



## 2021 Summer Member Newsletter

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*"Summertime:  
Some of the best memories  
are made in flip-flops."*

*-Kellie Elmore*

Our highly trained member services representatives can provide the assistance and resources you need to stay cool through these summer months. They can help with health plan information, Meals on Wheels, transportation\* needs and other essential services that will allow you to enjoy the summer fun!



Give us a call today, and  
let's make a splash into summer!



**CENTERS PLAN  
FOR HEALTHY  
LIVING**

\*Depending on plan selected.

# Importance of Vitamin D

Vitamin D is one of the most common vitamins that people take regularly. According to The Institute of Medicine, it is recommended that anyone over 1 year old have a dietary intake of 600 units of vitamin D a day. Your daily dose of vitamin D should increase to 800 units for individuals over 71 years of age. It is unlikely to get this amount from food sources alone, and it is often required to take vitamin D supplements daily to meet these needs. Your doctor will determine how much, and what kinds, of vitamin D you need.

## What is Vitamin D?

Vitamin D is an important vitamin that is most often obtained from food/supplementation or sunlight. There are two main types of vitamin D: vitamin D3 and vitamin D2. Vitamin D3 is naturally found in oily fish and cod liver oil. Vitamin D2 is found in plants and most fortified foods like juices and cereals.



## Why is Vitamin D Important?

Many of the body's important functions rely on vitamin D to work properly. Vitamin D helps normalize and maintain calcium and phosphorus levels. This is very important in keeping bones strong and healthy. Vitamin D also has a role in helping to prevent us from getting sick. Some studies have shown that people who have added vitamin D to their diets had less instances of respiratory illnesses such as the flu. In fact, recent studies suggest that vitamin D may help protect against COVID-19 infection, especially for people over 65 years.

## Takeaways:

- Sunlight is an important source of vitamin D, but it is often hard to get enough vitamin D safely from the sun. It is still necessary to continue the vitamin D supplements that you've been taking during the winter if your doctor has advised you to do so. It is also important to enjoy the sunny weather safely by using skin protection such as clothing and sunscreen.
- It is good to eat foods that naturally contain vitamin D, such as fatty fish like salmon, as well as foods that are fortified with vitamin D, such as juice and cereals.
- Before adding vitamin D or any other supplements to your diet, it is best to consult with your doctor about how much and how often you should take it.
- Vitamin D is necessary for your body to work properly, and it helps in preventing and fighting illnesses.

# Stay Cool & Hydrated!

As the summer heats up, it is important for everyone to stay cool and remain safe in hot weather. Heat-related illnesses and injuries are preventable through adequate planning and staying informed about the weather, as well as by taking measures to remain cool and hydrated. Heat stroke and dehydration are heat-related illnesses and injuries that you may be at higher risk for during the summer.

According to the Mayo Foundation for Medical Education and Research, signs and symptoms of heat stroke include:

- Core body temperatures of 104 F (40 C) or higher
- Changes in mental state or behavior, including confusion, agitation, slurred speech, irritability, and seizures
- Nausea and vomiting
- Skin may appear to be flushed or reddened
- Rapid, shallow breathing
- Headaches
- Increased heart rate

Signs and symptoms of dehydration include:

- Increased thirst
- Dark-colored urine or not urinating at all
- Headache
- Muscle cramps
- Dry skin
- Lack of energy
- Confusion or irritability
- Fainting



If you experience any of the above, please contact your medical provider or activate 911 immediately.

To help prevent heat-related illnesses and injuries in the summer months, the Centers for Disease Control and Prevention (CDC) recommends all individuals take the following steps to remain healthy and safe:

- Stay in an air-conditioned indoor location as often as possible
  - Contact your local health department or call 311 to locate an air-conditioned cooling center in your area
  - For New York City residents, contact 311 for more information on the Cooling Assistance benefit, a resource which can provide financial help to eligible households to obtain cooling appliances
- Drink plenty of fluids throughout the day, even when you don't feel thirsty
- Wear loose, lightweight, and light-colored clothing when possible
- Apply sunscreen before going outdoors
- Always pace yourself when engaging in outdoor activities
- Limit outdoor activities during midday, when temperatures are at their hottest

- If you are wearing a cloth face covering and feel as if you may be overheating or having difficulty breathing, remove your face covering only after you are at least six feet away from other individuals

By taking the necessary precautions, we can help reduce our risk for heat-related injuries and illnesses during the warmer summer months.

