refugees include Georgie, a parrot whose beak and feet were burned in a fire, only to be left in the back yard by its owner, where a raccoon pulled

one of his wings off. Then there’s Erica, the African Gray, who calls all the dogs by name and can execute a perfect imitation of a dog fight.

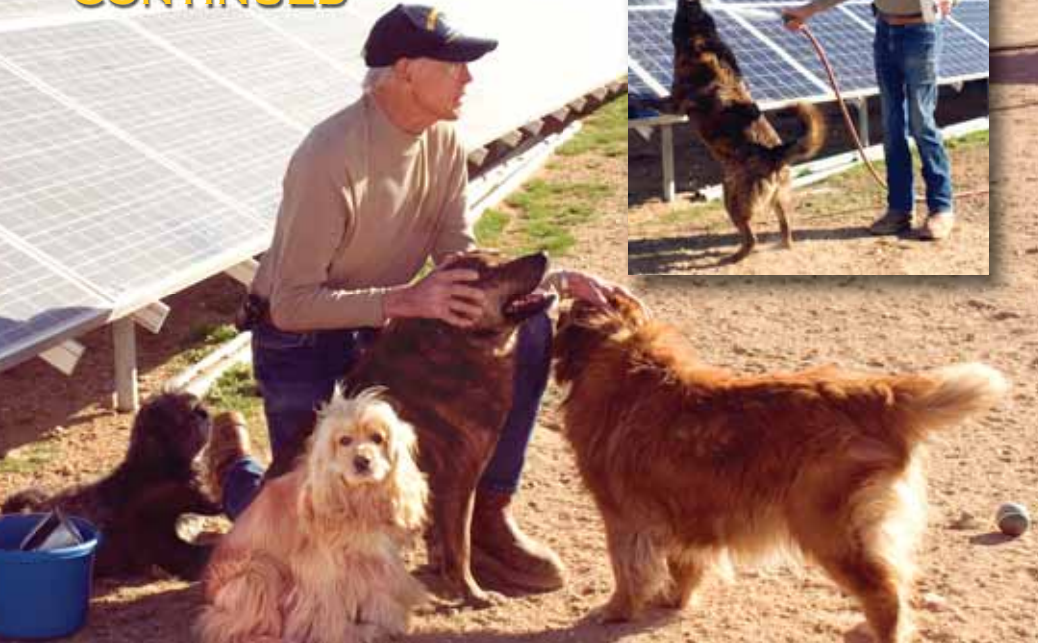
“We even received a call from a lady in Martha’s Vineyard who heard about us,” he continues. “She shipped us a mule named Kiki across the country and we turned her over to H.K. Holland, a prominent Ridgecrest businessman known for his love of driving his teams of horses or mules in local parades and in the open desert. Kiki became one of his driving mules.”

The Claghorns and the Wee Bar None have relocated several times over the years including spending time in Idaho during the 1990s,

*continued on next page*



## FOR LOVE OF ALL CREATURES... CONTINUED



where they were involved with the Bureau of Land Management's Mustang and Burro Placement Program. Also, because the Wee Bar None was known for its equine rescue efforts, they worked with the LIFE Foundation in California in its efforts to provide care, rescue and rehabilitation for sick, injured or orphaned wild horses and burros.

### Labor of Love

The Wee Bar None Ranch moved to its current location on five acres in Apple Valley six years ago. Without question, the ever-growing need for animal rescue is a challenge not easily met—and one that's getting increasingly more challenging as foreclosures increase. "People are losing their houses and/or their jobs," Claghorn

says. "As a result, they're moving into apartments or out of state and unable to take their animals with them. We've gotten tons of calls in recent months and are doing our best to help."

Claghorn explains the Ranch works closely with two local shelters and with Border Collie Rescue. They also receive much appreciated support from the Paw Prints Dog Club, which helps out in fostering animals, grooming,



working with behavior problems and donating funds toward veterinarian bills. "We're a no-kill shelter," he adds. "The only reason we would put down an animal would be because of old age, injury or disease.

"We feel a special responsibility to the animals in our care," says Claghorn, noting they only place animals in a home where it's certain they'll receive even better care and more attention than received at the "Wee Bar None Ranch." In fact, the selection process for animal adoptions is highly selective, ranging from home checks for the prospective "adoptive parents," to solid veterinary references.

So Claghorn, who's turning 78 this year and has no intention of slowing down, spends his days feeding and caring for the couple's menagerie of refugees, along with looking after the property and its maintenance needs. Patt spends her days (and most evenings) networking via the Internet and on the phone, working to drum up support on behalf of the animals they rescue.

