

SPRING 2022

KACO Connections

Welcome note from our Director

Janet Comrey, RN,
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Welcome to the spring 2022 edition of KACO Connections. This winter has challenged us in so many respects but our resolve to provide you with high quality health care through our primary care providers in Keystone ACO remains strong. The COVID-19 epidemic has shown us again the need to focus on the basics: engagement with people and communities; using best practices that promote quality; and addressing factors that influence your health status. It has also highlighted the value of conducting some visits through advanced technology, such as virtual visits with a primary or specialty care provider using a computer or iPad.

Our quarterly Keystone ACO newsletter is our way to keep you informed about health issues to help improve your overall health and keep you connected with us, your accountable care organization. You will find articles on various healthcare topics, tips, resources, events, and even healthy recipes. We share reminders about preventive care, educational information about common health conditions, and practical guidelines to help manage chronic health conditions.

This spring issue addresses the benefits of good nutrition, exercising, and advance care planning. We hope you find this newsletter of value and that you will share in our resolve to achieve high quality, safe and appropriate health care. And don't forget to come see us at the Diabetes Wellness Fair in Lewisburg on March 29!

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When we think about managing diabetes through diet, the first words that usually come to mind are sugars and carbohydrates found in foods like breads, grains, fruits, sugary drinks, and of course sweets! Did you know that eating foods that fight inflammation in your body can help manage your Type 2 diabetes as well as other chronic illness such as heart disease, Alzheimer's, and rheumatoid arthritis?

Inflammation happens naturally in your body; it protects against toxins, infection, and injury but when it happens too often it can trigger chronic diseases. Here is a list of the top anti-inflammatory foods to help manage diabetes and other chronic illnesses.

- Leafy green vegetables such as kale, spinach, and Brussels sprouts
- Citrus fruits such as oranges, lemons, grapefruit, and tangerines
- Berries such as blueberries, strawberries, and blackberries
- Whole grains like oatmeal, whole wheat bread, and brown rice
- Nuts like almonds, cashews, peanuts, and walnuts
- Sunflower seeds, chia seeds, and flaxseeds
- Fatty fish such as salmon, cod, and sardines
- Olive oil, avocados
- Legumes like kidney beans, fava beans, lentils
- Herbs and spices such as garlic, turmeric, cayenne, ginger and basil

Limit foods that may cause inflammation. Here is a list of foods to pay closer attention to since they can worsen inflammation in your body.

- Refined carbohydrates foods such as white breads, rolls, and pasta
- Red meats and processed meats such as bacon, hot dogs, salami, and sausage
- Processed snack foods like chips, cookies, crackers, snack cakes, candies

To get started on an anti-inflammatory diet, try the tasty recipe on page 3 that includes many inflammation-fighting ingredients:

Kim Marie Segiel, RDN, LDN

Geisinger Wyoming Valley Medical Center



Healthy turmeric chicken stew

Recipe courtesy of [allrecipes.com](https://www.allrecipes.com)



Ingredients:

Servings 6

Serving size 1 1/3 cups

- 2 tablespoons olive oil
- 2 skinless, boneless chicken breasts, cubed
- 2 sweet potatoes, cubed
- 1/2 red onion, chopped
- 1 small eggplant, cubed
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger root
- 2 teaspoons ground turmeric
- 1/2 cup low-sodium chicken broth

Directions:

- Heat olive oil in a large skillet over medium-high heat. Add chicken; cook until browned and no longer pink in the center, about 5 minutes. Add sweet potatoes and onion; cook and stir until onion is translucent, 2 to 3 minutes. Add eggplant, garlic, ginger, and turmeric; cook until fragrant, about 1 minute more. Pour in broth and simmer stew until thickened, stirring occasionally, about 20 minutes.

Tips

- Substitute water for the chicken broth, if desired.
- Add more chicken broth or water to the recipe to adjust the thickness of the stew, if desired.

Nutritional facts

Serving size: 1 cup

Servings per recipe: 6 cups

Calories 183 | protein 9.9 g | carbohydrate 24.1 g | fat 5.5 g | cholesterol 20.3 mg | sodium 70.8 mg

Not familiar with Turmeric?

