

# care @ share

VOLUME 13

Member Newsletter

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# It's a new year and a new decade...and that means new opportunities for all of us.



Let 2020 be a year of new opportunities to learn, to love, to explore, to cherish and to enjoy life to its fullest. Let 2020 also be a year where each of us rededicate ourselves to living a healthy lifestyle where good habits become part of our everyday living.

To help start your year off right, we've included in this issue 20 Tips for a healthier 2020. No matter your age, a new year is a great time to make healthy improvements in your life. Don't be afraid to start slowly. The secret is taking it just one day, one step at a time. You may want to challenge yourself to do everything on this list in 2020, however, if that feels overwhelming, choose a few things and really commit to them. What matters most is that you focus on your health and take care of yourself. Another good place to start is with our article on heart health which is important at any age but becomes increasingly so as we get older. The article contains some smart tips I think you will find useful.

For many people, enjoying life includes having a fulfilling and active sex life. While the physical act of intimacy changes as we age, people of any age can find new ways to enjoy sex and the emotional connections it creates. There are some important considerations that seniors who want an active sex life should keep in mind, so be sure to check out that article as well.

As we turn into the new year, instead of making resolutions that too many of us find hard to fulfill, consider setting goals and approaching each of those with resolve and commitment. It has rightfully been said that a new year is the first page of a blank book. What are you going to write in yours?

Wendy Karsten

Chief Executive Officer

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## Reminder!



**Be on the lookout!** In the coming months you may receive one of the following surveys in the mail. We encourage you to participate! These surveys are your voice – your chance to help us improve our service to you as a Care N' Care member.

### Health Outcomes Survey (HOS)

A multiple choice survey that contains a series of questions about your health.

### The Consumer Assessment Of Healthcare Providers And Systems Survey (CAHPS)

A multiple choice survey that contains a series of questions about your member experience.

# Love Your Heart

February is American Heart Month, the perfect opportunity to learn more about keeping your heart in good health.

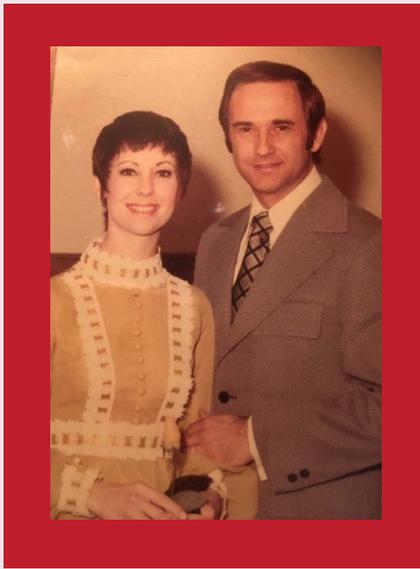
The heart is a muscle that pumps blood through your body. But as you age, so does your heart. Normal aging causes your heart and blood vessels to stiffen, which can lead to a variety of conditions known as heart disease. These include conditions such as heart failure, coronary artery disease (a narrowing or blockage of the arteries), and atrial fibrillation (irregular, rapid heart rate).

Fortunately, there are steps you can take to keep your heart as healthy as possible and to reduce your risk of heart disease, including:

- Maintain a healthy weight. Obesity is a major risk factor for heart disease. Even being slightly overweight (10-20 pounds for a person of average height) increases your risk.
- Eat a heart-healthy diet. Fruits and vegetables are rich in vitamins, minerals and fiber, which can help control weight and blood pressure. Oily fish like salmon, trout and herring contain heart-healthy omega-3 fatty acids. Choose lean meats and poultry without skin, and cook them without added saturated and trans fat. Avoid sugar.
- Read food labels. Food choices greatly impact your chance of developing heart disease. When shopping, take time to read the labels and look for foods that are low in sodium, cholesterol, saturated fat, and trans fat. When reading the ingredients remember that ingredients are listed from high to low. The higher it is on the list, the more that ingredient is in the food. If sugar is listed first, it means the food has mostly sugar.
- Schedule time for exercise. A lack of physical activity is a major risk factor for heart disease. Not only does exercise make your heart stronger and work more efficiently, it helps burn calories. Healthy adults should be getting at least 30 minutes of exercise five days a week. As a member of Care N' Care, you have the SilverSneakers fitness program available to you at no additional cost. Visit [silversneakers.com](http://silversneakers.com) or call your Healthcare Concierge to find a participating location near you and join a group of like-minded people focused on maintaining good health and independence
- Stop smoking. Cigarette smokers are two to three times more likely to die from coronary heart disease than nonsmokers. Smoking increases blood pressure, decreases exercise tolerance and “good” cholesterol, and increases the tendency for blood to clot.
- Take prescribed medication. It is vitally important that you take any medication your doctor has prescribed for a heart condition. This includes blood pressure medication.
- Learn the signs of a heart attack. Heart attacks can come on suddenly and intensely, but can also start slowly with just mild pain or discomfort. Early signs are often dismissed because people don't realize what is happening to them. Call 9-1-1 if you experience chest discomfort (may feel like uncomfortable pressure, squeezing, fullness or pain), discomfort in other areas of the upper body (one or both arms, the back, neck, jaw or stomach), shortness of breath with or without chest discomfort (may include breaking out in a cold sweat, nausea or lightheadedness; and women may also experience nausea or vomiting). Even if you're not sure, have it checked out. Fast treatment can make a life-saving difference.

