

Urgent and
Emergency
Care / 4

YHP
Employees
Honored / 5



Healthy Ideas:
Safe Cooking / 7

yale health care

NEWS FROM THE YALE HEALTH PLAN

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Juicy Tidbits

LINDA BELL, MS, RD, CD/N

Nutritionist, *yuhs*

RHEA HIRSHMAN

Editor

Stroll down the supermarket juice aisle and you are confronted with a plethora of choices unimaginable a couple of decades ago. What to make of the fruit juices, the fruit drinks, the fruit ades, and the tropical juices in exotic combinations? Are juices labeled “no added sugar” necessarily healthier than juices with sugar? Do juices fortified with calcium provide a good source of the mineral? Shouldn’t you give your kids juice instead of the empty calories of soda? On television, animated sandwiches urge gulping orange juice to prevent heart disease, while researchers lament that the average American consumes more sugar in a day than our early ancestors did over their lifetimes. Where does juice fit into a healthful diet?



The benefits vs. the calories

Juices taste good, provide nutrients like vitamins C and A and potassium, and now come fortified with calcium. Juices generally retain most of the vitamins (although not the fiber) found in the fruit. Fresh-squeezed juices usually have the most vitamin C, followed by canned or frozen juices. Most juices stay fresh in the refrigerator for a long time, although chilled cartons and boxes which are permeable to air retain less vitamin C; vitamin C deteriorates when in contact with oxygen. (To protect vitamin C content, keep juices refrigerated in tightly closed glass containers.) And since most whole

continued on page 2

Shade Your Eyes

DEBORAH MEREDITH, CNM

Obstetrics/Gynecology

RHEA HIRSHMAN

Editor

While exhortations to protect our skin from excess sun exposure have become familiar, we should also remember that our eyes can be damaged by the same ultraviolet A and ultraviolet B (UV-A and UV-B) rays that damage skin.

UV rays are strongest when the sun is highest (at this time of year and in this part of the world, from about 10:00 a.m. to 3:00 p.m.). Ultraviolet levels are greater at higher altitudes, and UV rays may reflect off surfaces (such as water, sand, and snow) into the eyes. Don’t assume that ultraviolet rays are not a risk factor on cloudy days. UV radiation from the sun is actually present (although diminished) on cloudy days and may penetrate into shady areas.

Eye damage may occur from short- or long-term sun exposure. Photokeratitis is a sunburn of the eye’s surface. It is painful but temporary; your clinician can prescribe medication to relieve the pain.

continued on page 3

SUMMER HOURS

Summer hours in Radiology

The Radiology Department summer hours, beginning on June 15 will be Monday through Friday from 8:30 AM to 5:00 PM and Saturdays from 9:00 AM to 1:00 PM. Evening hours will resume in September.

Summer hours in Student Medicine

The Student Medicine Department summer hours, beginning on May 10, will be Monday through Friday from 8:30 AM to 5:00 PM. Evening hours will resume in September.

JUICY TIDBITS

continued from page 1

fruit juices are naturally 80 to 90 percent water, juice can help us hydrate our bodies.

But even with their high water contents, most juices are calorie-dense. Whether naturally occurring or added in processing, a fair amount of sugar — about 30 grams (7 teaspoons), or about 120 calories worth — is contained in eight-ounces of fruit juice. Vegetable juices are usually somewhat lower in sugar — about 15 grams (4 teaspoons) in eight ounces — but usually higher in sodium. In addition, our bodies may not register the calories we drink as well as they do the calories we eat; the calories from most drinks add on to rather than displace food calories. To hydrate your body and quench thirst, rely on non-caloric beverages like water and seltzer, and drink juice in moderation.

Another concern is the potential role of juice intake in the escalating incidence of overweight children. In contrast to soda and sweetened teas, juices provide vitamins and minerals. Even so, because of juice's sugar content, many pediatric clinicians recommend limiting children's daily intake to four to eight ounces, and diluting with water to reduce sweetness and calories.

What's in a name?

Beverages labeled "juice" must be 100 percent juice, but "juice blends," "ades" or "drinks" and "juice cocktails" usually contain mostly water and sugar. Sometimes these drinks will have added nutrients like vitamin C and calcium, but often in quantities smaller than the recommended daily allowance (RDA).

