

HOME OF THE



CITRUS VALLEY MEDICAL • HOME OF THE

MIGHTY-DOCS
Spring

Family Practice • Internal Medicine • Pediatrics • Urgent Care • and Specialty

NEW UPDATED WEBSITE ► TheMightyDocs.com

Health Information Spring 2023



TEAM MIGHTY DOCS:

- Citrus Valley Family Practice
- Citrus Valley Internal Medicine
- Citrus Valley Pediatrics
- Norco Medical Group
- Eastvale Medical Group
- Circle City Medical Group
- Platinum Providers Medical Group
- Citrus Valley Urgent Care
- 65up Coordinated Care Clinic
- Inland Heart Doctors
- Inland Neurology

TOP 5 OFFICE VISIT TIPS FOR SENIORS

- Bring medication in original pill bottles
- Bring your health insurance cards
- Make a list of the things you want to speak to your healthcare provider about
- Bring at home readings for Blood Pressure
- Bring at home readings for Blood Glucose



In this issue:

- Seniors and your Medications
- Understanding your Medicare
- Healthy Eating for Seniors
- Senior Fall Prevention
- New Urgent Care/Virtual UC
- Free Senior Community Event

Understanding Your Medicare Advantage Coverage

If you are currently receiving Medicare benefits. Understand that trying to determine what Medicare plan is best for you, can be difficult and confusing, you may have some questions regarding your options.

Luckily we have someone who can help. For your convenience, we have a bilingual **Senior Patient Care Advocate, Leticia**, available to answer any questions you may have related to your healthcare needs and can assist if you are not getting a call back from your Primary Care Office, having referral related issues or having trouble making an appointment. She can be reached by calling **(951) 808-6607**. Her offices hours are Monday through Thursday from 8am to 5pm and on Friday from 8am to 2pm. Again, your health is our top priority. We are here to help you, our highly valued patient.



**Senior Patient
Care Advocate
Contact Leticia
(951) 808-6607
Hablamos Espanol**



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Healthy Eating for Seniors on a Budget

BY MISSY PORTEOUS, MS, RDN, CDE

- **Be a Sales Detective:** Check the weekly circulars for sales, use coupons.
- **Make a List & Stick to it:** A grocery list can help you stay organized.
- **Everybody Freeze:** If you buy meats or seasonal fruits and veggies in bulk, freeze what you're not using immediately.
- **Stretch the meat:** Purchase a larger portion of meat that is on sale and prepare enough for two or more meals.
- **Build Your Own Proteins:** Combining beans, peas or lentils with whole grains makes a complete protein for much less money.
- **Can It:** Canning preserves many nutrients and these can be easy on your wallet. Just check the ingredient list for less added sugar and salt.
- **Save Money on Liquids:** Water is both healthy and inexpensive. Tea & coffee can contribute to your total fluid intake for very little money. For more flavor, dilute no-sugar added juices or make fruit and veggie smoothies with milk.
- **Use it All:** Eat highly perishable items, such as fish, salad greens, berries & fresh herbs, early in the week, & save more hearty items for later in the week. Enjoy leftovers for lunch & create new meals from leftover ingredients, like soups, stews and casseroles.





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Senior Fall Prevention

AMERICAN ACADEMY OF FAMILY PHYSICIANS

What can I do to my home to prevent falls?

- Remove rugs, or make sure they don't move by using double-sided tape or nonslip backing.
 - Remove clutter and other objects that you could trip on, like cords or wires.
 - Turn on the lights in hallways and stairways.
 - Be sure that handrails are attached well on both sides of all stairways.
 - Move items you can't reach to lower shelves and cabinets.
 - Use step stools that are steady and have railings to hold onto.
 - Put a nonslip rubber mat in the bathtub.
 - Install handrails in the bathtub and near the toilet.
- Consider using a personal emergency response system. These systems alert rescuers if you fall or are injured. This is especially important if you live alone

INLAND VIRTUAL URGENT CARE

SAME DAY TELEMEDICINE APPOINTMENTS

We specialize in treating patients 12 years and older

To schedule an appointment Call (951) 356-8825

Allergy symptoms

Urinary tract infections (bladder infections)

Cough/Cold/Sore Throat

Pink eye

Medication refills (maintenance medications only, no controlled substances)

Possible Covid-19 symptoms



www.inlandvuc.com

NEW STATE- OF-THE-ART URGENT CARE FACILITY WE ARE HERE FOR YOU

OPEN 7 DAYS A WEEK 9am to 9pm
(Call for Holiday Hours)

If you have an injury or illness that needs immediate attention, we will see you right away in our brand new facility. It is located just one block away from our old building, still across the street from Corona Regional ER.

308 W 6th St, Suite 101, Corona, CA 92882

☎(951) 737-0910

LOCATED BEHIND THE CITY OF HOPE BUILDING



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**Dont forget if you need medical attention after hours
you can always call our doctors at (951) 737-1454**

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COMMUNITY SENIOR EVENT

MEN'S HEALTH & MENTAL HEALTH

COME JOIN US AT NORCO SENIOR CENTER FOR

FREE COFFEE AND PASTRIES

COME LISTEN IN FOR FREE

Discussion Topics

- Men's Health
- Alzheimer's/ Dementia
- Ways to Help with Memory

Date: 06/15/2023
10:30am - 11:30am

Guest Speakers
Bill Pollock, PA-C
Citrus Valley Family Practice
&
Brigid Riordan, AGNP-C
Norco Medical Group

CONTACT INFO
PLEASE RSVP

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