
APRIL 23, 2009

NEXT WEEK:

The **next meeting** of the Tri-Valley Executives' Association will be held on **April 30** at Vic's All-Star Kitchen at 7:00am.

You will be GREETED by general contractor, **Phil Maser** of The Maser Company and **Jim Isaac** of Valley Community Bank.

LEAD CHALLENGE: Dave Sanchez, Sr. will be giving a lead to, singing to or visiting the business of **Mona Fox**.

Our **CLASSIFICATION** will be given by **Harvey Tulchinsky** of Harvey's Cleaners.

DID YOU GIVE A REFERRAL THIS WEEK?

BROCHURES:

It is time to order new brochures; please let Cristin know by this Thursday, April 30th, if you have any changes to your listing.

MEMBER NEWS:

Girasole Grill:

Introducing Happy Hour!!!
Daily: 4:30 - 6:30pm
Special Happy Hour Menu!!
\$3 drinks, \$2 food!

Best Deal In Town For Your After Work
Drink and Snack!

CLASSIFICATION:

Guest speaker, Amy Sluss has been a nurse for 30+ years. She turned 50 this year and is trying

to grow old gracefully; she jokes that she is one of only 7 people in Pleasanton who has opted to not dye her hair!

Ms. Sluss has written a book called "Health Care Your Way: How to get the best patient care" and owns a business called Chart Your Own Health. There are three main issues in health care today:

1. Controlling costs
2. Organizing information
3. Improving health

In controlling costs, "evidence-based" medicine if more firmly planting itself in the medical community; not just putting someone on a medication that could cause more serious issues down the road, therefore costing more money. Ms. Sluss urges us to take charge of making decisions in your care – what worked for one person in a test study may not work for you. Remember: what you do matters... you will pay for what you do today in the body that you will be living with in 10 years. 75-80% of all illnesses are preventable, and preventing illness will improve all aspects of your life.

Organizing information is an arduous task facing our government. The importance of having your medical records of today and those of 10 years ago is proven by the 50,000 to 98,000 deaths every year attributable to errors in medical records. George Bush initiated the Electronic Health Record program to be reached by 2014 and the Obama stimulus package provided \$19 million to achieving that goal. This is a small amount of what it will actually cost. Meanwhile, keep track of your health issues, your family's health issues and your medications, so that if something happens to one of you, you can easily give the health care provider the information they need to properly treat the patient effectively. Make a medical fact sheet (you can download one from her website: www.ChartYourOwnHealth.com) that contains all of your information from as far back as you can remember; something that may have seemed insignificant back then, could be the key to treating you tomorrow.



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Improving health is an obvious one. Our lifestyles are killing us. The major players are nutrition, exercise, tobacco cessation and stress control. Start an exercise regimen. 10 minutes a day matters; begin moving that up to 40 minutes per day every day for the rest of your life. Behavioral science has much to offer, but we really already know what to do. It is up to us to help ourselves feel better, live longer, save money and suffer less.

Take care of yourself, like you take care of your business; you're worth it.

For questions on improving your health, contact Amy Sluss, RN: 462-2415, asluss@chartyourownhealth.com, www.ChartYourOwnHealth.com.

NEW MEMBER:

Classification: Security – Systems & Monitoring
Proposed firm: R N Security Company
Represented by: Rich & Linda Notzon
Address: 1520 W. Winton Ave. Hayward 94545
Phone: 510-786-2767, Fax: 510-786-2761
