

Welcome to the Kalos Kares Quarterly Newsletter.

We hope each edition provides information to help improve your quality of life!

How to Cope With Loneliness

Key Takeaways

Research links social isolation and loneliness to poor mental and physical health.

Using non-traditional ways to stay in touch with other people is the most important thing you can do to combat loneliness.

There are many creative ways to deal with loneliness and add variety to your everyday routine.

Loneliness and Isolation

2017 systematic review of 40 studies from 1950 to 2016 published in the journal Public Health found a significant association between social isolation and loneliness and poorer mental health outcomes as well as all-cause mortality.

For this reason, it's important to take care of your mental health during times of decreased social interactions.

Ways to cope with loneliness and isolation

1. **KEEP A SCHEDULE**-Even if you are isolated at home, try to keep to a regular schedule as much as possible.
2. **STAY FORMED** keeping up to date on the latest advice and health information may give you an edge when it comes to protecting your mental health (and as a result, reducing the impact of loneliness).
3. **Connect With Others** - Call someone on the telephone. Place calls using video chat services like FaceTime or Zoom.

The Importance of Covid Vaccine



Why Is a Covid vaccination so important ?

Studies show that COVID-19 vaccines are effective at keeping you from getting COVID-19. Getting a COVID-19 vaccine will also help keep you from getting seriously ill even if you do get COVID-19. Protecting yourself also protects the people around you, like those at increased risk of severe illness from COVID-19 or those who can't get vaccinated — including infants, or people with weakened immune systems from things like chemotherapy for cancer.

What can I do when I'm fully vaccinated?

People who are fully vaccinated can start to safely resume many activities they had stopped doing because of the pandemic. CDC is continuing to update guidelines as more information becomes available, so please visit their website for the latest recommendations.

Do I still need to wear a mask if I'm fully vaccinated?

Since regulations on mask-wearing differ from place to place, you should check to see what your local governments, businesses, and workplaces currently require. Please continue to check with the CDC guidelines

World Hepatitis Day is July 28



World Hepatitis Day is a global health awareness day celebrated every year in July. Viral hepatitis is the inflammation of the liver caused by a virus. In the United States, the most common types of viral hepatitis are Hepatitis A, Hepatitis B and Hepatitis C.

Up to 5.3 million Americans have chronic Hepatitis B or Hepatitis C infection. About 75% of the infected population are unaware that they are even infected. Hepatitis A (HAV) vaccine is available for Hepatitis A. Hepatitis B (HBV). About 1.2 million people are living with chronic Hepatitis B, and a vaccine is available. HBV is spread through blood and body fluids. If left untreated, Hepatitis C (HCV) can be life threatening.

Did you know you can take action to prevent hepatitis? The American Liver Foundation is dedicated to facilitating, advocating, and promoting education, support and research for the prevention, treatment and cure of liver disease.

A Note to Our Members:

The Kalos Health Outreach Team is regularly out in different communities throughout Western New York hosting information tables at health fairs and member events.

Please visit **KalosHealth.org** to view the calendar of community information fairs and member events where the Kalos health team can provide care management information and discuss a variety of health topics.

Strawberry Season

Strawberries are the first fruit to ripen each spring

There are 200 seeds on an average strawberry, strawberries aren't technically berries—they're accessory fruits

The seeds can grow into new strawberry plants, but most instead reproduce through runners.



Easy Strawberry shortcake recipe:

You only need two ingredients for the strawberry filling: sugar and fresh strawberries.

You can buy angel cake (short cake) at your local grocery stores.

Chop up the strawberries and mix with a little sugar. The sugar helps strawberries release all their delicious juices, which will seep down into the short cake and whipped cream (the best part about strawberry shortcake!) this gives the strawberries time to juice up.

Add them on shortcake for a sweet treat!

