

## 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!*

# COVID-19 VACCINE

The impact of COVID-19 continues to be severe and there seem to be new developments every day. Two safe and effective vaccines are available now, and there may soon be more. This is really good news. We want to help you learn about them and make sure that you get immunized as soon as possible. Even with these vaccines it's important to understand that we will still need to continue masking, social distancing, avoiding crowds and frequent hand washing to stay safe and get the epidemic under control.

Supplies of vaccine are limited but will be rapidly increasing and getting all 330 million Americans vaccinated is a huge, multistep, complicated endeavor. New York State is prioritizing health care workers, long term care residents, people over 65, people with pre-existing medical conditions and critical workers. Please call us when you have your appointment set up and we

will set up transportation to and from your vaccination site.

There are currently two safe and highly effective vaccines from Moderna and PfizerBioNtech. They are up to 95% effective. While many people won't have any side effects, certain reactions after a vaccination are normal--redness, swelling or pain around the injection site, fatigue, fever, headache and aching limbs are also not uncommon after vaccination. These normal vaccine reactions are usually mild, are relieved with acetaminophen (Tylenol) and subside overnight or after a day or so. People with a history of severe allergic reactions should ask their doctor about receiving the vaccine.

Doctors are still studying whether vaccinated people no longer spread the virus. Until we know, it will be necessary to continue wearing masks and social distancing.

You may have heard about new variants of the virus first found in the United Kingdom, Brazil and South Africa. The new viruses seem to be more infectious and might possibly cause more serious disease. They may even be more resistant to the current vaccines, although this doesn't seem to be the case. The companies are working now to modify vaccines to make sure that they are effective against new strains.

**We want you to stay informed about COVID-19 vaccines and to protect yourself from this infection. Your doctor or RiverSpring Nurse Care Manager is prepared to answer your questions.**



Wishing you good health,

*Dr. Jon Gold*

Chief Medical Director

# Recipe Corner:

## GRAINS FROM FAR OFF PLACES FOR BREAKFAST



These days we can only dream of traveling to far off places, so we're going to invite you on a trip to Scotland or Bolivia using grains for your breakfast cereal: oatmeal from Scotland and quinoa from South America. Grains are rich in vitamins, minerals, proteins, healthy fats and fiber. They must be, because they are seeds and need to give the plants they will become a healthy, vigorous start in life. People eat many kinds of grain: wheat, rice, corn, barley, rye, oats and buckwheat are probably most familiar, and other important grains include quinoa, teff, farro, spelt, amaranth and others. Some of these less familiar grains are becoming more popular and widely available in grocery stores. Many of these grains may evoke particular regions or cultures: rice with Asia, corn with America, quinoa with Bolivia and Peru, oats with Scotland, buckwheat with Eastern Europe and teff with Ethiopia. Any grain can be easily cooked to make a healthy, delicious, filling breakfast. While

enjoying your breakfast of quinoa or oatmeal, let your imagination take you for a moment to the Scottish Highlands or the Altiplano of Bolivia.

Oatmeal from steel cut oats. Groats are whole oat seeds which are used to make oatmeal. They can be pressed flat, like our usual oatmeal or cut into little chunks as in this recipe: Oatmeal made from steel cut oats has the delicious flavor of oatmeal and a very nice, chewy texture. Steel cut oats are usually in the same section of the store as regular oatmeal. And they're a snap to make:

### Steel Cut Oats

for two people

- 1/2 cup of steel cut oats.
- 2 cups of water
- teaspoon of salt (optional)

Add the oats to boiling water, simmer for 30 minutes, drain any water which isn't absorbed and eat with fruit (sliced banana, blueberries, apples raisins or

anything else you like), milk or yogurt, and, if you like a sweetener like brown sugar or maple syrup.

### Quinoa

Quinoa is a small grain which comes from Bolivia and Peru. In addition to vitamins, minerals and fiber it is very high in protein. Quinoa can usually be found in the Hispanic food section of the grocery store. It can be white or red.

- Quinoa 1 cup.
- Water 2 cups
- Salt 1/2 teaspoon (optional)
- Butter 1 tablespoon (optional)

Add the quinoa to boiling water and simmer for 15 minutes. The water should be all absorbed and the quinoa grains will have little white "tails" when they are done. Let it rest for a few minutes.

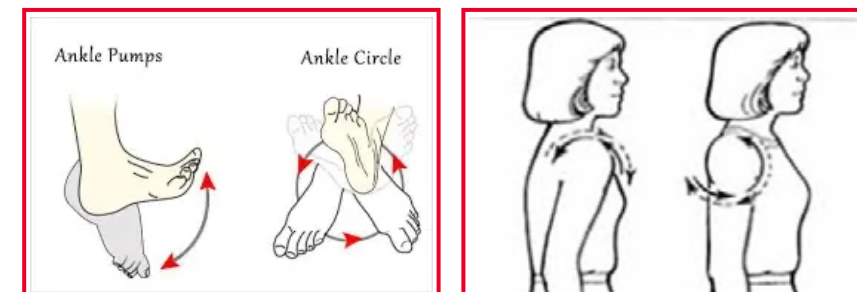
Sweeten with maple syrup, brown sugar or honey if you like. Add milk, almonds or pumpkin seeds, and fruit such as banana, pear or apple. Delicious!

## TIPS

FROM OUR REHABILITATION DEPARTMENT

### *A Body in Motion Stays in Motion.*

We are all struggling to find ways to remain active and, honestly, any sort of movement is a step in the right direction that your body and mind will always thank you for. A simple suggestion is to take a nice 20 minute walk when weather permits. When the forecast is less desirable, you can still keep moving by getting up and walking inside of your home or walking in the hallway of your building for 20-30 minutes, 2 to 3 times during the day. When sitting in your home, you can do ankle pumps/circles and shoulder rolls when watching television. The idea is to get rich oxygenated blood to your organs.



**Don't forget, STAY SAFE and KEEP MOVING!**

RESOURCE INFORMATION FROM OUR SOCIAL WORK DEPARTMENT

## NY PROJECT HOPE

NY Project Hope helps people manage and cope with changes brought on by COVID-19.

They help New Yorkers understand their reaction and emotions to the COVID-19 pandemic. NY Project Hope has trained and knowledgeable crisis counselors available to talk to all callers. The service is free and confidential. NY Project Hope also provides emotional support, educational materials, and trusted referrals.

## 2021 MEMBER ADVISORY COMMITTEE MEETINGS

Dear Members,  
We invite you to participate in our quarterly Member Advisory Committee Meetings, please see dates below.

Due to the COVID-19 pandemic, meetings will be held via audio conference. You can join by calling toll free 1-866-226-4650 and the conference ID for all meetings is 8003703600.

**MLTC 11AM-12:30**  
**MAP 12:30-2:00**  
Tuesday, May 11th  
Thursday, August 12th  
Friday, November 12th

**ISNP 2:00PM-3:30**  
Wednesday, May 12th  
Tuesday, August 3rd  
Friday, November 12th

### NY Project Hope

### Emotional Support HELPLINE

TALK TO A CRISIS COUNSELOR

**1-844-863-9314**

WEBSITE  
<https://nyprojecthope.org/>