

## **HEALTH MINISTRY**

*Diane Haig*

### **GLENDALE ADVENTIST:**

**Annual Mammogram or Breast MRI?** - Tuesday, June 3, 6:30 pm. What are the risks of HRT on breast health? Is breast MRI better than a mammogram? If a mammogram cannot detect all breast cancers, why should women over 40 have one every year? Dr. Linh Chen, graduate of Harvard Medical School and Medical Director of Glendale Adventist's Women's Imaging and Breast Program, will provide insight into the critical requirements women should expect when deciding where to have their mammogram. Call (818) 409-8100 to reserve a space. The lecture will take place at the YMCA of LaCanada, 1930 Foothill.

**T'AI CHI Class for Seniors** – Sponsored by Glendale Adventist Medical Center's Volunteer and Senior Resources Dept. Tuesdays, June 3, 10, 17 and 24, 9:30 – 10:30 am. T'ai Chi, an ancient and graceful Chinese exercise, helps relieve stress, brings about grounding and body flexibility. Class is open to seniors (55+ years) only. Register in class - \$4 per session. Call (818) 409-8057 for information and location.

### **GLENDALE MEMORIAL:**

**Normal Aging & Memory Changes** - It's difficult to tell the difference between normal memory changes as we age and what may be the early signs of memory loss related to some form of dementia. Join the Alzheimer's Association as they help explain the difference. Refreshments will be served. Reservations required – call (818) 502-2396. Auditorium, Thursday, June 5, 10:30 – 11:30 am.

**Parenting Your Aging Parents** – Many older Americans rely on their children or other family members for their care. They may need a combination of social, medical and physical help to keep their life in order. Emotional challenges, financial aspects and respite for the caregiver will also be addressed. Join S. Mike Neskovic, M.D. and Dana Carr for this informative event. Refreshments will be served. Reservations required. Call (818) 502-2396. Auditorium, Wednesday, June 18, 6:00 – 7:30 pm.

**Standing Tall on Foot Knowledge** – Melineh Aslanian, DPM, will discuss treatments for heel pain, ingrown toenails, diabetic foot complications, as well as sports medicine and proper shoe attire. Call 502-2396 for your required reservation. Auditorium, Wednesday, June 11, 6:30 - 8:00 pm.

**PENNY POWER:** Total donations for April was \$23; Year to date is \$90.50. Your ongoing support to the Parish Nurse ministry is very much appreciated!