If you've already been diagnosed with heart disease, lifestyle changes can improve the quality and length of your life. Change is never easy, but small adjustments to your daily activities can have a positive impact on your health. If you have any questions or concerns about your heart health, talk to your doctor.





## Love Stories:

# Troy & Janet Dungan

**Troy and Janet say it is hard to believe that they met over fifty years ago.**

Troy was the Chief Weather Forecaster at KTRK-TV in Houston when Janet came to work there in the Production Department. Their offices were adjacent to each other, and they soon became friends.

Janet became the booking person for a live studio audience interview show. And what do you know? The host left the show and Troy took over that duty as well as doing weather. They began working together every day.

It took a while for romance to develop. But, when it did it did! In December of 1972 they were married in the Houston suburb of Baytown where Janet's parents lived. But things were not simple. Troy had taken a job at a TV station in Philadelphia earlier in the year. So a long distance courtship of six months was necessary before they could get all their ducks in a row for a wedding.

Janet already had a nine year old daughter and a five year old son. So off the new family went to live In Philadelphia. They all enjoyed the beauty and the history there for a year and a half. Then Troy's career took them to Detroit. That's where their daughter was born.

1976 was a really big year - Troy had a chance to come to WFAA-TV in Dallas as Chief Weather Forecaster. Troy and Janet were Texans. So this was coming home and WFAA-TV was one of the best TV stations in the country. Troy stayed there for thirty-one years until his retirement in 2007.

Troy and Janet still live in the same North Dallas house they purchased in 1976. Their three kids grew up there. That doesn't happen much anymore. Of course the kids are long since grown and gone. But being empty nesters has suited Troy and Janet fine. They still spend almost all of their time together and say you could probably count on two hands the number of nights they have been apart in their forty-seven year marriage.

Both love to travel, share a love for Jesus, and are active in their church. They enjoy a circle of close friends and have two precious granddaughters with whom they love to spend time. But evenings alone together are still special to them - maybe even the best.

**Troy Dungan is not only a Care N' Care spokesperson, Troy and Janet have both been Care N' Care members since 2013.**



## Every Member Has a Story or Picture, Share Yours!

We want to include our members in their own newsletter, Care N' Share. Each edition will include a special segment focusing on stories, such as; sweethearts, love, friendship, travel, and survivor stories. Stories have the power to heal, unify and excite others, and we want to hear yours!

Do you want to share your story with other members of Care N' Care? If you would like us to consider your stories or photographs for future editions of the Care N' Share member newsletter, you have a couple of options on how to get your story and photos to us;

### Online, Care N' Care website

- Go to: [cnhealthplan.com/members/member-newsletter/](http://cnhealthplan.com/members/member-newsletter/)
- Click on "Share Your Story"
- Choose a Category
- Type or upload your story and photos

### Mail to Care N' Care office or drop off at the front desk

- Care N' Care  
Attn: Care N' Share Newsletter  
1701 River Run, Suite 402  
Fort Worth, TX 76107

**Include your photos.** We will make sure to send them back to you once we have scanned/copied for use in the newsletter

If you do not have a story, but have a picture you would like to share of your best friend/group of friends, a travel picture, picture of your favorite car/truck, photo of you and your grandchildren or a maybe a picture of you and your pet, we would love to share those in the newsletter as well.

We are excited to share your stories and pictures with other members of Care N' Care in 2020!

# 10 Fun, Romantic Dating Ideas



When you're planning a date, whether it's a first date or a wedding anniversary, you want to make it special. Dating after 65 can be just as exciting as when you were younger. You can make your dating world more interesting by exploring new places and trying new things, or you could engage in your favorite activities but include another person. Here are some date night ideas you and your partner will love.

## 1. Do a class together

This is a great idea when looking for something original. Taking a class together enables you to connect in a relaxed environment and learn a new skill. Some of our suggestions would be taking a cooking, art or dance class. These are great ways for the two of you to get a bit more intimate without making you uncomfortable. Try a salsa class or spice things up with an Indian cooking class and enjoy!

## 2. Go to a new art gallery

Art galleries are a classic date idea. Do some research and find an interesting one neither of you have been to before. Have a look at what new exhibitions are on and suggest it as a date. It exudes understated romance and enables you to learn a bit more about each other's preferences. This is also a great date for any time of day – spend an afternoon perusing some modern art and discuss it over a coffee or a glass of wine afterwards.

## 3. Go to see a controversial play at the theater

Senior daters don't need to be quite as conventional as first time daters. Classic dinner and a movie is all well and good but you can mix things up a bit now that you're older and wiser. Why don't you find a controversial theater piece and go together? That way you'll have lots to talk about afterwards and it will be nice for you to do something a bit different.

## 4. Go to a wine tasting together

Wine tasting is the epitome of classic romance, so what better way to get acquainted than go to a tasting at a vineyard together? Wine always helps the conversation flow more easily and having a beautiful backdrop just further enhances the experience. Activities are particularly good date ideas because they provide you with a focus which takes some of the pressure off the 'date' side of things. So do some research and find a nice vineyard slightly further afield and enjoy an afternoon in each other's company.