All told, the Wee Bar None Ranch has placed 25 animals in the past few months. And you can be certain that Richard and Patt Claghorn will continue their gallant mission on behalf of the animals that come their way—for it is truly a labor of love.

## HOW YOU CAN HELP THE WEE BAR NONE

You can help the Wee Bar None Ranch continue its mission of helping homeless and abandoned animals.

### **VOLUNTEER**

- Be a temporary foster home for the companion animals rescued by the Ranch; you provide a loving, supportive environment until a permanent home is found—the Ranch provides the food
- Help with transportation, dog training, socialization and grooming

### **DONATE**

- Financial Donations – One of the Ranch's largest expenditures is the payment of veterinarian bills for evaluation and treatment of injured or debilitated animals, as well as spay and neuter procedures. As an affiliate fund of the High Desert Community Foundation

(HDCF), the Wee Bar None Ranch is a 501(c)3 organization. Financial donations can be made directly to the Wee Bar None Ranch fund at the High Desert Community Foundation. Email the Ranch at [wbnr@earthlink.net](mailto:wbnr@earthlink.net) for information.

- Pet Supplies – Supplies like collars, leashes, bowls and carriers are always needed. An e-gift certificate can be sent via the Ranch's Web site. Just go to: <http://members.petfinder.org/~CA479/how2Help.html> and click the "e-gift" image and make the recipient of your gift – [wbnr@earthlink.net](mailto:wbnr@earthlink.net).