Please do not hesitate to reach out to your Care Management Team at Centers Plan for Healthy Living if you have any questions or concerns regarding your health needs. We wish you a happy, healthy, and safe summer season!

#### References:

Centers for Disease Control and Prevention. (2020, July 20).

Keep Your Cool in Hot Weather! Centers for Disease Control and Prevention. <https://www.cdc.gov/nceh/features/extremeheat/index.html>.

Mayo Foundation for Medical Education and Research. (2020, August 18).

Heatstroke. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/heat-stroke/symptoms-causes/syc-20353581>.

## Quality Corner

Our lives looked a lot different this time last year due to COVID-19 infections and social distancing protocols. These protocols were in place to protect us, but they also may have had a negative effect on our follow-up health care. Many provider offices were closed, and many of us put off scheduling routine visits. Don't delay your care any longer! Take the first step toward better health, and schedule your annual wellness visit as soon as possible if you have not done so already. Discuss any health concerns and risk factors with your doctor, and follow-up on all recommended preventative screenings (breast cancer screening, colon cancer screening, blood pressure, diabetes, vision, hearing, etc.). We cover annual check-ups at no cost to you.

Depending on your plan, we also have Care Managers who are Registered Nurses who can work with you to help you stay healthy. Our Care Managers provide individual telephone support, assist with scheduling and coordinating provider visits and preventative care, work with you to compare the medications that have been prescribed to you and the ones you are taking, provide health education and resources, provide support to manage your chronic conditions, and help coordinate a safe transition from a hospital or skilled nursing facility to home.





# Zucchini Noodles with Avocado Pesto & Shrimp

## Ingredients:

- 5-6 medium zucchini (2 ¼ -2 ½ pounds total), trimmed
- ¾ teaspoon salt, divided
- 1 ripe avocado
- 1 cup packed fresh basil leaves
- ¼ cup unsalted shelled pistachios
- 2 tablespoons lemon juice
- ¼ teaspoon ground pepper
- ¼ cup extra-virgin olive oil plus 2 tablespoons, divided
- 3 cloves garlic, minced
- 1 pound raw shrimp (21-25 count), peeled and deveined, tails left on if desired
- 1-2 teaspoons Old Bay seasoning



## Directions:

1. Using a spiral vegetable slicer or a vegetable peeler, cut zucchini lengthwise into long, thin strands or strips. Stop when you reach the seeds in the middle (seeds make the noodles fall apart). Place the zucchini "noodles" in a colander and toss with ½ teaspoon salt. Let drain for 15 to 30 minutes, then gently squeeze to remove any excess water.
2. Meanwhile, combine avocado, basil, pistachios, lemon juice, pepper, and the remaining ¼ teaspoon salt in a food processor. Pulse until finely chopped. Add ¼ cup oil and process until smooth.
3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add garlic and cook, stirring, for 30 seconds. Add shrimp and sprinkle with Old Bay; cook, stirring occasionally, until the shrimp is almost cooked through, 3 to 4 minutes. Transfer to a large bowl.
4. Add the remaining 1 tablespoon oil to the pan. Add the drained zucchini noodles and gently toss until hot, about 3 minutes. Transfer to the bowl, add the pesto and gently toss to combine.



## FRAUD, WASTE & ABUSE

Everyone is responsible to help in the fight against Fraud, Waste and Abuse. If you suspect a provider, member or CPHL staff is engaged in Fraud, Waste, Abuse or any other questionable activity, report it by calling 1-855-699-5046 or by visiting [www.centersplan.ethicspoint.com](http://www.centersplan.ethicspoint.com).

Both modes support anonymous reporting and are available 24 hours a day, 7 days a week.



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Health and Wellness or Prevention Information

## Summer Lovin' Unscramble

1. ERSUMM \_\_\_\_\_
2. TVNOCAAI \_\_\_\_\_
3. CAEBH \_\_\_\_\_
4. MCGINAP \_\_\_\_\_
5. LOESWRF \_\_\_\_\_
6. THOFRU FO YULJ \_\_\_\_\_
7. GAUTSU \_\_\_\_\_
8. SNASLDA \_\_\_\_\_
9. ONREAMTWLE \_\_\_\_\_
10. MWAR THERWEA \_\_\_\_\_

