Super Foods Keep Viruses Away

Nothing is worse than catching a summer cold. Beating a summertime sniffle can take longer than in the winter. But, did you know the first line of defense against a cold is a healthy, well-balanced diet? Eating a combination of the foods listed below on a regular basis can help you and your family stay healthy all year long.

- Low-fat yogurt may help boost your immune system due to the probiotics, or “friendly bacteria,” it contains.
- Sweet potatoes are a rich source of Vitamin A, which helps to support your immune system and maintain healthy skin.
- Lean beef has essential vitamins and minerals and is rich in protein, which helps you build lean muscles. It’s also rich in zinc, which is important for healthy cells and your immune system.
- Kiwi contains more Vitamin C than an orange. Vitamin C won’t prevent a cold, but it can shorten the length and severity of symptoms.
- Water helps to balance body fluids and maintain good muscle performance. It also helps the body flush out toxins and prevents constipation.

Get help with BenefitsCheckUp®!

Does the cost of prescriptions cut into your pocket change? Are you looking to save money on housing, rent, utilities and other expenses? If you answered yes, it’s time for a BenefitsCheckUp!

BenefitsCheckUp is a free, online tool that can help older adults, persons with disabilities and low-income families access programs to help with:

- Medical costs
- Meal programs
- Prescriptions drugs
- Legal services
- Heating bills
- In-home services
- Housing/rent

Just log on to www.BenefitsCheckUp.org/hpp, answer a few questions and your checkup is complete! BenefitsCheckUp will generate a personalized report of money-saving programs that you may be eligible to receive! So don’t wait! Get your BenefitsCheckUp today!
Domestic Abuse can cause immediate and lifelong health problems. To protect their health and safety, people who are abused can get a Protection From Abuse order (PFA). It can be obtained at the local courthouse and can help to protect an abuse victim for up to three years. It makes it illegal for an abuser to contact a victim or their children.

A PFA order does not offer protection against a stranger or friend. PFA orders may cover:

- Spouses
- Persons who have lived as spouses
- Domestic partners
- Same-sex couples
- Parents
- Children who live with a parent or caregiver
- Persons related by blood or marriage
- Someone you are dating

Some abusers will not follow the PFA order, but victims can call the police if an abuser ignores it. A victim with a PFA order should keep a copy with them at all times.

To find the domestic abuse program nearest you or to get more information about PFA orders, visit http://pcadv.org. To reach the National Domestic Violence Hotline call 1-800-799-SAFE. TTY 1-800-787-3224.

To reach the National Teen Dating Violence Hotline, call 1-866-331-9474 or text “loveis” to 22522. For TTY, dial 1-866-331-8453.
Vegetarian Tofu Salad
From Penn State Extension Nutrition Links

Ingredients
1 (14- or 15-ounce) package firm tofu, drained
1/4 cup chopped onion
1/4 cup chopped celery
1/4 cup chopped carrots
1 teaspoon garlic powder
1/2 teaspoon salt
1/2 teaspoon ground black pepper

How to
MASH tofu in medium bowl, using large fork or potato masher.
ADD remaining ingredients and stir well.
COVER and refrigerate for at least one hour before serving.
SERVE with whole grain crackers.
REFRIGERATE leftovers.
Vegan version: use 3 tablespoons spicy brown mustard + 1 tablespoon sweet pickle relish instead of the light mayonnaise.

Makes 5 (1/2-cup) servings

Nutrition Facts
Serving Size (117g)  Servings Per Container
Amount Per Serving
Calories 140  Calories from Fat 110

% Daily Value*
Total Fat 13g  20%
Saturated Fat 1.5g  8%
Trans Fat 0g
Cholesterol 5mg  2%
Sodium 260mg  11%
Total Carbohydrate 4g  1%
Dietary Fiber 1g  4%
Sugars 1g
Protein 8g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Vitamin A 29%  Vitamin C 2%
Calcium 10%  Iron 8%

HELPING SENIORS PREVENT SLIPS AND FALLS

Slips and falls can lead to serious injury at any age, but older adults are particularly in danger of them. Maintaining healthy habits, following advice from your doctor and keeping your home safe can help you prevent slips and trips. Here are a few more tips:

• Visit your doctor regularly: Ask your doctor if any conditions you have or medications you are taking cause side effects that can lead to falls. Be sure to tell your doctor if you’ve had any previous falls.

• Stay active: Physical activity can help you reduce the risk of falls by improving or maintaining balance, flexibility, strength and coordination.

• Wear appropriate shoes: Be sure to wear shoes in the correct size that offer support and nonskid soles to minimize slips and falls.