## 5. Pack a picnic on a sunny afternoon

You're never too old for picnics and this is one of our favorite over 50s date ideas. Pick a beautiful park near you and both bring a selection of your favorite foods. It's a great opportunity for the two of you to get to know each other and learn about what you're into and it doesn't break the bank! Couple this with a sunset stroll around the park (maybe you can even find some botanical gardens!) and you're sure to get closer.

## 6. Double up with some friends

Later in life it can be nice to double date with some friends. Hosting a dinner party as a pair for another couple is a good way for the two of you to see how you work together. While an intimate date idea, especially as you'll be in one of your houses and having to work together to produce a nice meal, inviting some friends will take some of the pressure off and make it a nice experience all round. This gives you a real insight as to how you work as a couple.

## 7. Visit a Local Market or Fair

Who doesn't love a fair or farmer's market? You may not have considered attending such an event for a first date, but it can be a lot of fun. You can spend



time riding the ferris wheel together, trying your luck at some midway games or enjoying a cotton candy and pretending you're a kid again.

#### **8. Meet at a Bookstore**

Local bookstores are great for senior dating because they are very informal. They will also give you an opportunity to find out more about each other. Ask questions or quiz each other about your favorite books, authors, genres, etc. If you both feel a connection, you can continue the date at a local coffee or dessert shop

#### **9. Attend a Charity Auction**

For people seeking new relationships after 50, attending a local charity auction is a great first date idea. Make sure to choose a charity that you both feel passionate

about. This way you can enjoy an exciting evening or afternoon together while also helping out a good cause

#### **10. Sign Up For Sports or Dancing Lessons**

If you're an active individual, you may want to consider signing up for some salsa lessons or a tennis class at your local recreation center. This makes a great first date option for active people who want to stay fit. If you hit it off, you will also have a sports or dance partner for your new found hobby



## Recipe Spotlight:

### *Dinner for Two*

# Seasoned Tilapia Fillets

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## INGREDIENTS

- |                                   |                       |
|-----------------------------------|-----------------------|
| 2 tilapia fillets (6 ounces each) | 1/4 tsp dried thyme   |
| 1 Tbsp butter, melted             | 1/8 tsp onion powder  |
| 1 tsp Montreal steak seasoning    | 1/8 tsp salt          |
| 1/2 tsp dried parsley flakes      | 1/8 tsp pepper        |
| 1/4 tsp paprika                   | 1/8 tsp garlic powder |

## INSTRUCTIONS

1. Preheat oven to 425°. Place tilapia in a greased 11x7-in. baking dish; drizzle with butter. In a small bowl, mix remaining ingredients; sprinkle over fillets.
2. Bake, covered, 10 minutes. Uncover; bake until fish just begins to flake easily with a fork, 5-8 minutes.

*Editor's Note: This recipe was tested with McCormick's Montreal Steak Seasoning. Look for it in the spice aisle.*

# Roasted Asparagus with Feta

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## INGREDIENTS

2 pounds fresh asparagus, trimmed  
1 tablespoon olive oil  
Kosher salt to taste  
2 medium tomatoes, seeded and chopped  
1/2 cup crumbled feta cheese

## INSTRUCTIONS

1. Arrange asparagus in an ungreased 13x9-in. baking dish. Drizzle with oil and sprinkle with salt.
2. Bake, uncovered, at 400° for 15-20 minutes or until tender. Transfer to a serving dish; sprinkle with tomatoes and feta cheese. Serve immediately.

# Chocolate-Dipped Strawberries

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## INGREDIENTS

1 teaspoon canola oil  
3 ounces good-quality dark chocolate, chopped  
12 strawberries, washed and pat dry  
1 tablespoon dried coconut flakes (optional)

## INSTRUCTIONS

1. In a double boiler, melt chocolate over simmering water. Stir in canola oil and transfer to a small bowl.
2. Line a baking sheet with parchment paper. Brush strawberries with chocolate and set on parchment paper. Sprinkle with toasted coconut and let harden in the fridge.



# Staying Active: Sex and Seniors

Older adults can enjoy a fulfilling sex life that many younger people would envy. Free from the possibility of pregnancy and devoid of work or money pressures that may dampen desire, retirees can focus more on the physical pleasures of intimacy and the emotional connections that foster it. However, there are some important considerations that seniors who want an active sex life should keep in mind.

**Biological changes** – As hormone levels decline with age meaning that physical arousal may take longer for both men and women. Erectile dysfunction (ED)—the inability to have and keep an erection—is more common as men age. Occasional bouts of ED are normal but if it occurs often, a talk with your Care N’ Care doctor can help lead to appropriate treatment. Women may experience discomfort during sex due to diminished lubrication or a thinning or narrowing of the vaginal walls. Over-the-counter lubricants can help, as can creams that deliver small amounts of estrogen directly in the vagina.

**Health issues** - Some common health issues can impact the ability to have and enjoy sex. People with arthritis or chronic pain may find sexual contact uncomfortable. Diabetes can cause ED in men and chronic yeast infections in women. Heart disease can inhibit blood flow and may delay arousal, or make it more difficult to achieve orgasm. Some medications may also cause sexual difficulties, such as blood pressure medications, antihistamines, tranquilizers and antidepressants.

