Fall newsletter



Geisinger

What's inside

Butternut squash soup
Refreshing recipe with health benefits!

Promoting brain health
The fall wellness wordsearch

Colorectal cancer screening FAQs
How easy is it to get screened for colorectal cancer?

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Changing seasons, continued care

At Geisinger ACO, we believe better health happens when patients, caregivers and healthcare professionals work together toward a common goal: Your health. We're here to help you stay informed, supported and connected to the care you need. Let's make fall a season of good health, connection and wellness!

Healthy fall recipe

Butternut squash soup with avocado & chickpeas

High fiber, low calorie

- ☐ 1 15-ounce can light-sodium butternut squash soup
- ☐ ¾ cup canned chickpeas or white beans, rinsed
- ☐ 1 tablespoon lime juice
- ☐ 1 teaspoon curry powder
- ☐ Pinch of salt
- ☐ 2 tablespoons diced avocado or your favorite in-season vegetable
- ☐ 1 tablespoon nonfat plain Greek yogurt



Instructions:

Heat soup, chickpeas or beans, lime juice, curry powder and salt. Top with avocado or vegetables and yogurt.

November: National Alzheimer's Disease Awareness Month

Alzheimer's is the most common form of dementia. While the exact cause is unknown, we do know it involves the abnormal formation of protein deposits. Early symptoms include cognitive decline, memory loss or behavioral changes. Although there is no cure, you can take steps to combat the disease's development or progression.



Steps include: Exercise, healthy diet, regular sleep, mental stimulation, social engagement and stress management.



Selecting a primary care provider

Medicare beneficiaries may select their primary care provider (PCP) at medicare.gov. The how-to video is on YouTube at youtu.be/AZ7h-rqshG4. A Spanish language version is available through the Medicare site, es.medicare.gov or directly at youtu.be/baCO37UqJHU.

Promoting brain health

Autumn
Pumpkin
Vaccine
October
Prevention
Nutrition
Screening
Hydration
Harvest
Leaves
Nature
Walking
Immunity
Community
Balance
Safety

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

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 bases on financial need.
Call **570-808-4704** to learn more.



MEASLES
CAN BE SERIOUS AT ANY AGE

Measles can affect older adults.

Measles is very contagious and can cause serious illness in adults—not just children. Complications are more common in children younger than 5 years and adults older than 20 years.



What you need to know:

Common measles symptoms include high fever and rash. Measles can also cause a cough, runny nose, and red, watery eyes.

If you are infected with measles, it can cause complications like pneumonia or brain swelling that might require hospitalization.

If you're not protected, you're at risk. If one person has measles, up to 9 out of 10 people nearby will become infected if they are not protected.

Protect yourself and your family with the MMR vaccine

The best way to protect yourself and your family against measles is with the measles, mumps, and rubella (MMR) vaccine. Receiving two doses of MMR vaccine is 97% effective at preventing measles; receiving one dose is 93% effective.

Vaccination protects you and other people who may not be able to get the vaccine, including babies and people with weakened immune systems.

How do I know if I am protected?

- Check your vaccination records.
- If you were born before 1957 or received at least one dose of the MMR vaccine at age 12 months or older, you are considered protected against measles.
- Two doses of MMR are recommended to protect certain adults at increased risk of exposure to measles. This includes adults who work or study at post-high school education institutions, healthcare personnel, and people who are at increased risk during a local measles outbreak.

Talk to your healthcare provider about MMR vaccination

- If you have not received 2 doses of MMR vaccine in the past.
- If you were born **in** 1957 or later and don't have your vaccination records.
- If you were born **after** 1957 and live in an area having a measles outbreak. (You may need one or two doses of the MMR vaccine based on local recommendations.)
- If you were born **after** 1957 and are traveling abroad or to a domestic area with a measles outbreak. (You may need one or two doses of the MMR vaccine before your trip.)
- If you were vaccinated in the 1960s with a version of the vaccine that is no longer used. (You may need to get the updated MMR vaccine. It is safe to get another MMR dose, even when you are already immune.)

If you think that you have measles or have been exposed to someone with measles, isolate yourself from other people and call your healthcare provider, urgent care, or emergency room before arriving to be tested. Do not arrive at a healthcare facility without giving advance notice.

What is screening for **colorectal cancer** and who needs it?



Because colorectal cancer may not cause symptoms at first, it's important to get screened, so the disease can be caught early, when it's most treatable.

Most experts recommend screenings at ages 45 through at least 75. Those over 75 or at high risk should talk to their providers about a screening schedule.

