



# Geisinger

## Pennsylvania summer

The Healthcare Leadership Team

As summer arrives across Pennsylvania, it brings longer days, warmer weather and renewed opportunities to focus on our health, families and communities. This newsletter helps you and your loved ones stay well this summer, with tips on building healthy habits and local resources to support you.

Want a simple yet delicious recipe to make at home or bring to a BBQ? You'll find it in this newsletter, along with tips on where to find fresh food grown close to home. Remember to drink plenty of water and move your body every day (even if it's not official "exercise"). Linking these habits to things you already enjoy can help them stick.

Most of all, take time for the people and activities that bring you joy. Social connections and laughter really do play a meaningful role in your overall health.

Wishing you a healthy and safe summer!

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### What's inside

#### **Black bean salad**

Refreshing recipe with health benefits!

#### **Promoting brain health**

The wellness word search returns to the newsletter!

#### **Controlling high blood pressure**

What is it and how do I prevent or manage it?

#### **Community resources**

Spotlight on food insecurity and resources

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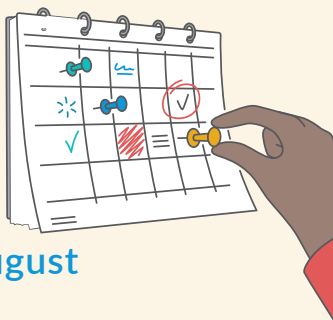


## Selecting a primary care provider

Medicare beneficiaries may select their primary care provider (PCP) on the medicare.gov website. The how-to video is on YouTube at [youtu.be/AZ7h-rqshG4](https://youtu.be/AZ7h-rqshG4). A Spanish-language version is available at [youtu.be/baCO37UqJHU](https://youtu.be/baCO37UqJHU).

## Health awareness holidays

### June, July & August



In **June** we focus on Cancer Survivors Day, Cataract Awareness, Men's Health, Migraine Awareness, National HIV testing Day, Nurse's Assistant's Honor and Helen Keller Deaf-Blind Awareness.

**July** focuses on UV Safety Month, National Parents' Day, Eye Prevention Recreation Week and Eye Injury Prevention Month.

**August** focuses on National Immunization Awareness Month, Medic Alert Awareness Month, Senior Citizen Day and National Night Out

## Recipes: Must try!

### Black bean salad (4 servings)

- 1 15.5 oz can low -sodium black beans
- 1 15 oz can low sodium whole-kernel corn
- 1 medium bell pepper (diced)
- 1 medium tomato (diced)
- 1 teaspoon minced garlic
- 2 teaspoons chopped cilantro
- 3 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- Juice of 1 medium lime

### Instructions:

Drain and rinse beans and corn. In a large bowl, toss together all the ingredients. Chill for 1 hour before serving.

### Heart health benefits:

Black beans are a great source of fiber and protein which can help lower "bad" cholesterol. Bell peppers, onions and garlic are rich in antioxidants and vitamins supportive of vascular health.

American Health Association Recipes: [recipes.heart.org/en/recipes/black-bean-salad-or-salsa](https://recipes.heart.org/en/recipes/black-bean-salad-or-salsa)



## Need help affording your medications?

Programs are available for those who meet certain financial requirements and some pharmaceutical companies offer reduced pricing on certain drugs based on financial need. Call **570-808-4704** to learn more.



## Promoting brain health

H S U F I T B B A L A N C E A  
Y E W G H B L H E P Y I K R D  
P L E Q Y U O R X R N C M C K  
E F L X D M O X E E U H Z P F  
R C L Q R Q D P R V T O X J X  
T A N B A L P G C E R L A N L  
E R E U T I R V I N I E X L E  
N E S O I O E J S T T S Y Q N  
S M S B O K S F E I I T O A O  
I I O F N D S H H O O E H Q P  
O C K E U O U F M N N R A D J  
N P Z J P N R K K B P O Q N A  
I C Q Z X M E U M A G L Y B J  
V W K T V Q E A E R O B I C B  
E Q M N S C R E E N I N G S L

Aerobic  
Exercise  
Prevention

Balance  
Hydration  
Screenings

Blood pressure  
Hypertension  
Self care

Cholesterol  
Nutrition  
Wellness

## Lyme disease and tick bite prevention

The Center for Disease Control estimates 476,000 Americans contract Lyme disease, a tick borne illness, annually. Although Lyme disease can easily be treated, symptoms that range from flu like illness and heart inflammation can occur. Taking precautions during these warmer months can help to decrease risk of tick bites.

