

care @ share

VOLUME 11

Member Newsletter

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Breast cancer has no regard for fame or fortune, and that makes celebrities and other public figures just as likely as anyone else to be diagnosed with the disease. **PG 6**



Spending Time with Your Grandkids Isn't Just Fun - It's Good for You!

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8 Reasons to Pay Attention to Your Oral Health

Most people know that brushing twice a day can help prevent cavities. But good oral hygiene is about more than just your teeth. **PG 12**



Find a recipe for Sausage Biscuit Balls on PG 15!

Every October, the nation pauses to observe Breast Cancer Awareness Month...



...a time to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. Statistically about one in eight U.S. women (12%) will develop invasive breast cancer over the course of her lifetime. This year alone an estimated 268,600 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with nearly 63,000 new cases of non-invasive breast cancer.

Given that harsh reality, we've devoted a section of this issue of our member newsletter into talking about breast cancer (its myths and realities) as well as other women's health concerns including ovarian cancer and osteoporosis. I urge you to read these articles and to get tested regularly. Incredible scientific advances are being made in the fields, but smart living and early detection remain key.

Among the other articles of particular interest in this issue are those discussing why dental/oral health is so important and, on a much lighter but no less important note, some fun things to do with your grandkids. You'll be surprised to learn the many physical and mental health benefits that come with spending time with grandchildren, so take the time to treasure those special moments together.

As we wind down the last days of summer and another season is soon upon us, I am reminded of the words of F. Scott Fitzgerald who wrote that "Life starts all over again when it gets crisp in the fall." Let this change of seasons be a time to renew your passions and to commit (or recommit) to healthy and vibrant living. And let Care N' Care be your steadfast partner in helping you enjoy the wonderment of all that life has to offer.

Wendy Karsten



Chief Executive Officer
Care N' Care

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Need Assistance?

Call your Healthcare Concierge toll-free at 1-877-374-7993 (TTY 711) for questions related to your Care N' Care Medicare Advantage Plan, October 1 - March 31, 8am to 8pm, CST, seven days a week or April 1 - September 30, 8am to 8pm, CST, Monday through Friday.



cnhealthplan.com

cnhealthplan.com 3

Breast Cancer *Myths*

Fact vs Fiction



Drinking milk (or dairy) causes breast cancer.

The Truth:

Several myths persist about the correlation between dairy intake and the increased risk of breast cancer. Over many decades, studies have shown that dairy consumption does not increase the risk of breast cancer.



Finding a lump in your breast means you have breast cancer.

The Truth:

Only a small percentage of breast lumps turn out to be cancer. But if you discover a persistent lump in your breast or notice any changes in breast tissue, it should never be ignored. It is very important that you see a physician for a clinical breast exam—they can determine if this lump is of concern or not.



Men do not get breast cancer; it affects women only.

The Truth:

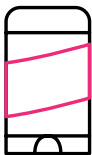
Quite the contrary, each year it is estimated that approximately 2,190 men will be diagnosed with breast cancer and 410 will die. While this percentage is still small, men should also check themselves periodically by doing a breast self-exam while in the shower and reporting any changes to their physicians.



A mammogram can cause breast cancer to spread.

The Truth:

A mammogram, or x-ray of the breast, currently remains the gold standard for the early detection of breast cancer. According to the National Cancer Institute, Breast compression while getting a mammogram cannot cause cancer to spread.



Antiperspirants and deodorants cause breast cancer.

The Truth:

Researchers at the National Cancer Institute (NCI) are not aware of any conclusive evidence linking the use of underarm antiperspirants or deodorants and the subsequent development of breast cancer.



If you have a family history of breast cancer, you are likely to develop breast cancer, too.

The Truth:

While women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history. Statistically only about 10% of individuals diagnosed with breast cancer have a family history of this disease.

Breast Cancer FAQs

Can physical activity reduce the risk of breast cancer?

