



# EISENHOWER MEDICAL CENTER

*Health Care As It Should Be*

## HEALTHY SENIORS RESOURCE GUIDE

[emc.org](http://emc.org) (Patient Resource Link)

### **Healthy Living Resource Center**

La Quinta 45280 Seeley Drive, Eisenhower George and Julia Argyros Health Center.....760-610-7205

A free membership club for both permanent and seasonal desert residents, offering a variety of free or low-cost health-related programs and services, including:

- Advance Health Care Directive and Vial of Life (emergency medical information) packet and Wallet Card
- Assisted Living Counseling and Information
- Information on medical and health topics; aging and senior issues
- Community Education Programs
- Computer assistance with setting up and accessing Patient’s account on-line
- Do Not Resuscitate Forms, pre-hospital
- Exercise classes ( arthritis, core strength, strength training, yoga and Tai chi)
- Healthy Living magazine subscription, published three times a year
- Health and Community Information
- Health Screenings (by appointment)\*
- Medicare Counseling (by appointment) and workshops
- Physician Referral Service
- Membership Discounts
- Nutritional education classes

\*Offered at the Rancho Mirage location only.

**Eisenhower Memory Care Center/Adult Day Care** .....760-836-0232

### **(Formerly Five Star Club)**

Palm Desert 42201 Beacon Hill, Suite A

Social activities and personal care for those affected by Alzheimer’s and other memory related impairment. Respite and support care services for caregivers. Open Monday through Friday from 7:30am to 5pm.

**Alzheimer’s Memory Assessment Center**.....760-341-5315

**Balance Institute**.....760-773-1494  
 Rehabilitation Services.....760-773-2033  
 Patients concerned with Dizziness, falls and balance issues. Physician referral required.

**Bariatric Surgery Information**.....760-778-5220

**Behavioral Health Clinic**.....760-837-8767  
 Mental Health services and support for symptoms related to depression, anxiety and other adjustment or personality disorders.

**Cancer**

Lucy Curci Cancer Center.....760-674-3602  
 Arnold Palmer Prostate Center.....760-674-3838  
**BIGHORN Radiation Oncology Center**.....760-674-3600  
 La Quinta 45280 Seeley Drive, Eisenhower George and Julia Argyros Health Center  
 Rancho Mirage 39000 Bob Hope Drive, Lucy Curci Cancer Center

**Breast Center Schnitzer/Novack**

La Quinta 45280 Seeley Drive, Eisenhower George and Julia Argyros Health Center.....760-610-7270  
 Rancho Mirage 39000 Bob Hope Drive, Lucy Curci Cancer Center, Second Floor.....760-773-2038

Cancer Registry.....760-773-1511  
 Clinical Cooperative Research (Cancer Clinical Trials).....760-674-3644  
 Infusion Services Leo and Gloria Rosen.....760-773-1500  
 Cancer Support Services .....760-834-3798

- Event Registration
- Smoking Cessation
- Genetic and Nutritional Consults for Cancer Patients\*
- Exercise Classes appropriate for cancer patients and /or survivors: Healing Touch Massage for cancer patients\*; Healthy Steps-“Lebeci Method”; Movement Class for cancer patients\*; Strength Training for cancer survivors; Tai Chi for the Community\*; Walking classes for cancer survivors.
- Stress Reduction and Relaxation Series\*
- Wig Bank
- Information & Support Groups

\*Physician referral required

**Cardiology**

Smilow Heart Center, Eisenhower Cardiac and Pulmonary Rehabilitation  
 Cardiology.....760-773-1267  
 Renker Wellness Center.....760-773-2030  
 Physician release required.  
 Glickman Cardiac Care Clinic (physician referral required).....760-773-2080  
 Tamkin Cardiac Wellness Program (physician referral required).....760-773-2030  
 Tamkin Pulmonary Wellness program (physician referral required).....760-773-2031

**Diabetes program**.....760-773-1403  
Provides individual and group instruction and activities designed to promote an awareness of diabetes in the community, to assist those individuals with diabetes in making sound decisions as it relates to their self-management and to maintain or improve their health in cooperation with their physicians. Person being treated with oral medications, insulin therapy or diet alone will benefit.

**Financial Services, Patient**.....866-940-4101

**Hand Clinic**.....760-773-1630

**Hearing Institute of the Desert**.....760-341-3188

**Inpatient Rehabilitation Center**.....760-834-7870  
23 beds, state-of-the-art inpatient center appropriate for patients requiring intensive therapy after a stroke or other debilitating medical condition(s); provides intensive therapy by a multidisciplinary team of physical, occupational, recreation and speech therapists, rehabilitation nurses, physiatrist, Social workers, case managers, rehabilitation psychologists, dietitians and pharmacists.

