

# Community Health News

## 社區健康資訊

Care, in your community | 時刻護您社區

2023 Q4  
OCT - DEC

2023年 第四季  
十月至十二月



## Season's Message 本季資訊



As the amber leaves drift down and the crisp autumn breeze gently reminds us of the upcoming holidays, it's the perfect time to reflect on our community's health and wellness. Autumn, while beautiful, it also comes with temptations — gatherings filled with calorie-rich foods and the onset of colder weather that makes us want to cozy up indoors.

This season, let's prioritize our mental and physical well-being. Begin with mindful eating. Instead of reaching out for that extra piece of pie, savor the flavors of fresh seasonal fruits and vegetables. They not only provide essential nutrients but also help in maintaining a balanced weight.

During festive celebrations, we sometimes forget to take care of our mental health. Allocate a few minutes daily for relaxation techniques, try deep breathing, meditation, or a simple walk among the autumn leaves. Remember, the holidays aren't just about feasting and celebration. They're about gratitude, love, and taking care of ourselves and each other.

**Wishing everyone a healthy and harmonious autumn!**

隨著秋天的橙黃色樹葉經清爽的微風而慢慢飄落，這樣正輕輕地喚醒我們有關節日假期即將到來。恰巧這也是我們一齊回顧社區健康的最佳時機。因為提供高卡路里的食物聚會開始出現，而且我們在低溫下總想留在室內懶惰起來，所以秋高氣爽但也處處充滿著誘惑。

我們在秋季應該優先考慮我們的身心健康。從均衡飲食開始，與其拿多一份額外糕點，不如試試一些新鮮時令蔬果。它們不僅提供必需營養，還有助於保持體重平衡。

在節日慶祝期間，我們有時會忘記為自己的心理健康著想。每天可花幾分鐘放空、嘗試深呼吸、冥想，或在秋葉上散步等。請記住節日假期不要只顧大飲大食及慶祝，我們還要感恩、關愛及互相照顧。

**祝大家有一個健康及美好的秋天！**

## IMPORTANT 重要消息

### Annual Open Enrollment Period is Starting Soon! 年度開放登記期即將開始！

**For Medicare:**  
聯邦保健:

**10/15/23 - 12/7/23**

**For individuals, families, Covered CA:**  
個人、家庭及投保加州:

**11/1/23 - 1/31/24**

**Don't miss your chance. Call to get the facts about CCHP and Balance before the start date.**

**不要錯過機會。立即致電了解有關 CCHP 及 Balance 的最新福利。**



**1-888-681-3888**



**sales@cchphealthplan.com**



# Health Education 健康教育



## Understanding Depression

Depression is a significant mood problem that many people fail to recognize, even though nearly half of individuals experience it. Help is available! It affects people of all ages and goes beyond just feeling sad. It can impact our thoughts, actions, feelings, and even our health. Reasons for depression can include family history, biological factors, living environment, and emotional state.

Depression can manifest as sleep problems, changes in eating habits, persistent sadness, fatigue, loss of interest, irritability, and thoughts of death. If you experience these symptoms for more than two weeks, seeking help from a doctor or mental health expert may be beneficial. Treatment may involve talk therapy or medication, depending on individual needs.

If you or someone you know talks about self-harm, seek help immediately. Remember, anyone can experience depression, and it's crucial to recognize the seriousness of this condition. Taking the step to ask for support is important.

**San Francisco Suicide Prevention: 24-hour Hotline 415-781-0500. Remember to seek a translator for your language.**

## 了解抑鬱症

抑鬱症是一種嚴重的情緒問題，儘管近一半的人都有過這種經歷，但很多人都沒有意識到這一點。我們可以提供幫助！抑鬱症影響著各個年齡段的人，而且不僅僅是感到悲傷。它會影響我們的思想、行為、情感甚至健康。抑鬱的原因包括家族史、生理因素、生活環境和情緒狀態。

抑鬱症可表現為睡眠問題、飲食習慣改變、持續悲傷、疲勞、失去興趣、易怒和想到死亡。如果這些症狀持續兩週以上，向醫生或心理健康專家尋求幫助可能會有所幫助。治療方法可能包括談話療法或藥物治療，具體取決於個人需求。