Exercise boosts the immune system and helps you to keep your weight in check. With as little as three hours of mild exercise per week, or about 30 minutes a day, a woman can begin to lower her risk of breast cancer.

Can a healthy diet help to prevent breast cancer?

A nutritious, low-fat diet (30 grams or less) with plenty of fruits and green and orange vegetables can help reduce the risk of developing breast cancer. A high-fat diet increases the risk because fat triggers estrogen production that can fuel tumor growth.

Does smoking cause breast cancer?

Smoking is a confirmed risk factor for many types of cancer. Recent research (2012) has confirmed that smoking is a contributing risk factor for developing breast cancer. Additionally, second hand smoke is also a risk factor for cancer. Smoking also directly contributes to heart and other lung diseases, too.

Are mammograms painful?

Mammography does compress the breasts and can sometimes cause slight discomfort for a very brief period of time. Your doctor may say it is fine to take acetaminophen an hour before the x-ray is performed to prevent discomfort too.

What kind of impact does stress have on breast cancer?

In 2012, some research studies have shown that factors such as traumatic events and losses can alter immune system functions, and when immune functions are altered cancer cells may have an opportunity to get themselves established within one's body. Identifying ways to keep your stress level in check is wise.

Time for Your Mammogram?

Mammograms are the best way to find breast cancer early, when it is most treatable. While it is recommended that women begin getting mammograms at age 40, the age to stop mammograms is less clear. Older women with other serious medical issues should discuss the benefits of mammography with their physician.

If you are healthy, you should continue to get a mammogram every one to two years. If you aren't sure when to schedule your next mammogram, talk to your doctor. As a Care N' Care member, routine mammograms are covered with no out of pocket costs.

Breast Self-Exam (BSE)

Women should should select the same day of the month (first of the month for example) and mark it on the calendar to remind herself when to perform this self-exam. What to look for is a change from last month's exam to this month's exam. It is not unusual to have lumpy or bumpy breasts.

All women should know the geography of their own breasts. If having trouble remembering, draw a diagram of where the lumps, bumps, grooves, and other findings are felt so that this can be used as a reminder from month to month. There is no added value in doing breast self-exams more often than monthly.

Celebrities Who Have Battled Breast Cancer

Rich, poor, famous or not, anyone can get breast cancer.

The two main risk factors for breast cancer are 1) being a woman; and 2) getting older. In fact, according to the National Breast Cancer Foundation, one in eight women will develop breast cancer at some point in her life. Breast cancer has no regard for fame or fortune, and that makes celebrities and other public figures just as likely as anyone else to be diagnosed with the disease.

Public figures who receive a breast cancer diagnosis go through the same emotional struggles as does any other person. And while some celebrities immediately shared the news and battled their cancer publicly, others were more private about their diagnosis and treatment.

No matter when these celebrities made their breast cancer diagnosis known, they have all found power in sharing their survival stories and using their platform to advocate for breast cancer awareness, education and research. Here are just a few:



Kathy Bates

Age at diagnosis: 55

Award-winning actress Kathy Bates was diagnosed with stage 2 breast cancer and underwent a double mastectomy. She later told WebMD, “I’m just grateful to have been born at a time when the research made it possible for me to survive. I feel so incredibly lucky to be alive.” She is now the national spokeswoman for the Lymphatic Education and Research Network, having acquired the condition shortly after her mastectomy.

Julia Louis-Dreyfus

Age at diagnosis: 56

In 2017, Julia Louis-Dreyfus became the first actress to win the lead comedy Emmy award six times in a row for the same role. The very next day the Veep star was diagnosed with breast cancer. She announced her diagnosis on Twitter, posting “1 in 8 women get breast cancer. Today, I’m the one.” One year later, after her treatment was complete, she went back to filming the show. At the time she told PEOPLE magazine, “I’m feeling good and feeling quite ready and delighted to focus on funny things as opposed to things that aren’t quite so funny.”





