



2022 Winter Member Newsletter

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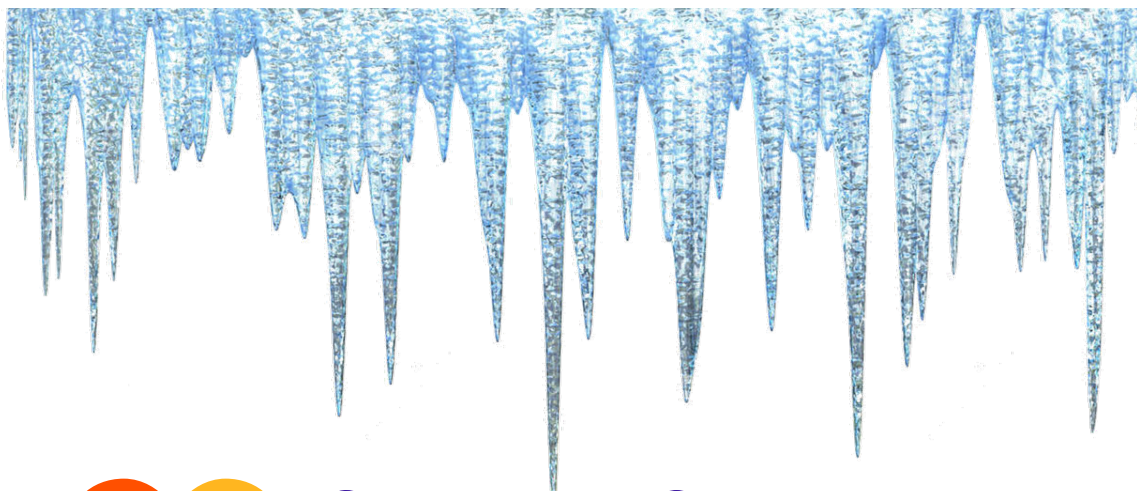


*"To appreciate the beauty of a snowflake,
it is necessary to stand out in the cold."*

— Unknown

Our highly trained member services representatives can provide the assistance and resources you need to stay warm through these cold winter months. They can help with health plan information, Meals of Wheels*, transportation* needs, and other essential services that will allow you to enjoy the winterful life!

*Depending on the plan selected



**CENTERS PLAN
FOR HEALTHY LIVING**

WINTER SAFETY TIPS

As the winter approaches, it is important for everyone to stay warm in the cold weather. Below are some winter-related concerns and tips to follow that will help you stay safe during this time of the year.

Preparation:

As the cold season approaches so does the holiday season. The holidays may influence healthy eating habits. However, it is important to stay active during these times and continue eating healthy. While you are enjoying holiday feasts with friends and family, be aware of sodium and sugar content, often found in seasonal foods like bread, cheeses and prepared meats, which can increase blood pressure and blood sugar. Don't feel like you can't indulge a little, but make sure to include healthy meals and healthy portions. Below are some tips to help you during this season:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to manage your blood sugar and blood pressure, and you'll be really hungry and more likely to overeat.
- Start with vegetables to take the edge off your appetite.
- Keep up with physical activity. It can help make up for eating more than usual and reduce stress during this most stressful time of year.
- Make sure to get enough sleep. When you don't get enough sleep, you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours of sleep per night.

Preventing Falls:

Winter brings cold weather and slippery surfaces that can pose a challenge for people with mobility or health issues. You can reduce the chance of a fall or injury by making sure your home is safe. Some examples include checking rugs for tripping hazards, wearing non-slip shoes, and using assistive devices as needed.

Keeping the Wintertime Blues at Bay:

According to the Centers for Disease Control (CDC) and Prevention, individuals are at a greater risk for developing depression during the winter months. Living at home alone, or not having relatives or friends who regularly visit, can lead to loneliness. As we're experiencing a pandemic, people are more susceptible to loneliness and depression from not being able to physically visit with loved ones or be in close contact.

To help avoid loneliness:

- Communicate with family and friends via telephone or video calls
- Consider attending a Social Day Care Center
- Check in with neighbors, or take a walk through your community.

If you start to experience suicidal thoughts, or know someone in a crisis, call the National Suicide Prevention Lifeline (Lifeline) at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).



WINTER SAFETY TIPS (continued)

The Flu:

People 65 years and older are at higher risk of developing serious flu complications. This increased risk is due in part to changes in immune defenses. Therefore, taking the flu vaccination has many benefits. It has been shown to reduce flu illnesses and the risk of more serious flu complications that can result in hospitalization or even death in older people. Please reach out to your health care provider for more information.

According to the Centers for Disease Control (CDC) and Prevention, signs of symptoms of the flu include:

- Fever or feeling feverish/chills
- Cough
- Sore Throat
- Runny or stuffy nose
- Muscle or body aches
- Fatigue (tiredness)
- Vomiting & Diarrhea

Pneumonia:

People who are 65 years and older should also be up to date with the pneumococcal vaccination. You can even get the pneumococcal vaccine your provider recommends when you get a flu vaccine.

COVID-19:

COVID-19 vaccines are now widely available for people aged 5 years and older. In most cases, you do not need an appointment. Reach out to your healthcare provider to discuss your medical conditions and getting vaccinated as soon as possible.

For some immunocompromised people aged 12 and older who received the Pfizer-BioTech COVID-19 vaccine, and aged 18 and older who received the Moderna COVID-19 vaccine, the CDC now recommends an additional dose of the COVID-19 vaccine to complete the primary series – a total of three doses. See media statement available at the link below.