**Emotional connection** – Time and maturity change everyone over the years, and that includes the desire and ability for sex. There are many ways to

be intimate, and couples should be honest about changes in their libido and sexual preferences. In some cases an emotional connection may be more important and fulfilling than physical responses, and sexual intercourse is not the only activity that can be satisfying.

**Safe sex** – Anyone, of any age, is at risk for contracting sexually transmitted diseases or HIV if he or she engages in unprotected sex. Sexually active seniors who are not engaged in a mutually monogamous relationship should use condoms during sex that involves penetration.

**Finding Companionship** – Seniors who are alone but interested in finding companionship have many opportunities, such as volunteering or at faith-based activities, continuing education classes, and senior-only fitness classes, dating sites and meetup groups. Making new friends and forging new relationships may be all the stimulation one needs to enjoy new experiences that are fulfilling in their own way... An internet search can also reveal an array of senior social groups in the area. In Dallas, one senior social group portal can be found here:  
[www.meetup.com/topics/seniors-social/us/tx/dallas/](http://www.meetup.com/topics/seniors-social/us/tx/dallas/)

**Remember:** Many people enjoy a fulfilling sex life in their senior years. By keeping in mind how the physical act of intimacy changes as we age, people of any age can find new ways to enjoy sex and the emotional connections it creates.



# Decluttering: Why Less is More

Decluttering is a trend that is sweeping the nation, and for good reason.

Clutter can be the source of stress, memory problems, and can make you less safe in your own home.

Decluttering an entire home may seem like a daunting task, but benefits are absolutely worth the effort.

## Why Declutter?

**Safety.** Whether you're downsizing to a smaller space or planning to age in place, home safety should be a top priority. Reducing clutter can help decrease your risk of dangerous falls and accidents that could lead to loss of mobility and independence. Clearing away the clutter is especially important for older adults who rely on a walker, or other mobility device. Decluttering will allow for easier movement around your living space.

**Organization.** If you feel like you spend a lot of time searching for misplaced items, you're not alone. House keys, reading glasses and the TV remote control are among the items people tend to misplace. Removing clutter from your home will make it easier to find the items you need when you need them, especially if you commit to putting things in their proper place (and only in their proper place) each time you use them.

**Mental health.** Clutter can leave you feeling stressed, anxious and even depressed. Studies have also shown that a messy or disorganized environment can make it difficult to process information. Reducing clutter will create a more open, spacious environment that will benefit you both physically and mentally.

Now that you know why decluttering is so important, here are three tips to help you get started:

- 1. Sort your stuff.** It doesn't matter where you begin, whether it's one whole room, one small cabinet or one pile of paperwork. Decide what space you want to tackle, and then put those belongings in one of these categories: keep, donate or trash. If an item is important and useful to you, keep it. If an item does not "spark joy" - a term coined by organization expert Marie Kondo - then it may be time to let it go. Kondo suggests you "thank the item for its service" and then decide whether it belongs in the trash or donation pile.
- 2. Set a time limit.** Set aside an hour or two each day and do as much as you can for that amount of time. Rather than wearing yourself out or becoming overwhelmed, you can stop when the time is up and then readily return to the task the next day.
- 3. Ask someone to help you.** Whether it is a close friend or a family member, having another person there with you can keep you and focused through the process - and can even help make it a little fun. Some items may spark a happy memory you want to share. Your "declutter buddy" can provide positive reinforcement when you're choosing whether to keep or toss an item. Those decisions are often the hardest part of decluttering.



If you need more than a little help from a friend, it may be time to call in some experts. Local decluttering services include:

A Changing Season started in 2007 to fulfill the needs of seniors and families transitioning from one stage of life to another in Denton, Tarrant, Collin and Dallas counties. [www.achangingseason.com/services.html](http://www.achangingseason.com/services.html)

### **What To Do With Your Unwanted Items**

Remember the old saying “one man’s trash is another man’s treasure.” This continues to be true! The items you no longer want or need can be:

- **Donated to a local charity** (be sure to get a receipt for income tax purposes).

- **Sold at a yard sale.** If you aren’t up for organizing your own sale, talk to your neighbors about doing a group sale (if your neighborhood permits it).
- **Try Give Back Box.** When you order an item from an online retailer, such as Amazon, you can use the same box to fill with your unwanted items. Visit [givebackbox.com](http://givebackbox.com) to print out a pre-paid shipping label and ship the box as usual.

Whichever option you choose, you’ll feel good knowing your unwanted clothing or household goods are going to make a difference in the life of another person.



# Top apps for seniors

There's an app for everything! If you thought technology was only for the younger set, think again. Older adults are making their mark in the world of technology. Here are some of the top apps to make everyday life easier.