Andrea Mitchell

Age at diagnosis: 64

The chief foreign affairs correspondent for NBC News was diagnosed with breast cancer after an annual screening. "We discovered it in the earliest stage, it hadn't spread, and I'm already back at work with a terrific prognosis," she told her TV viewers. She also used her built-in audience to encourage women to go for their annual screenings. "Do it," she said.

Dame Maggie Smith

Age at diagnosis: 74

An icon of the stage and screen, Dame Maggie Smith was diagnosed with cancer after discovering a lump on her breast. She underwent chemotherapy while filming *Harry Potter and the Half-Blood Prince* in which she plays the esteemed Professor Minerva McGonagall. In an interview she told the *Telegraph*, "The last couple of years have been a write-off, though I'm beginning to feel like a person now." Since then she has starred in numerous film, television and theater roles.

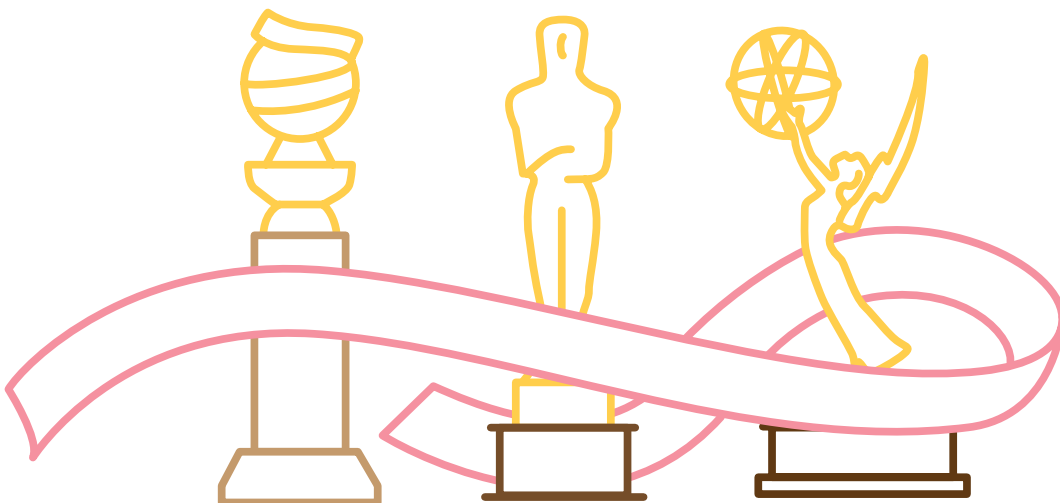


Peter Criss

Age at diagnosis: 63

Most breast cancers occur in women, but men can get it, too. Drummer Peter Criss of the band KISS told CNN that he felt like "the luckiest man on the planet" after surviving breast cancer. He now works to spread awareness about male breast cancer. He told NBC Today, "Every October I hit the streets with thousands of people and march to raise money for breast cancer research."

As these celebrities have shown, it is possible to live a fulfilling life after a breast cancer diagnosis. While there is no way to prevent it, if breast cancer is found early there are more treatment options and better chances for recovery. If you have any questions, call your doctor or your Care N' Care Healthcare Concierge. If you are due for a mammogram, your Healthcare Concierge can help you schedule one.



Spending Time with Your Grandkids Isn't Just Fun – It's Good for You!

There are many great reasons for grandparents and grandchildren to spend quality time together. While the younger generation enjoys the unconditional love, wisdom and fun that a grandparent can provide, research has shown that the elder generation enjoys significant health benefits from spending time with their grandkids.

Studies have consistently shown there are positive health benefits for seniors who spend time with their grandchildren. In addition to good old-fashioned fun and enjoyment, grandparents may gain an improvement in physical, mental and emotional health.