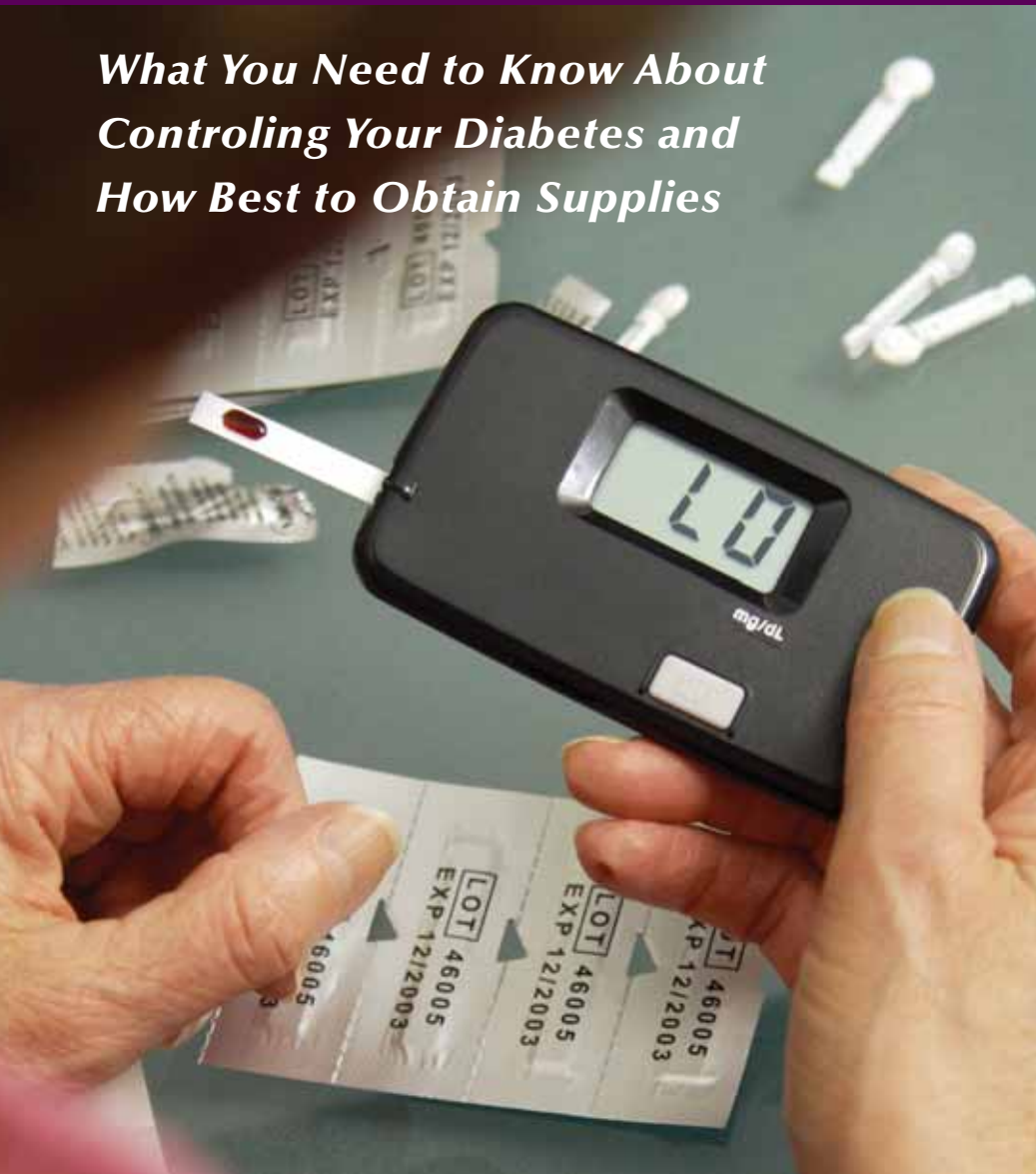
### **ADOPT**

- Go online to the Ranch's Web site above to see the many beautiful—and homeless animals—available for adoption.



# IF YOU HAVE DIABETES....

## *What You Need to Know About Controlling Your Diabetes and How Best to Obtain Supplies*



If you have been diagnosed with diabetes, it's important to control your blood sugar by monitoring your levels (according to your primary care physician's recommendations for when and how often to test) on an ongoing basis at home. Your monitoring schedule will depend upon your type of diabetes, your treatment regimen, lifestyle and a variety of other factors relevant to your individual health. In addition to

helping you control your blood sugar levels, self-monitoring is also vital to reducing or preventing long-term complications of the disease.

You have *two different sources* for obtaining your diabetic supplies, that require different referrals from your physician. Remember to ask your physician to complete two separate referrals—a prescription for covered diabetic supplies

purchased through your pharmacy and a prior authorization form for those supplies that must be delivered to your home.

### **1** Diabetic supplies bought at the pharmacy – *prescription required*

■ Requires your physician to fill out a prescription for these supplies: insulin, insulin syringes, alcohol swabs

### **2** Diabetic supplies delivered to your home (from disposable diabetic supplies vendor) – *physician prior authorization required*

■ Blood or urine glucose strips, blood glucose monitor (subject to DME co-pay), control solutions for blood glucose monitors, lancet and lancet holder devices are delivered to your home

■ Requires your physician to complete a prior-authorization referral form, based on how often self blood glucose monitoring is necessary

***Remember to ask your physician to complete an authorization form for supplies that will be delivered to your home.*** Your physician's office will send the referral form to the Provider Group to process and to forward on to the contracted diabetic supply for set-up and delivery. The supplier will contact you to confirm your street address and best time for



delivery. To avoid running out of supplies make a note of your supplier's contact name and number and re-order your supplies early. ***You will need to obtain a new referral from your physician if any changes are made in your testing frequency.***

Medicare also covers outpatient training for people with recently diagnosed or complicated diabetes. Ask your physician to

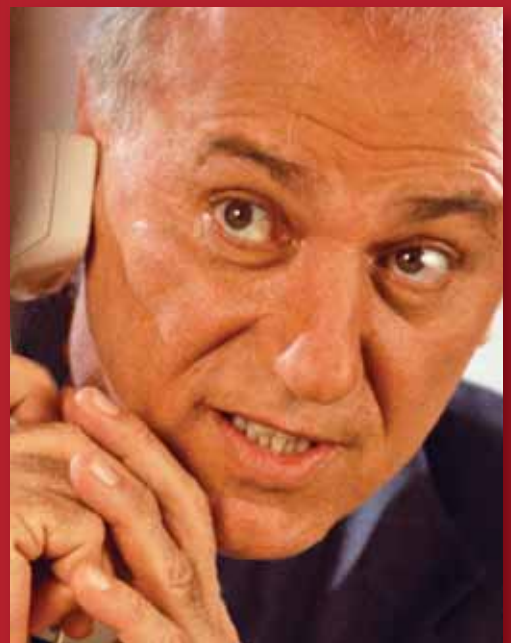
complete and forward a referral to the Diabetes Educational program/ department through your provider group.

Please communicate with your doctor, provider group, and/or diabetic supplier regarding any issues you may have pertaining your diabetic supplies. By keeping your blood sugar under control, you can feel better and prevent long-term complications. Self-monitoring is key to your good health.

Remember to always check your prescription and make sure that your supplies are covered under your pharmacy benefit. (If not, ask the physician to fill out a prior authorization form.) And, as always, if you have any questions, you can contact Inter Valley Health Plan Member Services at 800-251-8191 (for hearing impaired, TTY/TDD 800-505-7150) Monday through Friday between the hours of 7:30 am to 8 pm.

