

Nascentia HealthOPTIONS

The Homefront

MLTC Member Newsletter

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Winter 2022

■ Have you received your booster shot?

Are you having trouble deciding what's best for you? The CDC – Centers for Disease Control and Prevention – recommends the COVID-19 vaccine booster shot for people ages 16 and older who completed their Moderna, Pfizer, or Johnson & Johnson vaccines previously.

It is also important to note when scheduling or receiving the vaccine, you will be asked dates of your initial vaccine(s). You will need to verify your initial vaccines were completed at least 6 months ago for Moderna and Pfizer and at least 2 months ago if you initially received the Johnson & Johnson single dose vaccine.

If you do not have your original card, contact the location you received your initial series to obtain proof of vaccine. Your primary care physician may also have a record and should be contacted if you have questions whether the vaccine is right for you based on your specific health status.

Most pharmacies are scheduling both flu and COVID-19 first series vaccines and booster shots. These appointments can be scheduled by calling the pharmacy or online if you have computer or smart phone access. Nascentia's transportation service can help get you to your vaccine appointment and home. If you have questions or need

further guidance or assistance in scheduling your COVID-19 vaccine or booster shot call Nascentia at **1-888-477-4663** and ask to speak with a member of your care team.

Choosing whether to take a medication or receive a vaccine is a very personal choice. Gathering as much information as possible may help you to make the best choice for you. As always, seeking out the professional guidance of your medical providers is a great place to start or maintain your journey to prevent disease and continue on your best health.



Possible side effects

- Arm pain where you received the shot, including soreness or swelling
- Headache
- Muscle pain
- Chills
- Fever
- Tiredness
- Nausea



*Side effects may last a day or 2.

Winter Word Search

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BLANKET
BOOSTER
BUNDLE
CHILLY
CIDER
CUDDLE
EAR MUFFS
FROZEN
HOLIDAYS
MITTENS
SELF CARE
SNOWMAN
STEW
VACCINE
WINTER
WOOD FIRE
WOOL SOCKS

L	E	P	B	W	O	O	L	S	O	C	K	S	F	H
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Member Rights: Voluntary Disenrollment

At Nascentia Health Options, we are grateful for your membership. We are proud that you have chosen us to be your managed long term care plan.

Each year, we are required to provide our members with their disenrollment rights. If you are pleased with Nascentia Health Options and do not wish to make any change, you do not need to take any action.

We value you as a member and know that you are with us voluntarily. If you decide that our plan no longer meets your needs, you can choose to voluntarily disenroll from the plan. You will simply need to speak to a member of our Nascentia health team and complete a voluntary disenrollment form. If you still require community-based long-term care needs, you will be transferred into another managed long term care plan. If you no longer require community-based long-term care services, you may return to fee-for-service Medicaid.

■ Staying Warm this Winter with Oatmeal



Oatmeal Bowl Ideas

Oatmeal is one of the world's healthiest grains and super easy to dress up however you prefer! Naturally gluten-free, this whole grain has been proven to assist in weight loss, lowering blood sugar, and reducing the risk of heart disease. A quick, easy, and warm snack or meal perfect for cold winter days, oatmeal is also a great source of important vitamins, minerals, fiber, and antioxidants to keep you healthy during the winter months. Good with just a few simple ingredients or loaded up, oatmeal can also be a snack or a full meal with a wide variety of toppings.

Here are some examples of great oatmeal toppings!

- » Seasonal fruits (blueberries, apples, peaches)
- » Nuts (walnuts, almonds, pistachios, pecans)
- » Honey
- » Peanut butter
- » Chocolate
- » Sunflower seeds
- » Bacon (try savory-style oatmeal recipes)

Fried Banana & Almond Maple Porridge

Ingredients

- » 1/2 cup steel cut oats
- » 1 1/2 cups milk (almond milk, oat milk, or like substitute)
- » 4 tsp maple syrup
- » Pinch sea salt
- » 1 tbsp vegetable oil (coconut oil, or like substitute)
- » 1 tsp coconut sugar or brown sugar
- » Pinch cinnamon
- » 1 banana
- » 1/4 cup almonds, chopped
- » 2 tbsp butter (almond butter, or like substitute)

Instructions

- » In a saucepan, add steel cut oats and toast at medium heat, stirring often, until they create a nutty aroma (3–5 minutes).
- » Pour in milk of choice, maple syrup, and a pinch of salt. Bring to a boil, then reduce heat and let simmer. Cook for 25–30 minutes, stirring occasionally.

Tip: add splashes of milk while cooking for desired consistency.

- » Meanwhile, in a skillet, heat oil to medium heat and sprinkle with sugar and cinnamon.
- » Cut banana in half down the center and place cut side down on the skillet. Fry each side for approx. 30 seconds to a minute, or until golden brown.
- » Remove bananas from skillet and add chopped almonds to skillet. Toast, stirring occasionally, until browned (5 minutes).
- » Place oats in a bowl, top with fried bananas, toasted almonds, melted butter, and maple syrup (if desired).