如果您或您認識的人談到自我傷害，請立即尋求幫助。請記住，任何人都有可能患上抑鬱症，認識到這種疾病的嚴重性至關重要。採取步驟尋求支持非常重要。

**三藩市防止自殺24小時熱線：415-781-0500。您可以在電話中要求翻譯服務。**

## Your Medi-Cal Coverage may be Ending. CCHP can Help.

Medi-Cal's annual renewal process has resumed in May this year. If you have Medi-Cal, and your circumstance such as income, employment, or family size has changed during the COVID-19 pandemic, your eligibility may have changed. If your Medi-Cal is ending or have ended, CCHP can help make sure you have access to affordable and quality health coverage.

You have only 60 days from the last day of your Medi-Cal coverage to find and select the best health plan. CCHP will guide you through the process to get you covered with all financial help you are entitled to.

**CCHP Balance Ambassador Hotline: 1-888-681-3888 (TTY 1-877-681-8898)**  
7 days a week from 8 a.m. to 8 p.m.  
Email: [sales@cchphealthplan.com](mailto:sales@cchphealthplan.com)

## 您的 Medi-Cal 保障可能將被終止，CCHP 可為您提供協助。

隨著 COVID-19 公共衛生緊急狀態結束，加州醫療補助計劃 (Medi-Cal) 的年度審核程序經已在今年5月開始實施。如果您已加入加州醫療補助計劃，而您的收入、工作，或家庭人數等情況在 COVID-19 期間有所改變，您的資格可能會受到影響。如果您的加州醫療補助計劃資格即將終止，CCHP 可以助您獲得可負擔的優質健康計劃。

在您的加州醫療補助計劃保障終止後，您只有 **60天** 的時間來尋找及選擇最適合您的健康計劃。我們可以幫助您尋找最適合您的健康和財務需求的計劃，讓您獲得所有您應有的財務援助。

**CCHP Balance 大使熱線：**  
**1-888-681-3888 (TTY 1-877-681-8898)**  
每週7天，上午8時至晚上8時  
電郵: [sales@cchphealthplan.com](mailto:sales@cchphealthplan.com)



## 6 FACTS about Breast Cancer All Should Know

### **FACT # 1: Earlier diagnosis means a better prognosis.**

The most important step is – speaking with your doctor to know your risk.

### **FACT #2: Screening can begin at age 40.**

It is important to practice Breast Self-Awareness even before you are 40.

### **FACT #3: For people with high risk, screening should be done early.**

#### **High risk includes:**

- Personal history of breast cancer.
- Have a known BRCA1 or BRCA2 gene mutation (through a genetic test).
- Had radiation therapy to the chest when they were between 10 and 30 years old.

### **FACT #4: A full mastectomy is not the only treatment for Breast Cancer.**

### **FACT #5: Breast cancer does not just affect women.**

According to the American Cancer Society, for men, the lifetime risk of getting breast cancer is about 1 in 833.

### **FACT #6: Lower your risk of breast cancer, with Regular Screening.**

#### **Other ways to lower your risk are:**

- Maintain a healthy weight.
- Exercise regularly.
- Reduce alcohol consumption.

<https://www.cchrhealth.org/cancer-education-materials/>

Source: 6 Facts Everyone Should Know About Breast Cancer ([nyp.org](http://nyp.org))

## 認識有關乳癌的 6 個事實

### **事實 1: 診斷時間越早越好。**

最重要是諮詢您的醫生以了解有關風險。

### **事實 2: 檢查可以從 40 歲開始進行。**

即使在 40 歲前，練習自我檢查乳房的意識也很重要。

### **事實 3: 高危人士應及早進行檢查。**

#### **高風險人士包括：**

- 個人或家族乳癌歷史。
- 已知存在 BRCA1 或 BRCA2 基因突變 (透過基因測試)。
- 在 10 至 30 歲之間接受過胸部放射治療。

### **事實 4: 全乳房切除術並不是乳癌的唯一治療方法。**

### **事實 5: 乳癌不僅影響女性**

根據美國癌症協會數據，男性終生患乳癌的風險約為 833 分之 1。

### **事實 6: 透過定期檢查可以降低患乳腺癌的風險。**

#### **降低風險的方法包括：**

- 保持健康體重。
- 經常運動。
- 少飲酒。

<https://www.cchrhealth.org/cancer-education-materials/>

資料來源: 6 Facts Everyone Should Know About Breast Cancer ([nyp.org](http://nyp.org))