## REPORT SUSPECTED FRAUD, WASTE AND ABUSE 1-888-FRAUD-ALERT

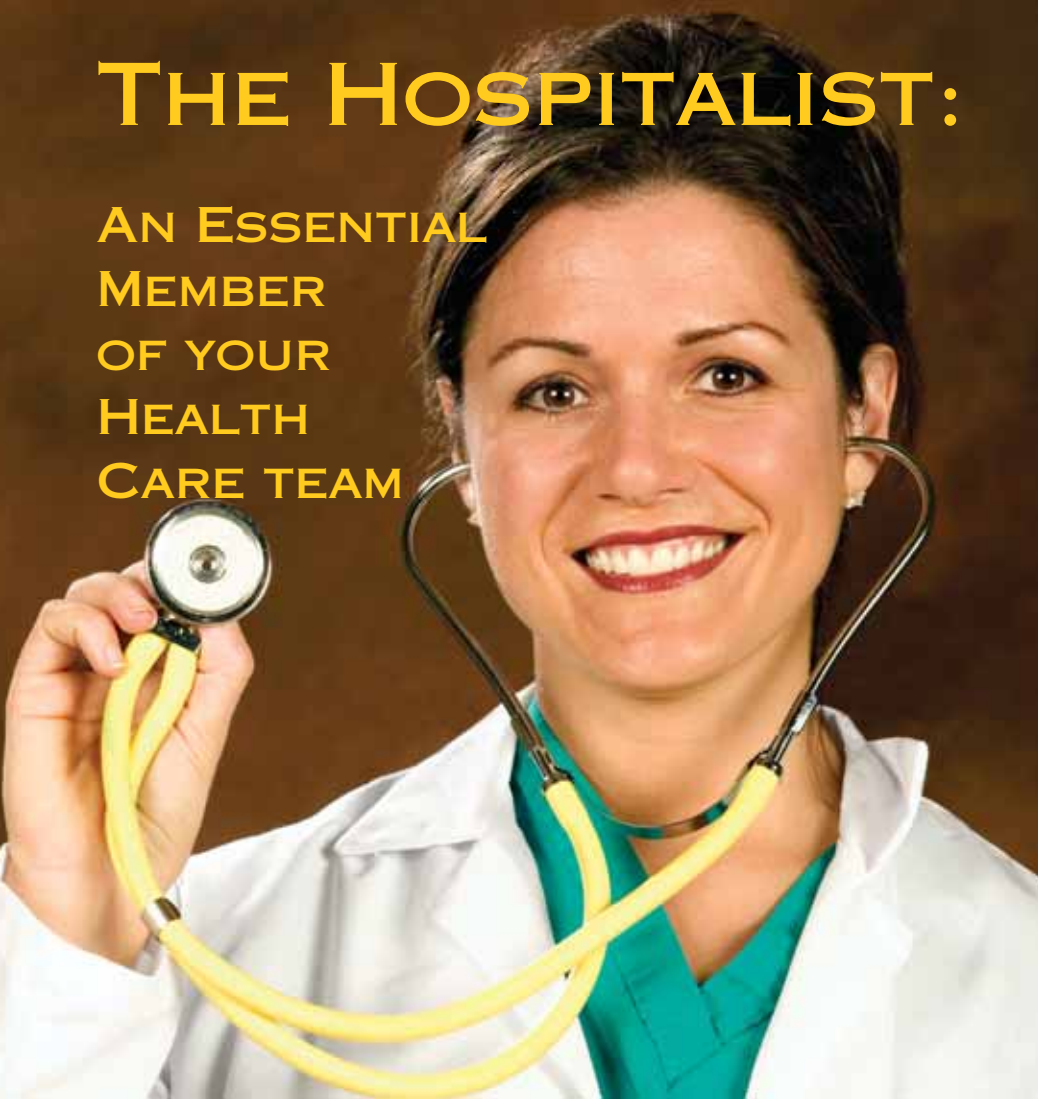
If you suspect someone is committing health care fraud, you have a safe place to go with Fraud Alert. Your anonymous alert could save thousands of health care dollars. Fraud Alert is simple to use. When you call in your alert you do not have to leave your name or otherwise identify yourself. However, please be prepared to leave as much detailed information as possible, so that your information can be properly investigated. All alerts are submitted to an outside third party who is a fraud investigation expert. Remember that fraudulent activities deprive your community of quality services, supplies, and equipment, so please report any suspected irregularities promptly.



