



Join the Club!

The Montefiore PLUS Club is a free membership program for adults ages 55 and older. This program offers special benefits, services and information to help adults stay healthy and active, and makes it easy to receive healthcare services at Montefiore's hospitals and outpatient offices.

To join, call
1-800-MD-MONTE
(1-800-636-6683) or download
an application at:
www.montefiore.org/plusclub

Pull out and save this special section created with club members in mind. Here you'll be able to find information to help you stay healthy and keep your mind sharp. Look for the Montefiore PLUS Club page in every issue of *Keeping You Healthy!*



DISCOVERY

Challenge

Take a Virtual Tour of The Children's Hospital at Montefiore

We know that being in a hospital can be a little scary. That's why we had you in mind when we designed The Children's Hospital at Montefiore.

Why don't you grab your mom or dad and go to our Web site to take a virtual tour of the hospital? Your parents can see why the hospital is the right choice for your family, and you can experience the exciting world of science that is introduced on every floor.

Just go to to www.montekids.org and click on "Take a Virtual Tour" on the top right-hand side of the page and see why The Children's Hospital at Montefiore is ranked one of the nation's best hospitals.



Test Your Memory

Take a virtual online tour of The Children's Hospital at Montefiore at www.montekids.org, and then try to answer the questions below. See how many you can answer correctly. Make sure the volume on your computer is on.

1. Where can you "see" your location in the universe?
2. What do kids bring to the hospital when they stay overnight for a sleep study?
3. How many playrooms does The Children's Hospital have?
4. How many kids visit the Pediatric Emergency Department every day?
5. Where can you find an entertainment center with a 42-inch plasma TV?



You can find the answers online at:
www.montekids.org/tourquiz