The health benefits of investing in this important family relationship include:

- Reduced risk of depression. While you may feel happy after spending time with your grandchild, the mental health benefits extend much further. A good relationship between grandparents and grandchildren has been shown to be a strong anti-depressive.
- Helps you stay physically active. Playing with grandchildren can be a fun way to keep your body moving. Whether you're playing a round of golf together, walking around the shopping mall, or taking a leisurely stroll around the neighborhood, the physical activity is good for your health.

- Good for brain function. Caring for children can keep you mentally alert. A study published in the Journal of the North American Menopause Society found the highest cognitive scores among older women who spent one day a week babysitting their grandchildren.
- Helps keep you socially active. Taking your grandchild on an outing can provide opportunities for interacting with other adults, and possibly even other grandparents. And, of course, there's the quality time spent visiting with your grandchild. This social interaction can help fight the loneliness that older adults sometimes experience.
- Possibly leads to a longer life. In a study of 500 European grandparents between the ages of 70 and 103, those who did not provide at least some occasional care for their grandchildren were less likely to be alive five years after the study began.

Research has also shown that the grandkids enjoy health benefits, too. One study found that teenagers who regularly spent time with a grandparent had lower rates of depression, higher academic success and greater self-confidence than teens who didn't see their grandparents often.

Need ideas on how to spend a fun day with the grandkids? We've assembled a list of fun-for-all-ages things you can do in the Dallas-Fort Worth area on page 10.



Things to Do in DFW

Looking for fun activities to do with your grandkids?
Here are a few ideas to get you inspired!

Play, explore or just relax at Klyde Warren Park

Where: 2012 Woodall Rodgers Fwy, Dallas, TX 75201

When: Year Round

Klyde Warren Park is an urban green space situated between Uptown and the Dallas Arts District. With hundreds of free activities open to the public, from yoga and recreational games to outdoor concerts and crafts, you can spend an entire day here and not spend a thing. See a calendar of upcoming events and activities on the park's website.



Take a tour through the history of Denton firefighters

Where: Denton Fire Department / Museum 332 E Hickory St, Denton, TX 76021

When: Weekdays year round.

At the always-free Denton's Firefighters' Museum, you can see a hose cart from the 1800s, equipment from a 1935 ladder truck, and original helmets and uniforms. Kids can dress like a real firefighter and pick up an authentic fire hose, too!

Modern Art Museum of Fort Worth

Where: 3200 Darnell St. Fort Worth, TX, 76107

When: Sundays year round

The Modern Art Museum of Fort Worth, which opened in 1892, has a 3,000-object collection of post-WWII paintings, sculptures, videos, photographs and prints that are sure to wow you. Admission is free every Sunday and half-price on Wednesdays. Kids under 12 are always free, though!



Dallas Museum of Art-Saturday Spotlight Tours

Where: 1717 N. Harwood Dallas, Texas 75201

Every Saturday at 2 p.m., the Dallas Museum of Art hosts Saturday Spotlight Tours. Free and open to the public, the tours depart from the service desk and lead participants through the museum's multi-level collections, focusing on their most famous and buzz-worthy works of art. Wheelchair accessibility is a plus with this free weekend entertainment option.

Browse seasonal produce at Farmers Market Way

Where: Farmers Market way, Dallas, TX

When: Friday-Sunday

Located in the heart of downtown, the Dallas Farmers Market is an open-air pavilion where you can browse farmers' seasonal produce, ranchers' naturally raised meats, cheese, eggs and honey, and artisans' breads and canned foods. There are plenty of samples to be had!



M-Line Trolley Ride

Where: 3153 Oak Grove Ave. Dallas, TX 75204

Weekends are made for exploring. For seniors, or anyone for that matter, the M-Line Trolley is an ideal way to meander through Uptown. With plentiful stops, there is little need to walk long distances. The M-Line Trolley runs seven days a week and makes a loop in and around Uptown. All employees of the M-Line are volunteers who feel a personal connection to the history and importance of the trolley. Many have fascinating stories to tell. From CityPlace down around McKinney Avenue, Uptown is accessible to anyone. This is the best option for multi-stop days of shopping, lunching or just browsing the area. One of the best parts of this ride is that it is completely free.