**NOTE: Medicare Part B covers the same type of blood sugar testing supplies for diabetics regardless of whether or not they use insulin; however, the amount of covered supplies varies (insulin dependent member may be able to get up to 100 test strips and lancets every month, and one (1) lancet device every six months; non-insulin dependent members who are not using insulin may be able to get 100 strips and lancets every three (3) months and one (1) lancet device every six (6) months; if your doctor documents a medical necessity, Medicare will allow additional test strips and lancets**

# THE HOSPITALIST:

## AN ESSENTIAL MEMBER OF YOUR HEALTH CARE TEAM



**A** hospitalist is a board-certified specialist who is trained to ensure a patient gets the best care and treatment while in the hospital. The majority of hospitalists are trained in general internal medicine, and many are board certified in pulmonology and/or critical care. And, because the hospitalist's office is actually in the hospital, they're able to focus completely on caring for patients at every stage of their hospital stay, from admission to discharge.

Another advantage offered by hospitalists is that they are familiar with key hospital departments and typically have strong working relationships with hospital

administration, as well as with the nursing staff and other specialists. So they're able to efficiently navigate any hospital red tape and facilitate effective communication amongst the medical team. Plus hospitalists understand the challenges patients and their families face during a hospitalization—and also help ensure a smooth transition to outpatient care.

### **Hospitalist Programs**

Many of Inter Valley Health Plan's physician groups have established hospitalist programs. If your provider has such a program and you are hospitalized, you can count on being cared for by one

these highly qualified specialists. The hospitalist will visit you each day during your hospitalization, coordinate your care (including any specialists who may be called in), order any necessary tests and lab work, and prescribe your medications.

The hospitalist's team evaluates your pre-hospital condition and starts planning from your first day of hospitalization for your discharge needs and any services you may require, such as home health care, durable medical equipment, therapies and skilled nursing facility care. The team also includes case managers who are specially trained nurses employed by your providers to design and monitor comprehensive care plans to meet your specific health care needs.

In addition, each hospitalist's team has processes in place to ensure that your PCP (primary care physician) is notified when you are hospitalized as well as when you are discharged. Copies of your medical history, as taken by the hospitalist, along with your discharge summary are faxed to your PCP's office. So, while you may not see your PCP during your hospital stay, you can be certain



that the hospitalist is working closely with your PCP to make sure you receive high-quality care.

As you're probably aware, your PCP often works with different specialists to provide the care you need. Consider the hospitalist as another specialist involved in your care—one that remains in constant communication with your PCP about your condition including plans for your follow-up care at discharge. Once you're discharged, if your condition warrants the need for you to go to a skilled nursing facility (SNF) prior to returning home, many of the hospitalist



programs also continue to take care of members in the SNF.

A key advantage to the hospitalist program is that the hospitalist can spend more time with their patients than a primary care physician who needs to fit in "hospital rounds" during lunch time, or before/after office hours. Hospitalist coverage is around the clock, which means increased physician availability, better coordination of care, timely

review of any ancillary testing needed and improved access for family/patient conferences. And, by helping manage patients through the continuum of hospital care, hospitalists are a valuable resource to your regular physician—serving as an extension of the ongoing care your primary care physician provides.

Contact your provider group/IPA, your PCP, or an Inter Valley Health Plan Member Services Representative at 800-251-8191 (TTY/TDD 800-505-7150 hearing impaired), Monday through Friday between the hours of 7:30 am to 8 pm if you have questions about hospitalists.

## CYNDIE O'BRIEN PROMOTED TO VP

The health plan recently promoted Cyndie O'Brien to the position of Vice President, Sales/Marketing & Communications. O'Brien was previously Inter Valley's Director of Corporate Communications & Marketing. In her new role, she will assume additional responsibility for Sales and primary responsibility for the development and implementation of strategic initiatives.

Originally hired as a Creative Media Planner in 1992, O'Brien has held several job titles in communications and marketing leading up to the her new position as Vice President.

"I could not be more pleased to announce the promotion of Cyndie to her new position as Vice President, Sales/Marketing & Communications," said Ron Bolding, the Plan's CEO. "Along with her fifteen years of experience at Inter Valley, Cyndie brings to the job the dedication, technical skill and innovativeness needed to assure success. She is committed to the local community and is passionate about serving the senior community," added Bolding.

Prior to her work with Inter Valley Health Plan, O'Brien was involved with consumer marketing. She is an active member in the community and her church and serves on several boards; including the Visiting Nurse Association and St Joseph School Development Committee.

O'Brien is a graduate of Cal State Long Beach, holding a bachelor's degree in Journalism with a minor in Marketing. She is married to Dan with three children and is a resident of Upland.



