A publication for AvMed Medicare Members

Live Like You Mean It

AvMed Member Gayle C.

Caregiving Tips and Resources

The Many Benefits of Travel
ASPIRE

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AvMed, one of Florida’s largest
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companies, provides quality
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Yourself to
Help Others
Advice for
caregivers

in every
issue
Dear Member:

Summertime usually means travel, and our feature story (page 8) sums up how it can help your health – as well as your outlook! Whether you’re visiting friends and family or enjoying a vacation, travel is a great opportunity to expand your horizons, regardless of destination.

Many studies link vacation travel to health benefits, but most of the ones we hear about focus on short-term, immediate gains such as reduced stress and improved attitude. You may not know vacation travel also offers long-term health benefits, such as reduced risk of heart disease or Alzheimer’s. With that in mind, I’m even more motivated to travel for pleasure and, after reading our cover story, you may be, too.

In the spirit of health and wellness, “Care for the Caregiver” (page 10) discusses the importance of remembering to care for yourself when caring for others. Caregivers often don’t even find the time to go to their own doctor appointments, putting them off because they’re too busy caring for their loved ones or friends. Often, diseases that could be caught early, advance until they’re much worse or even life-threatening. We’ve outlined a number of resources for caregivers, and we hope you find it helpful.

This edition of Aspire also showcases one Member’s inspiring story of helping others live their best lives using lessons from her own personal challenges. She stays fit, too, using her SilverSneakers® Fitness membership. Of course, SilverSneakers also opens the door to Walkadoo™, our tracker-based walking program that’s exclusive to AvMed Members in South Florida and at no additional cost to you. If the heat of a Florida summer doesn’t drive you inside health clubs or fitness classes, maybe SilverSneakers can!

However you choose to spend it, here’s to your health for an active, healthy and happy summer!

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Questions About AvMed Coverage or Benefits?
Call us! We’re here to help. Contact AvMed Member Services at 1-800-782-8633 (TTY 711 or 1-800-955-8771) Monday–Friday, 8 a.m.–8 p.m.; Saturday, 9 a.m.–1 p.m.
Deals on Health

In the market for discounts on health products and services? Check out ChooseHealthy®, a new, easy-to-use, online health and wellness values program for AvMed Members. The website offers discounts on a wide range of products and services to keep you on the road to better health. For example, through the ChooseHealthy program you can receive up to 25 percent off complementary healthcare services from more than 33,000 acupuncturists, massage therapists and registered dieticians.

This no-cost program also offers discounts on many health improvement products, ranging from vitamins and supplements to body care. Most products are shipped free. Whether you are shopping for vitamin C, energy bars or a therapeutic massage, ChooseHealthy can help.

To learn more about ChooseHealthy and view discounts, visit AvMed.org and click on Health and Wellness or call 1-877-335-2746 (TTY 711 or 1-800-955-8771) Monday–Friday, 8 a.m.–9 p.m.

get screened
Colorectal Cancer

Colorectal cancer is the second leading cause of cancer death in the United States. “Screening for colorectal disease is among the most important preventive actions,” says AvMed’s Medical Director for Medicare, Edwin Rodriguez, M.D. Different types of screenings can help find colorectal cancer early, when it may be more treatable. The U.S. Preventive Services Task Force recommends screening between the ages of 50 and 75 using high-sensitivity fecal occult blood testing, sigmoidoscopy or colonoscopy.

Talk with your doctor about whether you are on schedule with your screenings. For screening guidelines, visit AvMed.org, select Health and Wellness then Prevention and Education.
HEALTH INFO IS JUST A PHONE CALL AWAY

Got health questions? Want information? AvMed’s free Nurse On Call service is available around the clock. Members call or email with a registered nurse who provides information on a range of health subjects, from colds to serious illnesses. The nurse can help Members make informed decisions, including when to call a doctor.

Reach AvMed’s Nurse On Call 24 hours a day, 7 days a week. Call 1-888-866-5432 (TTY 711 or 1-800-955-8771) or email NurseOnCall@AvMed.org.

