

MATTERS

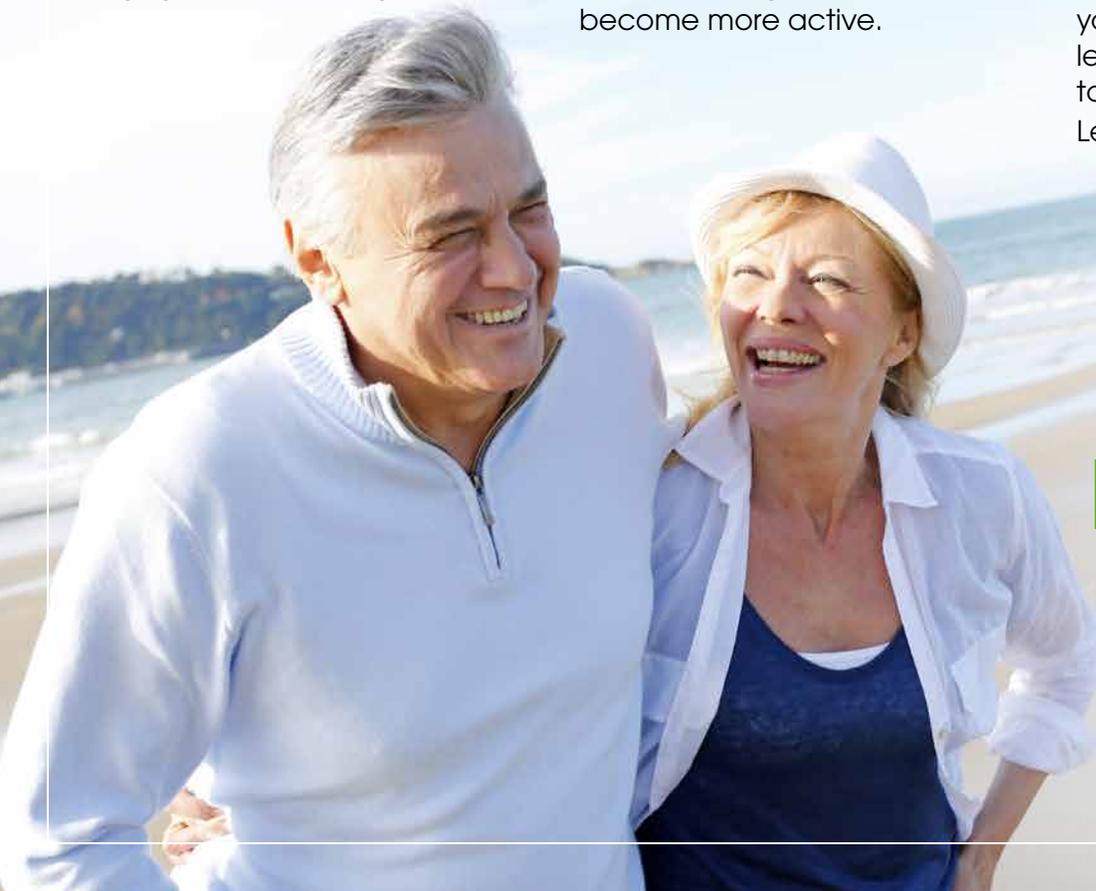


Getting Healthier, Leaner, Stronger with LACERS Well

As part of this year's campaign theme for wellness, LACERS encourages you to make 2017 a "Healthier, Leaner, Stronger!" year. Wellness is the integration of wiser eating habits, social engagement, keeping up with

regular doctor visits for physicals, screenings, or exams, and committing to regular low-impact exercise. LACERS Well looks forward to your participation in the numerous events and activities designed to help you become more active.

Each quarter, new topics such as "Getting Healthier through Prevention" and "Be Mentally Strong" will be combined with incentives and challenges for fun ways to earn prizes. No matter what your current health status is, you can move toward a higher level of wellness. Take a step toward making 2017 a "Healthier, Leaner, Stronger!" year.



