

# Healthy You

FALL 2020

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# PROTECT YOURSELF

from cold, flu and  
COVID-19 too

Cold and flu season is here, and COVID-19 is still in our community. There are many ways to protect yourself from germs and stay healthy all season long.





## Get a flu shot.

It's the most important thing you can do to prevent the flu.



## Watch for symptoms.

If you have a high fever, chills and a bad cough, call your provider.



## Wash your hands.

Washing with warm water and soap for at least 20 seconds is best.



## Clean often.

Remembering to wipe down areas you use most, like desks, kitchens and bathrooms, helps stop the spread of germs.



## Continue to social distance.

Staying six feet apart while in public can help stop the spread of germs.



## Get rest.

Our bodies need sleep. If you're feeling sick, take it slow and spend some time resting.



## Eat healthy foods.

Add more fruits, vegetables and whole grains to your diet.

**Talk to your provider  
if you aren't feeling well  
or have questions about  
your health.**



# We want our seniors to **BE WELL**

As you age, you're at risk for more serious complications from the flu.

The flu vaccine can help prevent you from getting the flu. If you have any symptoms like fever, cough, sore throat, runny or stuffy nose, body aches or any other flu like symptoms; call your provider right away.

Neighborhood members can get a flu shot with no cost to you at your provider's office or at a pharmacy such as Walgreens or CVS. Learn more from the CDC:  
<https://www.cdc.gov/flu/highrisk/65over.htm>

For more information, contact Neighborhood Member Services at 1-844-812-6896 (TTY 711), 8 am to 8 pm, Monday – Friday and 8 am to 12 pm on Saturday.

# STAYING HEALTHY at Home

Staying home can help stop the spread of illnesses such as the flu and COVID-19. Staying home does not mean you cannot stay active and well. Staying active and well can keep you healthy. Even small amounts of moderate activity can help keep you healthy and well.

## Here are some ideas to move more at home:

- Take a walk outside
- Turn up the radio and dance like no one's watching
- Mop or vacuum to get your heart pumping
- Work on your garden or yardwork

To learn more tips for staying healthy while stuck at home, visit the American Cancer Society website: <https://www.cancer.org/latest-news/tips-for-staying-healthy-while-stuck-at-home.html>





# Farmers Market SALSA

This easy recipe for salsa uses fresh vegetables you can find in the store or at the farmers market. Serve with fresh vegetables or tortilla chips.



**Prep time:** 15 minutes

**Cook time:** 0 minutes

**Total time:** 15 minutes

## Ingredients

- 1/2 cup corn (canned and drained, frozen, or fresh cooked)
- 1 can (15 ounces) black beans, drained and rinsed
- 1 cup fresh diced tomatoes
- 1/2 cup diced onion
- 1/2 cup green pepper, seeded and diced (about 3/4 of a small pepper)
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped or 1/2 teaspoon garlic powder
- 1/2 cup picante sauce

## Directions

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Refrigerate leftovers within 2 hours.

Recipe sourced from: <https://medlineplus.gov/recipes/farmers-market-salsa/>



# October is **BREAST CANCER AWARENESS MONTH**

Breast cancer is cancer that forms in the cells of the breasts.

It is one of the most common cancers diagnosed in women in the United States, according to the Mayo Clinic.

There are many ways you can lower your risk of breast cancer:

- Get a mammogram. Mammograms are X-rays that can find breast cancer early.
- Be active.
- Eat healthy foods.
- Don't use tobacco and drink less alcohol.
- Know your family history.

Talk to your provider about breast cancer screenings at your next visit.



*Neighborhood Health Plan of Rhode Island is a health plan that contracts with both Medicare and Rhode Island Medicaid to provide the benefits of both programs to enrollees.*

*ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call Member Services at 1-844-812-6896 (TTY 711), 8 am to 8 pm, Monday – Friday; 8 am to 12 pm on Saturday. On Saturday afternoons, Sundays and holidays, you may be asked to leave a message. Your call will be returned within the next business day. The call is free.*

*ATENCIÓN: Si usted habla Español, servicios de asistencia con el idioma, de forma gratuita, están disponibles para usted. Llame a Servicios a los Miembros al 1-844-812-6896 (TTY 711), de 8 am a 8 pm, de lunes a viernes, de 8 am a 12 pm los Sábados. En las tardes de los Sábados, domingos y feriados, se le pedirá que deje un mensaje. Su llamada será devuelta dentro del siguiente día hábil. La llamada es gratuita.*

*ATENÇÃO: Se você fala Português, o idioma, os serviços de assistência gratuita, estão disponíveis para você. Os serviços de chamada em 1-844-812-6896 (TTY 711), 8 am a 8 pm, de segunda a sexta-feira; 8 am a 12 pm no sábado. Nas tardes de sábado, domingos e feriados, você pode ser convidado a deixar uma mensagem. A sua chamada será devolvido no próximo dia útil. A ligação é gratuita.*

សូមយកចិត្តទុកដាក់៖ ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ មានសេវាកម្មជំនួយផ្នែកភាសា ដោយមិនគិតថ្លៃសម្រាប់អ្នក។ សូមទូរស័ព្ទទៅសេវាសមាជិកតាមរយៈលេខ 1-844-812-6896 (TTY 711) ចាប់ពីម៉ោង 8 ព្រឹកដល់ 8 យប់ថ្ងៃច័ន្ទ – សុក្រ ម៉ោង 8 ព្រឹកដល់ 12 យប់នៅថ្ងៃសៅរ៍។ នៅរៀងរាល់រសៀលថ្ងៃសៅរ៍ ថ្ងៃអាទិត្យ និងថ្ងៃឈប់សម្រាក អ្នកអាចត្រូវបានស្នើសុំឱ្យទុកសារ។ ការហៅរបស់អ្នកនឹងត្រូវបានគេហៅត្រឡប់មកវិញក្នុងថ្ងៃធ្វើការបន្ទាប់។ ការទូរស័ព្ទគឺឥតគិតថ្លៃ។