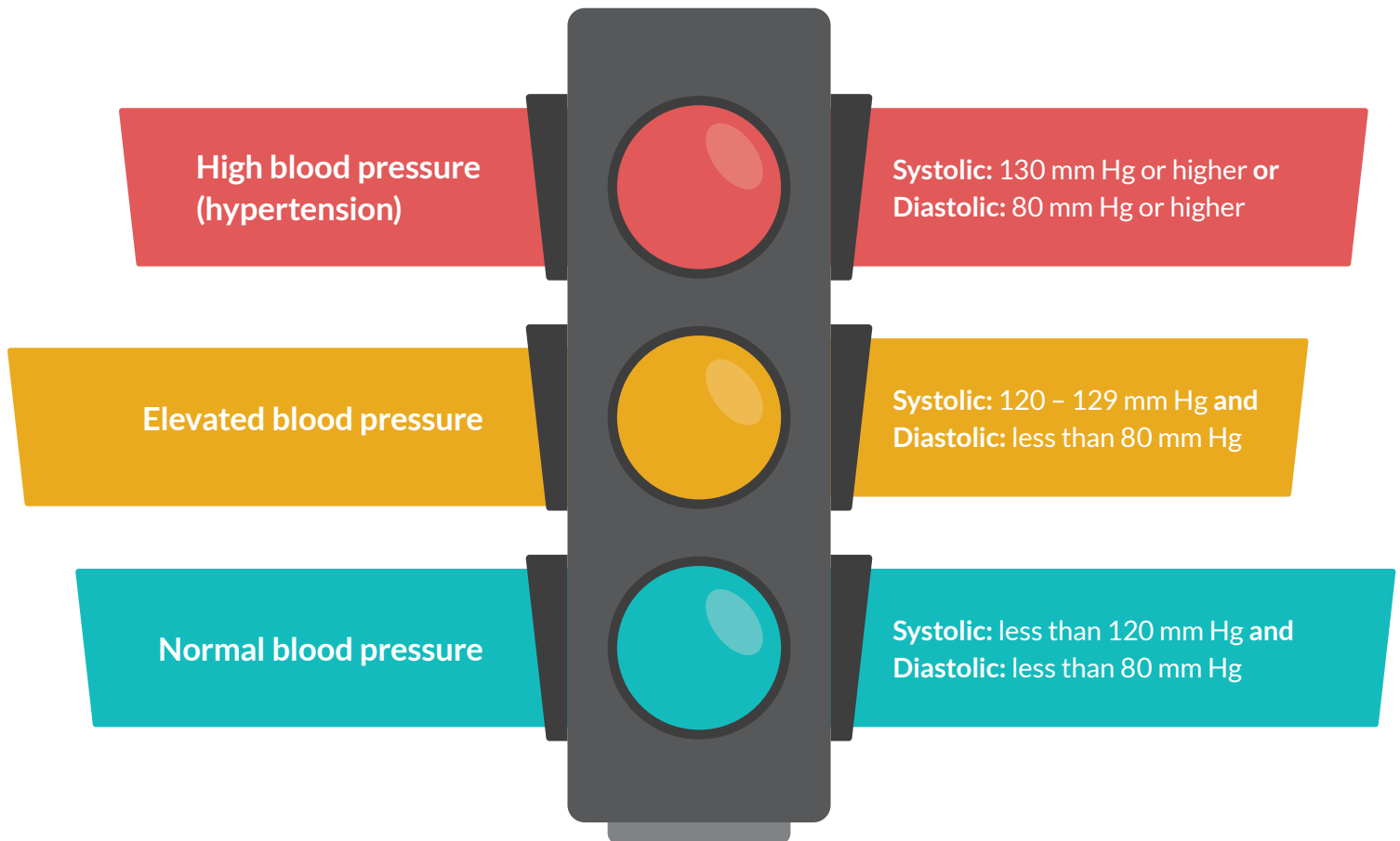
### Steps to prevent tick bites

- Wear protective clothing such as long socks, pants, and closed toe shoes.
- Wear a hat or tie your hair back to prevent ticks from getting to your scalp.
- Use insect repellent or treat clothing with 0.5% permethrin to deter ticks.
- Shower and check yourself for ticks after a potential exposure.
- Check your pets for ticks daily and explore tick prevention options.



# Health spotlight:

## controlling high blood pressure



Blood pressure is the pressure of blood pushing against the walls of your arteries. Normal blood pressure is less than 120/80 mm Hg – anything higher is called hypertension, and if you're consistently above the normal range, you may face health risks, such as heart disease, heart attack and stroke.

