



HEALTHY CONNECTIONS

A Publication for Hometown Health's Senior Care Plus Members

Senior Care
Plus 

AUGUST 2018

MANAGE YOUR FAMILY'S HEALTH ONLINE THROUGH RENOWN HEALTH'S MYCHART

It is Easy and Secure and You Can Designate a Family Member as Your Proxy



Coordinating your healthcare involves several areas, such as appointments, prescription refills and wellness screenings. Grow your healthcare team by designating a family member as your MyChart Proxy.

MyChart, Renown's secure online patient portal, provides patients the tools they need to access their healthcare information anytime. With MyChart Proxy, you can give this same access to a member of your family, such as a spouse, allowing them to participate in your care.

Your proxy will be able to:

- View upcoming appointments or request appointments
- View lab results
- Email your doctor on your behalf
- View medications and request prescription refills
- View health reminders

When you activate someone as your proxy, you will not lose access to any of the tools and benefits within MyChart. Your proxy will be able to login and toggle back and forth between their own healthcare information and yours.

To designate someone as your MyChart Proxy, talk to your doctor about signing up for proxy access. You and your proxy will both need to sign the MyChart Proxy form.

For more information, call MyChart Customer Service at 775-982-2781.

SENIOR FITNESS CORNER

*Senior Care Plus/Hometown Health
Nurse Share's Her Fitness Tips With You!*

DIET AND EXERCISE! How many times have we heard those words? It's the answer to all that ails us. It sure is easy to say, but not so easy to do. I think I have been on a "diet" since high school and have even coached patients in a weight loss clinic during my career as a registered nurse. Today's buzz word for seniors is exercise. It's not the spandex and gym type of exercise, but the Senior Citizen version. I promise to not even use the "E" word in the rest of this article.

For older adults good health ensures independence, security, and productivity. However, millions of us struggle everyday with health and safety challenges such as

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Senior Fitness Corner Continued from page 1

chronic disease, frequent falls, and mental health issues. All of these can severely impact our quality of life. Many studies have shown associations between a degree of physical activity and mortality. These studies show that the more physically active we are, the better our overall health and wellness. 30% of people age 45-64 say they engage in regular leisure physical activity. This number falls to 15% for those of us between the ages of 65-74 and 5% for people 85 and older.

So how do we get started and not feel overwhelmed or easily discouraged? **GET UP AND MOVE.** Start slowly. Find things to do that work for you and are within your limitations. Get up and move around once per hour. Walking is the easiest and best thing we can do, unless you are wheelchair bound of course! Many people are more likely to walk if they have a buddy or two to walk with. The ability to rise from a seated position is a critical measure of longevity, so try doing chair squats. Squat down until your butt touches the chair, tighten your core (the muscles in your pelvis, lower back, hips, and abdomen), and stand back up. Repeat this several times to increase your strength. "Workout" while you do every day chores such as vacuuming. Tighten your core as you move forward and backward exaggerating your movement and changing

hands to give both sides of your body the benefits. Kick up your daily activities to include a little more movement.

Check out the National Institute on Aging at www.go4life.nia.nih.gov. There you will find activities for people over 50.

The most important thing to remember is that no matter our health and physical abilities, we all gain a lot by staying active, including:

- * Improving the ability to do the everyday things (called ADL's or activities of daily living)
- * Reduce falls by improving balance
- * Manage and improve diseases like diabetes, heart disease and osteoporosis
- * Reduce feelings of depression and improve mood and overall wellbeing

For those of you with Senior Care Plus Value Rx Enhanced HMO, a gym membership is included in your plan for those who are so inclined. And for those of you who are not... I encourage you to crank up your favorite tunes and dance around while dusting or loading the dishwasher. Use a basketball slam dunk to put clothes in the washing machine. Combine lunges with vacuuming. Be inventive like me. Make a game of it because "If it isn't fun, I don't want to do it!"

About the Author

My name is Ann R Potts, RN. I was born and reared in Washington DC. While born in the city, I spent my summers on a farm in West Virginia and loved being a country girl! I have been a nurse for 53 years and am thrilled to continue working at Hometown Health. I have a passion for educating my fellow seniors how to live healthy and active lives. I have been married to my husband, Christopher, for more than half a century and am still loving and living every day with joy. We have two daughters and five grandchildren, a 5lb Yorkie and an 18lb cat. I am active in church activities at St Rose of Lima, the Reno South Rotary, and am a Board member with Community Health Alliance. I love family, food, wine, parties, and laughter. You will always find me ready with a joke!





SHOULD I BE ON A STATIN?