Screenings include stool tests and procedures such as colonoscopies and flexible sigmoidoscopy. Your provider can tell you what you need.

If you have possible symptoms or abnormal screening results, you may need more tests, such as a digital rectal exam, biopsy or other blood and tissue tests.

Can colorectal cancer be prevented?

Avoiding the risk factors that you have control over may help prevent some cancers. That includes:

- Not smoking
- Limiting alcohol to under three drinks per day
- Managing your weight

You can also:

- Get regular colorectal cancer screenings
- Have polyps removed before they can become cancerous
- Get regular exercise



Schedule appropriate preventive screenings:

- O Mammograms
- O Eye exam
- O Annual wellness visit
- O Colonoscopies
- O Dental visits

Fall bucket list

- ◯ Visit a pumpkin patch
- ◯ Carve a pumpkin
- ◯ Visit an apple orchard
- ◯ Visit a farm
- ◯ Plant fall flowers
- ◯ Plant spring bulbs
- ◯ Decorate for halloween
- ◯ Visit a farmer's market
- ◯ Read a book
- ◯ Go on a picnic
- ◯ Do some fall baking
- ◯ Bake cookies
- ◯ Have hot apple cider
- ◯ Host a bonfire
- ◯ Go on a nature walk
- ◯ Go on a scavenger hunt
- ◯ Plan your fall wardrobe
- ◯ Host a game night
- ◯ Take family photos
- ◯ Try a new craft
- ◯ Watch a movie outside
- ◯ Try a new craft
- ◯ Cook with seasonal vegetables

Source: danielle-moss.com



Protect your health this season

Fall is the right time to begin thinking about protection against the flu, other viral illnesses and colds. People ages 65 and older are at greater risk from serious complications from flu and other illnesses. Staying up to date on recommended vaccines can help protect you and your loved ones during the colder months.

Vaccines to ask your healthcare provider about:

- **Flu:** Most people should get this every year.
- **COVID-19:** Ask if the most recent COVID-19 vaccine is recommended based on your age, health status and health history.
- **RSV:** Respiratory syncytial virus can cause serious respiratory illness in older adults.
- **Shingles:** Shingles can cause a painful rash and lasting nerve pain in adults who've had the chicken pox virus. Ask if this two-dose series is right for you based on your medical history.
- **Pneumococcal:** Pneumococcal vaccination helps prevent against bacterial infections like pneumonia.
- **MMR:** The MMR vaccine protects against measles. Even if you've had the shot as a child, an additional dose may be recommended if you're at increased risk during an outbreak.

For most, September or October is the ideal time to get vaccinated. If you miss that time frame — it's still better late than never!

CDC ACIP Recommendations Summary
cdc.gov/flu/hcp/vax-summary/seasonal-influenza-vaccines.html

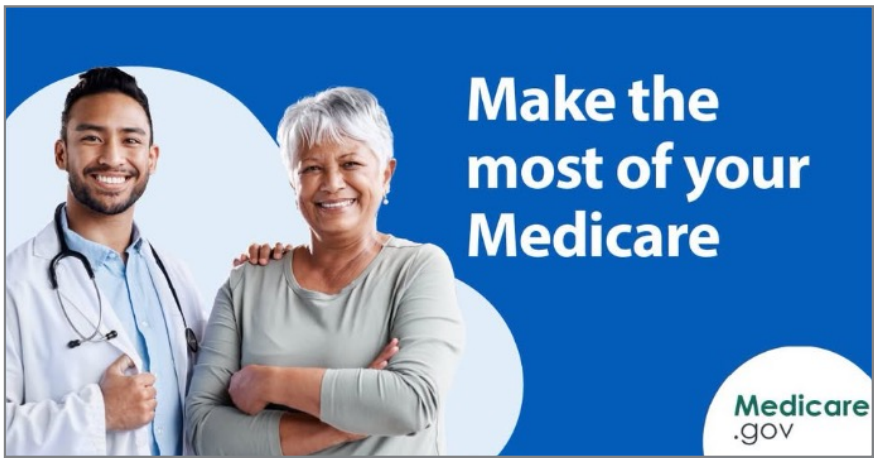
CDC Recommended Vaccinations for Adults
cdc.gov/vaccines/imz-schedules/adult-easyread.html

Your fall health checklist:

- Get your annual flu vaccine
- Talk with your healthcare provider about other recommended vaccines
- Wash your hands regularly and avoid close contact with people who are sick







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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** Or visit **medicare.gov/acos.html.**

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