# A CLOSER LOOK

## AT YOUR VISION BENEFITS



People are living longer, more active lives than ever before, underscoring the need for regular vision exams that help ensure optimal eye health and ongoing independence. As an Inter Valley Health Plan member, you have two vision benefits—the Original Medicare Benefit and Inter Valley’s additional benefit through the Vision Service Plan—that, combined, help make sure your eyes receive the professional attention you deserve.

### Your Original Medicare Benefit Services

- This benefit covers a **medical condition and requires authorization** from your Primary Care Physician (PCP)
- A \$10 copayment is required for each Medicare-covered eye exam to diagnose and treat eye diseases and conditions

This benefit allows you to see an ophthalmologist, a physician who is qualified to diagnose and

treat eye disease and conditions of the eye with drugs, surgery and other corrective measures. Some of the common medical conditions are:

- **Cataracts** – The result of a chemical change within the eye. Cataracts occur when the natural lens inside the eye becomes discolored or cloudy, causing blurry or distorted vision, as well as decreased vision in low illumination. The benefit covers one pair of frames and one lens for each eye per lifetime after cataract surgery and includes insertion of an intraocular lens (IOL)

- **Diabetic Retinopathy** – When detected early, the effects of diabetic retinopathy (reduction of both central and peripheral vision) can be significantly reduced.

- **Glaucoma** – A leading cause of blindness in the United States, glaucoma is the result of increased internal eye pressure, which can cause permanent damage to the optic nerve without treatment.

**NOTE:** People age 50+ who are at high risk of glaucoma—such as those with a family history of glaucoma, diabetes and of African-American descent—are eligible for a covered glaucoma screening, once per year.



## LOOK FOR THE COORDINATION OF BENEFITS SURVEY

There's a survey coming your way from Inter Valley Health Plan and we'd like to ask your assistance in completing the information and promptly returning it to us. The survey has to do with your work status and will be mailed during the first six months of 2008 according to the month you were born. The information you provide will not affect, in any way, your health coverage or your enrollment in Inter Valley Health Plan. Essentially, you're helping us provide information to the Centers for Medicare and Medicaid Services.

Inter Valley will use your survey responses to determine the primary payor for services. For almost all of our members, Inter Valley will be the only payor. But even if you are covered by an employer group plan while enrolled in Service To Seniors, you will still have the same health care benefits. Also, please keep in mind that if there are any changes to your status throughout the year, you should notify Inter Valley Health Plan by talking to a Member Services Representative at **800-251-8191**, or for hearing impaired **TTY/TDD 800-505-7150**, Monday through Friday between the hours of 7:30 am to 8 pm.

### Your Additional Vision Service Plan Benefit

- This benefit **does not require prior authorization** or referral from your PCP
- Requires use of Vision Service Plan (VSP) providers
- Eye exam is limited to one per calendar year with a \$15 copayment
- One pair of selected frames and single, bi- or tri-focal lenses with a \$25 copayment. Call Member Services for the allowance that applies to your plan, for eyewear every two calendar years.
- Or this allowance may be applied to a contact lens exam (fitting and evaluation) and the contact lenses every two calendar years.

This additional VSP benefit allows you to see Inter Valley Health Plan's contracted vision service provider for direct access to a VSP optometrist, which is a provider who's qualified to carry out eye examinations, as well as to prescribe and supply eyeglasses and contact lenses.

Your two vision benefits—the Original Medicare Benefit and Inter Valley's additional benefit through Vision Service Plan (VSP)—can help you with prevention or treatment of eye health problems, enabling you to preserve your eyesight as well as your independence. Regular eye exams can also lead to early detection of medical problems that affect your overall health, such as diabetes and high blood pressure.

If you have any questions about your vision coverage—either seeing an ophthalmologist through your Original Medicare Benefit, or accessing an optometrist through Inter Valley's additional Vision Service Plan (VSP) benefit—please call our Member Services Department, Monday through Friday from 7:30 am to 8:00 pm. Call toll-free 800-251-8191; (TTY/TDD) 800-505-7150.

BIRTHDAY MONTH	MAILED IN
Jan – Feb	January
Mar – April	February
May – June	March
July – Aug	April
Sep – Oct	May
Nov – Dec	June



# EATING WELL

**G**ood nutrition is important at all ages. But for older adults, a healthy diet is vital to mental acuity, a healthy immune system, higher energy levels, better management of chronic health problems such as diabetes and heart disease, increased resistance to illness and faster recuperation. Proper nutrition also helps reduce risks for osteoporosis, high blood pressure, heart disease and certain cancers.