Turmeric is a spice that comes from the ginger family and is used in mustard and curry, giving it that vibrant color. Turmeric has antioxidants and anti-inflammatory properties. Some studies have shown additional benefits that include improving memory, lowering heart disease risk, and reducing depression. As always, talk to your primary care team if you have health concerns.

It's so easy to take walking for granted and with so many different types of exercise, it is also perceived to be less beneficial. The great thing about walking is that it can be done indoors or outdoors, with a pet or with a friend, while listening to music, an audio book, or simply enjoying the sounds of nature. A plus is that this activity does not require special equipment and you are in control of the duration and intensity. Walking can help strengthen muscles and bones, control weight, improve circulation, manage stress, improve mood and feelings of positivity, improve cognitive function, and add years to your life. Studies show that walking for 30 minutes a day improves sleep and walking an hour a day wards off depression. In taking your daily walk, the body produces endorphins which are feel good hormones that act as the body's natural pain killer. Fresh air, sunlight, and increased blood flow also contribute to a boost in mood. In reducing stress and feelings of depression, it is easier for your mind to shut off and allows for more restful sleep. Other psychological benefits are improved focus, memory, and cognitive function as aerobic exercise impacts the hippocampus which is the part of the brain responsible for these functions.

Mallory Hammer
Wellness Associate II
Geisinger





Advance Care Planning - What matters most to you?

In many aspects of life, planning ahead is a good way to ensure things go as smoothly as possible. When it comes to planning for future healthcare decisions, conversations and documentation do just that.

Advance care planning is not just about old age or end of life, It is applicable to everyone at all stages of life. Even if you are not sick now, planning for the future healthcare treatment is an important step toward making sure you get the medical care you want, should you be unable to speak for yourself and doctors and loved ones are making the decisions for you.

At any age, a medical crisis could leave you too ill to make your own healthcare decisions. Having a designated healthcare agent and an advance care plan in place has been shown to reduce stress and anxiety for both patients and their families.

How do I learn more about Advance Care Planning?

- Schedule time with your primary care provider to begin your advance care plan conversation, or to update your advance directive documents.
- Choose a healthcare agent to be documented in your medical chart and include them in your advance care planning conversations.

Karen Adams, RN BSN

Program Director Advance Care Planning/Advancing Illness

Geisinger



April 16, National Healthcare Decisions Day (NHDD) exists to inspire, educate and empower the public and providers about the importance of advance care planning.

NHDD is an initiative to encourage patients to express their wishes regarding healthcare and for your providers and facilities to respect those wishes, whatever they may be. A key goal of NHDD is to demystify healthcare decision-making and help people understand that advance care planning and shared decision-making includes much more than living wills. "As patient's and family members, we often think it's too soon to start talking about this topic...until it's too late. Be better prepared for tomorrow. Have the conversation today!" says Karen Adams, RN BSN, Program Director for Advance Care Planning at Geisinger.

It is a process that should focus first on conversations and choosing a healthcare agent. It's smart to start the conversation when you're healthy. The result is more than just completing a form — it's a gift you can give to your loved ones. *Who will speak for you?*

To learn more about choosing a healthcare agent and scheduling an advance care planning conversation, contact your primary care provider.

To learn more about NHDD, visit theconversationproject.org/nhdd/



Reminders

- Get your COVID-19 vaccine or booster.
- Schedule an Annual wellness visit.
- Make sure all your vaccines are up-to-date.
- Talk to your healthcare provider if you are having difficulty affording your medications.



Diabetes Wellness Fair



Tuesday, March 29, 2022
9 am-noon
The Miller Center
120 Hardwood Drive, Lewisburg
FREE and open to the public.

The wellness fair includes a wide variety of vendors who will offer their expertise and free health screenings relating to prevention and treatment of diabetes. Participants will walk away with free giveaways and educational resources that will assist in understanding and living with diabetes for either themselves or in caring for a loved one with the condition.



Resources

To contact Medicare

For additional information on accountable care organizations, contact Medicare at 1-800-Medicare (1-800-633-4227) and ask for the Medicare ACO Department.

TTY users should call 1-877-486-2048. You may also visit [medicare.gov/acos.html](https://www.medicare.gov/acos.html).

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