Also, consider what the juice drink is replacing. For example, a fruit punch drink providing 100% of the RDA for Vitamin C may be a better nutritional value than unfortified, pure apple juice. However, while an orange juice drink may contain a similar amount of vitamin C to orange juice, the juice drink will lack the potassium and folic acid the pure juice provides. Juice in moderation can add a nutritional boost, but juice should not substitute for fruits and vegetables in your diet.

Juiced-up juices

Calcium-fortified orange juices and some grapefruit juices are a boon to those looking to increase calcium intake, such as

Important telephone numbers

Urgent Care	432-0123
<i>Open 24 hrs/day, seven days per week</i>	
Toll Free	1-877-YHP-CARE
Information	432-0246
Pharmacy	432-0033
<i>Hours of operation</i>	
Monday–Wednesday, Friday	7:30 AM–6:30 PM
Thursday	8:30 AM–6:30 PM
Saturday	8:30 AM–3:30 PM
Patient Representative	432-0109
Medicare/Retiree Coordinator	432-8134
Outpatient Referrals/Claims	432-0250
Inpatient Care Facility	432-0001

in touch

those who cannot or choose not to consume dairy. The calcium in these juices is absorbed well, as vitamin C and the acidity of the juice enhance the absorption of calcium. However, if you are not ingesting dairy, you will still need to find a source of vitamin D and of other

nutrients, like riboflavin, found in milk (a good multivitamin can supply these). Milk also contains protein that juice does not provide. Per eight-ounce serving, calcium fortified orange and grapefruit juices provide about as much calcium as milk (350 mg).

JUICE	CALORIES PER 8 OZ	VITAMINS/MINERALS PROVIDED	OTHER FACTS
orange	110	vitamin C, folic acid, potassium, thiamin	Folic acid reduces birth defects and may help protect against heart disease. High in carotenoids which may help protect against cancer
grapefruit	100	vitamin C and potassium	Interacts with certain medications such as Lipitor, Propulsid, and Seldane, so do not take medications with grapefruit juice
tangerine	100	vitamin C, vitamin A, potassium	High in carotenoids which may protect against cancer
apple	120	potassium	Often fortified with vitamin C
cranberry	from 45-140, depending on type	vitamin C	May help prevent urinary tract infections
grape	150	potassium	Often fortified with vitamin C. Red grape juice contains resveratrol which may protect against heart disease
prune	180	potassium and iron	Natural laxative. Rich source of antioxidants
tomato	50	vitamin A, vitamin C potassium	Check labels for sodium content. Contains lycopene, which may protect against prostate cancer and heart disease
carrot	70	vitamin A and potassium	Rich source of beta carotene, which may protect against cancer

A note about safety: Avoid unpasteurized fruit juice, especially apple juice or cider. It can be contaminated with E. coli bacteria, which can cause a potentially life threatening illness to which children are particularly susceptible.



from the desk of

PAUL GENECCIN, MD

DIRECTOR, YALE UNIVERSITY HEALTH SERVICES

Years ago the telephone was a technological marvel, permitting people to connect directly in real time from remote locations. But as we know, the telephone is far from perfect, especially for communicating health care needs. In almost every institutional setting and in doctors' offices everywhere, problems with phone systems can drive patients to distraction. We simply cannot sufficiently enhance telephone technology or add enough staff to meet demands for advice, information, appointments and results. In this age of expanding technology our members are seeking other options, most notably electronic mail or e-mail.

Clinical e-mail has been controversial for many reasons. E-mail is not confidential unless those sending and receiving messages take specific precautions to ensure

privacy. When the Health Information Privacy and Accountability Act (HIPAA) is implemented, it will be illegal for health care centers to use unencrypted or non-secure e-mail for clinical communication. Furthermore, many health issues, such as acute symptoms, cannot be addressed electronically. Nonetheless, the Internet seems perfectly suited to help us with routine questions and problems, and we have already experienced an explosion of interest in electronic communication at YHP.

This fall we will introduce an important enhancement in electronic communication: on-line, secure communication for routine scheduling and selected clinical interactions. Of course, members can use the telephone if they prefer a human voice or if they do not use computers. We also hope

that instituting secure clinical e-mail will improve phone service because of the shifting of many routine transactions to electronic communication.

We look forward to addressing many of your requests conveniently and confidentially through this new technology. I predict that we will be able to provide not only appointments, but eventually advice and laboratory results. Secure on-line communication with our members promises to alleviate much of the frustration we all experience with the telephone. This is a unique enhancement for YHP members and one that I am proud to announce. We will be telling you more in coming months. In the meantime, as always, I welcome your comments and suggestions.