Protect Yourself From the Flu

With flu season coming up soon, it’s important to plan ahead and get your flu shot early, so you are well-protected. The Centers for Disease Control and Prevention recommends everyone 6 months or older receive the vaccine annually. The flu shot is free at your doctor’s office or at a participating AvMed pharmacy. Learn more about the vaccine at CDC.gov/Flu.

Know Your BMI

ARE YOU TIPPING THE SCALES AT a healthy weight? To find out, you need to know your body mass index (BMI). BMI is a measure of body fat based on height and weight that helps determine whether you are overweight, underweight or just right. AvMed recommends that Members have their BMI checked by their primary care physician. The results help determine whether people are at risk for certain diseases. For example, a high BMI can increase the risk of conditions such as high blood pressure, stroke, type 2 diabetes, osteoarthritis and some cancers. On your next visit to your primary care doctor, ask about your BMI.

PHARMACY DRUG COVERAGE AT YOUR FINGERTIPS

On the first of each month, you can find updated information about AvMed’s prescription drug coverage online, including formulary changes, authorization requirements and more. Visit AvMed.org/PreferredMedicationLists.aspx to learn more.
Sometimes she says the letters stand for “spunky old broad,” which is the informal name of her mentoring business. Other times, it’s “spunky, open and brave.” AvMed Member Gayle C., 77, a part-time Miami resident, is both. And she is working hard to help other women achieve SOB status by mentoring them.

A veteran businesswoman, Gayle has owned and worked in a range of businesses, from career training schools to event planning. These days she is a frequent speaker, adviser and coach to CEOs and managers, author of five books, and host of two Internet radio shows with 170,000 listeners a month. However, the professional activity that tops her list is working as a mentor to women 50 and older.

If that seems like a lot to have on one’s plate, factor in her two-hour-long morning workouts seven days a week. She travels between homes and belongs to three gyms, two through the SilverSneakers® Fitness program. She also volunteers for many organizations. “I just don’t stop. I love what I do,” she says.

Her mentoring business grew out of her sense that she has valuable lessons to offer younger women. “I bill myself as someone who helps women who are 50 and older reinvent themselves from the inside out, whether personally or professionally,” she says.

She knows firsthand many of the challenges that women over 50 face, both at work and at home. She is no stranger to health problems or difficult
life events. She has survived three bouts of breast cancer and 16 surgeries since 1987. In the past 12 years, she also lost her husband and her oldest son. Despite these difficulties, she stayed positive.

CHOOSING HAPPINESS
After her husband’s death, people would often ask why she was smiling. “I feel that there are two choices. You can be sad or happy, and I would rather be happy,” she says. “The bottom line when my husband died was that I had to go on. It wasn’t the end of me. I still miss him terribly, but it didn’t do me any good to be depressed.”

When she looked around, however, she saw that many women didn’t feel the same way. She especially noticed that women 50 and older sometimes feel invisible; at home, many are caregivers, and their sense of self-worth and potential was suffering. “I saw people were stuck and I knew I could help them, whether in their personal or their business lives. I have lived through all these things, and I felt I could be a role model.”

Those thoughts led to her mentoring business. Among the messages she tells clients are: “Be the best you that you can be.” And there’s another thing she tells people. Printed on the back of her business cards are these words: “You need a kick in the butt.” That’s because “we all do,” Gayle says. Being the best you doesn’t mean you can stop trying. Instead, it’s grounds for trying even harder. As Gayle explains, a key to life is always striving to be an even better version of yourself. ●
Summer Travel

for your health!

It's good
IT'S SUMMERTIME! EVEN THOUGH school is a distant memory for most AvMed Medicare Members, summer will never lose its associations with vacation and travel. Maybe that travel is visiting friends and family, exploring new parts of the country or traveling overseas. For some people, travel is about education. For others, relaxation tops the list. Some like to go solo, while others prefer group tours. Or it may be about staying home but exploring new areas (see “Staycation Ideas: The Comfort of Home” in the magazine's pullout section). And many people enjoy a little bit of everything.

Benefits of Travel
Regardless of how, when and where you travel, it turns out that you are likely getting a lot more out of it than new experiences and some great pictures. Traveling has many health and wellness benefits, according to several studies. In 2013, the Global Coalition on Aging looked into a large number of research studies and found a lot of reasons why we should all get out a map and start planning our next trip.