Statin Therapy Can Help Lower Cholesterol

Statins are prescription medications used to lower your cholesterol. Too much cholesterol in your blood can be harmful because it sticks to the walls of your arteries, which narrows them, and sometimes even blocks them. This puts us at serious risk for a heart attack or a stroke. Statins work by interfering with the production of cholesterol in your liver. They lower your LDL (bad cholesterol), and increase your HDL (good cholesterol). Statins are relatively safe for most people, but should be avoided in people with active or chronic liver disease, and women who are pregnant.

For many years, doctors prescribed statins based largely on cholesterol test results. However, recently the American Heart Association and American College of Cardiology have shifted away from focusing only on cholesterol numbers, and are now recommending that those with high risk factors like high blood pressure and diabetes also take a statin medication preventively. People who have no symptoms or no history of heart disease can still be at risk of having a heart attack or stroke. Your doctor will assess your risk for a cardiovascular event using a risk calculation tool in the office.

Statin Therapy is recommended for the following individuals:

- Adults 40-75 years old with no history of cardiovascular disease; 1 or more risk factors (high cholesterol, diabetes, hypertension, smoker); and have a calculated risk score of 10% or greater.
- Adults 21 and older with a very high LDL (190 mg/dL or higher)
- Adults who have cardiovascular disease, including angina, heart attack, stroke, transient ischemic attack (mini-stroke), peripheral artery disease, or have had treatment to treat a clogged artery (coronary bypass surgery or angioplasty)
- Adults age 40-75 who have diabetes

Cardiovascular disease is the leading cause of death in the United States. Approximately 92 million American adults have at least one form of cardiovascular disease. Having unhealthy cholesterol levels places people at significant risk for developing cardiovascular heart disease. Persons with diabetes are also considered to be at risk for cardiovascular disease. Talk to your primary care provider about your risks, and whether a statin is right for you.





DOWN

2. If you are diabetic, this is collected annually to test your kidney function
3. Your PCP collects a personal and family medical ____ to better assess you
4. This lab will tell you your risk of having plaque in your arteries
5. Short for Primary Care Provider
7. Your provider may test you for this using a A1c blood draw
8. During your AWW, your PCP will go over ____ & Exercise
9. Females may receive a ____ & Breast Exam during their AWW
11. If you are considered high risk for cardiovascular disease, your PCP may prescribe this
13. Recommended twice a year to ensure good oral health
14. This comprehensive assessment is completed at every wellness visit
15. SCP is proud to offer this added benefit to keep you fit
18. This exam is recommended every year to keep you 20/20
20. A type of visit with your PCP where you talk about your general health and concerns
22. Your PCP can screen your eyes for ____
23. Procedure you should have every 10 years to prevent colorectal cancer
25. Men, be sure to have your ____ screened at age 50
28. During your AWW, your PCP will review each ____ for drug interactions
30. What you could do to keep your weight down, stay healthy, and feel good
37. This A1c ____ is drawn to monitor your diabetes
40. Where surgeries are performed
41. Wellness means to ____ Healthy!