Shade Your Eyes

continued from page 1

Cataract formation may be related to years of UV exposure; one study of career fishermen showed a three-times higher rate of cataracts in those who did not use eye protection than in those who did. There is also much evidence that macular degeneration (a disease of the retina that causes vision loss and is most common in people over age 55) may be related to chronic UV exposure.

Protecting the eyes is relatively simple: wear effective sunglasses and a hat with a brim over the eyes. Here are some tips for evaluating sunglasses:

- Choose glasses labeled as blocking 99-100% of UV-A and UV-B rays, or labeled "UV absorption up to 400 nm," a measurement of wave

length). These phrases mean the lenses are chemically coated to block UV light.

- Polarized or mirror coated lenses reflect glare and may be more comfortable for use on snow or water, but they do not necessarily offer UV protection.
- Dark lenses are not necessarily better than light colors; the protective chemical coating can be added to any lenses. Dark lenses that are not labeled are not effective.
- Expensive does not guarantee effective. Many inexpensive models offer proper UV protection. Higher-priced shades might be more sturdy or more stylish, or might carry a designer label, but won't necessarily be kinder to your eyes.

A few other tips about eye protection:

- Children need eye protection too. Give them effective sunglasses and encourage them to wear hats, especially in midday sun.
- People who spend a lot of time on snow or water should use wrap-around sunglasses.
- While some contact lenses now feature UV blocking, it is not sufficient protection. If you wear contacts, even with UV blocking, you should still wear sunglasses.
- Tanning booths can damage eyes as well as skin. The FDA requires salons to provide protective goggles. If you use a tanning booth, make sure that you request eye protection.



URGENT AND EMERGENCY CARE

Cindy Russo, MS, RN, CNA clinical nurse manager of Internal Medicine and Urgent Care, answers questions about urgent and emergency care. The Urgent Care number is 203-432-0123

questions, answers

By answering your questions, this column will help you get the most out of your YHP membership.

*Send your questions to:
Member Services Q & A,
Yale Health Plan,
17 Hillhouse Ave.,
P.O. Box 208237
New Haven, CT
06520-8237.*

*We'll get them answered
by someone "in the know."*

Q. What is the difference between urgent and emergency medical situations?

A. One significant difference has to do with the amount of time that can safely be allowed to lapse before someone is seen. We define "urgent" as an illness or injury that requires prompt care but will not generally cause loss of life or severe impairment if left untreated for a brief time. "Emergency" refers to a situation where an illness is presently or potentially life threatening or threatens severe impairment if the patient is not seen immediately.

Q. What are some examples?

A. Some factors used to make the determination include: amount of bleeding from a wound, severity and/or location of pain, degree of breathing difficulty, level of fever. There are many others.

Q. Are other considerations involved?

A. Yes. We also consider the age of the patient. Certain symptoms or conditions that are not ordinarily considered serious may be more of a concern in patients who are very young or very old. In addition, someone with a chronic illness may be at higher risk and need more immediate attention (for instance, a person with asthma who shows symptoms of an upper respiratory infection).

Q. What should be done in a medical emergency?

A. For emergencies such as seizures, severe chest pains or difficulty

breathing, a call should be made to 911 (off campus) or 111 (on campus) immediately. If uncertain about the severity of the problem, a member should call Urgent Care to talk to the triage nurse, who will advise them either to call 911, to come in to Urgent Care or to call their primary care clinician.

Q. What about an urgent medical problem?

A. During the regular business day, the member should contact Internal Medicine for adults (203-432-0038) and Pediatrics for children (203-432-0206) about non-urgent medical problems or problems that may be urgent. If the nurse coordinator or clinician feels that the problem is urgent, they will schedule a same-day visit in that department or recommend that the member go to Urgent Care. The member can always come directly to Urgent Care if the problem is of an urgent nature.

Q. What about obtaining care on the weekends or at night?

A. The Urgent Care Department is open 24 hours a day, 7 days a week. Again, in a true emergency, you should call 911.

Q. What about urgent or emergency care when out of the area?

A. Members are covered for emergency and urgent care while they are out of the area, but you should make sure that you understand how this coverage works. Please see the Member Handbook for complete information about out-of-area coverage, and remember that when you are away you can call the toll-free number (877-YHP-CARE) for medical advice. If you are traveling overseas check the YUHS web site for emergency numbers for the countries you are visiting, and carry those numbers with you.

yhp staff

Employees Honored Physician of the Year

Linda Starace, MD

A member of the YUHS Obstetrics/Gynecology Department since 1990, Starace was named Assistant Clinical Professor of Obstetrics and Gynecology at the Yale University School of Medicine in 1996. A physician who "calls you when you need her," she is "...incredibly dedicated to her patients" and "very kind and caring...pays attention to every detail."