Travel and Healthy Aging
“Because it challenges the brain with new and different experiences and environments, travel is an important behavior that promotes brain health and builds brain resilience [strength] across the life span,” reports Paul Nussbaum, Ph.D., President and Founder of the Brain Health Center, Inc.

Study results show:
- After only one or two days of vacation, 89 percent of people relax, leaving their daily stress behind.
- Not taking enough vacations may increase the risk of heart attacks: Women who took a break only every six years or less often were at a much higher risk of heart attack or coronary death than those who took two vacations every year.
- Men who skipped their annual vacation had a 20 percent higher risk of death and 30 percent higher risk of death from heart disease.

Health and Social Advantages
Travel requires effort, both mental and physical. These activities, it turns out, are good for one's health.

Consider the following:
- Staying physically active – as required for a lot of travel – results in lower rates of heart disease, stroke, high blood pressure, falling, diabetes and some cancers.
- Seeing new things and meeting new people benefits you socially. Social participation also helps improve mental health in older adults.
- Many of the activities that travelers tend to do, such as visiting museums, lower the risk of Alzheimer's disease by as much as 47 percent.

These benefits are great, and the best part is that they can be yours without going far. “Travel does not have to be an exotic or expensive outing,” reports the Global Coalition on Aging and Transamerica Center for Retirement Studies. The two organizations released a 2013 report (available on transamericacenter.org) that found trips with family and friends were the most enjoyable.
Commit to taking a walk every day. Caregivers are often overwhelmed from a busy workday, so just walking may help recharge your mind and body.

care for the caregiver

Helping yourself benefits others
Many of us have been, are or will be caregivers in our lifetime. Perhaps it will be for short periods of time, when a friend or a loved one has a brief illness or recovers from a medical procedure. However, increasing numbers of Americans – 65 million – are caregivers for family members or friends who have chronic conditions or are aging and not fully independent, according to the report, Caregiving in the United States, by the National Alliance for Caregiving in collaboration with AARP.

Making sure that our loved ones are cared for is important and can be very rewarding. “Caregiving can build intimacy, wisdom and insight,” notes Nell Lake, author of The Caregivers: A Support Group’s Stories of Slow Loss, Courage, and Love. But caregiving can also be challenging, as Lake observed when she spent two years sitting in on a support group for caregivers.

SELF-CARE

It’s very important to make the time to take care of yourself when you are busy caring for others. That’s because caregiving can take a toll on the caregiver. When compared with non-caregivers, studies have found higher rates of depression in caregivers. Lifestyle can also suffer – caregivers tend to have worse habits.

“One of the most important things a caregiver can do is to value their own well-being,” says Lake. Commit to taking a walk every day. Just walking may help recharge your mind and body. “Remember that self-care is going to keep you going. So is building into your day whatever you can that provides some relaxation and self-nurturing,” Lake adds.

RESOURCES FOR CAREGIVERS

Ranging from online information to local services in your community, there are many support services for caregivers. Here is a selection of helpful websites:

AARP’s Caregiving Resource Center is packed with information and resources.
AARP.org/Caregiving

The Aging & Disability Resource Center of Broward County has an Information and Referral Program that serves as a one-stop shop for local senior and caregiver services.
954-745-9779

The Alliance for Aging has a Family Caregiver Support Specialist to assist seniors and caregivers with accessing services.
305-670-4357

Alzheimer’s Association provides information and support, including a 24/7 Helpline, for those with Alzheimer’s disease and caregivers.
Alz.org

American Cancer Society’s website has a section devoted to caregiving.
Cancer.org/Treatment/Caregivers

ARCH National Respite Network lists programs to help give caregivers a break.
ArchRespite.org

Caregiver Media Group has a website that is for, by and about caregivers.
Caregiver.com

Family Caregiver Alliance gathers information and includes a state-by-state list of support services.
Caregiver.org

Powerful Tools for Caregivers offers a self-care training program.
PowerfulToolsforCaregivers.org
What is your advice for controlling high blood pressure?