**ONLINE CLASS - BREAST CANCER AWARENESS | 認識乳癌網上課程**

**TUESDAY 星期二 | 10/10/2023 | 10:00 AM - 11:30 AM**

Zoom link will be provided. Zoom 鏈結將稍後提供。

**Stay connected:** <http://www.cchrhealth.org> and join our WeChat group to be among the first to hear about and participate in future CCHRC health education programs!

**保持聯繫:** <http://www.cchrhealth.org> 並加入我們的微信群組，成為首批參加 CCHRC 在將來舉辦健康教育計劃的一份子!



## HEALTH EDUCATION CLASSES SPONSORED BY CCHRC

Registration: 1-415-677-2473



## CLASSES PROVIDED BY CHINESE HOSPITAL

Registration: 1-415-677-2458



LOCATION	DATE	DAY	TIME		LANGUAGE			CLASS	LEARNING OBJECTIVES
			START	END	E	C	M		
ONLINE VIDEO VISIT 1-415-677-2473	10/5/2023	Thur	1:00pm	2:30pm	•			Asthma Management	<ul style="list-style-type: none"> <li>Triggers</li> <li>Warning Signs</li> <li>Medication Use</li> <li>Peak Flow Meter</li> <li>Medications and</li> </ul>
	10/17/2023	Tue	1:00pm	2:30pm	•			Heart Failure	<ul style="list-style-type: none"> <li>Definition</li> <li>Medications</li> <li>Dietary Recommendations</li> <li>Self-care</li> </ul>
	11/2/2023	Thur	1:00pm	2:30pm	•			Mental Health	<ul style="list-style-type: none"> <li>Anxiety Disorders</li> <li>Stress Check</li> <li>Mind-Body Connection</li> </ul>
	11/14/2023	Tue	1:00pm	2:30pm	•			Medication Safety	<ul style="list-style-type: none"> <li>Understanding Prescriptions</li> <li>Safety</li> <li>Dos and Don'ts</li> </ul>
	12/7/2023	Thur	1:00pm	2:30pm	•			Infection Control	<ul style="list-style-type: none"> <li>Common Diseases</li> <li>Halting transmission</li> <li>Personal Hygiene</li> </ul>
	12/19/2023	Tue	1:00pm	2:30pm	•			Digestive Health	<ul style="list-style-type: none"> <li>Common Issues</li> <li>Prevention</li> <li>Treatment of Digestive Problems</li> </ul>

## PERINATAL CLASSES CLASSES PROVIDED BY CHINESE HOSPITAL | Registration: 1-415-677-2458



ONLINE VIDEO VISIT 1-415-677-2458	CALL FOR APPOINTMENTS	Mon Thur	1:30pm	2:30pm	•	•		Preparing for Babies	<ul style="list-style-type: none"> <li>How to prepare a pediatric medical home for the baby</li> <li>What to expect at the hospital after the baby is born</li> <li>How to care for the baby when they go home</li> <li>Oral care and breastfeeding</li> </ul>
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**Health Education Class:**  
Fee: FREE

**Perinatal Class:**  
Fee: FREE for members

**NOTE:** If fewer than 5 students register, the class will be cancelled.

**National Diabetes Prevention Program**

**In-Person Fitness Class:** Chinatown YMCA  
855 Sacramento Street, San Francisco, CA 94108

**NOTE:** Classes are FREE for CCHP members. Pre-registration is required. If fewer than 5 students register, the class will be cancelled. Dates and times are subject to change. In order to allow fair access, CCHP members may register for up to four classes each quarter. Beyond four classes, members can enter their name on a waiting list. If there are still spaces available, members will be contacted and added to the additional classes. Proof of vaccination is required and masking is highly recommended.