Clinician of the Year

Ivy Alexander, APRN

Alexander, who also holds a faculty appointment at the Yale School of Nursing, came to YUHS in 1994. In that time she has not only cared for patients and received her PhD, but has been very involved in the changes within the Internal Medicine Department. She is "an excellent and caring clinician," who "treats her patients with respect and compassion making everyone feel special."

Employees of the Year

Barbara Prior

An office assistant in the Medical Records Department, Prior has been with YUHS since 1986. "No matter how busy she is, she is always willing to help patients and co-workers...." Her "calming manner...puts people at ease" and "we have received expressions of gratitude from other health care organizations about her excellent customer service."

Cheryl Carden, RN

Described as "caring, compassionate, patient," Carden joined the YUHS Urgent Care Department in 1996. In 1999 she moved to Pediatrics where, as a nurse coordinator, she "...puts maximum effort into finding solutions that help both parents and children feel comfortable" — whether she is coordinating follow-up care for a child who has been in the hospital or taking early-morning calls from worried parents.

Director's Award

Melissa Whelan and Brian Howard

Support specialists in the ISS Department, Whelan and Howard keep the YUHS computer systems up and running with technical expertise, "prompt and friendly service," and good senses of humor. Special appreciation for their "patience with and helpfulness to...the computer illiterates among us."

Elizabeth Popoff to Retire

Elizabeth (Liz) Popoff, ANP, APRN, CDE will retire this summer after over a quarter-century with Yale University Health Services.

A native New Yorker, Popoff received her BS from Columbia University and her MSN from Vanderbilt University. Starting her academic career as a math major, she switched to nursing after a volunteer stint at Bellevue Hospital "changed (her) life." Popoff worked as a visiting nurse in the public health service in Brooklyn, as a coronary care coordinator, and as a family nurse practitioner in rural Kentucky and in Washington DC before coming to Yale in 1975. A primary care clinician in the Internal Medicine Department and certified diabetes educator, she was named "provider of the year" (now called "clinician of the year") in 1994.

Popoff will relocate to South Carolina to pursue her "other loves, tennis and theater." She will also study Russian in preparation for translating her grandmother's letters.



Mary Jane Kennedy Commended

Mary Jane Kennedy, RN, MS, a nurse at YUHS since 1973, was selected as one of the first recipients of the Nightingale Award for Excellence in Nursing. The award recognizes "outstanding (Connecticut) nurses."

A nurse for 51 years, Kennedy graduated in 1949 from the St. Francis School of Nursing in Poughkeepsie, NY, received her BSN from Catholic University in



Linda Starace, front center
Rear, left to right: Barbara Prior, Ivy Alexander, Paul Genecin, Melissa Whelan, Brian Howard, Cheryl Carden

Washington, DC, an MA in counseling from Fairfield University and an MSN in psychiatric nursing in 1968 from Yale. Described by colleagues as "compassionate, open-minded, fully focused on the patient and always willing to go above and beyond," Kennedy has mentored many nurses and "promoted a strong presence for nursing as a profession."

Kennedy, whose volunteer activities include a trusteeship at St. Mary's Dominican Church in New Haven and time spent nurturing babies at Yale New Haven Hospital, is still very much a presence at YUHS. She serves as the administrator for the Inpatient Care Facility (ICF), teaches CPR and "provides daily support and guidance to both patients and staff."



Ivy Alexander Receives NP Award

Ivy Alexander, APRN has been named Nurse Practitioner of the Year by the CT Nurse

Practitioners Group, Inc. (CNPPI). This award "recognizes an individual who personifies the role of the nurse practitioner in everyday practice" as a clinician, a patient advocate and an educator.

Alexander was cited not only as a "talented clinician" but also as a "creative educator and an "...energetic and enthusiastic mentor." A member of the board of directors for the statewide nurse practitioners group, Alexander, who recently received her doctorate, has been a clinician in YUHS's Internal Medicine Department since 1994 and is an assistant professor at the Yale School of Nursing.

books/information

SUMMER READING



Once again, YHP staff members share summer reading recommendations. Enjoy!