**Labtechniques (laboratory draw site appointments)**.....760-674-3640  
La Quinta 45280 Seeley Drive, Eisenhower George and Julia Argyros Health Center  
Palm Springs 151 South Sunrise Way, Eisenhower Health Center  
Rancho Mirage 72780 Country Club Drive, Rancho Mirage Medical Center, Suite B200  
North Palm Desert 78120 Wildcat Drive, Eisenhower Health Center

**Neuroscience**

Eisenhower Neuroscience Institute 72780 Country Club Drive Rancho Mirage Medical Center, Suite A104  
.....760-837-8020

Eisenhower Neuroscience Institute specializes in the surgical and non-surgical treatment of numerous spine and brain disorders. Using state-of-the-art technology, our collaborative interdisciplinary team is dedicated to providing the finest comprehensive care in the neurosciences. Programs include: Brain Tumor, Neuro-endocrine and Pituitary Tumor, Neurotology-Skull Base, neurosurgery, Spine, Stereotactic Radiosurgery, Stroke and Vascular.

Specialties include Alzheimer’s disease, Neuro-Critical Care, Neurointerventional Radiology, Neurology, Neurosurgery, Neurotology, Pain Management, Parkinsons’s, Radiosurgery, Rehabilitation, Diseases and Management, Research and Education.

**Nutrition Services- Eisenhower Nutrition Consultants**.....760-773-1247  
Physician Referral Required

**Orthopedics- Eisenhower Desert Orthopedic Center.....760-568-2684**

Rancho Mirage 39000 Bob Hope Drive Harry and Diane Rinker Building  
La Quinta 45280 Seeley Drive Eisenhower George and Julia Argyros Health Center  
Palm Springs 151 S Sunrise Way Eisenhower Health Center at Sunrise

Offering comprehensive multi-subspecialty orthopedic care in the Coachella Valley for more than 30 years. Utilizes state-of-the-art technology. In addition, specially trained and experienced nurses provide excellent support on a unit dedicated to the care of orthopedic patients in the hospital. All of our orthopedic surgeons are board certified. Eisenhower Desert Orthopedic Center is the only are facility with fellowship-trained physicians in the core subspecialties of orthopedics, including sports medicine, total joint replacement and spine as well as hand and foot disorders. Also available is MAKOplasty Partial Knee Resurfacing an innovative procedure designed to provide quicker recovery and improved surgical outcomes for patient with joint degeneration in one or multiple parts of the knee.

You will also benefit from state-of –the-art orthopedi&c surgery sites with special air flow systems which create sterile environments comparable to computer chip “clean” rooms. Available programs include: Inpatient and outpatient surgery, Therapy and rehabilitation, Joint replacement, Hand and upper extremity services, Foot and ankle care, Sports medicine, Comprehensive spine services, Physiatry (nonsurgical approach to pain management),Pediatric Orthopedics, Orthopedic trauma services; and acupuncture.

**Parkinson’s and Movement Disorder/Neuro Vitality Center.....760-323-7676**

**Pharmacy (outpatient) – Walgreens, Kiewit Building.....760-773-1219**

**Drug Interaction Counseling.....760-773-1219, press 0**

**Physician Referral, Eisenhower Medical Center.....760-568-1234**

**Primary Care, Eisenhower Medical Center.....760-773-1460**

La Quinta 45280 Seeley Drive, Eisenhower George and Julia Argyros Health Center  
Palm Springs 4791 East Palm Canyon Drive, Eisenhower Health Center  
Rancho Mirage 39000 Bob Hope Drive, Eisenhower Medical Center  
Rancho Mirage 72780 Country Club Drive, Rancho Mirage Medical Center

With offices valley wide, personalized primary care is now available with specialist in Internal and Family Medicine as well as a membership program called Eisenhower Primary Care 365, a new model of primary care that offers you the kind of care you want, when and where you need it.

**Primary Care 365, Eisenhower**.....760-360-3365

La Quinta 45280 Seeley Drive, Eisenhower George and Julia Argyros Health Center

Palm Springs 151 South Sunrise Way, Eisenhower Health Center

Rancho Mirage 39000 Bob Hope Drive, Eisenhower Medical Center

Rancho Mirage 72780 Country Club Drive, Rancho Mirage Medical Center

This new model of health care provides patients traditional face-to-face primary care office visits and phone calls, as well as an opportunity to communicate directly with their chosen physician online through Eisenhower's partnership with RelayHealth, helping patients stay connected to their physician. Eisenhower Primary Care 365 physicians are dedicated to working with patients to focus on prevention and wellness. Most importantly, patients experience a communication-based relationship rather than an appointment-based relationship with their chosen physician. Annual membership fee required.