Fort Worth Botanic Garden

Where: 3220 Botanic Garden Blvd, Fort Worth, TX 76107

If you want to take a stroll through a slice of nature, then you must get to the Fort Worth Botanic Garden. It is simply beautiful. Located just west of downtown off of Interstate 30, the garden is the oldest of its kind in the state of Texas. It has over 20 gardens and collections including a Japanese Garden exhibit, a Native Texas Boardwalk, a Cactus Garden, and more. You can also see concerts, take classes, and have beautiful pictures taken at the Botanic Garden. Admission is just \$5 for seniors 65 and over.



Dallas Pedicabs

www.dallaspedicabs.com

The Dallas ArtWalk is one of the largest attractions in the city, which covers about three miles of urban sprawl. Seniors have no obligation to see all of this on foot. Why not try something new like a pedicab ride? Let someone else do the pedal pushing, while you sit back, relax and take in the joys of this great city. On an Arts District Pedicab ride you will wheel past the biggest area attractions like the Winspear Opera House, The Dallas Museum of Art, the Nasher Sculpture Center, the Perot Museum, One Arts Plaza and Klyde Warren Park. This can be a guided tour, or just a refreshing whip around the city. Change up the itinerary by trying something new at the food trucks at Klyde Warren Park to polish off your adventurous day behind a pedicab operator's wheels.

8 Reasons to Pay Attention to Your Oral Health

There is a connection between your oral health and overall wellness.

Most people know that brushing twice a day can help prevent cavities. But good oral hygiene is about more than just your teeth. Research has shown that when your mouth is healthy, there's a good chance your overall health is good, too. The opposite is also true.

When your oral health is poor, you're at risk for a variety of health issues, such as:

Heart Disease

Research suggests that heart disease, clogged arteries and stroke might be linked to the inflammation and infections caused by oral bacteria.

Pneumonia

If bacteria in your mouth finds its way into your lungs, it can cause pneumonia and other respiratory diseases.

Poorly-Controlled Diabetes

People who have gum disease have a harder time controlling their blood sugar levels.

Oral and facial pain

Discomfort or pain in your jaw can be caused by infection of the gums and can lead to tooth loss.

Digestive issues

The physical and chemical process of digestion begins in the mouth with chewing and saliva, so poor oral health can have a direct impact on digestive health.

Erectile dysfunction

Chronic periodontal disease is known to be linked to ED as inflamed blood vessels can block the flow of blood to the genitals.



Rheumatoid arthritis

According to the National Rheumatoid Arthritis Society, people with gum disease are four times more likely to have rheumatoid arthritis.

Oral cancer

Smoking and tobacco use are bad for your oral health and can lead to cancer of the mouth or throat.

Fortunately, there are things you can do to take good care of your mouth. In addition to brushing and flossing, don't smoke or chew tobacco, be sure to eat a healthy diet for optimum nutrition, and see your dentist twice a year. Tell your dentist about any health concerns you may have, even if they seem unrelated to your oral health.

And remember, routine preventive dental care is included in all Care N' Care plans without the need for members to purchase a supplemental rider.

Healthy Bones or Osteoporosis?

Your bones may seem hard as a rock, but they are actually living tissue. The body is constantly breaking down this tissue and replacing it with new tissue.

Under a microscope, young healthy bone tissue resembles a honeycomb. As you get older, the production of new bone tissue slows down and the holes in the “honeycomb” can get bigger, making them weaker and more prone to breaking.

Osteoporosis occurs when the creation of new bone doesn't keep up with the removal of old bone. In fact, osteoporosis literally means “porous bone.” It can strike anyone, but it is much more common among older women.

