

# CIRCLENEWS

## Help is here for people living with chronic pain

Carlsbad Medical Center and Pecos Valley Physician Group are pleased to announce the arrival of David Fran, M.D. to Carlsbad, and the opening of Pecos Valley Pain Management.

Dr. Fran earned his medical degree at the Gullas College of Medicine in Cebu, Philippines. He completed a transitional internship at Riverside Regional Medical Center in Newport News, Virginia. Dr. Fran also completed his residency in anesthesia as well as a Pain Management Fellowship at the Medical College of Virginia in Richmond, Virginia. Dr. Fran has over 18 years of experience and is board certified by the American Board of Anesthesiology, with subspecialty certification in Pain Management.



**David Fran, M.D.**  
**Pain Specialist**

“For years, Carlsbad residents have had to travel out of town to see a pain management specialist,” said Cathy Hibbs, CEO, Carlsbad Medical Center. “We want to let these patients know that they can now get the treatment they need for chronic pain without leaving town.”

Pecos Valley Pain Management offers a comprehensive range of services including trigger point injections, epidural steroid injections, shoulder, hip and knee joint injections, facet joint injections, nerve blocks, and minimal medication management for the treatment of chronic pain.

Dr. Fran is a member of the Medical Staff at Carlsbad Medical Center, and is accepting new patients by referral at Pecos Valley Pain Management, which is located at 2410 W. Pierce Street. For more information, call 575-234-1776 or visit [www.PecosValleyDocs.com](http://www.PecosValleyDocs.com).

# LOOK WHAT'S HAPPENING AT THE CIRCLE!

Visit us at 401 N. Canal Street

**Health Sense Programs...**Presented monthly at the Carlsbad Medical Center Private Dining Room. Guest speakers present information on various health and wellness topics. Lunch provided free of charge.

## **Stay Strong!**

Meets 4 times a week. This is a strength training exercise program that helps with arthritis relief and restoration of balance. Open enrollment. Instructor: Margie McKinney

**Yoga Class...**Wake up to the joy in your life thru yoga! Yoga reduces aches and pains with gentle stretching exercises that build strength and flexibility. The breathing exercises expand your lung capacity. Yoga strengthens the nervous system helping you to feel calm and peaceful. The balancing exercises improve concentration. Yoga creates a sense of well-being. Meets 2 times a week. Open enrollment. Instructor: Judith Gellis

## **Qigong**

Qigong is a practice of aligning breath with movement. Translated from Chinese it means "energy cultivation". Qigong brings awareness thru a series of movements; it reduces stress and creates natural healing. Qigong can be practiced by anyone regardless of age. Judith Gellis instructs the class at 9:00 am on Fridays.

**Birthday Party...**Meets monthly to celebrate that Month's Birthdays. Cake and coffee as well as a special gift for those attending whose birthdays we are celebrating. Everyone is invited to celebrate with us.

**UnFinished Objects (UFO'S)** Center is open from 10 am-2:00pm, the first and third Saturday of the month for folks to come and work on craft projects. Bring whatever craft you would like to work on. This is a fun time to visit and get those projects you've wanted to complete, finished.

**Movies...**Oldies, but Goodies! We have had to change the schedule for showing movies, as we need some new volunteers to host this activity. For now, we will have movies twice a month, on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month at 1:30 p.m. We will be able to offer them more often if some new volunteers are able to help out. Please call us at 234-3331 or 887-4160 to let us know if you're interested in helping with this activity.

**Mah Jongg Club...**Meets 2 times a week. A game of skill, strategy, calculation, and a degree of luck. Newcomers welcome.

**Game Night/Canasta...**Bring your favorite game on game night or just join in the fun. Facilitator: Terri Hines.

## **Bridge Lessons**

Regina Ballard gives Bridge Lessons to our members. The group meets semi-regularly on Tuesday evenings at 6:00, so it is recommended that you call Terri at 575-361-2845 to find out if the group is meeting on a particular Tuesday. If you have always wanted to learn to play, now is your opportunity.

## **Blood Pressure, Glucose, O2 and Pulse**

Screenings are offered free on Thursday mornings from 9 am – 10 am weekly. This is held in conjunction with Encompass Home Health Agency.