Combating the “Holiday Blues”

“Holiday Blues” are real feelings many of us experience throughout the holiday season. The holidays are often filled with high expectations, financial hardships, and activities that contribute to increased stress and physical exhaustion.

Loss of loved ones, whether recent or throughout the years, contributes to increased feelings of sadness, especially during the holiday season. The pandemic of COVID-19 has separated us from family and friends, and the loss of connectivity to others has a profound impact on our mood state. Even the initial reduction in the amount of daylight due to daylight saving time is a contributor in feeling depressed during this time of year.

It is important to recognize that we are not alone in feeling some stress and sadness during the holiday season. Acknowledge your feelings, focus on self care, and develop a plan to reduce stress to enhance your experience during and after the holiday season. Try these tips to feel better this time of year.



Increase Self Care.

We often place too many high expectations of ourselves throughout the holiday season. We try to do too much, spend over our budgets, and find ourselves overwhelmed and exhausted when the holidays are over. Take control of the stress that you are feeling with increased self care through setting boundaries based on your physical and financial abilities. It's OK to reduce the pressures and expectations on yourself that the season brings, and do not be hard on yourself for this. Everyone has special circumstances in their lives, and it is important to acknowledge and identify your limitations to feel better overall. Set time aside and develop a plan to reduce stress. Identify the source of your stress and develop a solution-focused plan to reduce the causes of your stress. Your care manager or care coordinator can help identify and guide you to the appropriate community resources if you are having difficulty and require outside intervention.

Acknowledge the grief and loss of someone you love.

The holiday time increasingly reminds us of how special our loved ones are to us. It's OK to talk about our feelings regarding loss to a relative or friend. Are you feeling lonely? Reach out to someone that you haven't spoken to in a while. Reconnection with others can reduce our sadness and depression and helps us recognize that we are not alone in our feelings, especially during holiday time. Honoring your loved one in a special way also eases sadness through appreciation and recognition of the love and impact that person had on your life.



Seek assistance to enhance your overall well-being.

Naturally, some changes in our physical self and mood state are normal as we adjust to the change in seasons and demands of the holidays. When the holidays are over, many of us may also experience an increase in depressed mood state. If your depression and anxiety disrupt your normal routine and you don't enjoy the activities that you used to, it's important that you make an appointment with your primary care doctor to discuss how you have been feeling. Your doctor can guide you to the best treatment to help you feel better, whether that be medication management or just talking with a therapist to help you work through your feelings with support and intervention. Your feelings are important and supportive assistance is available in your community and covered by insurance.



Taking the proper steps toward accepting the need for change and reaching out for additional supportive services will enhance your overall emotional wellbeing and promote a happier, healthier you this year.



Winter Safety Tips

Avoid slipping during wintery weather

It can be easy for anyone to slip and fall with winter's icy, snowy sidewalks and roads. Often, these falls cause major injuries such as hip and wrist fractures, head trauma, and major cuts and bruises.

If you can avoid going out on a snowy, icy day, stay inside until the roads, your steps, and walkways are clear and lightly salted. Avoid going out after dark when re-freezing of melted snow or ice is more likely to occur.

If you must go out, proper footwear reduces your risk of falling. Be prepared and examine your footwear ahead

of time to be sure it offers good traction with non-skid soles.

If you use a cane or walker, replace any worn tips to give you better traction and make walking easier. Once you return indoors from any outdoor setting, be sure both you and



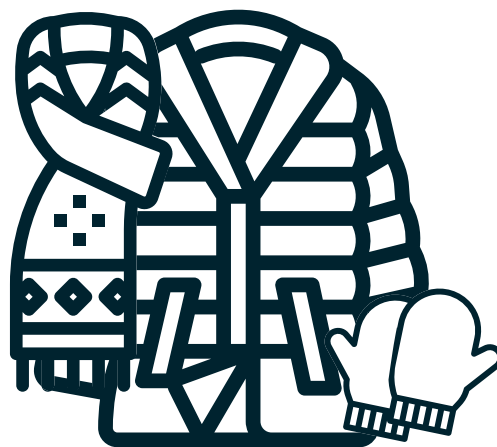
any others entering your house remove their shoes and boots at the door. Snow and ice may have attached to your footwear and once melted in your home, can lead to slippery conditions and contribute to falls.

Dress for warmth

Cold temperatures can lead to frostbite and hypothermia, both of which are caused when the body temperature dips too low.

Hypothermia occurs when your body temperature drops below 95 degrees. You

don't have to venture outside in the wintertime to develop hypothermia. This deadly condition can set in right in your own home. Adults over sixty years of age



and children under five tend to lose body heat quickly. Depending on your exposure, hypothermia can set in gradually or very quickly, and you may be unaware that it is happening. It is particularly dangerous because it affects your ability to think clearly, which decreases the likelihood that you will reach out for help. Symptoms of hypothermia include excessive shivering, slurred speech, clumsiness, weak pulse, memory loss, dizziness, redness of the skin, and loss of consciousness. Hypothermia is a medical emergency and needs immediate medical attention. Treatment should be determined by medical professionals.