## 1. Choosing Wisely

Choosing Wisely offers recommendations and encourages conversations between you, your family and your physician in choosing the care that avoids unnecessary medical treatment. Choosing Wisely is an initiative of over 80 medical societies and organizations that seek to advance a dialogue on avoiding unnecessary medical test, treatments and procedures. It is led by the American Board of Internal Medicine Foundation. Their mission is to promote conversations between physicians and patients to choose care that is Supported by evidence, not duplicative of other test or procedures already received, free from harm and truly necessary. <https://www.choosingwisely.org/>



## 2. Magnifying Glass with Light

This tried and true app will always be helpful to have on hand. It essentially makes your iPhone into a full-screen magnifying glass that helps you read pretty much anything. From menus in dark restaurants to prescription bottles or even regular old mail, you can use this app to zoom in on type and shine a light on it at the same time. You can also take photos of items and then zoom in on the photo. It even allows you to enable an auto-light feature that will turn on automatically in low-setting sights. Available for iPhone and Android.



## 3. Tapestry Seniors & Families

Think of this as Facebook for seniors who don't want to join Facebook. Tapestry is another social media app that allows seniors to share messages, photos and videos with their families in a spam-free, ad-free online environment. Available for iPhone and Android



#### **4. Lumosity**

Staying mentally sharp is important to maintaining quality of life as you age, and Lumosity is one of the most popular “brain training” and memory apps out there. It offers a wide variety of brain teasers and puzzles that proponents say enhance cognitive skills like problem-solving and critical thinking. You can also take a free “fit test” to see how your mental muscles measure up to other people your age. Available for iPhone and Android.



#### **5. Senior Discounts & coupons**

One of the best parts of getting older is that you’re eligible for all kinds of discounts. If you aren’t an AARP member, this app shows you other kinds of discounts, too. Many people assume senior citizens discounts are for people 65 and older, but this app also includes discounts and savings available to 55-year-olds. While some reviews have pointed out it can be glitchy at times, it categorizes discounts by age and type, which keeps it simple and easy to use. Available for iPhone and Android

# Minding Your Meds

Older adults use more medicines—prescription, over-the-counter (OTC) and supplements—than any other age group in the U.S. Thanks to these wondrous drugs, people are living longer, and feeling better than ever before. But medications need to be managed, and there is no better time than the start of a new year to take inventory of your medications to be sure they are up to date.

## **Here's what you can do to be sure you are minding your meds in 2020:**

- Make a list of the medicines you take, why you take them, how much you take, how much you have left and if you have any refills available.
- Take all medicine as prescribed by your doctor. Non-adherence can lead to significant health problems.
- Store your medicines safely. Keep all medicines in the bottle, box or tube they came in.
- Check expiration dates and discard any medicine that has expired. The best way to discard expired or unwanted medicine (both prescription and OTC) is to drop off the medicine at a drug take-back site. Most pharmacies will take your unneeded and expired medication.

- Use one pharmacy. That way, if you're prescribed new medication, your pharmacist will be able to let you know of any potential drug interactions with other meds you take.
- Plan ahead for travel. Be sure you have enough medication to take on a trip, and to take when you get home, too.
- Schedule your yearly check-up with your Care N' Care physician to be sure you are able to refill your prescriptions before they run out. This is especially important if you take medication that requires prior authorizations. You want to give yourself plenty of time to get your medication approved so you don't miss your needed dose.

And remember, as you age your body changes. You may gain weight, lose weight, or your liver and kidneys may not function as well as they did when you were younger. All of this means that your medication needs may change through the years. By keeping track of your medicine you will play an important role in managing your health – in the new year, and for many years to come.



# R.E.A.C.H.

Additional support offered to maintain an active and fulfilling life!

In continuing our commitment to provide the support you need to manage your care, Care N' Care (HMO/PPO) has launched a new program called **R.E.A.C.H.**

With R.E.A.C.H. – which stands for Resources for Enhanced Access to Community Health- you now have access to a wide array of resources and services designed to positively impact your health and well-being. Best of all, these services are provided at no additional cost or co-pay to you. This is possible because Care N' Care has joined with some of the nation's most widely respected healthcare companies to make sure that you get the added resources, education and solutions you need, when you need them most.

Already, four leading healthcare companies have joined the R.E.A.C.H. family to provide our members the following services:

- If you have challenges managing your medications or following your doctors' recommendations, you now have **AdhereHealth** by your side. They can provide assistance with education regarding proper use of medications, align the delivery of multiple medications, help with coordinating transportation to the doctor or pharmacy, and addressing the high cost of medications.
- **Connected Health Program by Medtronic** is now on board to provide daily health checks and clinical monitoring if you are suffering from congestive heart failure, pulmonary disease, diabetes, coronary artery disease or high blood pressure. By identifying potential health issues in a timely manner and providing prompt action our goal is to avoid further worsening, complications and emergency room visits.

- Access to a service that provides an extra layer of support for you and your family, **In-Home Supportive Care by TurnKey Health**. In-Home Supportive Care offers you an experienced care management team who will work with you to schedule home or phone visits with a nurse or social worker, coordinate care and appointments, address and manage pain and symptoms and identify your needs to help you care for yourself at home.
- Personalized support with medical decision-making is now available to you and your family through **Vital Decisions' "Living Well" telehealth program**. Delivered over the phone or by video session, specialists trained in healthcare decision-making and counseling can help ensure that your feelings and wishes are understood, communicated, and have it reflected in your healthcare. Advance Care Planning documents are also made available as part of this process.

Members who qualify for this program will be contacted directly by one or more of these new Care N' Care partners, either by phone or mail. Participation in the program is entirely your choice; we simply want you to know you have access to this new support program at no cost to you. You may opt-in or opt-out of the program at any time.