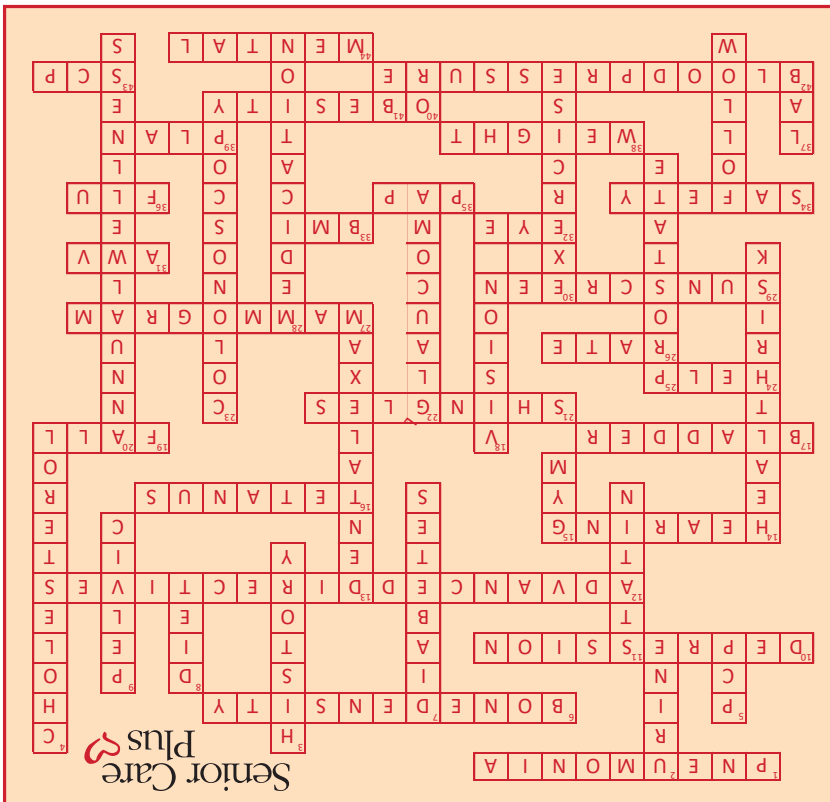
WELLNE



PUZ

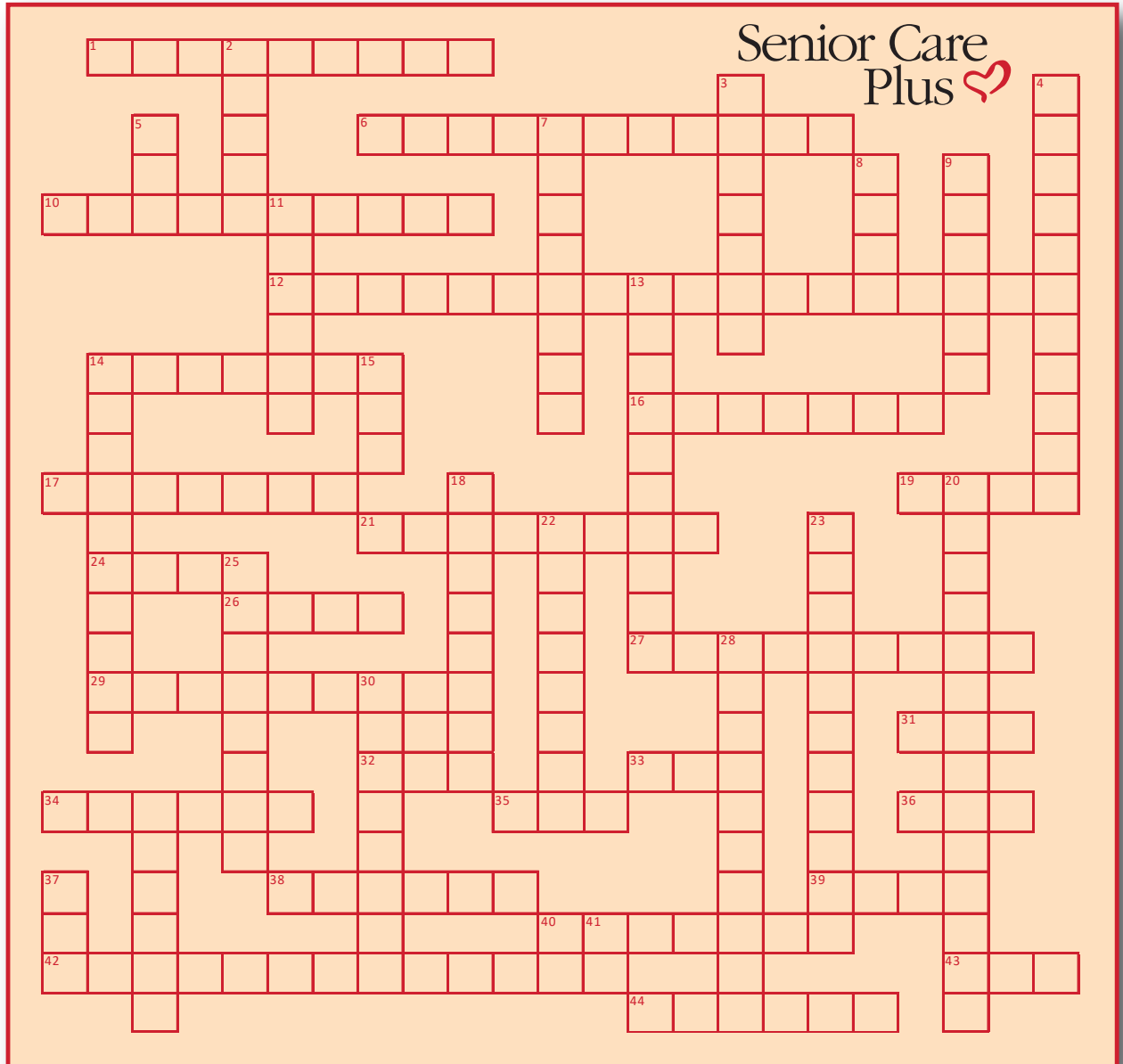
ACROSS

1. Series of two vaccine you should receive after the age of 65
6. Screening to check for osteoporosis (brittle bones)
10. Your PCP will complete a ____ screening annually to assess your heart health
12. Every SCP member should have this end of life plan
14. Your ears are assessed in this screening
16. Vaccine you receive every 10 years, especially if you have diabetes
17. Your PCP should talk to you about urinary and ____ health
19. One in four seniors do this each year
21. Now a two dose series recommended after the age of 65
24. Did you know your PCP can ____ you quit smoking?
26. When taking your vitals, they often check your heart rate
27. Recommended every 2 years after the age of 40 for people with diabetes
29. Protection for your skin to prevent skin cancer
31. Short for Annual Wellness Visit





