

Keeping you connected to important health updates, upcoming classes and helpful resources

## COVID-19 vaccines NOW AVAILABLE for ages 16 and up



From the desk of Nirav K. Shah, M.D., Medical Director

COVID-19 vaccines are now offered to ages 16 and up. You can sign up at [myturn.ca.gov](https://myturn.ca.gov) to receive updates about available appointments and locations or by calling (833) 422-4255 for information and scheduling assistance. Please note, children 16 and 17 years of age can only receive the Pfizer vaccine and need to sign up at a site that offers this vaccine.

**Due to the high demand and limited supply of COVID-19 vaccines, appointments may take a few weeks to schedule. More appointments are added regularly and continue to expand statewide.**

On June 15, the State of California plans to fully reopen under the continued guidelines and safety measures only if there is enough vaccine supply for those 16 years and older, and if hospitalization rates remain stable and low, especially among fully vaccinated Californians. The move forward comes as the state has reached more than 24 million vaccinations, including more than 4 million in its hardest-hit communities and case rates and hospitalizations have stabilized.

As a reminder, fully vaccinated individuals can still be exposed to the virus and spread it to others. Additionally, it is possible that current vaccines won't fully protect against new variants of the virus. For now, fully vaccinated people should still practice common sense safety measures:

- Take precautions in public like wearing a well-fitted mask and physical distancing
- Wear masks, maintain physical distance, and practice other prevention measures if visiting with unvaccinated people from multiple households, especially those at an increased risk for severe COVID-19 disease
- Avoid medium and large in-person gatherings
- Get tested if experiencing COVID-19 symptoms
- Follow CDC and health department travel requirements and recommendations

The status of the pandemic continues to evolve. To stay up-to-date, please visit:

- [CDC Vaccine Recommendations](https://www.cdc.gov/vaccines-recommendations/)
- [Covid19.ca.gov](https://www.covid19.ca.gov)
- [CDC Covid Risk](https://www.cdc.gov/covid-risk/)

## Celebrating NATIONAL Women's HEALTH WEEK



MAY  
9-15  
2021

**National Women's Health Week (NWHW) is a weeklong health observance led by the U.S. Department of Health and Human Services' Office on Women's Health (OWH).**

The week serves as an important reminder to women of all ages to make health a priority especially if you live with underlying health conditions, such as diabetes, hypertension, obesity, cardiovascular and respiratory conditions.

But health varies with each person. We all have our own motivation for staying healthy and different ways to go about reaching this goal. Discovering what works best for you can help you develop healthy habits that you will more likely stick to longer, resulting in a healthier, happier you.

Get started today by visiting [womenshealth.gov/nwhw/find-your-health](https://www.womenshealth.gov/nwhw/find-your-health). Use the tool to uncover personalized tips to help you take the next step toward your health journey.

## LET'S GET COOKING with Celebrity Chef TIFFANY DERRY

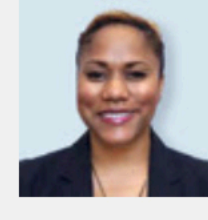


**Wednesday, May 12, 2021 12:00 p.m. – 2:00 p.m., virtual webinar**

Join Bravo TV's "Top Chef" fan favorite and celebrity entrepreneur, Tiffany Derry, for a cooking demo on how to prepare a quick, nutritious, and delicious meal. Also, learn about nutrition with our registered dietician, Jamila Madden. This cooking demo is brought to you in partnership with Novo Nordisk.

In blending nutrition with flavor, Tiffany stands by one rule in her kitchen, "make it taste good or forget it!" Tiffany found a love of cooking at an early age and later graduated from The Art Institute of Houston, Texas. Her natural ability in the kitchen and colorful personality earned her the "Fan Favorite" title on Bravo's Top Chef Season 7 and a top 4 spot on "Top Chef All-Stars."

**Jamila Madden, RDN** is a passionate and intuitive registered dietician with 5 years of clinical nutrition experience.



## OLÉ! A Healthy Ceviche Recipe for Cinco de Mayo!



**Cinco de Mayo is a fun celebration that can include foods high in fats, sodium and carbohydrates.** These can add up to unwanted calories if you're trying to maintain healthy eating habits. By choosing healthier options like our brown rice ceviche recipe, you can still celebrate the festivities without giving up any of the flavors that you enjoy. And with healthier ingredients, you will have lasting energy to keep the party going.