While it's true that people need fewer calories as they age, the need for nutrients doesn't change. So it's important to eat nutrient-dense foods, which typically contain a small number of calories in a large amount of food and are high in water and fiber (such as fresh vegetables, fruits and whole grain carbohydrates like pasta, baked potatoes and brown rice). At the same time, it's important to avoid "empty calorie" foods that typically are low in nutrients. These include sweets, chips, soda and salad dressings, as well as butter and alcoholic beverages. Some general suggestions for improving nutrition include:

- Reducing sodium (salt) can help high blood pressure and prevent water retention
- Monitoring fat intake can help maintain healthy cholesterol levels
- Include calcium- and Vitamin D-rich foods for bone health
- Eat fiber-rich foods to help prevent constipation
- Reduce sugar
- Regular physical activity is also important to a healthy lifestyle – but be sure to check with your physician first before starting or resuming an exercise program!



## Overcoming Nutrition Challenges

There are many reasons why some people have a difficult time eating well, ranging from chewing and stomach problems, to not being able to shop or cook for themselves. Social isolation, eating out rather than cooking at home and income restrictions may also pose challenges that interfere with maintaining a healthy diet.

**Chewing and Swallowing Problems** – may lead to avoiding foods like meat, fresh fruits and vegetables.

- Eat soft foods, such as cooked cereals, poached or scrambled eggs, baked or stewed meats, and ice cream or puddings
- Drink plenty of water with meals
- Use a blender or food processor to make favorite (nutritional) foods easier to eat

**Stomach Issues** – may cause you to avoid perceived "problem foods" and miss out on important nutrients such as vitamins, calcium and protein.

- Substitute cream soup, pudding, yogurt and cheese for milk
- If foods like cabbage and broccoli cause you problems, try vegetable juices, green beans, cooked carrots and potatoes
- Fresh fruit can be replaced by fruit juices and soft canned fruits

## Shopping/Cooking Challenges

– often result in eating convenience foods that are high in sodium and saturated fat.

- Consider having your local grocery store deliver
- Find out if your church or synagogue offers volunteer help, offer to pay a neighbor to shop for you or ask a family member

# TO STAY HEALTHY

- Standing long too long or holding utensils while cooking can be overcome by using a microwave oven, purchasing pre-prepared meals at the grocery store or taking part in a group meals at local senior center or with neighbors
- Start a cooking club and share meals



**Lack of Appetite** – is often the case for seniors who live alone or take medication that affects how food tastes. Single people often don't feel like making meals just for one. Or food simply may not be appealing (no flavor or bad taste) as the result of certain medicines.

- Experiment with recipes created especially for one or two people
- Plan to eat occasionally with family or friends
- Taking a class or volunteering can lead to new friendships—and “dining buddies”
- Look into meal programs where you can eat with others at local senior centers
- Talk to your physician to see if there is another drug to treat your condition that would not cause appetite or taste problems
- Add herbs, garlic or olive oil to your food to make it more flavorful. Cinnamon, cloves and ginger can actually aid digestion

**Eating Out** – can be convenient, take the edge off loneliness and economical if you take advantage of specials for seniors. However, it's best to stay away from buffet-type restaurants, where the food is typically high in sodium, fat and starch—and often may not offer more nutritious choices.

- When ordering at a restaurant, be aware of high-fat, high-calorie additions to menu items such as cheese, dressings, mayonnaise and sour cream. Request those items to be left off or on the side
- Ask about low-calorie, low-fat dressings; request chicken or fish be grilled rather than fried; inquire about whole-wheat bread or rolls
- Enjoy dining with a friend

Maintaining a healthy diet offers numerous benefits including increased energy, good mental health, resistance to disease, faster recovery from illness or surgery, increased medication effectiveness, and improved management of chronic health problems. Taking good care of your diet will also improve your quality of life, mobility and your independence. And, finally, consider an old English saying: “After dinner sit a while, and after supper walk a mile.”



# INVESTING IN THE VITALITY OF YOUR COMMUNITY

Inter Valley invests in the vitality of your community. We invite you to join one of our upcoming events. Call for more details, 909/623-6333, ext. 233.



