

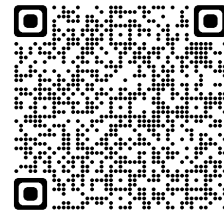


Food for health

Eating healthy can be easy and delicious

No-cook overnight oatmeal

With this overnight oats recipe, you can have a healthy, stress-free breakfast ready in the fridge.



[Click here](#) to read the entire article or scan the QR code

Kaiser Permanente Antelope Valley Upcoming Events

Flu Shots Available at All Medical Offices Starting September 1st

Available in the lobbies at Antelope Valley, Lancaster and Palmdale Medical Offices, or through your provider.

For a list of flu shot locations and times – [Click Here](#)



Red Cross Blood Drive

Wednesday, September 27th
10 a.m. to 4 p.m.

AV Medical Office Building
615 W. Avenue L, Lancaster, CA 93534
www.RedCrossBlood.org and enter KaiserAV into keyword search.

Member Services Info:

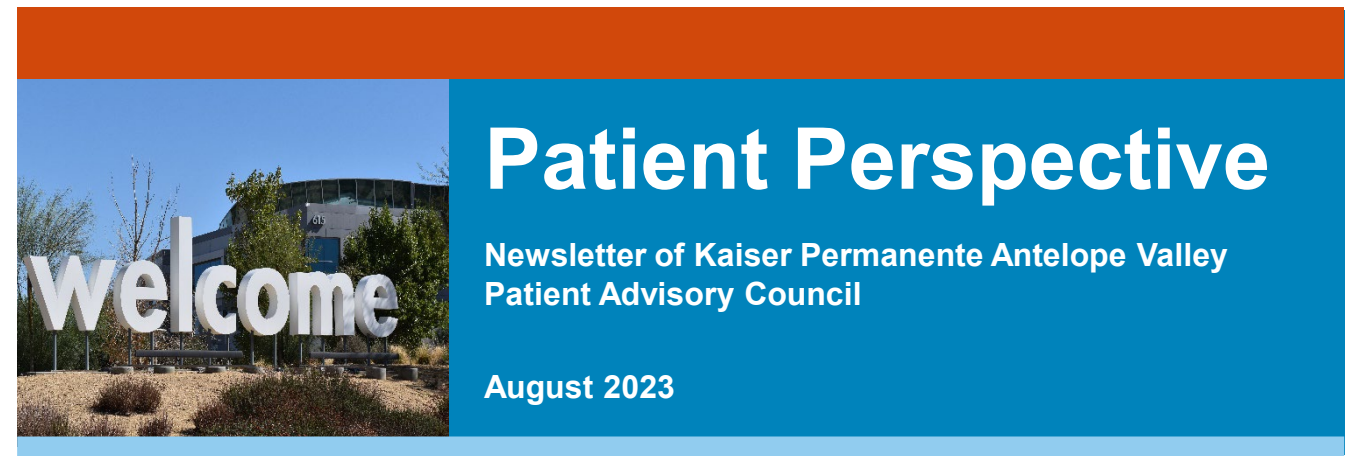
Local AV Member Services
Normal Hours: 8:30 am - 5:00pm
(800) 464-4000

Patient Advisory Council Member Tips Art for Self-Care & Mental Health

Here are some tips from [Brett Copeland](#), AV Patient Advisory Council Member.

“Arts has multiple benefits that get lost in the beauty. Art helps with depression, anxiety, communication, reasoning, and so much more. When facing health problems and problems that come along in life, and I need to step away to recharge and help figure things out. Art has been a great outlet. The medium doesn’t matter. I have been known to go through times of drawing, painting, sewing, writing, playing an instrument, or any other outlet that I find interesting at that time.

If your unsure of what you're doing or you want to learn how, YouTube is a great to learn how to do almost anything. When I was learning to paint landscapes during a very turbulent time, YouTube answered all my questions on how to get that creativity out and express what I needed. Whether I’m good at it or not doesn’t matter. What counts is am I enjoying it and it’s helping with what I’m feeling and going through? I’d like to invite you to draw some basic shapes, paint a landscape, use bold colors, sing like you’re a rockstar. Just let it out and melt away those worries and problems. Even if it’s just for a moment.”



