



EISENHOWER MEDICAL CENTER

Health Care As It Should Be

HEALTHY SENIORS RESOURCE GUIDE

emc.org (Patient Resource Link)

Healthy Living Resource Center

Rancho Mirage 39000 Bob Hope Drive, Kiewit 103 **760-568-1234**
(Eisenhower Medical Center)

La Quinta 45280 Seeley Drive **760-610-7205**
(Eisenhower George and Julia Argyros Health Center)

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
- **Arthritis Education Program***
- **Assisted Living Counseling and Information** (by appointment)*
- **Brochures on medical and health topics; aging and senior issues**
- **Community Education Programs**
- **Community Resource Guide** — 100+ pages of local resources
- **Do Not Resuscitate Forms**, pre-hospital
- **Exercise classes** (arthritis, core strength, strength training, stretch yoga and Tai chi)
- **Healthy Living magazine** subscription, published three times a year
- **Health and Community Information**
- **Medicare Counseling** (by appointment) **and workshops**
- **Physician Referral Service**
- **Membership Discounts**
- **Nutritional education classes**
- **wired.MD™** — Online videos and printed materials on disease prevention, diagnoses, treatments and procedures in easy-to-understand language. Computer access available at the Healthy Living Resource Centers in Rancho Mirage and La Quinta, or ask for *Information Prescription* to access from home.

* Offered at the Rancho Mirage location only.

** Offered at the La Quinta location only.

Adult Day Care Center (Five Star Club) **760-836-0232**
Palm Desert 42201 Beacon Hill, Suite A

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

Balance Institute **760-773-1494, or Rehabilitation Services 760-773-2033**
Rancho Mirage 39000 Bob Hope Drive, Dolores Hope Outpatient Care Building
(Eisenhower Medical Center)

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

Cancer — Lucy Curci Cancer Center	760-674-3602
Rancho Mirage 39000 Bob Hope Drive (Eisenhower Medical Center)	
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 Lucy Curci Cancer Center, Second Floor	
Breast Center, Schnitzer/Novack (three locations).....	760-773-2038
La Quinta 45280 Seeley Drive (Eisenhower George and Julia Argyros Health Center)	
Palm Springs 151 S. Sunrise Way (Eisenhower Health Center)	
Rancho Mirage Lucy Curci Cancer Center, Second Floor	
Cancer Registry	760-773-1511
Clinical Cooperative Research (Cancer Clinical Trials)	760-674-3644
Infusion Services, Leo and Gloria Rosen	760-773-1500
Support Services and Resource Center	760-834-3798
Cardiology — Smilow Heart Center, Eisenhower	
Rancho Mirage 39000 Bob Hope Drive (Eisenhower Medical Center)	
Cardiology	760-773-1267
Renker Wellness Center	760-773-2030
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
Rancho Mirage 39000 Bob Hope Drive, Probst Building (Eisenhower Medical Center)	
Executive Physical, Eisenhower	760-610-7360
La Quinta 45280 Seeley Drive (Eisenhower George and Julia Argyros Health Center)	
Financial Services, Patient	760-773-1342
Geropsychiatry, Center for	760-837-8767
Hand Clinic	760-773-1630
Hearing Institute of the Desert	760-341-3188
Inpatient Rehabilitation Center	760-834-7870
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, B200 (Rancho Mirage Medical Center)	
Neuroscience — Eisenhower Neuroscience Institute	760-837-8020
Rancho Mirage 72780 Country Club Dr., A104 (Rancho Mirage Medical Center)	
Nutrition Services — Eisenhower Nutrition Consultants	760-773-1201

Orthopedics — Eisenhower Desert Orthopedic Center 760-568-2684
Rancho Mirage 39000 Bob Hope Drive, Harry and Diane Rinker Building (Eisenhower Medical Center)
La Quinta 45280 Seeley Drive (Eisenhower George and Julia Argyros Health Center)

Parkinson’s and Movement Disorders 760-773-1480
Phillip and Carol Traub Parkinson’s and Movement Disorders Center
Rancho Mirage 72780 Country Club Dr., B202 (Rancho Mirage Medical Center)

Pharmacy, Eisenhower (Outpatient)..... 760-773-1219
Rancho Mirage 39000 Bob Hope Drive, Kiewit Building (Eisenhower Medical Center)
Drug Interaction Counseling 760-773-1219, press 0

Physician Referral, Eisenhower Medical Center 760-568-1234 or 760-610-7205
Or visit emc.org/physician.

Primary Care, Eisenhower 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)

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)

Rehabilitation Services (Physician referral/prescription required) 760-773-2033
Rancho Mirage 39000 Bob Hope Drive, Harry and Diane Rinker Building and Dolores Hope Outpatient Care Center (Eisenhower Medical Center)
La Quinta 78822 Highway 111 (One Eleven La Quinta Shopping Center)
Palm Springs 4771 E. Palm Canyon Drive, Suite F (Rimrock Plaza)

Sleep Disorders 760-773-1411
Eisenhower Sleep Disorder Center
Rancho Mirage 39000 Bob Hope Drive (Eisenhower Medical Center)

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	Kate Ostby 760-778-5220
Bereavement	760-834-3798
Bladder Cancer Information	760-834-3798
Breast Cancer Information	760-834-3798
Cancer Patients and Caregivers	760-834-3798
Desert Diabetes Club	760-773-1578
Diabetes Tween/Teen	760-861-8769
Grandparent Counseling	760-340-2336
Look Good...Feel Better[®]	760-568-2691, press 3
Lupus	760-568-1234, or Jody 760-674-2308
Mended Hearts, Inc.	760-773-2030
Metastatic Breast Cancer	760-674-3612
Myeloma	760-834-3798
Osteoporosis	760-568-1234
Ostomy	760-773-2999
Personal Empowerment for Parkinson's	760-568-1234
(Parkinsonians and Caregivers meet separately)	
Prostate Cancer	760-834-3798
Stroke/Speech Therapy	760-568-1234
Urgent Care, Eisenhower	760-834-3593
La Quinta 45280 Seeley Drive (Eisenhower George and Julia Argyros Health Center)	
Palm Springs 151 S. Sunrise Way (Eisenhower Health Center)	
Rancho Mirage 72780 Country Club Dr., B203 (Rancho Mirage Medical Center)	
Wellness Institute, Eisenhower	760-610-7360
La Quinta 45280 Seeley Drive (Eisenhower George and Julia Argyros Health Center)	
Wound Care Clinic	760-834-3790
Rancho Mirage 39000 Bob Hope Drive, Bannan Building (Eisenhower Medical Center)	