Percentage of women with Osteoporosis by age		
60s	70s	80 and Older
10%	27%	35%
Source: Centers for Disease Control		

What are the Signs?

Osteoporosis is often called a “silent disease,” because typically there are no symptoms in the early stages of bone loss. But once your bones have been weakened by osteoporosis, you may have signs and symptoms that include:

- Back pain, caused by a fractured or collapsed vertebra.

- Loss of height over time.
- A stooped posture.
- A bone fracture that occurs much more easily than expected.

Fractured (broken) bones are not only painful, they can lead to debilitating medical problems. This is why osteoporosis is a serious issue.

Are You at Risk for Osteoporosis?

Simply being an older woman puts you at risk for osteoporosis. Additional risk factors include:

- Having a small body frame.
- Ethnicity: Caucasian and Asian women are at higher risk.
- Certain medical disorders, such as: Rheumatoid arthritis, type 1 diabetes, premature menopause and anorexia nervosa.
- Medications. Some commonly used medicines can cause loss of bone mass. These include: Glucocorticoids, Gonadotropin-releasing hormones, some cancer treatments, some anti-seizure drugs, replacement thyroid hormone, antacids with aluminum.
- Family history.
- Previous bone fracture.
- Sedentary lifestyle.
- Poor nutrition.

If you have concerns about these risk factors, talk to your doctor. He or she may recommend a bone mass density test, and discuss ways to prevent and treat bone loss.

Take Care of Your Bones

Bones need adequate levels of vitamins and minerals to stay healthy, especially Calcium and Vitamin D. Be sure to eat a nutrient-rich diet and consider talking to your doctor about dietary supplements. Also limit alcohol and caffeine. Alcohol makes it difficult for your body to absorb calcium; and people who drink a lot of caffeine lose more bone tissue than those who don't. Cigarette smoke also harms your bones, so if you smoke now is a good time to quit. And last but not least, get active. Physical activity strengthens your bones and the muscles that support them.



Learn How to Prevent Falls

Attend a SilverSneakers® Balance Builder workshop.

One of your benefits as a Care N' Care member is SilverSneakers®. This fitness benefit allows you to visit thousands of participating fitness locations¹ across the country. You can use weights, machines and pools (where available). At select locations, you can take part in group classes² led by instructors trained specifically in senior fitness.

SilverSneakers has something for everyone, and it's all yours at no additional cost. As an added benefit, SilverSneakers offers workshops to help you learn how exercise can help you improve your well-being.

Preventing falls is an important part of staying healthy. For Fall Prevention Awareness Day in September, SilverSneakers will host its Balance Builder Workshop. We invite you to attend a workshop to learn what puts you at higher risk for falls and how to avoid those risks.

The workshops are designed for all levels and abilities. The instructor can help make the exercises work for many conditions. At the end of the workshop, there is a short SilverSneakers class demo to show you exercises you can do at home.

Always talk with your doctor before starting an exercise program. ¹ Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.² Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2019 Tivity Health, Inc. All rights reserved. Care N' Care9454NLARTWRKSHPO819

Our Five Star Physicians

Care N' Care has physicians that have achieved 5 STARs recognition for their outstanding quality performance in 2018.



By achieving five stars, these physicians contributed to the overall star rating for Care N' Care and, most importantly, strongly reflect the commitment our physicians and members have to maintaining good health through health screenings and appropriate care management.

Special Recognition to **John Bailey, M.D.; Charles Calvert, D.O.; Ehab Hanna, D.O.; and Sohail Parekh, M.D.** who achieved this high accolade for the second consecutive year.

The physicians we honor for 2018 performance are:

Ashley Unwoo So, M.D.

James Steven Childers, M.D.

Beth Anne Mewis, M.D.

Jessica Danielle Williams, D.O.

Charles Wayne Calvert, D.O.

Joby Thekkumkel James, M.D.

Chase Parker Moran, D.O.

John Wesley Bailey, M.D.

Denise Kay Bruckerhoff, D.O.