CDC now recommends booster shots at 5 months after the completion of the primary series of Pfizer-BioNTech COVID-19 vaccine for those aged 12 and older. See media statement available at the link below.

CDC now recommends booster shots at 5 months after the completion of the primary series of Moderna COVID-19 vaccine for those aged 18 and older. For more information, please visit <https://www.cdc.gov/vaccines/covid-19/index.html>.

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 winter season ahead!

References

7 Winter Safety Tips and A Home Safety Checklist for Seniors | Safety.com
Centers for Disease Control and Prevention
<https://www.1NYC.gov>
National Institute of Mental Health

New COVID-19 Medications that Prevent Hospitalizations

When it comes to COVID-19, there have been many medications that have been approved and authorized for patients that have been **hospitalized** with COVID-19. It is important to know that there are new treatments that are available for high-risk patients with COVID-19, that can help **prevent** some COVID-19 hospitalizations and deaths. This article discusses these treatments: monoclonal antibodies infusion, remdesivir infusion, oral ritonavir-boosted nirmatrelvir, and oral molnupiravir. Since these treatments are most effective if started as early as possible after symptoms begin, don't delay! Ask your doctor if you are a candidate for any of these treatments.

The following are monoclonal antibodies infusions that are currently available on the market:

- Bamlanivimab plus etesevimab (By Eli Lilly)
- Casirivimab plus imdevimab, also known as REGEN-COV (By Regeneron)
- Sotrovimab (by GSK)

Monoclonal antibodies are the "clones"/copies of the most effective antibodies that scientists found by examining the blood of patients who successfully recovered from COVID-19. They work by attaching themselves to different parts of the virus, changing its structure—similar to knocking a key out of shape so it no longer fits its lock. Once the virus's structure is changed by the antibodies, it can no longer enter the human cells and cause the disease to get worse. These monoclonal antibodies were also authorized for prevention of infection after exposure to COVID-19 for high risk people living in the same household with a COVID-19 infected person. Unfortunately, due to Omicron COVID-19 variant becoming the most dominant strain in USA, National Institute of Health (NIH) determined that **sotrovimab** is the **only** monoclonal antibody that is still effective against it. It's important to note that a COVID vaccine should **not** be given within 90 days of receipt of monoclonal antibodies treatment.

Remdesivir is another infusion against COVID-19 that works by reducing the virus' ability to copy itself and multiply. It is currently approved by the FDA for use in hospitalized individuals. However, due to the Omicron variant spreading so fast in our communities and limited stock of sotrovimab infusions, NIH included in their guidelines an off-label use of remdesivir 3-day infusion course for treatment of COVID-19 in high risk patients to prevent hospitalizations.

Ritonavir-boosted nirmatrelvir (Paxlovid) also works by reducing the virus' ability to copy itself and multiply. It is as effective against COVID-19 as intravenous (IV) infusions of sotrovimab or remdesivir. Moreover, it is available as tablets that are taken **by mouth** for 5 days, so there is less hassle than the IV infusions. However, **be aware** that before you start taking Paxlovid, you must disclose **all** medications, including over-the-counter medications and herbal supplements, to your provider, so that potential drug interactions can be carefully evaluated. Some of them can be life-threatening!

Molnupiravir works by entering into the genetic material of the virus, causing it to mutate and killing it. It is also taken by mouth for 5 days. However, NIH guidelines recommend using molnupiravir **only** when other options are not available or cannot be given, because molnupiravir has **lower efficacy** than the other options. In addition, the long-term side effects are still being investigated. In some lab tests, the drug has shown the ability to enter into the genetic material of human cells, causing them to mutate too. These mutations can possibly lead to cancer or birth defects in the long run.

As new COVID-19 treatments emerge, people should carefully weigh the risks and benefits of each treatment before agreeing to receive them.



Chicken Cutlets with Sun-Dried Tomatoes

Ingredients

1 pound chicken cutlets
¼ teaspoon salt, divided
¼ teaspoon ground pepper, divided
½ cup slivered oil-packed sun-dried tomatoes,
plus 1 tablespoon oil from the jar
½ cup finely chopped shallots
½ cup dry white wine
½ cup heavy cream
2 tablespoons chopped fresh parsley



Directions

1. Sprinkle chicken with 1/8 teaspoon each salt and pepper. Heat sun-dried tomato oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned and an instant-read thermometer inserted into the thickest part registers 165 degrees F, about 6 minutes total. Transfer to a plate.

2. Add sun-dried tomatoes and shallots to the pan. Cook, stirring, for 1 minute. Increase heat to high and add wine. Cook, scraping up any browned bits, until the liquid has mostly evaporated, about 2 minutes. Reduce heat to medium and stir in cream, any accumulated juices from the chicken and the remaining 1/8 teaspoon each salt and pepper; simmer for 2 minutes. Return the chicken to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and parsley.



FRAUD, WASTE & ABUSE

Everyone's 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. 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

Winter Word Search

1. BOOTS
2. FIREPLACE
3. FROSTY
4. GINGERBREAD
5. HOT CHOCOLATE
6. ICE SKATES
7. MITTENS
8. SANTA CLAUS
9. SNOWFLAKE
10. SNOWMAN



B	I	Y	G	A	K	L	E	J	Y	H	H	S	J	G	I	L	Y	D	A
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