• Keep your home safe: Make sure your home has good lighting in each room. Also, make sure your home has clear space to walk. Repair flooring or carpets that can cause trips. Always keep an anti-slip pad in your shower or bathtub.

• Use assistive devices as recommended: Be sure to use any handrails, canes, walkers, wheelchairs or other assisted devices.
DON’T BE A NO SHOW

If you miss your doctor’s appointment it’s a problem for both you and your doctor. When you miss or fail to schedule a follow-up appointment with your primary doctor or specialist, you don’t get the quality care that you need or that is recommended.

When you are a “No Show” for an appointment, doctors are left with an empty appointment slot that could have been used to see other patients for well or sick visits.

Here are some recommendations:

1. When scheduling your appointment, choose a day and time that is best for your schedule.
2. If you’re unable to keep your appointment, call to cancel before the scheduled time.
3. Tell your provider or his/her office staff if your phone number or address has changed and provide them with all phone numbers where you can be reached, so they can call to remind you of your appointment.

Following these tips will benefit you and your doctor.

MEDICATION AND DISPOSAL SAFETY TIPS

According to the U.S. Centers for Disease Control and Prevention, the leading cause of accidental poisonings among children can be found in your medicine cabinet. The most common medications accidentally taken by children are cough/cold medicines and antidepressants. While overdoses are most common among two-year-olds, they can also happen to the elderly and pets.

For proper disposal, call your city or county household trash and recycling service to see if there is a drug take-back program in your area or hazardous waste collection days.

If you have to throw drugs away, follow these steps from the FDA:

• Take the drugs out of their original containers and mix them with an undesirable substance, such as cat litter or coffee grounds. This makes the drugs unrecognizable to children, pets and people who may go through your trash.
• Put the mixture in a sealable bag or an empty container with a lid.
• Scratch out all identifying information on the label to protect your identity and personal health information.
• DO NOT recycle. Hide the container in the trash.
• DO NOT flush medications down the toilet or drain unless the label tells you to do so. This will help ensure drug residues don’t enter water systems.
• If you are not sure how to properly throw away your medication, ask your pharmacist.
GET YOUR CHILD LEAD TESTED TODAY

Having your child’s lead level tested is important for their health. Lead poisoning is a serious concern, especially for children in Philadelphia, a designated “high blood lead area,” due to the large concentration of older homes containing lead-based paint. Lead can be found in plaster, lead-based paint, lead water pipes, dirt and household dust. These elevated levels can affect development and intelligence, and cause seizures, brain damage and even death.

Lead testing is a key element of Pennsylvania’s Early Periodic Screening, Diagnosis and Treatment (EPSDT) program. The EPSDT program requires that all children under the age of five receive a minimum of two blood lead screenings, regardless of the individual child’s risk factors. Recommended screenings are at 9 to 11 months and 24 months.

For more information, visit the Philadelphia Department of Health’s Childhood Lead Poisoning Prevention Program at phila.gov/health/ChildhoodLead.com.

KEEP YOUR CHILD’S SMILE BRIGHT AND HEALTHY

Keeping children healthy includes regular visits to the dentist for good dental hygiene.

Did you know?

• Having a healthy mouth affects overall health.
• Your child’s doctor is responsible for oral health beginning at age one, or at the first sign of teeth. Your child should start to see a dentist beginning at age three.
• Children need to see the dentist every six months.
• Your dentist can tell you about topical fluoride and sealant treatments to help reduce the risks of cavities and gum diseases.

Free or low-cost health insurance for uninsured kids and teens. Plus gym memberships, Weight Watchers® and more.

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*Cost sharing may vary in Special Plan. H9207_HPM-419-15 Accepted 9/2014

It’s not just Medicare. It’s better care.
Health Partners Medicare is an HMO with Medicare and Pennsylvania State Medicaid program contracts. Enrollment in Health Partners Medicare depends on contract renewal.

For help with this information, call our 24-hour helpline • Si necesita ayuda con esta información, llámenos a nuestra línea de ayuda disponible las 24 horas • Nếu cần giúp đỡ về thông tin này, hãy gọi số điện thoại trực 24-giờ sau đây của chúng tôi • Если вам нужна помощь относительно этой информации, звоните в нашу круглосуточную справочную службу • 如果对这信息有疑问，请致电我们的24小时帮助热线 • 如果对这信息有疑问 请致电我们的24小时帮助热线 • 如果对这信息有疑问 请致电我们的24小时帮助热线 "1-888-477-9800 (TTY 711)"