Jordan Pastorek, M.D.

Ehab Ibrahim Hanna, D.O.

Juby Aranathu Joseph, M.D.

Glenda Marie Kremer, M.D.

Mario Gabriel Gonzalez, M.D.

Hector Manuel Lopez, M.D.

Mary Margaret Hammack, M.D.

Ikechukwu A Osuji, M.D.

Megan Dianne Gillem, D.O.



Megan Jane Conoley, M.D.

Michael William
Thomas Dotti, M.D.

Mitali Goyal, M.D.

Munawar Hayat, M.D.

Nisha Gajendra, M.D.

Obiora Maduka Ekweani, M.D.

Roger Stephen Eppstein, M.D.

Ryan Fiedler Jones, M.D.

Sakthiraj Subramanian, M.D.

Sherif Magdy Rizkalla, D.O.

Sohail Parekh, M.D.

Theodore J Lilly, M.D.

Theresa D Stretch, M.D.

Todd Thang Nguyen, M.D.

Vijaya Mummadi, M.D.



Ask Your Healthcare Concierge

Q: How can I get approval for a prescription that requires pre-authorization?

A: Have your doctor's office contact our Pharmacy Department at 1-800-361-4542, your or your appointed representative (AOR) can start the authorization over the phone, or the doctor's office may submit a preauthorization form by faxing to 1-877-503-7231.

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Get Ready for Flu Season!

Have you had your Flu Shot this year?

Key facts about the flu vaccine*:



Recommended annually and covered by your health plan. Available in an egg-free vaccine.



Does not give you the flu.**



Reduces the likelihood of getting the flu and severe complications of pneumonia.**

*People with a severe allergy to chicken eggs, and some other individuals, should not be vaccinated without first talking to their doctors.

**According to the Centers for Disease Control and Prevention.

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Annual Notice of Change

It's in the mail!

Each fall, Care N' Care members are sent an Annual Notice of Change (ANOC) packet. This packet provides a summary of any changes in coverage, costs, or services that will be effective January 1.

Those changes include but are not limited to the following:

- Your premium for the upcoming year
- Any changes to the cost or coverage of your medical benefits
- Any new benefits that will be part of your coverage in the upcoming year
- Any changes to the cost of prescriptions in your prescription drug benefit (if you are enrolled in a plan that has prescription drug benefits)
- Any changes to the drugs covered in your prescription drug benefit (if you are enrolled in a plan that has prescription drug benefits)

Inside your ANOC packet, you will receive:

- Information on how to receive a copy of your Evidence of Coverage, Formulary and Provider/Pharmacy Provider Directory for 2020
- Summary of your co-pays, co-insurance, to help you compare your current and past benefits

Look for your ANOC packet of information on or before October 5. If you do not receive your ANOC, please contact your Healthcare Concierge.



Need Assistance?

Call your Healthcare Concierge toll-free at 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.



Community Calendar

October 2019			
October 2	Forest Hill Senior Center	Forest Hill Senior Center	10:00 am - 11:00 am
October 4	First Euless Campus West	Empowering Seniors	9:00 am - 2:00 pm
October 7	Benbrook YMCA	Medicare Educational Lunch & Learn	12:00 pm - 1:00 pm
October 8	The Magnolia Senior Center	LOTERIA (En Español)	10:00 am - 11:00 pm
October 8	Cooper Street YMCA	Medicare Bingo & Educational	1:00 pm - 3:00 pm
October 9	Eunice Activity Center	Don't Fall This Fall Program	9:30 am - 10:30 am
October 11	Azle Senior Center	Monthly Birthday Celebration (En Español)	11:30 am - 1:00 pm
October 11	Benbrook YMCA	Pot Luck	12:00 pm - 1:00 pm
October 15	Azle Senior Center	Medicare Bingo (En Español)	10:30 am - 11:30 am
October 15	NorthPark YMCA	Medicare Bingo & Educational	1:30 pm - 2:30 pm
October 16	Kennedale Senior Center	Medicare Educational Class	9:00 am - 10:00 am