Check for updates on classes at [www.cchphealthplan.com/classes-and-events](http://www.cchphealthplan.com/classes-and-events)

# FITNESS CLASSES

FREE TO CCHP MEMBERS

Registration: 1-415-677-2458 | wellness@chasf.org



LOCATION	DATE	DAY	TIME		LANGUAGE			CLASS	LEARNING OBJECTIVES
			START	END	E	C	M		
<b>ONLINE VIDEO VISIT</b> 1-415-677-2458	10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 11/27, 12/4, 12/11, 12/18	Mon	11:00am	12:00pm	.			Tai Chi (All Level)	Build a healthy body and peaceful mind while learning a sequence of graceful steps from this centuries old martial art.
	10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1, 12/8, 12/15, 12/22	Fri	9:15am	10:15am	.			QiGong (All Level)	Strengthen joints and the immune system through the gentle, slow, elegant, smooth movements, balanced with relaxation and quietness. The imitation of the postures and movements of wild creatures improve the flexibility of the body and limbs and the motility of the muscles and bones.
<b>IN-PERSON CLASS</b> CHINATOWN YMCA 1-415-677-2458 Proof of vaccination is required & masking is highly recommended.	10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1, 12/8, 12/15, 12/22	Fri	11:00am	12:00pm				Yoga (All Level)	Develop strength, flexibility, breathing, alignment, and relaxation. Mixed level class. No previous experience is required. Bring a yoga mat or towel.



# 健康講座及健身課程時間表

2023年 第四季  
十月至十二月

健康講座時間表 課程是由華人社區健康資源中心提供  
報名：1-415-677-2473



課程是由東華醫院提供  
報名：1-415-677-2458



地點	日期	星期	時間		語言			講座	課程須知
			開始	結束	英	粵	國		
網上視像 課程 1-415-677-2473	10/5/2023	星期四	10:00am	11:30am		•		哮喘病護理	<ul style="list-style-type: none"> <li>誘發因素</li> <li>發作的先兆</li> <li>藥物使用</li> <li>氣流測量計</li> </ul>
	10/17/2023	星期二	10:00am	11:30am		•		心臟衰竭	<ul style="list-style-type: none"> <li>定義</li> <li>藥物治療、飲食建議、自我護理方法</li> </ul>
	11/2/2023	星期四	10:00am	11:30am		•		心理健康	<ul style="list-style-type: none"> <li>焦慮症</li> <li>壓力檢查</li> <li>身心聯繫</li> </ul>
	11/14/2023	星期二	10:00am	11:30am		•		安全服用藥物	<ul style="list-style-type: none"> <li>了解處方</li> <li>安全用藥</li> <li>服藥時需注意的事項</li> </ul>
	12/7/2023	星期四	10:00am	11:30am		•		預防感染	<ul style="list-style-type: none"> <li>常見的傳染病</li> <li>阻止疾病傳播</li> <li>保持個人衛生</li> </ul>
	12/19/2023	星期二	10:00am	11:30am		•		腸胃健康	<ul style="list-style-type: none"> <li>常見問題</li> <li>腸胃問題的預防與治療</li> </ul>
網上視像 課程 1-415-677-2458	請來電預約	星期三 星期四	2:00pm	3:00pm		•		國家糖尿病預防項目	<p>通過學習減輕體重、增加鍛煉、和管理壓力的各種技能，預防和延緩II型糖尿病的發病</p> <p>(該課程對華人保健會員和華康醫務中心病人免費開放，其他公眾收費 \$220 整套課程) 備註：日期及時間可能有更改</p>

## 婦產及嬰兒講座時間表

課程是由東華醫院提供 | 報名：1-415-677-2458



網上視像 課程 1-415-677-2458	請來電預約	星期一 星期四	1:30pm	2:30pm	•	•		為寶寶的到來做好準備	<ul style="list-style-type: none"> <li>新生父母指南</li> <li>新生兒須知</li> <li>如何護理新生兒</li> <li>口腔護理和母乳餵養</li> </ul>
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■ 健康講座：  
費用：免費

■ 婦產及嬰兒講座：  
費用：會員免費

備註：如果報名人數少於5人，該課程可能會被取消。

■ 國家糖尿病預防項目

親身授課健身班：華埠青年會

855 Sacramento Street, San Francisco, CA 94108

備註：課程為華人保健計劃會員提供。健身課程需要事先報名。如果報名人數少於5人，該課程會被取消。日期及時間可能有更改。為使每位會員都有機會參加健身課程，會員每季度只允許註冊4節課程。對其它有興趣的課程，會員需在等候名單上登記等候通知。親身授課需要提供完全接種疫苗證明及強烈建議配戴口罩。