## **SATURDAY, APRIL 5 ■ 9:00 AM SPRING FLING TALENT SHOWCASE**

Diamond Bar Senior Center  
1600 S. Grand Ave, Diamond Bar,  
909-839-7070

## **THURSDAY, APRIL 17 ■ 10:00 AM MEDICATION SAFETY**

Live Oak Community Park, 10144 Bogue St  
Temple City, 626-285-2171



## **THURSDAY, APRIL 24 ■ 10:00 AM HOW TO EFFECTIVELY COMMUNICATE WITH YOUR DOCTOR**

Janet Goeske Center  
5257 Sierra St, Riverside, 951-351-8801

## **SATURDAY, APRIL 26 ■ 4:00 TO 8:00 PM SENIOR PROM**

15494 Palmdale Rd, Victorville, 760-242-2311 x8208



## **THURSDAY, MAY 1 ■ 10:30 AM HOW TO EFFECTIVELY COMMUNICATE WITH YOUR DOCTOR**

Pasadena Senior Center  
85 E. Holly St, Pasadena, 626-795-4331

## **TUESDAY, MAY 6 ■ 9:00 AM TO 12 NOON RESOURCE FAIR**

James Simpson Memorial Center  
305 E. Devonshire Ave, Hemet, 909-623-6333 x233

## **THURSDAY, MAY 8 ■ 2:00 PM LIGHTS, CAMERA, ACTION ANNUAL TEA PARTY**

Monrovia Community Center  
119 W. Palm Ave, Monrovia, 626-256-8246

## **THURSDAY, MAY 15 10:00 AM TO 1:00 PM HEALTH FAIR BONE DENSITY SCREENING**

Josephine Knopf  
Senior Center  
8384 Cypress Ave  
Fontana, 909-428-8376



## **WEDNESDAY, MAY 28 ■ 9:00 AM TO 12 NOON SENIOR HEALTH & FITNESS DAY**

James Woody Community Center  
13467 Navajo Rd, Apple Valley, 760-242-7777

## **TUESDAY, JUNE 10 ■ 10:00 AM RESPIRATORY WORKSHOP**

James Brulte Senior Center, 11200 Baseline Rd  
Rancho Cucamonga 909-477-2782

## **THURSDAY, JUNE 19 ■ 9:00 AM 12 NOON OSTEOPOROSIS WORKSHOP & BONE DENSITY SCREENING**

Joslyn Senior Center  
660 N. Mountain Ave, Claremont 990-399-5488

# WE COULD SEND A LITTLE LIGHT YOUR WAY

Enjoy reading whenever the mood strikes. This light-weight booklight clips onto your favorite book illuminating the page with two bright LED bulbs. Take the handy booklight with you when you travel or camp.

If you are a member of Inter Valley Health Plan, and answer the contest questions correctly, you're eligible to win. If there is more than one member per household, a photocopied entry is acceptable. **Entries must be post-marked by April 25, 2008.**

Send your Entry to:  
**Win a LED Booklight**  
**Inter Valley Health Plan**  
**Attention: Member Services**  
**P.O. Box 6002, Pomona, CA**  
**91769-6002**



*"Reading is  
to the mind  
what exercise  
is to the body"*  
J. ADDISON (1672-1719)

1. As an Inter Valley Health Plan member, you have \_\_\_\_\_ vision benefits—the \_\_\_\_\_  
\_\_\_\_\_ and Inter Valley's additional benefit through the \_\_\_\_\_  
\_\_\_\_\_ (\_\_\_\_\_).

2. Your Original Medicare Benefit Services covers medical conditions concerning eye disease/  
conditions and requires a referral from your Primary Care Physician. True or False? \_\_\_\_\_

3. A VSP optometrist, is a \_\_\_\_\_ who's qualified to carry out \_\_\_\_\_ examinations, as well  
as to \_\_\_\_\_ and supply \_\_\_\_\_ and \_\_\_\_\_ lenses.

\_\_\_\_\_  
Name \_\_\_\_\_ Daytime Phone ( \_\_\_\_\_ ) \_\_\_\_\_

\_\_\_\_\_  
Address \_\_\_\_\_

\_\_\_\_\_  
City State Zip \_\_\_\_\_

## HAPPY BIRTHDAY CENTENARIAN!

Join us as we wish one of our members a Happy 100th Birthday! For many of us, it's hard to imagine that these centenarians were born before the automobile, not to mention television, computers, skyscrapers, shopping malls and supermarkets. Our centenarians have lived through some amazing decades.

Thank you for the contributions your generation has made to our world! As a sentiment of our gratitude, Inter Valley Health Plan will send **RUTH FERRY**, of Rancho Cucamonga, a beautiful afghan.



## INTER VALLEY HEALTH PLAN'S COMPANY OBSERVED HOLIDAYS

Our offices will be closed on the following days:

### MEMORIAL DAY

Monday, May 26, 2008

### INDEPENDENCE DAY

Friday, July 4, 2008

*Our hours of operation are 7:30 am to 8 pm seven days a week.*

**To become a member of our Service To Seniors Program and receive all our benefits, as well as this magazine call 800-500-7018 or for hearing impaired, TTY/TDD 800-505-7150.**

**Have you Moved?** Please contact Member Services if you have recently moved. It is important that we have your correct address on file. Thank you for your cooperation!

# InterView

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