October 2019			
October 16	Airport Area YMCA	Medicare Educational & Pot Luck	12:00 pm- 1:00 pm
October 17	The Magnolia Senior Center	Medicare Bingo & Educational (En Español)	10:00 am - 11:00 am
October 18	Fellowship Corner Senior Center	Medicare 101 & Sales	12:00 pm - 1:00 pm
October 21	Grapevine Recreation Center	Senior Desserts, Lunch & Chat	11:00 am - 1:00 pm
October 22	Grapevine Recreation Center	Medicare Bingo & Educational	1:00 pm - 2:00 pm
October 23	Lake Worth Senior Center	Medicare Educational	1:00 pm - 2:00 pm
October 24	Forest Hill Senior Center	Medicare 101 & Sales	10:00 am - 11:00 am
October 25	Northwest YMCA	Halloween party	12:30 pm - 2:00 pm
October 29	Northwest YMCA	Medicare Educational Class	1:00 pm - 2:00 pm
October 30	Kennedale Senior Center	BINGO	10:00 am - 11:00 am
October 31	Hood County YMCA	Monthly Pot Luck	11:30 am - 12:30 pm

Find the full calendar of events and RSVP to attend at CareNCommunity.com



Sausage Biscuit Balls



Total Time: 30 Minutes



Servings: 20-30 Sausage Balls



INGREDIENTS

2 cups white, whole wheat or all-purpose flour
4 teaspoons baking powder
1/2 teaspoon salt
1/4 cup unsalted butter, cold and cut into small cubes
1/2 cup milk of choice
2 cups shredded cheddar cheese
1 lb. Italian turkey sausage (hot or mild), cooked and crumbled



Courtesy Of: Chef Henry
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INSTRUCTIONS

1

Preheat oven to 400°F. Line two baking sheets with parchment paper.

2

In a large bowl, combine the flour, baking powder and salt.

3

Add the butter and use a pastry cutter or two knives to cut the butter into the flour mixture, until it resembles small peas.

4

Add milk and stir just until combined.

5

Add the cheese and cooked sausage and mix well. The batter will be dense, so use your hands if you need to.

6

Roll the mixture into small balls-about 1 inch in diameter and place on baking sheets about 2 inches apart.

7

Bake at 400°F for 12-15 minutes, until lightly browned

Stay Connected



Need a Provider?

Do you need to find a new doctor or looking for a facility in our network? Visit the Care N' Care website for real-time provider information. The easy to use search tool is available 24/7 at cnhealthplan.com/search.



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.cnhealthplan.com/2019-plan-documents.



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Care N' Care Insurance Co. Inc.



Feeling Hungry?

Discover more recipes on our website!

Looking for dinner inspiration? Browse our list of recipes in the member section of the website.

cnhealthplan.com/explore-healthy-resources



Tools and Resources

Would you like to pay your premium online? Replace your ID card? Look for a provider near you?

Use the Care N' Care website to do all that and more at:
www.cnhealthplan.com/member-tools-resources/



Update Us Today

Have you recently moved? Do you have a new phone number? Do you have a new email address? Let us know! It's simple to update your member information. Email the Healthcare Concierge team with your updated information:
concierge@cnhealthplan.com



Insurance Company, Inc.

1701 River Run, Suite 402

Fort Worth, TX 76107

<<FIRST NAME>> <<LAST NAME>>

<<ADDRESS>>

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

Health and wellness or prevention information.



Need Assistance?

Call your Healthcare Concierge toll-free at 1-877-374-7993 (TTY 711) for questions related to your Care N' Care Medicare Advantage Plan, October 1 - March 31, 8am to 8pm, CST, seven days a week or April 1 - September 30, 8am to 8pm, CST, Monday through Friday.



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