**Brown Rice Ceviche** (Makes 2 servings)

### Ingredients

- 1 cup of brown rice
- ½ cup of diced green apple
- ½ cup of diced onions
- ½ cup of diced tomatoes
- 1 bunch chopped cilantro
- ½ serrano chili diced (optional)
- ½ cup of fresh lemon juice
- 1 oz. olive oil

### Preparation

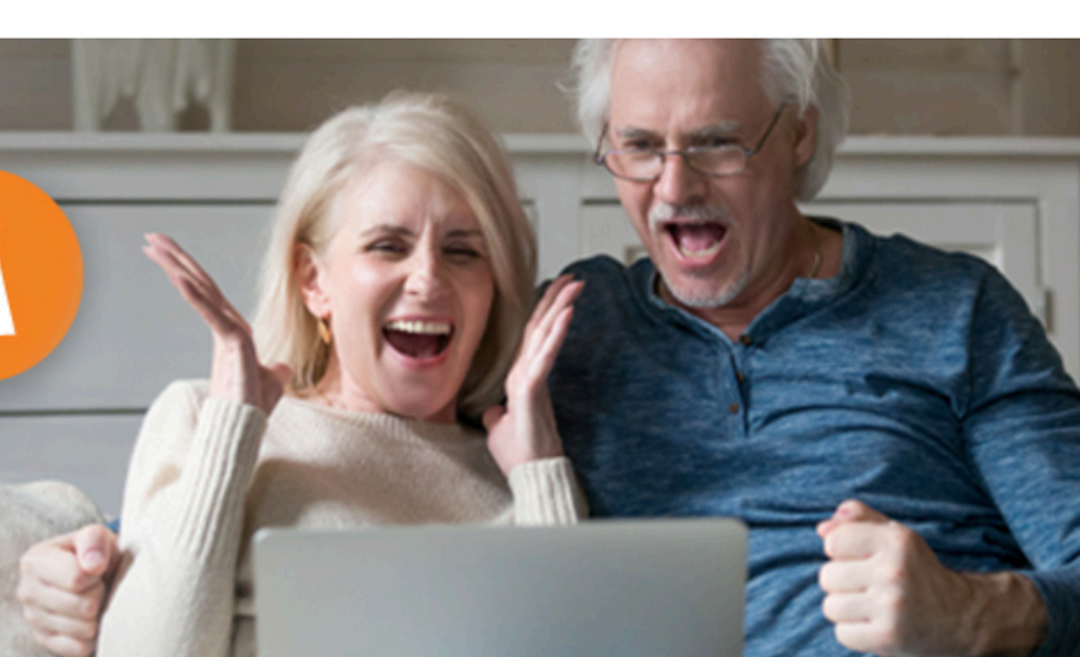
- 1 part brown rice to 1 ½ parts water
  - Cover and cook on high flame for 10 minutes
  - Then cook on low flame for 20 minutes
- Once the rice is cooked, combine all of the ingredients together in a bowl and mix well. Serve and enjoy.

### Nutrition Facts/Per Serving

Calories: 300  
Carbohydrates: 40 gm  
Protein: 4 gm  
Fat: 14.5 gm  
Sodium: 10mg  
Potassium: 350 mg

Discover a variety of ways to eat healthier and find more online classes about nutrition by visiting [HealthyWayEvents.com](https://www.healthywayevents.com).

## TRIVIA of the 50s & 60s



**Join the fun! Win prizes! Free trivia!**

Regal Medical Group and Aetna invite you to join us for an hour of fun and entertainment! Turn back time during this awesome trivia game covering all things 50s and 60s. Players will be asked questions from categories such as songs, movies, entertainment and more. Each participant will write their answer in the WebEx chat, and the fastest and correct answer will get points. First place winner receives a \$25 gift card from Regal, and second and third place win great prizes from Aetna!

**Thursday, May 6, 2021  
10:00 a.m. – 11:00 a.m.**  
Virtual webinar

You can RSVP in two ways:

1. Visit [HealthyWayEvents.com](https://www.healthywayevents.com)
2. Call Nelly at (877) 777-6589

## We Want to Wish You a Very Happy Mother's Day



It's just a little over year since the COVID-19 pandemic and there is no doubt that life has become much more challenging. As we begin to slowly find our way back to "normal", we can't forget the strength and endurance it takes to keep it all together.

This Mother's Day, we especially want to recognize all of the amazing women in our lives – mothers, grandmothers, and those close to our hearts whom we call "mom" – who have learned to adjust their lives to keep the home together throughout these uncertain times.

From working from home to home-schooling children, running a business, protecting our health, and everything in between, your dedication, compassion, patience, perseverance and most of all, your love is what inspires us each day to remain focused on our goals and feel confident that we can move forward no matter what life brings.

We also acknowledge the courage and sacrifice of our frontline healthcare worker moms who have helped us through the COVID-19 crisis – our doctors, nurses, medical assistants, specialists, first responders, public health workers, and everyone who has touched our lives to help keep us safe.

To all of the special women who are our everyday heroes, there is none like you. We thank you, celebrate and honor you this Mother's Day and wish you great health and happiness.



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