### Diagnosis

Your healthcare team can diagnose high blood pressure. They can also make treatment decisions by reviewing your systolic (first number) and diastolic (second number) blood pressure levels and comparing them to guidelines.

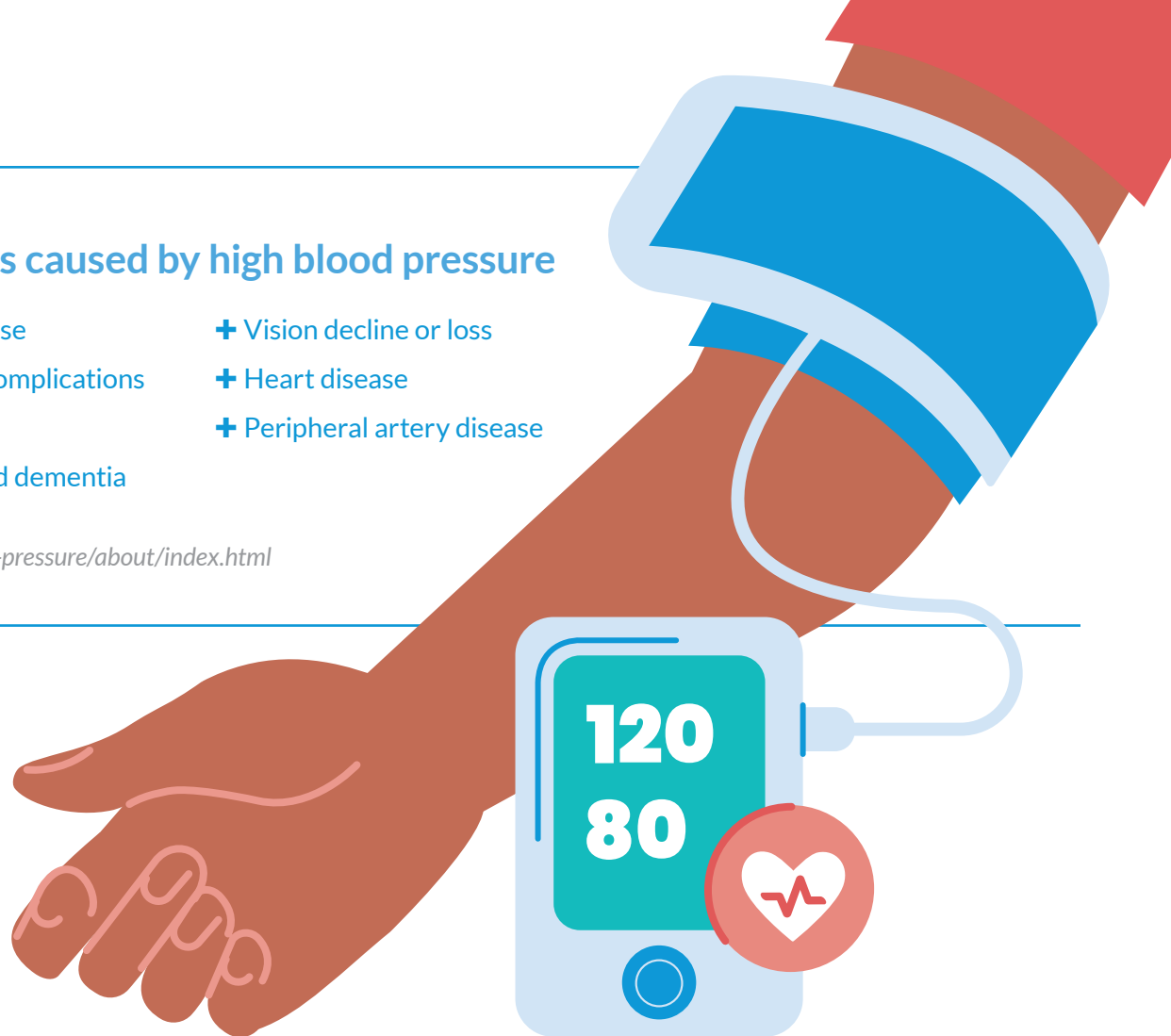
### Signs and symptoms

High blood pressure usually has no warning signs or symptoms. Measuring your blood pressure is the only way to know if you have hypertension.

## Health problems caused by high blood pressure

- + Chronic kidney disease
- + Pregnancy-related complications
- + Stroke
- + Cognitive decline and dementia
- + Vision decline or loss
- + Heart disease
- + Peripheral artery disease

Source: [cdc.gov/high-blood-pressure/about/index.html](https://cdc.gov/high-blood-pressure/about/index.html)



### Causes

It can occur because of unhealthy lifestyle choices, such as not getting enough regular physical activity. Certain health conditions, such as diabetes and obesity, can also increase the risk for developing high blood pressure. Depression, anxiety, stress or post-traumatic stress disorder over a long period of time may develop other health problems, including an increased heart rate and high blood pressure.