可上網查看健身班及健康講座的更新：[www.cchphealthplan.com/zh-hant/classes-and-events](http://www.cchphealthplan.com/zh-hant/classes-and-events)

# 健身班時間表

健身課程為華人保健計劃會員免費提供  
 報名：1-415-677-2458 | wellness@chasf.org



地點	日期	星期	時間		語言			講座	課程須知
			開始	結束	英	粵	國		
網上視像 課程 1-415-677-2458	10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 11/27, 12/4, 12/11, 12/18	星期一	11:00am	12:00pm	•	•	•	太極 (各級)	學習這門有百年歷史的古老武術，練習一系列優雅的招式步法，可以使您強健身心。
	10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1, 12/8, 12/15, 12/22	星期五	9:15am	10:15am	•	•	•	氣功 (各級)	八段錦由八節動作組成。側重舒展肢體，進而強健關節及自身免疫系統。特點為體勢動作輕柔舒緩，古樸高雅，剛柔並濟，動靜結合。五禽戲是一種中國導引術（傳統健身方法），由五種模仿動物的動作組成，有助於調理筋脈運行。
親身授課 華埠青年會 1-415-677-2458  需要提供 完全接種 疫苗證明 及強烈建議 配戴口罩	10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1, 12/8, 12/15, 12/22	星期五	11:00am	12:00pm	•	•		瑜珈 (各級)	學習瑜珈能增強體力、促進身體柔軟度及平衡感、調息呼吸、並能讓身心放鬆。歡迎從未學過瑜珈人士報名，祇需攜帶瑜珈墊或毛巾。



# Balancing Western Medicine with Eastern Remedies

## 東方中醫療法與西藥的平衡



### Nourishing Bone Broth

Autumn/Winter season is coming. It is time to move away from the fruits and vegetables from the Summer Season and start eating more warming foods and nourishing soups. A good way to warm the body and make bones strong is cooking bone broth. The recipe uses green onion and ginger which are warming. Beef bones, especially knee joints are best to make nourishing soups as they contain lots of calcium that can be easily absorbed by the body. Usually when making soup, bones are pre-boiled. In this recipe, the bones are baked in the oven to preserve the precious bone marrow so it is not wasted.

#### Ingredients:

- Beef bones 2 pounds (knee joints best but neck bones will work also)
- Green onion 3 long pieces
- Ginger 1 large piece peeled

#### Directions:

1. Bake bones on tray in oven at 450 degrees for 30 minutes
2. Add enough water to cover all ingredients in large pot
3. Bring all ingredients in large pot to boil on high heat, then simmer on low heat for 2.5 hours
4. After soup cools to room temperature, refrigerate until the next day
5. Remove all the fat from top layer
6. Add small amount of salt as needed for taste

Soup can be made in batches and frozen. Soup can be used for drinking or used as a soup base to make noodles and vegetable dishes. Drink often for best effects.

Article provided by Cecilia Wong Leung, L.Ac., Licensed Acupuncturist at Chinese Hospital East West Health Services.

### 滋補湯水

秋冬季節臨近，也是時候遠離夏日寒涼的蔬果，及開始進食溫熱食物及滋補湯水。要暖身及強健骨骼的一個好方法就是飲用骨湯，其食譜也包含溫熱的薑蔥。牛骨特別是牛膝最適合做滋補湯水，因為牛膝含有大量鈣質，而鈣質容易被人體吸收。骨塊通常在開始烹調時都是首先煮滾，然而在這個食譜中，骨塊需要在焗爐中先烤熟，這樣便可以保留珍貴的骨髓避免浪費。

#### 材料：

- 牛骨2磅（首選膝關節，頸骨亦可）
- 蔥段 3塊
- 去皮生薑1大塊

#### 烹調方法：

1. 將所有放在焗盤上的骨塊一同放入焗爐，以 450°F 焗 30 分鐘
2. 倒入足夠的水足以淹蓋鍋中的所有食材
3. 先用大火煮滾鍋中的所有食材，然後調節至細火煮兩個半小時
4. 鍋中湯水冷卻至室溫後，放入雪櫃冷藏至翌日
5. 撇除頂層的所有脂肪
6. 根據口味添加適量的鹽