CROSSWORD PUZZLE



of 65

ess your mental health
ning document

u step on a rusty nail!
health at your AWW

of 50

women

32. People with diabetes should have a retinal ____ exam every 1-2 years
33. Short for Body Mass Index, this measurement is evaluated at every visit
34. During your AWW, your PCP will complete a generalized ____ evaluation
35. Females receive this exam every three years until the age of 65
36. Vaccinaton you should get each fall
38. Your PCP can help you to maintain a healthy ____ with diet and exercise
39. At your AWW, you and your PCP will discuss your individualized ____ of care
40. ____ is the number one cause of type 2 diabetes
42. A healthy ____ ____ should fall below 140/90
43. ____ is your hometown health partner
44. Your PCP will discuss both your ____ and physical health at your AWW



PREVENTING SHINGLES IS IN YOUR BEST INTEREST!

Ask Your Doctor About Shingrix® Shingles Vaccine

Have you ever heard someone complain about a painful rash called shingles? While shingles is not usually life threatening, it can be very painful and uncomfortable. The chance of getting shingles in your lifetime is 1 in 3. Although, young adults can get it, the risk of shingles increases as you get older. Now there is a new vaccine, Shingrix, which can prevent shingles in patients fifty years of age and older.

Shingles is caused by the virus that also causes chickenpox. 99% of the population show signs of an infection with the virus even if they don't remember having chickenpox. After you get over your chickenpox episode, the virus lies dormant in your body's nerves. Years or decades later, if your immune system is weakened, the virus can reappear. The virus can cause pain which can either be mild or debilitating since it damages the nerves of the skin. In some people, even the slightest touch from clothing or a breeze, can be excruciating. The pain usually lasts three to four weeks but in some people it can turn into chronic pain.

Shingles shows up as pain or a tingling sensation on one side of the face or torso, followed by a red rash and small fluid filled blisters. Almost always, the pain begins 1 – 2 days in the area in which the eruption will occur, but before the rash has begun. You might feel pain, burning, or sensitivity to touch. You may also experience fever, headache, sensitivity to light, or fatigue. Most often it develops as a stripe of blisters that wrap around the left or right side of your torso. But sometimes it can occur around one eye or on one side of the neck or face. See a doctor promptly if

you think you may have shingles because there are treatments that can help.

There is no cure for shingles but there are prescription medications that help you heal faster and reduce the chance of complications. These medications are called antivirals. It is best to start taking one of these prescription antivirals at the first sign of symptoms. For the pain, your doctor may also prescribe pain relief medications or numbing agents.

There are two vaccines that help prevent shingles. Shingrix is the newest and preferred vaccine on the market. It replaces the Zostavax® vaccine, which many of you may have already received. Even if you have had the Zostavax® vaccine, you should also get the new Shingrix® vaccine. Shingrix® is better than the Zostavax® vaccine because it is more effective in preventing shingles. Shingrix® is recommended for people 50 and over, and can be used even if your immune system is not working well. The older Zostavax® vaccine loses its effectiveness over time and seems less effective in people over 70. It is recommended that people who already received the Zostavax® get re-vaccinated with the new Shingrix® vaccine. You can get shingles more than once, so if you have already had shingles, you should still consider getting vaccinated.

The new Shingrix® vaccine is given once, and then given again in two to six months. You will need two shots. Senior Care Plus patients pay a \$47 copay for each vaccination. The total cost of both vaccinations is \$94. If you are fifty years of age and older, please ask your doctor about the new vaccine.





Senior Care Plus Club



In late May, the Club went on the road to Minden for a fun Fitness Day and we had Jacques Magician visit the Club in Reno in June.

Join The Club!

Don't miss the August Meeting in Reno where we will do Picasso Painting - go online or call to reserve your seat!





A Publication for
Hometown Health's
Senior Care Plus
Members

Senior Care
Plus 

A Medicare Advantage Plan from Hometown Health.

10315 Professional Circle
Reno, NV 89521

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AUGUST 2018

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Senior Care
Plus  Club

Next Club Meeting in Reno:

Picasso Painting Class & Coffee!

Join us for a fun painting class and let the talented Picasso instructors guide you step-by-step through an original painting.

Everything will be provided – RSVP Required!

What: Picasso Painting Class

When: **Wednesday, August 8, 3:00 p.m. to 5:00 p.m.**

Where: Hometown Health Building
10315 Professional Circle, Reno, NV 89521

*Reserve your seat by calling
775-982-3191 or visit the
website at SeniorCarePlus.com
and click on Senior Care Plus
Club Events.*



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