Antelope Valley Medical Offices

615 W Avenue L Lancaster, CA 93534
Mon-Fri, 8 a.m. to 5 p.m.
Sa-Sun, Closed
Appointments: **1-833-KP4CARE**
Refills by phone : **1-844-824-6474**

Lancaster Medical Offices

43112 15th St West Lancaster, CA 93534
Mon-Sat, 8 a.m. to 5 p.m.
Sun, 8 a.m. to 2 p.m.
Appointments: **1-833-KP4CARE**
Refills by phone: **1-844-824-6474**

Palmdale Medical Offices

4502 E. Avenue S Palmdale, CA 93552
Mon-Fri, 8 a.m. to 7 p.m.
Sat-Sun, Closed
Appointments: **1-833-KP4CARE**
Refills by phone: **1-844-824-6474**

Behavioral Health

44444 20th St West Lancaster, CA 93534
Mon-Fri, 8:30 a.m. to 5 p.m.
Appointments: **1-833-KP4CARE**
Behavioral Health Care Member Help Line:
1-800-900-3277

Women’s Health Office

Obstetrics-Gynecology
44105 15th St W 4th Floor Ste 405
Lancaster, CA 93534
Mon-Fri, 9 a.m. to 9 p.m.
Appointments: **1-833-KP4CARE**

Message from The Patient Advisory Council

The AV Patient Advisory Council (PAC) promotes positive ties between Kaiser Permanente and its members by advising the AV PAC Steering Committee on care improvement.

Comprising of Kaiser Permanente patients and employees, the council volunteers contribute insights on our service delivery. Their invaluable feedback guides enhancements for members, patients, and visitors.

Our commitment is to provide compassionate care, acting diligently to address perceived care deficiencies.

2023 PAC Topics

Here is an inside look on topics discussed in 2023

- COVID/Flu/Vaccine Update
- CSG & Medicare 5 Star Update
- Patient Perspective Newsletter
- Exceptional Experience

To become a Patient Advisory Council member please contact:

Maria Torres
(661) 951-3563 | Maria.c.torres@kp.org



Voice of the Member Corner

Message to KP AV X-ray Technician Matthew S. Chapman

“I was at Kaiser today to have x-rays taken; I was afraid it might be difficult since I’m old and falling apart. But the x-ray technician Mr. Chapman who helped me, was exceptional! He was beyond great, he helped put my hand to move my legs into the correct position for the best x-rays. He was patient and so considerate, he made the entire experience so much easier that I thought it could be. He is one of your best. Thank you for having him there to help so many of us.”

Topic of the Month

August is National Wellness Awareness Month

At Kaiser Permanente, we know total health and wellness go beyond the doctor’s office. That’s why we’re here to help you find the high-quality care and resources you need.

Mental health and wellness tools

Take a moment. Take a breath. Take time for self-care. Explore our broad range of self-care resources — including apps, audio activities, articles, and more — designed to help you thrive in mind, body, and spirit. [Click here](#) to access health and wellness resources.

Simple ways to be kind to your mind

Small acts of self-care can have a big impact — these wellness tools and practices can help you wind down, find calm, and feel better. [Click here](#) to read the entire article.



Meditation



Mindfulness



Mind-body



Easing anxiety



The Patient Story

Stories From People Controlling Their Asthma

Let these stories of people controlling their asthma give you hope and inspire you to do all you can to keep your symptoms under control... and help you live better with asthma.

Anonymous - "For years I coughed a lot, but I just thought, 'Oh well, it's not a big deal.' I finally mentioned it to my doctor last year, and it turned out I needed another type of asthma medicine. Now I don't have to use my inhaler as much, and I hardly cough anymore."

Anonymous - "My asthma used to be a big worry for me. I ended up in the ER a few times because I couldn't breathe, and it was scary. Now I really try to avoid things that cause an attack. I also check my peak flow once or twice a day to see where I'm at."

Flu shots coming soon

Get your flu vaccine starting September 1st – Visit kp.org/flu



Who should get the flu vaccine?

Everyone age 6 months or older should get a flu vaccine each year. It lowers the chance of getting and spreading the flu. The vaccine is very important for people who are at high risk for getting other health problems from the flu. This includes:

- Anyone 50 years of age or older.
- People who live in a long-term care center, such as a nursing home.
- All young children.
- Adults and children 6 months and older who have long-term heart or lung problems, such as asthma.
- Adults and children 6 months and older who needed medical care or were in a hospital during the past year because of diabetes, chronic kidney disease, or a weak immune system (including HIV or AIDS).
- People who are pregnant.
- People who have any condition that can make it hard to breathe or swallow (such as a brain injury or muscle disorders).
- People who can give the flu to others who are at high risk for problems from the flu. This includes all health care workers and close contacts of people age 50 or older.



Faster Pharmacy Check-Out

Picking up your prescription order at the pharmacy?

Save time when you order ahead at kp.org/pharmacy or on the KP mobile app.

Three easy steps:

- 1 Order online and set your payment ahead of time
- 2 Sign up for Pharmacy Order Updates to know when your order is ready
- 3 Present your secure QR code at pick up for a contactless experience



Order online at
kp.org/pharmacy



Order using the
KP mobile app