

Providing information to help improve your quality of life!

Let's Talk Teeth...



Did you know that Kalos Health covers your dental care?

Routine oral care is very important to a person's overall well-being. Think about it... your mouth is your body's "gateway". Everything you eat and drink enters through that passage. Your ability to speak clearly is greatly affected by how well you take care of your mouth.

According to the Centers for Disease Control and Prevention (CDC), 20% of adults age 65 and older have untreated tooth decay.

Think you're off the hook because you no longer have your teeth ... think again!

There are many risks that older adults face with their oral health, including:

- Gum disease
- Oral cancers
- Complications with other chronic disease

Don't Wait ... Schedule Your Dentist Appointment Today!

To find an in-network dentist, visit:

healthplex.com/our_dentists/kaloshealth-search

or call us at **(716) 216-8368**

Behind The Phone

Each newsletter, we will feature one of our staff members that you don't get to meet in person. It's just one more way to show that we are here for you on a personal level. Your health and safety are our top priority!



Meet Cynthia!

Starting in December 2021, Cynthia Hennings became the Kalos Health Director of Clinical Services. Prior to this, Cynthia had been a Kalos Care Manager for five-plus years. Originally from Fall River, Massachusetts, Cynthia got her nursing degree from Bristol Community College and has worked in multiple settings, including hospitals, home care, and hospice. She now lives in Williamsville with her three kids...four if you include her dog Lewis.

Cynthia is very humble going into her new role and loves hearing success stories on how we've impacted our members' lives. "In my time as a Care Manager, I got to see how we made a difference in not only the lives of our members, but their families too," said Hennings. "We are going to continue to improve as an organization, which will lead to finding even more ways to help each of you at home." Be on the lookout in our next newsletter to see who is "behind the phone."

National Nurses Week: May 6-12

Since 1991, the American Nurses Association (ANA) has designated May 6-12 as National Nurses Week. Health care workers are undoubtedly part of the backbone of our country, as they fiercely accept the dangers of unknown diseases and work towards improving the lives of many!

The job of a nurse is especially tough during this era of pandemics. Every life is precious to them and they are never off duty from taking care of the sick and affected! Their dedication calls for much respect and appreciation throughout the community.

The next time you see a nurse, whether it's at your doctor's office, a hospital, or at home with your Kalos Health Care Manager, take a minute to share your appreciation with them. They are the unsung heroes of the healthcare industry and we here at Kalos Health want to thank them for everything they do.



Spring is Here!

We all spend more time indoors during the winter; however, spring's arrival is an opportunity to recharge by getting outdoors in the fresh air and sunshine. Here are some ways to reap the health benefits of a spring tune-up:

- 1. Get out in the garden:** Gardening is an activity that promotes overall health; physical strength, fitness, flexibility, cognitive ability and socialization. Don't have a garden?... Potted plants work just as well.
- 2. Soak up sunshine safely:** Spending time outdoors in the sunny spring weather improves mood and cognition. Exposure to sunlight for older adults, strengthens bones and may reduce the risk of colorectal cancer, hip fractures, stroke and heart attack, according to Cleveland Clinic. It also protects against depression and insomnia. Wear sunscreen, a wide brim hat, long sleeves and sunglasses to avoid too much sun exposure.
- 3. Lighten up your diet with seasonal foods:** Many fresh, locally grown vegetables and fruits such as asparagus, cucumbers, mushrooms, peppers, sweet potatoes, and strawberries are in season in the spring. Eating healthy servings of vegetables and fruits each day may help to reduce the risk of chronic diseases like diabetes, heart disease and cancer.
- 4. Take care of seasonal allergies:** Spring is the worst season for allergies. If pollen is a trigger, keep doors and windows closed to keep it out. Also, ask your doctor about the most appropriate allergy medications to avoid possible side effects, such as drowsiness and confusion.
- 5. Drink more water:** Older adults who drink plenty of water after being physically active outdoors avoid dehydration and reap more cognitive benefits from exercise.

