

Live Well with RiverSpring Health Plans

MLTC 800-370-3600 ISNP 800-580-7000 MAP 800-362-2266

24 hours / 7 days a week

RiverSpring Health Plans 800-771-0088 TTY-711

Do you need HELP with any of our services?



NON EMERGENCY MEDICAL TRANSPORTATION: HELP US HELP YOU (For MLTC and MAP Members only)

- Please remember to call us at least two business days in advance, however, if you have any urgent need for transportation please call us right away.
- Please have the doctor's name and phone number handy so we can process your transportation order.
- Please be ready 15 minutes prior to your pick up time and allow up to 1 HOUR when returning home from medical appointments.
- When ready to return home from your appointment, please contact your transportation vendor directly.

Please keep in mind that same day or next day transportation is not guaranteed due to availability and scheduling.

We appreciate your cooperation!

The Coronavirus

AND PROTECTING YOURSELF FROM INFECTION

Covid 19, the alarming, newly recognized corona virus disease which first appeared in China in December, has rapidly spread to many countries. In China, Italy and other countries, cities have been isolated, schools closed, travel restricted and people confined in their homes to stop the virus from spreading. Covid 19 is now in the United States and has arrived in New York. This virus is very infectious and will almost inevitably continue to spread. While doctors believe that most infected people will have symptoms of a cold or even no symptoms at all, this can be a very serious, fatal disease which is causing a lot of fear.

New information is coming out daily and we want to keep you abreast of new developments. We also want to tell you how to keep yourself safe from Covid 19. There are simple and effective ways to protect yourself and others from infection, like **handwashing**, proper coughing techniques, not constantly touching your face and nose, and,

as much as possible, avoiding crowded places. It's always a good idea to have extra food and supplies on hand in case you can't get out.

Doctors and scientists are studying the disease and working to better diagnose, treat and prevent it. The Centers for Disease Control, World Health Organization and state and local health departments are working to stop the disease from spreading. Right now there is no specific drug against this virus and a vaccine is not yet available.

However, diagnostic tests have been developed and are becoming available. Vaccines are already being tested in laboratories, but it will probably be at least a year before one is available. Antiviral drugs are also under development.

We at RiverSpring Health will work with your doctors and nurses to keep you informed as new facts emerge. In the meantime we know there are

simple, effective ways to protect ourselves, even though a vaccine isn't available yet. You know what they are! **Hand washing is the most important way of preventing infections.** Proper food handling, avoiding shared personal care items and utensils and avoiding crowds to the extent possible, all are effective ways to protect yourself. Try to avoid constantly touching your face with your hands. We all do it without thinking about it, but touching your hands to your face can bring germs from contaminated surfaces to your mouth and nose. Have you noticed that this is the same advice we have for preventing influenza? So, it's also a good time to remind you to be sure that you've had your flu shot.

We want you to be well!



Wishing you
good health,

Dr. Jon Gold

Chief Medical Director



Recipe Corner: Green Salad

We like to offer simple, healthy, tasty and easy to prepare recipes. We also like to discuss vegetables, fruits, grains, spices and staples and encourage you to try new ones. This time we want to talk about salad greens and dressings with only two ingredients.

Greens are important sources of fiber and may be good sources of vitamins and iron. And greens are just the beginning, the base of the salad. You can add any number of other ingredients to make your salad delicious.

Consider trying these greens for your salad: lettuce, kale, endive, chicory, scallions, cabbage, spinach and herbs like cilantro, parsley, and watercress and less well known ones like mizuna, napa or Chinese cabbage, watercress, purslane and cornsalad. You can make interesting and delicious salads with one, some, any and even all of these! And you can add cucumbers, tomatoes, carrots, avocado, beans, chickpeas, fruit (orange slices, grapes, apples, pears, peaches or dried cranberries), nuts, eggs, fish, canned tuna, or meat to your salad!

SIMPLE GREEN SALAD

1. Mixed salad greens, four to six ounces: available pre-washed in a supermarket
2. Slice mall cucumber like a stack of quarters
3. Two small tomatoes quartered (packaged Campari tomatoes and cherry tomatoes, available in supermarkets, are probably the tastiest ones available in winter)
4. If you'd like your salad to be more filling, add any other beans, vegetables, fruits or meat you like

SIMPLE OIL AND VINEGAR SALAD DRESSING

1. One tablespoon vinegar (rice, balsamic, apple cider or whatever kind you have)
2. Three tablespoons olive oil or other salad oil
3. Shake the oil and vinegar in a jar with a top or just mix it with a fork
4. Pour on the salad, toss and eat

MEMBER ADVISORY COMMITTEE MEETINGS DATES FOR 2020

Dear Members,

All are invited to attend our open quarterly Member Advisory Committee Meetings. You can join us in person or you can call in toll free 1-866-226 4650, the conference ID number for all meetings is 800-370-3600. If you would like to attend, we can arrange transportation, please call Member Services if you are interested.

MLTC (11:00AM - 1:00PM) AND MAP (12:30PM - 2:30PM)

May 21st in our Brooklyn Office
August 14th in our Queens Office
November 4th in our Bronx Office

ISNP

Meetings take place at the Hebrew Home in the Biederman Library.
May 5th - 2:00pm - 3:30pm
August 25th - 2:00pm - 3:30pm
November 7th - 10:00am - 11:30am

WE'LL BE CHECKING IN! THE CARE IS ALL ABOUT YOU!

We care about your well-being so expect a call from us monthly. We will call you at home to find out how you are doing. Please don't worry if we call you and you are not home, **we will call you back!!**

AVOIDING SUGAR AS WE AGE

When we reach our "Golden Years," we may develop a craving for sweets. One of the reasons for this is not eating enough of nutritious carbohydrate sources to meet the body's energy needs. This type of craving can be curbed by not skipping meals, and eating small wholesome snacks even if you aren't hungry. A balanced mix of complex carbohydrates such as whole grain breads & grains, protein, and fats in meals can keep your energy up and your blood sugar balanced.

Ideas for wholesome snacks with a pinch of sweetness:

- Plain rice cakes with a drizzle of honey
- Low salt popcorn with a sprinkle of cinnamon
- Cup of berries or fruit with yogurt
- Applesauce with cinnamon

A diet high in sugar and non-nutritious carbohydrates has been linked with decreased memory, new onset diabetes, and overall poor health. Sugar laden sodas, fruit juices, excessive intake of ice-cream, candy, cookies and cakes should be avoided. Keep your diet well-balanced with a little sweetness in moderation for better overall well-being.

EXERCISE IS GOOD FOR ALL OF US!

You and your Aide can exercise together.

Please call us if you would like a copy of our home exercise program!

800-370-3600



Exercise Corner

HANDY WORK



- Clench your fists and twist your wrists in opposite directions (as if you are wringing out wet clothes), continue for up to 20 seconds.



- Move your wrists in circular motions, up to 5 times in each direction.



- Squeeze your fists tightly and then spread your fingers out wide, repeat up to 8 times.



- Bend your fingers slightly and move them as if you were playing the piano.