湯水可以一次過準備較大份量，然後冷凍備用。湯水可直接飲用，也可作為烹調麵條或蔬菜之湯底。經常飲用可以獲得最佳效果。

本文由東華醫院中西醫學門診 - 梁黃斯雅中醫針灸師提供。

Disclaimer: This article is for informational purposes only and is not intended to substitute professional medical advice, diagnoses, or treatment. Always seek advice from your physicians or other qualified health provider.

免責聲明：本文僅供參考，它不能替代專業的醫療建議、診斷或治療。應向您的醫生或其他合格的健康提供者尋求建議。

# Eat Well, Live Well Recipe

## 東華醫院註冊營養師健康美食推介食譜



### Korean Barbecue Tempeh Wraps

#### Ingredients (Serving 4):

1/3 cup sugar	4 (10-inch) flour tortillas
4 tbsp low sodium soy sauce	1 cup fresh cilantro
6 tbsp water	1 pound tempeh, cut crosswise into 1/2 inch thick strips
5 garlic cloves, minced	2 heads baby bok Choy (4 oz each), sliced thin crosswise
1 1/2 tbsp rice vinegar	3 radishes, trimmed, halved, and sliced thin
1 1/2 tsp sriracha	2 scallions, sliced thin
1 1/2 tsp cornstarch	
2 tbsp vegetable oil	

#### Instructions:

1. Whisk sugar, soy sauce, water, garlic, rice vinegar, sriracha, and cornstarch together in bowl; set aside. Heat 1 tablespoon oil in 12" nonstick skillet over medium heat until shimmering. Add half of tempeh and cook until golden brown on both sides, 2 to 4 mins. per side. Transfer to paper towel-lined plate. Repeat with remaining 1 tablespoon oil and remaining tempeh.

2. Add sugar-soy mixture to now-empty skillet and bring to simmer over medium-low heat. Cook until thickened and reduced to about 1 cup, about 5 mins. Transfer tempeh to bowl, add half of sauce, and toss to coat. Lay tortillas on counter, then divide tempeh evenly among tortillas. Top evenly with bok choy, cilantro, radishes, and scallions, then drizzle each wrap with 1 tablespoon sauce. Fold sides of tortilla over filling, fold bottom of tortilla over sides and filling, and roll tightly. Slice in half and serve, passing remaining sauce separately.

Recipe Provided Courtesy of America's Test Kitchen (<https://www.americastestkitchen.com/recipes/11701-korean-barbecue-tempeh-wraps>)  
Nutritional Information Provided by Chinese Hospital Registered Dietitian.

### 韓式燒烤天貝卷

#### 材料 (4人份量) :

1/3 杯糖	4 個(約10寸) 玉米餅
4 湯匙低鹽豉油	1 杯鮮芫荽
6 湯匙清水	1 磅天貝, 橫切條約半寸厚
5 瓣蒜, 切碎	2 個小白菜(每個約4安司重), 橫向切薄片
1 1/2 湯匙米醋	3 個水蘿蔔, 去皮切半, 切薄片
1 1/2 茶匙是拉差辣椒醬	2 條蔥, 切幼
1 1/2 茶匙粟米粉	
2 湯匙植物油	

#### 做法 :

1. 將糖、豉油、水、大蒜、米醋、拉差醬和玉米粉一起放入碗中攪拌; 擱置。在12寸不粘鍋中加入1湯匙油, 用中火加熱, 加入一半天貝, 煎至兩面金黃, 每面2至4分鐘。放在盤子上備用。用剩餘的油及天貝重複做上述烹法。

2. 將糖醬油混合物加入空鍋中, 用中低火煮至粘稠(約5分鐘, 直至變稠並減少至約1杯)。將天貝放入碗中, 加入一半醬汁, 拌勻。將玉米餅放在料理台上, 然後將天貝均勻地分佈在玉米餅之間。撒上白菜、芫荽、水蘿蔔和蔥, 然後在每個捲餅上淋上一湯匙醬汁。將玉米餅卷起, 切成兩半即可享用。