**Rehabilitation Services & Balance Institute** (Physician referral/prescription required)

.....760-773-2033

Rancho Mirage 39000 Bob Hope Dr, Harry and Diane Rinker Building and Dolores Hope Outpatient Care Center

La Quinta 78822 Highway 111, One Eleven La Quinta Shopping Center

Palm Springs 4771 E. Palm Canyon Drive Suite F., Rimrock Plaza

- **Physical Therapy:**  
Provides services to relieve pain, minimize or eliminate impairments and functional limitations, promotes fitness, health and return to work or recreation and injury prevention through the use of treatment procedure and intervention, including but not limited to, therapeutic exercise, manual therapy, gait balance/vestibular training, neuromuscular re-education and modalities (including heat, cold, electrical stimulation, traction, ultrasound etc.), and patient education.
- **Occupational Therapy:**  
Provides services to improve independence in self-care, activities of daily living, return to work or recreation and injury prevention through the use of treatment procedures and intervention, including but not limited to, therapeutic exercise, manual therapy, fabrication, fitting and training assistive, adaptive and supportive devices (splints), neuromuscular re-education and modalities (including heat, cold, electrical stimulation, ultrasound etc.), and patient education.
- **Speech Therapy:**  
Provides services to improve the ability to communicate thoughts, needs and feelings through the use of treatment intervention (including, but not limited to) speech articulation, cognitive retraining, voice therapy, oral motor exercise and diet texture modification, swallow treatment and patient education.
- **Specialized Services include:**  
Balance institute for slip dizziness, balance and fall prevention. Hand therapy, Orthopedic/Sports Medicine, Stroke/Neuroscience, Lymphedema Management Cancer, Pelvic Health/Incontinence, Spine/Back, Swallow and community Exercise/Wellness programs.

**Sleep disorders**.....760-773-1411

Sleep Disorder Center - Eisenhower Medical Center

Physician order required for sleep study. On –site or “at home apnea monitoring”, including day studies and PAP – NAPs (a procedure during which sleep techs work several hours during

the daytime with sleep patients to provide behavioral assessment and coaching as well as physiological exposure to pressurized airflow).

**Support Groups at Eisenhower Medical Center**

Adults molested as children.....	760-340-2336
Alzheimer’s Family.....	760-836-0232
Alcoholics Anonymous.....	760-324-4880
Bariatric Surgery.....	760-778-5220
Bereavement.....	760-674-3618
Breast Cancer Information.....	760-834-3798
Cancer Patients and Caregivers.....	760-834-3798
Desert Diabetes Club.....	760-773-1578
Grandparent Counseling.....	760-340-2336
Look Good Feel Better®.....	760-568-2691 option 3
Mended Hearts, Inc.....	760-409-8538
Myeloma.....	760-834-3798
Osteoporosis.....	760-773-1630
Ostomy.....	760-773-2999
Prostate Cancer.....	760-834-3798

**Urgent Care, Eisenhower.....760-834-3593**

Designed to treat patient on a walk-in basis, Eisenhower Urgent Care treats fractures, sprains, cuts and scrapes, rashes, minor injuries, infections including those of the ear, throat, sinus and urinary tract, cold, flu, fever, suture removal, wound check, vaccinations, school physicals, onsite laboratory capabilities and onsite radiology services are also available.

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Palm Springs 151 S. Sunrise Way, Eisenhower Health Center

Rancho Mirage 72780 Country Club Dr., Rancho Mirage Medical Center

**Wellness Institute, Eisenhower.....760-610-7360**

Offers a series of screenings aimed toward healthy, wellness and care of the whole person. Your primary care physician may recommend a consultation for you or you may choose the consultation(s) that fits your needs. Partial list of consultations offered: Cognitive Fitness/Memory Assessment, Integrative Medicine, Executive Physical Program, a Sports Medicine Consultation. Additional consultations and screenings are being developed and will be added to the menu of offerings.

La Quinta 45280 Seeley Drive, Eisenhower George and Julia Argyros Health Center

**Executive Physical, Eisenhower.....760-610-7360**

Offers health assessment screenings tailored to meet your needs with recommendations and prevention strategies to maintain and improve your health.

**Wound Care Clinic.....760-834-3790**

Outpatient services for wounds that do not heal in 30 days.