**“This program greatly expands the scope of services we are able to offer while also reminding our members of the importance of consistent self-care,”**

Care N’ Care Chief Medical Officer David J. Sand, M.D.



# 20 Tips for a Healthy 2020

No matter your age, a new year is a great time to make healthy improvements in your life.

Not sure where to start? Here are 20 tips to improve your mind, body and spirit in 2020:

- 1. Walk.** Walking is the easiest, low cost way to be active. All it takes is a good pair of shoes and the willingness to keep moving.
- 2. Try other moves.** If walking creates too great of a strain on your hips and knees, try a stationary bike or swimming.
- 3. Find a buddy.** Many people find that having a buddy to share in your activity increases the commitment to walk or do other exercises.
- 4. Choose colorful food.** Consuming a variety of foods will ensure you're getting all of the nutrients you need.
- 5. Try new recipes.** Explore cookbooks that focus on healthy eating. For many people cooking is also a creative way to relax.
- 6. Eat proper portions.** Consider working with a dietitian to formulate a personalized healthy eating plan.
- 7. Quit smoking.** It's never too late to become a non-smoker. Smoking increases blood pressure, decreases exercise tolerance and increases the tendency for blood to clot.
- 8. Stretch every day.** As you age your muscles tighten and lose flexibility. Stretching will make it easier to perform daily physical tasks.
- 9. Stay hydrated.** Don't wait until you're thirsty. Drink lots of water throughout the day.
- 10. Consider supplements.** Talk to your doctor if taking supplemental vitamins is right for you to ensure you're getting all the nutrients you need.

- 11. Mind your meds.** Take all medicine as prescribed by your doctor. Non-adherence can lead to significant health problems.
- 12. Meditate.** Studies have shown that meditating can have many positive impacts on your life, including better sleep, reduced anxiety, and a sense of inner calm.
- 13. Play brain games.** Crossword puzzles and other mental exercises are important to maintaining great cognitive fitness.
- 14. Get into the garden.** Gardening is great exercise and the fresh air can do wonders for your mood and health.
- 15. Volunteer.** The benefits are many, including the satisfaction of helping others, meeting new people and staying physically and mentally active.
- 16. Declutter.** Reducing clutter around your house can help decrease your risk of dangerous falls and accidents that could lead to loss of mobility and independence.
- 17. Phone a friend.** Staying in touch with friends and family helps reduce risk of depression.
- 18. Check out local activities.** Many communities offer programs and activities for seniors that are specifically designed to increase independence, reduce isolation and encourage healthy living... plus socialization is one of the keys to staying young. You can find some in your community at <https://www.cnchealthplan.com/care-n-community/>
- 19. Get regular check-ups.** This will help you and your doctor identify potential health issues before they become a problem. Don't forget about vision and dental exams, as well.
- 20. Do things that make you happy.** Whether it's reading, painting, playing with grandkids or watching your favorite sporting event, take time to enjoy the simple things life.

Make 2020 the year your focus on YOUR Health and take care of YOU!



## Healthcare Concierge Spotlight

Healthcare Concierge  
Sharon Tembo



### Who is one of your heroes?

Maya Angelou is my Hero, I feel she was one of the most complete and fully realized artists of her time, she was a Writer, Poet, Playwright, teacher and a mother. She was fierce on so many levels.

### What is something about you that would surprise people?

I love sightseeing the reason being that it is an experience that helps me to unplug and relax surrounded by nature.

### What is one of your guilty pleasures?

Chocolate is what I turn to when I need a treat.

### What is something you would like to learn to do?

I would love to learn Spanish. Spanish is the second most spoken language in America. I feel it is an extremely beautiful language and that it will expand my horizons.

### What is your favorite hobby?

I love to read, reading helps me grow as a person by expanding my views in life. I also love doing crossword puzzles, I like the struggle of trying to figure out how I am going to go about solving the crossword puzzle.

# Defend Against Medicare Fraud

You are one of the first lines of defense against Medicare fraud. Do your part and report services or items that you have been billed for, but did not receive.

## Review your plan statement and be on the lookout for this scheme:

- Make sure you received the services or items billed
- Check the number of services billed
- Ensure the same service has not been billed more than once

## You can protect your identity and your benefits

- Never give out your Social Security, Medicare, health plan numbers, or banking information to someone you don't know.
- Beware of phone call scams. Care N' Care will never call to ask for your Social Security Number.
- Carefully review your Plan Statement or Evidence of Coverage to ensure all the information is correct.
- Know that free services DO NOT require you to give your plan or Medicare number to anyone.
- Share this information with your friends.

To discuss benefit, coverage or claims payment concerns, call your Healthcare Concierge.

