

Kalos Corner

Quarterly Newsletter



Volume 1, Issue 1

Spring 2018

THE SNOW HAS CLEARED, THE SUN IS SHINING; TIME TO GET BACK IN ACTION!

The snow from winter has finally melted, the birds are chirping, the leaves are growing, and you're getting Spring fever!

Spring is a great time to get back in the swing of things and get outside to walk, garden, or golf after being cooped in the house for months.

Here are some ideas you can implement this Spring to help with your health:

- **Get a Check-up**

"Get your weight, blood pressure, glucose and cholesterol levels checked out by your primary-care physician" (Senior Wellness).

- **Take a Walk**

Walking is great exercise to keep your blood flowing, your body active, and help control "blood sugar, supporting bone and heart health and improving sleep" (Senior Wellness).

- **Lighten up your Diet**

Spring time brings out the freshest fruits and veggies, so be sure to keep them in your diet. Eating healthy helps to "cut down your chances of developing conditions, such as heart disease, stroke, diabetes, and arthritis" (Senior Wellness). Also, make sure to drink lots of water!

- **Dress for the Weather**

Spring weather can be sunny, or cloudy. Make sure you have a hat, sunglasses, and an umbrella on hand!

WELCOME to the Kalos Corner Quarterly Newsletter. We are hopeful that each edition will provide information and knowledge to improve your quality of life.

ALLERGIES; HOW TO AVOID THEM, AND HOW TO TREAT THEM

As beautiful as Spring is, it can bring on the worst of allergies for some people. Although there is no cure, there are a few ways you can treat them, and try to avoid them.

Main triggers of allergies in Spring come from certain trees such as Cottonwood, Pine, Sycamore and Willow, grass, and weeds.

Symptoms of allergies include watery eyes, coughing, sneezing, itchy eyes, runny nose, and sometimes dark circles under the eyes.

There are many different allergy medications out there, such as nasal sprays, pills, and syrups. Always consult with your doctor before taking anything that you haven't tried or have been prescribed before; including over the counter medications, as these can interact with other medications you may be taking.

A "natural remedy" for relieving allergy aggravation would be using a neti pot, which looks like a small teapot which washes out your nasal passages.

Pollen can collect on hair! You can keep pollen out of your nose and off of your clothes by washing your hair after going outside or wearing a hat.

CDPAS—MAKING YOUR AIDE SERVICE YOUR OWN

Consumer Directed Personal Assistance Service, or CDPAS, offers an opportunity for you, the Member, to choose who to hire yourself.

It's another option for Member's that are eligible for home care services or require a Personal Care Aide Level 2 (PCA2) or a Home Health Aide (HHA). CDPAS is available for those that are self-directing to be able to instruct the aide on how to complete the tasks that go along with the Member's health care needs.

You are able to hire a friend, family member, or neighbor to be your CDPAS (but it cannot be a spouse, or anyone who is financially responsible for you, the Member).

Some other requirements to be hired as a CDPAS are:

- To be at least 18 years old
- A Social Security Number
- Provide two forms of identification
- A criminal background check (if requested by the Member or responsible party)
- A physical exam and vaccine requirements

If CDPAS sounds like something that you are interested in obtaining, talk to your Kalos Health Care Manager!

A FEW THINGS TO LOOK FORWARD TO IN SPRING

- * Taking a walk without shivering or the threat of slipping
- * Hearing the birds chirping outside
 - *The beautiful flowers growing and leaves appearing again on the trees
- * Outdoor gatherings with family and friends
- * More hours of sunlight during the day
- * Planting a garden; growing veggies and flowers
- * Getting outside to do some walking, exercising, and enjoying nature

IMMUNE BOOSTING SOUP FOR SPRING

Ingredients

- 1 small yellow onion, diced
- 1/2 cup chopped mushrooms (or portabella or maitake)
- 1 head escarole, roughly chopped (or use kale or chard)
- 1 can low-sodium white beans (or lima beans)
- 1 QT organic low-sodium chicken broth/stock
- Salt and pepper

- *Sautee diced onions and mushrooms in 1 TBS olive oil
- *Add broth/stock and beans to veggie mix
- *Bring to a boil, and then add escarole (or kale or chard)
- *Bring soup to a simmer, and add salt and pepper to taste

(Recipe from S.S. "25 Easy Recipes for Senior Nutrition")

REFERENCES

Senior Wellness, Woodward, Melissa. "The Arbor Company Senior Living Blog." *Senior Wellness: The Best Tips for Health in Spring*, (WebMD) "How to Handle Your Spring Allergies." *WebMD*, WebMD, www.webmd.com/allergies/spring-allergies#3.
(S.S.) Stevenson, Sarah. "25 Easy Recipes for Senior Nutrition." *Senior Assisted Living Guides: Find Senior Care A Place for Mom*, 24 Oct. 2016