INSIDE THIS ISSUE

- Getting Healthier, Leaner, and Stronger with LACERS Well
- Your "Passport to Health"
- Champion Spotlight
- Carrier Highlight

LACERS Well Passport to Health

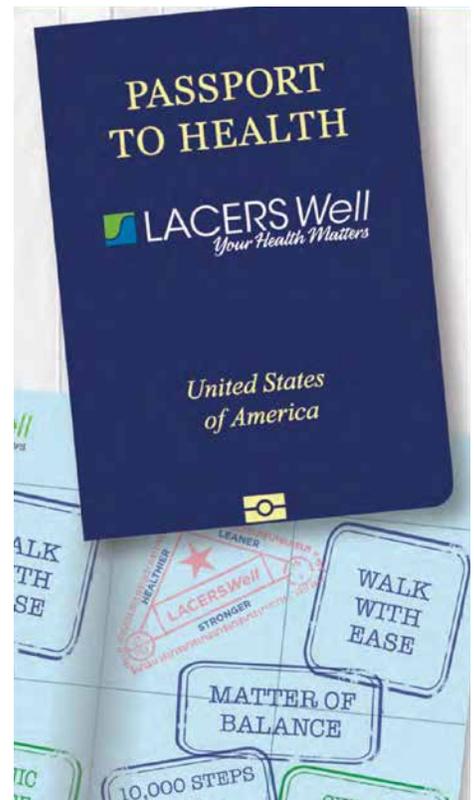
Start earning points for prizes today!

The LACERS Well "Passport to Health" is your ticket to a healthier retirement! Designed to let you earn points just for being healthy, Members are encouraged to utilize their Passport to log their participation in LACERS Well events. Activities include: Champion-led events, LACERS Well workshops, inviting new Members to join the program, completing a featured quarterly self-challenge, and more. Submit your Passport to LACERS Well after earning 10 points for a chance to win opportunity prizes.

Additional Passports may be downloaded and submitted each time 10 points have been earned. Prizes are drawn monthly and include:

- \$25, \$50 and \$100 reward cards
- FitBits®
- iPads®
- Entertainment tickets
- Get-away packages
- and more.

For more details on the program and to download your "Passport to Health," log onto www.LACERS.org/lacerswell.



6-Week Healthier Living Workshop

Coming to a location near you!

If you, or someone you care for, is dealing with a chronic condition such as diabetes or arthritis, you know that it can often feel like illness is taking over your life. The good news is that there are things you can do to feel better, and improve your quality of life. Sign up for a LACERS Well health self-management workshop today and start to take control of your health, instead of letting it take control of you! This 6-week program teaches practical

everyday skills, problem solving, nutritious eating, and relaxation techniques which may result in improved health, increased exercise, reduced pain, and better communication with health care providers. Meet new people, have fun, and gain the social support and tools for living a healthier life.

The 6-week Healthier Living Program also includes:

- A free workbook on Healthier Living
- Weekly healthy snacks

Additionally, participants who complete the workshop will earn a full "Passport to Health" and be entered to win opportunity prizes!

The workshop is free for LACERS Members (and one guest) but registration is required and space is limited.

For more details and to register, log onto www.LACERS.org/lacerswell or call LACERS at **(800) 779-8328**.

Choose one from the following workshop locations:

Sherman Oaks Library

Mondays

10 a.m. – 12:30 p.m.

Feb. 20, 2017 - March 27, 2017

Echo Park Senior Center

Thursdays

1:30 p.m. - 4 p.m.

Feb. 23, 2017 - April 6, 2017

Ontario Senior Center

Tuesdays

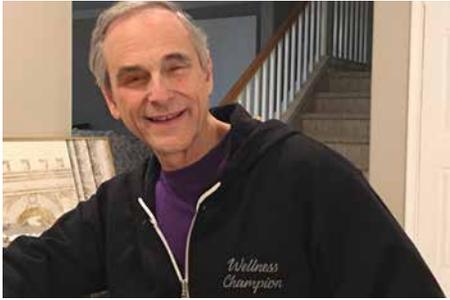
10 a.m. – 12:30 p.m.

March 28, 2017 - May 9, 2017



WELLNESS CHAMPION SPOTLIGHT:

Meet Eugene Mandelcorn!



Eugene may be retired, but is more active than ever. After 16 years of service in the LA Public Library System, Eugene has truly dedicated himself to bettering his health and advocating for health awareness among Members. In 2016, Eugene collaborated with nationwide organizations such as the American Cancer Society and Lupus Foundation, but this year, has shifted gears to focus on one deadly and often misunderstood concern: Pancreatic Cancer.