食譜來源: America's Test Kitchen (<https://www.americastestkitchen.com/recipes/11701-korean-barbecue-tempeh-wraps>)  
營養資料由東華醫院註冊營養師提供。

#### Nutrition information per serving 每份材料含以下營養 :

Calories 卡路里 : 427 kcal	Sodium 鈉 (鹽) : 837 mg
Protein 蛋白質 : 29 g	Dietary Fiber 食用纖維 : 5 g
Fat 脂肪 : 20 g	Calcium 鈣 : 586 g
Cholesterol 膽固醇 : 0 mg	Potassium 鉀 : 1619 g
Carbohydrates 碳水化合物 : 41 g	

Software 分析軟件 : Nutritionist Pro

## Healthy Exercise Tips 健康運動小貼士

### Wall Push-Ups

This exercise helps strengthen your arms, shoulders, and chest.

1. Stand about an arm's length away from the wall with your feet hip-width apart.
2. Place your hands on the wall at shoulder height and width, fingers pointing up.
3. Slowly bend your elbows and lean toward the wall until your nose is almost touching it. Keep your back straight and your elbows at a slight angle.
4. Slowly push back to the starting position.
5. Repeat 10 times for a set.

For safety, before attempting any exercises that might feel uncomfortable, it's advisable to consult your doctor first. Additionally, while exercising, it's a good idea to have others around or the ability to contact them if you require assistance.

### 靠牆掌上壓

此動作有助增強手臂、肩膀和胸部的力量。

1. 面對牆壁站直, 距離牆壁約一步距離, 雙腳微微分開, 與臀部同寬。
2. 雙手撐牆, 與肩同寬同高, 手指向上。
3. 慢慢屈曲手肘, 身體往牆方向傾斜壓下, 直到鼻子幾乎碰到碰牆。保持背部挺直, 手肘微微彎曲。
4. 慢慢往後推, 回到起始位置。
5. 重複10次為一組。

為了安全起見, 在嘗試任何可能感覺不舒服的運動之前, 最好先諮詢醫生。此外, 在鍛煉時, 最好有其他人在身邊, 或者在需要幫助時能夠聯系到他們。

Source 來源: Growing Stronger Program, Centers for Disease Control and Prevention. ([https://www.cdc.gov/physicalactivity/downloads/growing\\_stronger.pdf](https://www.cdc.gov/physicalactivity/downloads/growing_stronger.pdf))





### Boost Your Immunity with COVID-19 and Flu Vaccines This Fall

With fall just around the corner and flu season coming up, it's important to boost our protection against the flu and the new COVID-19 variants.

#### New COVID-19 Vaccine

With COVID-19 variants evolving, maintaining our immunity is paramount. A new COVID-19 vaccine is expected this fall, although the exact date is still pending confirmation from both the FDA and CDC. This vaccine is designed to target the XBB variants, which are the current prevalent strains. To stay informed about availability dates and eligibility criteria, please stay connected with us at [www.chinesehospital-sf.org/covid-19-vaccine](http://www.chinesehospital-sf.org/covid-19-vaccine) or follow our social media.

#### Flu Vaccination

Proven through time, the flu vaccine remains a steadfast way to shield yourself from the impact of influenza. September and October stand as the prime months for vaccination. It is recommended that everyone over the age of 6 months receive the flu vaccine. If you're 65 or older, you should get the high-dose version for stronger protection.

#### Where to Get Immunized

You can find flu shots and COVID-19 vaccines at places like clinics, doctor's offices, and pharmacies, even at Chinese Hospital and its clinics. Most insurance plans, including CCHP, will cover the COVID-19 vaccine and flu shot as part of preventive care at no cost. To confirm coverage and schedule an appointment, reach out to your doctor's office or local pharmacy. To find a Chinese Hospital's clinic near you, visit [www.chinesehospital-sf.org/clinics](http://www.chinesehospital-sf.org/clinics).

As September unfolds, seize the opportunity to prioritize your health. Choose protection; choose the path of vaccination against both COVID-19 and the flu.