Linda Bell, MS, RD, CD/N, YHP's nutritionist, enjoyed the novel **Pay it Forward** by Catherine Ryan Hyde much more than the movie that was based on it. "It is a quick read and provides a bittersweet commentary on

human nature, addressing the issue about the inherent goodness/badness of people."

Brenda Breault, RN, clinical manager of the Laboratory and of Dermatology, is enthusiastic about **Hope Meadows**, by Wes Smith, "a real life story of high risk foster children who are deemed "unadoptable" and of elders who are confronted with the problems of low incomes and loneliness. One person's vision, caring, and persistence, plus the help of many others, turns an abandoned air force base into a community of hope. The book was featured on *Oprah* and *Rosie*, but I read it for a class assignment and I couldn't put it down. Everyone in the class felt the same way." She adds: "You may need tissues while reading this!"

Dottie Cerrone, office assistant in Medical Records, recommends **First to Die** by James Patterson. Someone is killing newlyweds....

Katie Cotter, operations coordinator for Member Services, suggests **A Darkness More Than Night** by Michael Connelly. "A great book if you like murder, suspense, and surprises."

Cindy Eber, RN, MPH in Student Medicine says that **Degree of Guilt** by Richard North Patterson is "great for reading while lying in a hammock. All his books are good; this one was especially suspenseful."

Paul Genecin, MD, the director of YUHS, was recently called to jury duty and whiled away the waiting time with **Interpreter of Maladies**, a Pulitzer Prize-winning book of short stories by Jhumpa Lahiri. "The stories are mainly about people from India and about Americans of Indian background and how they somehow reconcile their ethnic and cultural heritage with the realities of life in the United States."

Donna Gayman, RPh, director of the YUHS Pharmacy, was captivated by **Waiting** by Ha Jin. The book, set in China, is a "beautiful love story of perseverance and forgiveness."

Cynthia Holland-Toftness, APRN in Internal Medicine, had read everything by her favorite mystery authors but has just discovered Lisa Scottoline. In **Mistaken Identity** "the main character, a lawyer, defends a woman who claims to be her twin sister. It will keep you on the edge of your seat."

Chris Kielt, deputy director for Operations, recommends **Shadows** by Bob Woodward for anyone interested in politics. "It's a set of great tales from the top (that is, from American presidents) about approaches to governing in the post-Watergate era."

Judy Madeux, APRN, associate director for Clinical Services, was enthralled with Barbara Kingsolver's **The Poisonwood Bible**. "Four women, the wife and three daughters of a missionary husband/father, travel with him to Africa. We see the same experiences through the eyes of each woman, making for a powerful and thought-provoking story."

Deb Meredith, CNM in Ob/Gyn enjoyed **Le Divorce** by Diane Johnson. "Good summer reading. A young woman's adventures in Paris. Funny, romantic, a bit of a mystery."

Carol Ann Nash, senior administrative assistant in Internal Medicine, took a while to respond to the book request because "every unbusy moment has been spent with Jude Deveraux's new book **The Summerhouse**." She says it is "a delightful story of three girls who meet for the first time at the DMV in New York. Now they are about to see each other again for the first time in nineteen years and celebrate their same 40th birthday in Maine, taking stock of their lives. The gift that awaits them at the Summerhouse: the chance for each of them to turn their 'might-have-beens' into reality."

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Carol Ursini, financial assistant in the Finance Department, has been reading about sleep. **Power Sleep** by James Maas “explains the physiology of sleep and gives tools for self-evaluation as well as information about how to sleep better.”

Marilyn Young, administrative assistant in the Office of Health Promotion and Education, recommends **Wish You Well** by David Baldacci, “a story that takes you back to simpler times.”

INFORMATION

VISION

The Ophthalmology Department will conduct vision screenings for children 3-5 years old who are YHP members and who do not already wear glasses. For more information or to make an appointment, please call Helen Redmond, RN at 203-432-0084.



PARKING

The YUHS parking lot will be expanded during the summer to include 12 additional parking spaces. YHP members can also continue to park in lot 37 on Trumbull Street.



No biting

Mosquitoes are attracted to heat, moisture and carbon dioxide — in other words, to breathing humans — and a female mosquito can lay up to three hundred eggs at a time. To discourage mosquitoes from snacking on you, keep these tips in mind.

healthy ideas

SAFE COOKING

Safe summer cooking involves some common-sense precautions.