Some tips to avoid hypothermia while in your home include:

- » Keep the thermostat always set to at least 68 degrees
- » Dress in layers around the house
- » Wear thick dry socks and slippers
- » Avoid alcoholic beverages as alcohol consumption causes you to lose body heat

When heading outdoors, wear warm socks, dry footwear, a heavy coat over layered clothing, a warm hat, gloves, and a scarf. In very cold temperatures, you should cover all exposed skin. Use your scarf to cover your mouth and face and a hat to protect your head and ears.

Preparing for wintry weather and power outages

Space heaters can supplement other types of home heat sources. These heaters should be located clear of clutter and not left unattended. Many fires have been caused by improper use of these heaters.

Using a fireplace, gas or kerosene heater, or lanterns can lead to carbon monoxide poisoning if not used correctly. Ensure your safety by following the manufacturer's directions for use. Check the batteries on your carbon monoxide detector and, because many detectors have an

expiration date, purchase an updated detector if needed. Test your carbon monoxide detector once a month each winter. Understand the symptoms of carbon monoxide exposure, which include shortness of breath, nausea or dizziness, headaches, and a feeling of confusion. You will need to exit your house immediately with these symptoms and call for medical help.

When the power goes out, be sure you have access to working flashlights, a battery-powered radio, warm blankets, and, if available, a charged cell phone. Longer power outages can spoil food in your refrigerator and freezer so keep a supply of non-perishable foods on hand that can be eaten without heating.

One of the most important tips when your power goes out is to call someone to let them know that you are without power and may need help. During these cold months, ask for help when you need it. Whether you need to clear your steps of snow and ice or stock up on nourishing groceries, don't hesitate to ask a family member, friend, neighbor, or hire a professional.

Wintertime certainly poses challenges for all, but with a bit of planning and awareness, you can stay safe and experience the joy of wellness during this season.



New Providers October 2021–December 2021



Please join us in welcoming the newest members of our provider network. A complete list of providers is available by calling (888) 477-4663 or by visiting nascentiahealthoptions.org/member-materials.

Provider	Service	Counties Served	Address/Phone
Accent Physical Therapy, P.C.	Outpatient Physical Therapy	Onondaga	6620 Fly Road, Suite 102 East Syracuse, NY 13057 (315) 399-4770
AdaptHealth Patient Care Solutions Inc.	Durable Medical Equipment	All 48 covered counties	600 Lindbergh Drive Moon Township, PA 15108 (855) 404-6727
Portzline Day Program	Social Adult Day Care	Cortland	6 N. West Street, Suite 5 Homer, NY 13077 (607) 283-6456
Family Medical Supply, Inc.	Durable Medical Equipment	All 48 covered counties	3074 Brighton 3rd Street Brooklyn, NY 11235 (347) 708-3333
New Journeys Structured Day Program	Social Adult Day Care	Saratoga	100 Saratoga Boulevard Suite 8 Ballston Spa, NY 12020 (518) 309-3557
Luxury Limos LLC	Transportation	Allegany, Chemung, Livingston, Steuben	1086 Industrial Park Road Hornell, NY 14843 (607) 382-7712
Marton Care Inc.	Consumer Directed Personal Assistance	All 48 covered counties	405 N. French Road, Suite 118 Amherst, NY 14228 (716) 772-3727
Midtown Medical Transportation	Transportation	Chautauqua, Erie, Monroe, Niagara	1501 11th Street Niagara Falls, NY 14305 (716) 290-0189
Northeast Express Courier Service, LLC	Transportation	Clinton, Essex, Franklin, Hamilton	1428 State Route 3 Morrisonville, NY 12962 (518) 645-4266
Penn Yan Manor Nursing Home, Inc.	Skilled Nursing Facility	Yates	655 N. Liberty Street Penn Yan, NY 14527 (315) 536-2311

Nascentia HealthOPTIONS

TOMORROW'S HEALTHCARE TODAY

1050 West Genesee St.

Syracuse, NY 13204

nascentiahealthoptions.org

(888) 477-4663



Member Advisory Committee



Did you know that Nascentia Health Options has a Member Advisory Committee that meets twice a year? This committee is for our members. The purpose is to give members a voice and an opportunity to meet with other MLTC members and leadership to discuss the current status of the health plan and share your thoughts about being a member of Nascentia. We are a strong, growing plan and your feedback is important to us!

If you or your family member or representative are interested in joining the Member Advisory Committee meeting, please contact June Misnik at (315) 477-9278 or jmisnik@477home.org.

The next Member Advisory Committee will be held June 8, 2022 at 2:00 PM both in person and via phone. We hope you will join us!