### 今年秋季接種 COVID-19 及流感疫苗 增強免疫力

秋季及流感高峰期將至，我們要加強防範流感及 COVID-19 新變種是非常重要的。

#### 新 COVID-19 疫苗

隨著 COVID-19 不斷演變，保持我們的免疫力是十分重要。新 COVID-19 疫苗預計將於今個秋季推出市面，具體日期仍有待 FDA 及 CDC 確認。新疫苗針對 COVID-19 XBB 變種，即是目前流行的病毒株。要了解有關接種日期及資格，請瀏覽 [www.chinesehospital-sf.org/covid-19-vaccine](http://www.chinesehospital-sf.org/covid-19-vaccine) 或關注我們的社交媒體以保持更新。

#### 流感疫苗接種

接種流感疫苗一直以來仍然是保護自己免受流感影響的最佳方法。9 月至 10 月是疫苗接種的黃金時間。建議半歲以上之人士都應接種流感疫苗，而年屆 65 歲或以上之人士應接種高劑量版以獲得更強保護。

#### 哪裡提供疫苗接種

您可以在診所、藥房、東華醫院及華康醫務中心，找到流感及 COVID-19 疫苗接種服務。大部份健康計劃（包括 CCHP）將免費覆蓋 COVID-19 及流感疫苗作為預防性護理的其中一部分。請聯絡您的診所或附近藥房確認疫苗接種保障及安排預約。請瀏覽 [www.chinesehospital-sf.org/clinics](http://www.chinesehospital-sf.org/clinics) 尋找您附近的華康社區診所。

9月即將到來，請把握機會優先考慮自身健康。保護自己，選擇接種 COVID-19 及流感的新疫苗。

此文章由東華醫院提供。





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 1-888-775-7888 or email [Info@CCHPHealthPlan.com](mailto:Info@CCHPHealthPlan.com). Electronic copies are available online at:

[www.cchphealthplan.com/community-newsletter](http://www.cchphealthplan.com/community-newsletter)  
[www.cchrhealth.org/cchp-newsletters](http://www.cchrhealth.org/cchp-newsletters)

這季刊會注重每季度健康的主題和活動，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1-888-775-7888，電郵 [Info@CCHPHealthPlan.com](mailto:Info@CCHPHealthPlan.com) 或上網瀏覽：  
[www.cchphealthplan.com/zh-hant/community-newsletter](http://www.cchphealthplan.com/zh-hant/community-newsletter)  
[www.cchrhealth.org/tw/cchp-newsletters](http://www.cchrhealth.org/tw/cchp-newsletters)

## UPCOMING HEALTH FAIRS 健康同樂日活動預告



**10/14**  
**SUNSET 日落區**

**11/18**  
**DALY CITY 帝利市**

**12/9**  
**EXCELSIOR 外米慎區**

## FREE SCREENINGS & INFORMATION:

- BMI
- Bone Density
- Blood Pressure
- Blood Sugar
- Ask an Expert

## 免費檢查及健康資訊:

- 身高體重指數
- 骨質密度
- 血壓
- 血糖
- 諮詢專家



SCAN ME for More Info  
掃描一下，了解詳情。

## IMPORTANT CONTACTS 重要聯絡資料



CCHP Member Services  
CCHP 會員服務

**CCHP Member Services Center - Chinatown**      **1-888-775-7888**  
CCHP 會員服務中心 - 華埠  
890 Jackson St, San Francisco  
[www.CCHPHealthPlan.com](http://www.CCHPHealthPlan.com)

**CCHP Member Services Center - Daly City**      **1-888-775-7888**  
CCHP 會員服務中心 - 帝利市  
386 Gellert Blvd, Daly City  
[www.CCHPHealthPlan.com](http://www.CCHPHealthPlan.com)

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  
818 Jackson St, Unit 301, San Francisco  
[www.cchrhealth.org](http://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](http://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](http://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](http://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](http://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](http://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](http://www.chinesehospital-sf.org)

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

**East West Health Services - Excelsior**      **1-628-228-2280**  
中西醫學門診 - 外米慎區  
888 Paris St, #202, San Francisco  
[www.chewhs.org](http://www.chewhs.org)

**East West Health Services - Daly City**      **1-650-761-3542**  
中西醫學門診 - 帝利市  
386 Gellert Blvd, Daly City  
[www.chewhs.org](http://www.chewhs.org)