This is such an important question because high blood pressure affects so many Americans. One-third of adults in this country have high blood pressure and only about half of them are controlling it effectively, according to the Centers for Disease Control and Prevention. There are many medicines that can help control high blood pressure. There are also several lifestyle factors that can help. The most important things are to quit smoking, eat a healthy and low-salt diet, exercise regularly, limit alcohol intake, manage stress and lose weight. These habits not only help lower blood pressure, but they also reduce the risk of its complications, such as stroke and heart attack. Anyone with high blood pressure should monitor themselves regularly at home to keep track of it and be on top of possible complications.
AvMed’s Healthy Living and Care Management Programs

CAN WE HELP YOU?

Do you face chronic illness? Talk to your doctor about our Healthy Living programs that can offer you support for the following conditions:

- Asthma
- CAD - coronary artery disease
- Diabetes
- COPD - chronic obstructive pulmonary disease
- Congestive heart failure

An acute condition, injury or illness can require complex therapy. Our Care Management Team can work closely with you to address complex health issues. We offer a variety of Care Management Programs including:

- **Complex Care** - for Members who are experiencing a catastrophic event or diagnosis or who have multiple diagnoses requiring coordination and support
- **Short-Term Care** - for Members who could benefit from extra support following a health issue
- **Transitional Care** - for Members who have been discharged from a hospital and are transitioning back home or to a skilled nursing facility
- **Specialty Care** - for Members who have specialized health issues such as high-risk pregnancy and transplant

If you think you can benefit from one of our programs, please call AvMed Member Services at 1-800-782-8633 (TTY 711 or 1-800-955-8771) Monday–Friday, 8 a.m.–8 p.m.; Saturday, 9 a.m.–1 p.m.

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**Answers**

1. a. Bullitt
   b. Goldfinger
c. Hud

2. a. Footsteps
   b. A map
c. Footsteps

3. c. An anchor
   d. Barbarella
   e. Pollyanna

---

Crossword Solution

```
  1. c: Bullitt
   b: Limp large
   a: Massive bliss
   g: Hair of shag frame
   2. e: Goliath
   d: Polikrep
   c: Hud
   a: Adham
   g: Hair of shag frame
   3. c: An anchor
   b: A map
   e: Pollyanna
```
**ACROSS**

1 Nail
5 Thick carpet
9 Glory
13 Anger
14 Ethereal
15 Gladness
16 Eden dweller
17 Wilted
18 Huge
19 Pope’s home
21 Air pollution
23 Lode yield
24 Tool
25 Remove
29 Tax agency
30 Post-traumatic stress disorder
32 Roman dozen
33 Administrative officer
36 Radioactivity unit
37 Disks
38 Unattractive
39 Theme

40 "He swept her off her ___.”
41 Before (prefix)
42 The Cat
43 Covers with gold
44 Electroencephalograph (abbr.)
45 Factual
46 Spoil
47 Earlier form of a word
49 World Wide __
50 Snake
53 Black stone
55 Frostiness
57 Beginning to happen
60 Mature
62 Alack’s partner
63 Makes unclear
64 Stunned
65 Large freshwater fish
66 Carves
67 Past
68 Bench

**DOWN**

1 Well done!
2 Radio detection and ranging
3 Multicolored rock
4 Prefix for half
5 Caesar, Cobb, potato
6 Ketchup maker
7 Extremity
8 Cheats
9 Banners
10 Sky
11 Monosodium glutamate
12 Vane direction
15 Flaxen
22 Melody
26 Stand out
27 Lent a hand
28 Pages of things to do
29 Climbing vine
30 Eye opening
31 Cereal brand for kids

33 Indian money
34 Heron
35 Lament
36 Fizzy drink
39 Itsy bitsy
40 In good health
42 Firing lines
43 Mongolian desert
46 Hairlines, shorelines do this
48 Tracts of open land
49 Windshield clearer
50 Misrepresent
51 Japanese city
52 Resource
54 Pictures used for medical imaging
56 Dozes
57 Alphabet
58 Annual shots prevent this seasonal ailment
59 Gone to lunch
61 Battle of __ Jima
**Answers on Page 13**

### Games

1. **NAME THESE ONE-WORD MOVIE TITLES OF THE 1960S:**
   **a.** Steve McQueen played a San Francisco cop looking for the underworld kingpin who killed his witness.
   **b.** James Bond, played by Sean Connery, foils a plot to raid Fort Knox.
   **c.** A young Paul Newman starred as the title character in this story of alienated youth in Texas.
   **d.** This campy sci-fi movie based on a French comic strip starred Jane Fonda.
   **e.** Hayley Mills played a young girl whose sunny disposition changes a small town.