# April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>1</i></p> <p><b>HAPPY EASTER</b></p>	<p><i>2</i></p> <p>9:00-Yoga 1:00-Mah Jongg</p>	<p><i>3</i></p> <p>8:30 &amp; 5:30 Stay Strong 1:30-Mah Jongg</p>	<p><i>4</i></p> <p>1:30-Birthday Party 5:30-Yoga 5:30-Games</p>	<p><i>5</i></p> <p>8:30 &amp; 5:30 Stay Strong 9-10 Blood Pressure/Glucose Screenings</p>	<p><i>6</i></p> <p>9:00-QiGong</p>	<p><i>7</i></p> <p>10:00 - 2:00 UFOs</p>
<p><i>8</i></p>	<p><i>9</i></p> <p>9:00-Yoga 1:00-Mah Jongg 1:30-Movie</p>	<p><i>10</i></p> <p>8:30 &amp; 5:30 Stay Strong 1:30-Mah Jongg</p>	<p><i>11</i></p> <p>5:30-Yoga 5:30-Games</p>	<p><i>12</i></p> <p>8:30 &amp; 5:30 Stay Strong 9-10 Blood Pressure/Glucose Screenings</p>	<p><i>13</i></p> <p>9:00-QiGong</p>	<p><i>14</i></p>
<p><i>15</i></p>	<p><i>16</i></p> <p>9:00-Yoga 1:00-Mah Jongg</p>	<p><i>17</i></p> <p>8:30 &amp; 5:30 Stay Strong 1:30-Mah Jongg</p>	<p><i>18</i></p> <p>11:30 Health Sense at CMC 5:30-Yoga 5:30-Games</p>	<p><i>19</i></p> <p>8:30 &amp; 5:30 Stay Strong 9-10 Blood Pressure/Glucose Screenings</p>	<p><i>20</i></p> <p>9:00-QiGong</p>	<p><i>21</i></p> <p>10:00 - 2:00 UFOs</p>
<p><i>22</i></p>	<p><i>23</i></p> <p>9:00-Yoga 1:00-Mah Jongg 1:30-Movie</p>	<p><i>24</i></p> <p>8:30 &amp; 5:30 Stay Strong 1:30-Mah Jongg</p>	<p><i>25</i></p> <p>5:30-Yoga 5:30-Games</p>	<p><i>26</i></p> <p>8:30 &amp; 5:30 Stay Strong 9-10 Blood Pressure/Glucose Screenings</p>	<p><i>27</i></p> <p>9:00-QiGong</p>	<p><i>28</i></p>
<p><i>29</i></p>	<p><i>30</i></p> <p>9:00-Yoga 1:00-Mah Jongg</p>					

# May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> 8:30 & 5:30 Stay Strong  1:30- Mah Jongg	<i>2</i> 1:30- Birthday Party  5:30-Yoga  5:30-Games	<i>3</i> 8:30 & 5:30 Stay Strong  9-10 Blood Pressure/Glucose Screenings	<i>4</i> 9:00-QiGong	<i>5</i>   10:00 - 2:00 UFOs
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<i>13</i>  <b>Happy            Mother's            Day!</b>	<i>14</i> 9:00-Yoga  1:00- Mah Jongg  1:30-Movie	<i>15</i> 8:30 & 5:30 Stay Strong  1:30- Mah Jongg	<i>16</i>   5:30-Yoga  5:30-Games	<i>17</i> 8:30 & 5:30 Stay Strong  9-10 Blood Pressure/Glucose Screenings	<i>18</i> 9:00-QiGong	<i>19</i>   10:00 - 2:00 UFOs
<i>20</i>	<i>21</i> 9:00-Yoga  1:00- Mah Jongg	<i>22</i> 8:30 & 5:30 Stay Strong  1:30- Mah Jongg	<i>23</i>   5:30-Yoga  5:30-Games	<i>24</i> 8:30 & 5:30 Stay Strong  9-10 Blood Pressure/Glucose Screenings	<i>25</i> 9:00-QiGong	<i>26</i>
<i>27</i>	<i>28</i>  9:00-Yoga 1:00- Mah Jongg 1:30-Movie	<i>29</i> 8:30 & 5:30 Stay Strong  1:30- Mah Jongg	<i>30</i>   5:30-Yoga  5:30-Games	<i>31</i> 8:30 & 5:30 Stay Strong  9-10 Blood Pressure/Glucose Screenings		

# June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						<i>1</i>  9:00-QiGong	<i>2</i>  10:00 - 2:00 UFOs
<i>3</i>	9:00-Yoga  1:00- Mah Jongg	8:30 & 5:30 Stay Strong  1:30- Mah Jongg	6  1:30- Birthday Party  5:30-Yoga  5:30-Games	7  8:30 & 5:30 Stay Strong  9-10 Blood Pressure/Glucose Screenings	8  9:00-QiGong	<i>9</i>	
<i>10</i>	11  9:00-Yoga  1:00- Mah Jongg  1:30-Movie	12  8:30 & 5:30 Stay Strong  1:30- Mah Jongg	13  11:30 Health Sense at CMC  5:30-Yoga  5:30-Games	14  8:30 & 5:30 Stay Strong  9-10 Blood Pressure/Glucose Screenings	15  9:00-QiGong	16  10:00 - 2:00 UFOs	
17  <b>HAPPY FATHER'S DAY!</b>	18  9:00-Yoga  1:00- Mah Jongg	19  8:30 & 5:30 Stay Strong  1:30- Mah Jongg	20  5:30-Yoga  5:30-Games	21  8:30 & 5:30 Stay Strong  9-10 Blood Pressure/Glucose Screenings	22  9:00-QiGong	<i>23</i>	
<i>24</i>	25  9:00-Yoga  1:00- Mah Jongg  1:30-Movie	26  8:30 & 5:30 Stay Strong  1:30- Mah Jongg	27  5:30-Yoga  5:30-Games	28  8:30 & 5:30 Stay Strong  9-10 Blood Pressure/Glucose Screenings	29  9:00-QiGong	<i>30</i>	