To report suspected fraud, call:  
1-877-7SAFERX(1-877-772-3379)



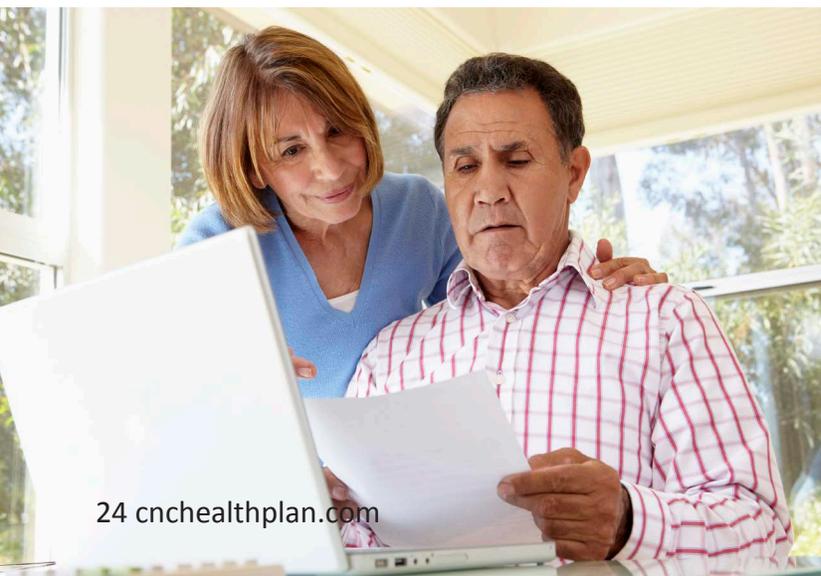
## Ask a Healthcare Concierge

Question: "I'm not feeling very well, and my doctor's office is closed, should I go to the emergency room?"

Answer: It is important to have a plan of action in case of sudden illness so you can feel confident about what to do. Here are some tips to help you prepare:

1. Ask your doctor, "If I am sick after your office hours, can I call your office to reach a doctor?"
2. The "Go-To Guide" shows general guidelines for when to seek care at your physician's office, an urgent care center or an emergency room.
3. If you go to the emergency room, be sure to contact your doctor's office within 24 hours to inform them. Have the discharge papers provided by the emergency room to answer questions your doctor may have.

To print the "Go To" guide, go to [www.cnhealthplan.com/members](http://www.cnhealthplan.com/members)



# Animals

S O Q E A G L E H C  
 K R D L G Z W L G P  
 U A O E I T M I F H  
 N N L P R I Z O L M  
 K G P H A G T N A X  
 D U H A F E Y R M P  
 E T I N F R B E I A  
 E A N T E E D L N N  
 R N B D Z H Y K G D  
 S Q U I R R E L O A

GIRAFFE  
 PANDA  
 TIGER  
 ZEBRA  
 ORANGUTAN  
 LION  
 ELK  
 DOLPHIN  
 EAGLE  
 FLAMINGO  
 DEER  
 SQUIRREL  
 SKUNK  
 ELEPHANT

# Easy Sudoku

	9	6		4			3	
	5	7	8	2				
1			9			5		
		9		1				8
5								2
4				9		6		
		4			3			1
				7	9	2	6	
	2			5		9	8	

## Need a hint?

Find the solutions on page 27

# New Providers to Our Network

Our network continues to grow in all specialties. Visit our online provider directory at [cnchealthplan.com/search](https://cnchealthplan.com/search) to locate a doctor that meets your needs. You can also contact your Healthcare Concierge for assistance.

**Doggett, Kelly Smith MD**

Family Medicine  
Stephenville TX

**Harbison, Alicia Jean DO**

Family Medicine  
Arlington TX

**Lakhanpal, Akshai MD**

Internal Medicine  
Arlington TX

**Newgene, Kenny**

Internal Medicine  
Arlington TX

**Lee, Justin MD**

Urology  
Urology Partners of  
North Texas PLLC

**Mammen, Tony MD**

Urology  
Urology Partners of  
North Texas PLLC

**Abrahams, Harrison MD**

Urology  
Urology Partners of  
North Texas PLLC

**Shafiq, Moiz MD**

Cardiology  
Dallas Cardiology PLLC

**Lorenz, Landon MD**

Obstetrics & Gynecology  
Womens Health Associates  
of Cleburne PLLC

**Xavier, Keith MD**

Urology  
Urology Partners of  
North Texas PLLC

**Co, Jacqueline MD**

Ophthalmology  
JACQUELINE CO M.D.

**Cornelius, Kathryn MD**

Family Medicine  
Andrew Chung MD PLLC

**Aulds, Meria MD**

Internal Medicine  
Meria G Aulds MD PA

**Nati, Carol MD**

Psychiatry  
Pecan Valley MHMR Region

**Graff, Jeremiah DPM**

Podiatry  
Jeremiah Graff DPM PA

**Egbuchunam, Christie MD**

Family Medicine  
Christie U Egbuchunam MD PA

**Azam, Muhammad MD**

Nephrology  
Dallas Nephrology Associates

**Williams, Benecia DO**

Physical Medicine and  
Rehabilitation  
Benecia Williams DO PA

**Cannon Smith, Tracy MD**

Urology  
Urology Partners of  
North Texas PLLC

**Bloom, Keith MD**

Urology  
Urology Partners of  
North Texas PLLC

**Tchetgen, Marie Blanche MD**

Urology  
Urology Clinics of North  
Texas PLLC

**Frey, Patrick MD**

Urology  
Urology Clinics of North  
Texas PLLC

**Kaur, Rominder MD**

Internal Medicine  
Highland Village Primary Care PA

**Pace, Christopher MD**

Urology  
Urology Partners of  
North Texas PLLC



# Stay Connected



*Empowerment. Independence. Lifestyle.*

Care N' Care's community outreach program designed to engage local-area seniors in programs and activities that help to increase independence, reduce isolation and encourage healthy living!