Tara: Why is Pancreatic Cancer Awareness so important to you?

Eugene: My mother died as a result of pancreatic cancer and my sister died because of the same disease just this past October. Pancreatic Cancer kills more people each year than breast cancer, but very few people know about it. It has caused the death of Steve Jobs, Patrick Swayze, Michael Landon, Jack Benny, Donna Reed, Joan Crawford, and many, many others each and every day.

Tara: You have always been an avid bicycle rider, but at some point that changed. What happened?

Eugene: I owned a bike dealership in the late 70s and early 80s, but in 1983, I was hit by a car and was told I might never walk again. I went through

extensive physical therapy and eventually got back on my feet, but did not get on a bike again until 2014. I found I could not even pedal around the block. My legs were that weak. That is when I discovered the electric bike. Using an electric bike, I have been able to build up my legs to be able to ride as far as 25 miles without having to turn on the motor.

Tara: As a Champion, you host monthly walks and hikes for Members to raise Pancreatic Cancer awareness, but you have a much bigger plan for 2018. Can you tell me about that?

Eugene: I am doing a documentary on the history of the electric bike and how it has helped people become active. In 2018, I plan to do an electric bike ride around the world. Profits from the film and my international ride will go towards fighting Pancreatic Cancer.

Tara: Why did you become a LACERS Well Champion?

Eugene: I worked for the Los Angeles Public Library System and retired in 2003. I had spent much of my time (4 hrs) driving to work and back, and most of the rest of the day sitting at my desk. I felt I needed to get back in shape. I was taking 24 pills a day for a number of ailments. I wanted to be able to do something for my own health, but it is lonely to exercise alone. LACERS Well gave me a chance to exercise and exchange ideas of ways to keep active with other people my age.

Become a LACERS Well Champion

We want you!

Do you have an interest, hobby, or activity that you would like to share with others? If so, volunteering to be a Champion provides you an opportunity to have fun with other retirees and receive more program rewards and incentives. LACERS Well Champions meet regionally twice a year to connect and plan wellness activities for all LACERS Retired Members. As an ambassador, you recognize the importance of staying active, mentally alert, and socially engaged. To apply or to find out more, log on to www.LACERS.org/lacerswell and click "Become a LACERS Well Champion," or call our LACERS Well program manager Tara Miller, at **(213) 978-6843**.

New Champion-led events near you:

- **Wednesday, Jan. 25th**
Balboa Park Bike Ride, Encino with Champion Ron Skarin
- **Friday, Feb. 3rd**
National Wear Red Day and Griffith Park Hike with LACERS Comm. and Champion Cynthia Ruiz
- **Sunday, March 26th**
CicLAvia Walk, Culver City with Champion Lupe Vela





202 West First Street, Ste. 500
Los Angeles, CA 90012-4401

Visit www.LACERS.org/lacerswell
for all the latest updates
and information.

LACERS Carrier Highlight

Introducing Silver&Fit, the new fitness program for Kaiser Permanente Senior Advantage members

LACERS Well is excited to announce the addition of Silver&Fit for Kaiser Permanente Senior Advantage Members. The Silver&Fit Exercise and Healthy Aging Program can help you stay active and thrive. Choose the exercise plan that best matches your lifestyle:

Gym Membership

Select a local club from Silver&Fit's broad network of participating fitness facilities to access strength-training and cardiovascular equipment, saunas and pools, classes, and more.

Home Fitness Program

With the home fitness program, you'll get up to two home fitness kits each benefit year and Healthy Aging materials to help find the right exercise program for you.

To learn more about Silver&Fit, including how to register and find fitness facilities near you, visit SilverandFit.com or call **(877) 427-4788**.



CALENDAR OF EVENTS

MONTHLY GRIFFITH PARK HIKE AND NATIONAL WEAR RED DAY WITH LACERS COMMISSIONER CYNTHIA RUIZ

Date: Friday, February 3, 2017

2017 WELLNESS EXTRAVAGANZA

Date: Wednesday, March 1, 2017

Doubletree Hotel, Ontario Airport
(Registration begins February 1)

HEALTHIER LIVING WORKSHOPS

Sherman Oaks Library
Feb. 20, 2017- March 27, 2017

Echo Park Senior Center
Feb. 23, 2017- April 6, 2017

Ontario Senior Center
March 28, 2017- May 9, 2017