### Prevention

Many people with high blood pressure can keep their numbers in a healthy range by making lifestyle changes. Talk with your healthcare team about:

- + Physical activity each week (about 30 minutes a day, 5 days a week)
- + Not smoking
- + Eating a healthy diet, including limiting sodium (salt) and alcohol
- + Keeping a healthy weight
- + Managing stress

### Talk with your health care team right away if:

- + You think you have high blood pressure.
- + You've been told you have high blood pressure but do not have it under control.

By taking action to lower your blood pressure, you can help protect yourself against heart disease and stroke.





# Social resource corner: food insecurity



At Geisinger, we recognize that access to healthy food is essential to good health. Food insecurity can impact chronic disease management, recovery and quality of life, especially for older adults and vulnerable populations.

Through our Food Is Health approach, Geisinger offers and supports several programs designed to meet people where they are, including:

- Mobile food programs that bring healthy food to local communities
- Help connecting to food assistance benefits like SNAP
- Connection to emergency food support when it's needed most
- Fresh Food Farmacy®, which supports people living with diabetes by providing healthy food, education and care support. *Contact your primary care provider to determine if you meet eligibility criteria.*

## Finding help near you

The Senior Farmers Market Nutrition Program provides eligible Geisinger ACO members with access to fresh, locally grown fruits and vegetables. Contact your County Aging office by visiting Area Agencies on Aging or by calling the Bureau of Food Assistance, 717-787-2940, for distribution and application site information.

Geisinger also partners with community organizations through Neighborly, an online resource that helps people find food assistance and other helpful services close to home. Mobile food programs are also available.

To explore food resources and other support services in your area, visit [neighborlypa.com](https://neighborlypa.com).

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## Looking for farmers markets?

Penn State has an interactive map of local farmers markets across the state! Visit [extension.psu.edu/farm-market-finder](https://extension.psu.edu/farm-market-finder).

# Sun protection: SPF explained

**All sunscreen includes an SPF rating, which refers to how well it protects against the UVB rays that cause skin to burn.**

SPF measures about how long it would take your skin to burn with sunscreen when used correctly versus wearing nothing at all. For example, if it would take your bare skin 10 minutes to burn, SPF 15 should increase that by 15 times. That means it will prevent sunburn for up to 150 minutes.

The higher the number, the better the protection. An SPF 15 blocks about 93% of UVB rays, while SPF 30 blocks about 97% and SPF 50 blocks around 98%.

To find the best sunscreen for you, start with the label. Look for products that say:

- **Broad-spectrum protection**
- **Water resistant**
- **At least SPF 30**

Apply sunscreen generously to all exposed skin. A general guideline is to use about a 1-ounce dollop for your entire body. If you're using a spray-on variety, spray each body part for about 5 seconds. And don't forget to reapply every 2 hours or immediately after swimming or sweating.

Sunscreen alone can't fully protect your skin from the sun's UV rays, especially if you're outside for extended periods. So, before you head outside, remember to:

- **Avoid peak hours.** The sun's rays are strongest between 10 a.m. and 4 p.m.
- **Cover up.** Wear protective clothing that completely covers your arms and legs.
- **Remember the sensitive spots.** Apply sunscreen to your ears, scalp, neck and tops of your feet, and use lip balm with sunscreen.

And don't forget about sunscreen once summer is over. Use it all year for healthy skin.



## Schedule appropriate preventive screenings:

- |                                             |                                                           |
|---------------------------------------------|-----------------------------------------------------------|
| <input type="radio"/> Mammograms            | <input type="radio"/> Colonoscopies                       |
| <input type="radio"/> Eye exam              | <input type="radio"/> Dental visits                       |
| <input type="radio"/> Annual wellness visit | <input type="radio"/> Updated annual vaccines (flu/COVID) |





Geisinger Accountable Care Organization  
M.C. 30-55  
100 N. Academy Ave. Danville, PA 17822

Phone: 570-271-6403  
Fax: 570-214-1314  
Website: [geisingeraco.org](http://geisingeraco.org)



## Medicare resources

For more information on accountable care organizations, contact Medicare at **800 MEDICARE** (800 633 4227) and ask for the Medicare ACO Department. TTY users should call **877 486 2048**. You can also visit [medicare.gov/acos.html](http://medicare.gov/acos.html).

To contact Geisinger ACO, call **570 271-6403**.