2. **WHAT AM I?**
   **a.** The more you take, the more you leave behind.
   **b.** What has rivers but no water, forests but no trees, and cities but no people?
   **c.** What do you throw out when you want to use it, but take in when you don’t want to use it?

3. **WHAT DO THESE NUMBERS HAVE IN COMMON?**
   3  7  10  11  12  17

### Recipe

**Chicken Kebabs With Minted Yogurt Sauce**

If you like, make a double batch of the minted yogurt sauce and use it to toss with cooked potatoes for a side dish.

#### INGREDIENTS
- ½ cup plain low-fat yogurt
- ½ cup chopped fresh mint
- ½ teaspoon grated lemon zest
- ½ teaspoon salt
- ½ teaspoon pepper
- 3 tablespoons fresh lemon juice
- 2 teaspoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 pound skinless, boneless chicken thighs, cut into 16 chunks
- 1 red onion, cut into 16 chunks
- 16 cherry tomatoes

#### INSTRUCTIONS
1. In a small bowl, combine yogurt, mint, lemon zest, ¼ teaspoon of salt, and ¼ teaspoon of pepper. Cover and refrigerate until serving time.
2. In a shallow bowl, combine lemon juice, oil, garlic, oregano, remaining ¼ teaspoon salt and ¼ teaspoon pepper. Add chicken and onion, tossing to coat.
3. Preheat broiler. Alternately thread chicken, onion and cherry tomatoes onto 8 skewers. Broil kebabs, turning occasionally, for 8 minutes, or until chicken is cooked through. Serve with minted yogurt sauce.

#### GOOD SOURCE OF
niacin, selenium, vitamin B6

#### NUTRITIONAL INFORMATION PER SERVING
209 calories; 7.5 g total fat; 1.8 g saturated fat; 3.2 g monounsaturated fat; 1.5 g polyunsaturated fat; 2 g dietary fiber; 25 g protein; 10 g carbohydrate; 96 mg cholesterol; 419 mg sodium

More recipes are available through AvMed’s Healthy Living programs. Just visit [AvMed.org](https://AvMed.org) and log in to your AvMed account. On the left-hand side of the screen, select Health and Wellness and under Tools for a Healthier You, click on Wellness Portal powered by Healthyroads®.
- AvMed Member Services: 1-800-782-8633 (TTY 711 or 1-800-955-8771)
  Monday–Friday, 8 a.m.–8 p.m.;
  Saturday, 9 a.m.–1 p.m.
- AvMed Nurse On Call: 1-888-866-5432 (TTY 711 or 1-800-955-8771)
  24 hours a day, 7 days a week
- Member Link Line: 1-800-806-3623
- Fraud and Abuse Hot Line: 1-877-286-3889
- AvMed website: AvMed.org
- AvMed Medicare Facebook: Facebook.com/AvMedMedicare

Walkadoo is a fun fitness program that includes a small wireless pedometer (Pebble), daily emails with steps goals, and a website to check your progress and earn points. Sign up and order your Pebble now – it’s easy!

1. Go to Walkadoo.com/AvMed.
2. In the lower right corner of the screen, click “Order Pebble.”
3. On the next screen, enter your name, email, and birth date, and set your password. Note your password – you’ll need it for future logins! Check the box to agree to the conditions of the program, and click “Join Walkadoo.”
4. Next, if you’d like to add text messages, enter your cellphone number and click “Save and Continue.” If you don’t want texts, click “Skip for Now.”
5. Important! On the next screen, tell us where to ship your Pebble. Enter your mailing address and click “Next.”
6. Success! You’ll see a message that your order has been placed and your Pebble is on its way.

Questions? Call 1-888-423-4632 (TTY: 711), Monday–Friday, 8 a.m.–8 p.m. EST.