Check out our calendar of events at [www.carecommunity.com](http://www.carecommunity.com) and Stay social with these fun and exciting activities in the area.

## Stay Social

-  @CareNCare
-  @CareNCareHealth
-  @Care N' CareHealthPlan
-  Care N' Care Insurance Co. Inc.
-  [Pinterest.com/CareNCareInsuranceCompany](https://www.pinterest.com/CareNCareInsuranceCompany)

 **New!**



## Go Paperless!

IT'S QUICK & EASY!  
Remove the clutter and reduce the mail you receive from Care N' Care. Sign up online to receive certain communications electronically, such as:

- Newsletters
- Plan material
- Health & Wellness educational information
- Event information
- Other important plan notifications

Go to [www.cnchealthplan.com/members/member-tools-resources/](http://www.cnchealthplan.com/members/member-tools-resources/)

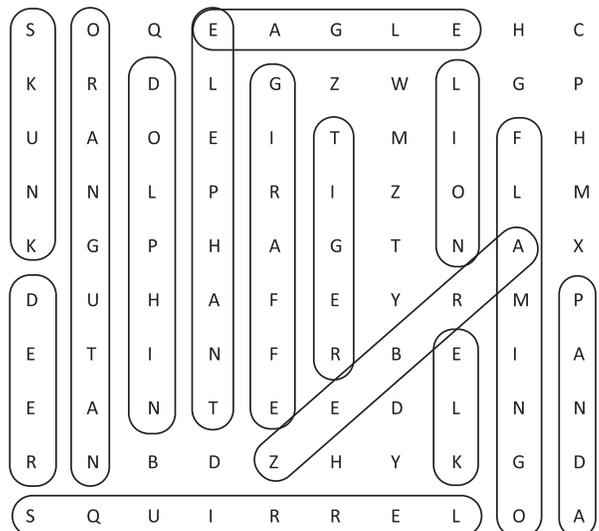
and choose how you want to hear from us!



## Plan Documents

ANYTIME, ANYWHERE!  
View and download important plan documents no matter where you are— just by accessing them online anytime. Find plan documents at [www.cnchealthplan.com/members/member-tools-resources/](http://www.cnchealthplan.com/members/member-tools-resources/)

2	9	6	1	4	5	8	3	7
3	5	7	8	2	6	1	4	9
1	4	8	9	3	7	5	2	6
6	3	9	5	1	2	4	7	8
5	8	1	7	6	4	3	9	2
4	7	2	3	9	8	6	1	5
9	6	4	2	8	3	7	5	1
8	1	5	4	7	9	2	6	3
7	2	3	6	5	1	9	8	4





Insurance Company, Inc.

1701 River Run, Suite 402

Fort Worth, TX 76107

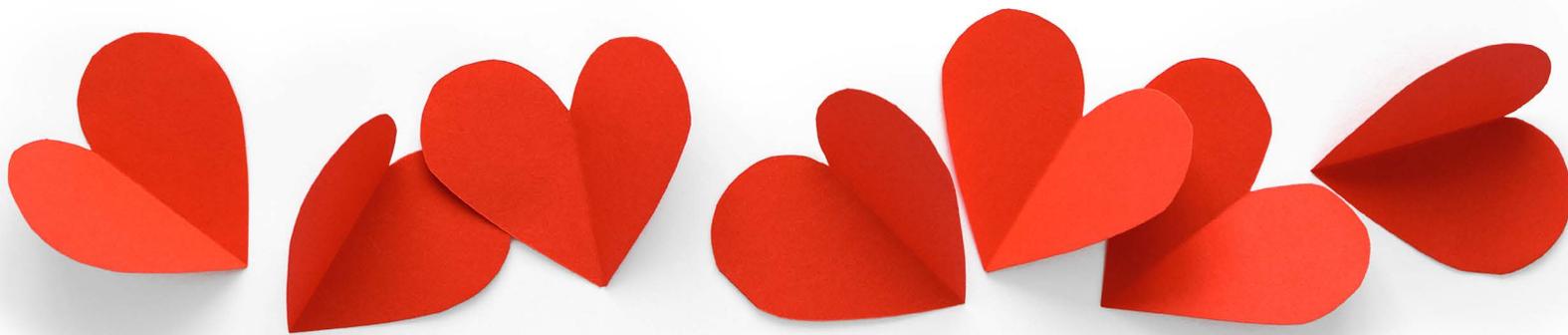
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<<CITY>>, <<STATE>> <<ZIP>>

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Health and wellness or prevention information.



# Happy New Year from all of us at Care N' Care!

Questions or need assistance? Contact your personal Healthcare Concierge by phone, or email:



Email: [concierge@cnchealthplan.com](mailto:concierge@cnchealthplan.com)



Call: 1-877-374-7993 (TTY 711)

October 1 - March 31, 8am to 8pm, CST, seven days a week or April 1 - September 30, 8am to 8pm, CST, Monday through Friday.