- Keep the lid on your outdoor grill to keep temperature consistent.
- Many barbecue sauces contain sugars which increase browning but also burn easily. Apply sauce only during the last five or so minutes of cooking to reduce burning and flare-ups.
- Never defrost meat, poultry or fish on the counter. Defrost in the refrigerator overnight. Cook hamburgers, veggie burgers and hot dogs while they are still frozen. Hot dogs need to be well-cooked; don't think of them as pre-cooked deli meat. Several cases of deadly bacterial infections have been linked to undercooked hot dogs.
- To avoid bacterial contamination, use two platters, one for uncooked meat and one for cooked meat. Have separate cutting boards for meat and for vegetables. Wash food preparation area with hot water and a bleach-based soap, paying special attention to areas that are in contact with meat products.
- Wash hands thoroughly before and after handling food, especially when handling raw meat, fish and poultry. Regular soap and water is fine; antibacterial soaps are not necessary for hand washing.

- Do not reuse barbecue sauce that is brushed on during grilling if it is in an open bowl. Each time you return the spoon or brush to the bowl you are contaminating the bowl's contents.
- When making kabobs, leave space between the items to promote even cooking. Place items which need more cooking over the hotter coals. And cook tomatoes on a separate skewer. They cook the fastest and tend to fall off before other items are done.

I WANT TO BE A LAWN

Many grasses are not native to this area, and chemicals used to create a “perfect” lawn pose significant health risks, especially to children and pets. Lawn pesticides are poisons designed to kill living organisms and they are linked to higher rates of cancer, birth defects, nerve damage and learning disabilities in mammals. If you want to encourage the traditional turf lawn look while eliminating the poisons, do the following:



- Choose grasses appropriate for this environment.
- Mow high.
- Mow often and with a well-sharpened mower.
- Water deeply but not often.

- Wear white when outdoors.
- Avoid being outside early in the morning and at dusk, when mosquitoes are most active.
- If you want to use a bug repellent, choose one with DEET and apply lightly every couple of hours, rather than in one heavy dose; this method reduces the amount of insecticide that is absorbed. You can also apply to clothing instead of skin.
- Wash hands as soon as you apply repellent, and keep hands away from eyes and mouth.
- Eliminate standing water in your surroundings. For example: turn over cans in your recycling bin so that rain water does not collect; remove standing water from outside potted plants; keep birdbaths away from walkways, entryways and windows.



calendar

ONGOING WELLNESS PROGRAMS

YHP Cancer Support Group

Life Options is a support group for adult yhp members diagnosed with cancer, regardless of type of cancer or stage of disease. The group meets weekly with a facilitator. There are three 15-week programs each year. Members can enroll in a consecutive series of meetings. Funded partially by the Edith S. Hallo Fund and by a small weekly fee charged to each participant. To enroll or for more information, contact the facilitator, Mona Felts, MSW, at 203-432-0290.

Adult CPR Classes

Adult CPR classes are held monthly. For information, call 203-432-1892.

Early Pregnancy Classes

Held on the 2nd Wednesday of each month from 10:30–11:30 in room 405 for YHP members. To register, call the Ob/Gyn Department at 203-432-0222 or stop by the appointment desk. We encourage you to bring a supportive person.

HIV+ Peer Support Group

Meets one evening a month at YUHS. For more information, contact Debra Boltas, Ph.D. at 203-432-0290.

Blood Pressure Checks

Tuesdays and Thursdays from 9:00–11:00 in room 406. Open to the Yale community free of charge, by referral or on a walk-in basis. For info, call 203-432-0093.

Post-partum Reunions

Held on the 3rd Friday of each month from 10:00–11:30 in room 405. Bring your new babies to this great support network for all new moms! Conducted by Wendy Madore, RNC. Call the Ob/Gyn Dept. (203-432-0222) to register.

Wondering whether you should get the pneumovax, which protects against pneumonia? While you should check with your clinician, the general guidelines are that the vaccine should be taken by those in the following categories:

- anyone over 62
- adults with chronic heart, lung, liver or kidney disease
- adults with diabetes
- adults with compromised immune systems due to long term steroid or chemotherapy treatments.

You may obtain the vaccine at the walk-in clinics held in YHP's Immunization Department on the 4th floor. Hours are 8:30-4:30 every weekday except Tuesday.

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Member Services
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Please remember that free parking for YHP members is available both in the lot right next to 17 Hillhouse Avenue and in parking lot 37, just across Trumbull Street.

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