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Keystone ACO

Welcome to the winter 2023 edition of the Keystone Accountable Care Organization (ACO) newsletter! Greetings as we transition from autumn to winter! Use our tips to stay safe and healthy as temperatures drop.

Winter safety tips:

1. **Dress appropriately:** Avoid hypothermia (low body temperature) by dressing in layers, covering all exposed skin by wearing a hat, scarf, gloves and warm socks along with sturdy non-slip footwear.
2. **Clear walkways safely:** Shoveling heavy snow stresses the heart and can lead to back strain, falls, fractures. Avoid going outside in bad weather and consider the following:
 - Allow yourself breaks and if able, use a snow-blower.
 - Hire someone to remove the snow or ask family, neighbors or friends to help. You might also check with local churches/scouting troops/youth groups for volunteers.
 - Use ice-melt or salt to prevent patches of ice from forming.
3. **Exercise regularly:** Regular physical activity is crucial for maintaining strength, balance and flexibility, which are important factors in preventing falls. Engage in gentle exercises such as walking or yoga and do strength training with light weights or bands. (Talk to your doctor before starting any new exercise routine.)
4. **Use proper lighting:** Make sure your home is well-lit to avoid tripping or falling. Use higher wattage light bulbs, adding motion sensor lights to outdoor areas, and keep pathways inside the home well-lit.
5. **Stay hydrated:** Cold weather can cause the body to lose moisture, leading to dehydration. Drink water and warm liquids regularly.
6. **Home preparation:** Be prepared for power outages from winter storms. Store flashlights, extra batteries, blankets and a battery-operated radio in an easily accessible place. Keep your pantry stocked with nonperishable foods. Prevent carbon monoxide poisoning by making sure your heating sources and gas appliances are properly ventilated. Install and maintain detectors, too.
7. **Transportation:** Check your car's oil, antifreeze, wipers, battery and tires. Keep an emergency kit in your car that includes blankets, a sweatshirt, gloves, flashlights, bottled water, snacks and a first-aid kit.



Thank you,
Janet Comrey

Preventing falls

Falls are common among older adults – but they aren't a normal part of aging and can be prevented.

Talking with your healthcare provider can help you identify your risks and find resources. For example, you may need a referral to an eye or foot doctor or occupational or physical therapist. A medication review that includes over-the-counter meds and herbal supplements can also identify drugs and drug combinations that may increase your fall risk.

You should also:

- Stay active with exercises that make your legs stronger and improve your balance.
- Ask your family or friends to help with tasks that could lead to falls, like changing lightbulbs in ceiling fixtures.
- Review and modify your living environment:
 - Eliminate clutter on the floor.
 - Replace throw rugs with non-skid mats.
 - Use non-skid mats in showers and bathtubs.
 - Use handrails when navigating steps/stairways.
 - Place commonly used items on lower shelves or countertops.
 - Use a sturdy ladder rather than standing on a stool or chair to reach high shelves.
 - Use motion detecting lighting or nightlights to enter rooms.
 - Rearrange furniture to create open pathways and ensure floors are dry and free of spills.



Stay healthy all winter

Staying informed and following public health guidelines can help you reduce the risk of contracting influenza or respiratory viruses. Talk to your healthcare provider about vaccinations that are due for you.

Our last Keystone ACO newsletter reviewed the benefits of the flu vaccination. Other precautions you can take include:

- Washing your hands frequently with soap and water for 20 seconds, especially before eating or touching your face.
- Using hand sanitizers with at least 60% alcohol content when soap is not available.
- Avoiding close contact with sick individuals.
- Keeping your home clean and sanitized.
- Opening windows periodically to circulate fresh air.



Allergies, common cold, flu and COVID – Can you tell the difference?

The flu, COVID and the common cold have similar symptoms, including runny or stuffy nose, sore throat, cough, loss of taste or smell, body aches or upset stomach.

The common cold is the most frequent infectious disease, with the average adult getting two to three colds a year. Infections occur more commonly in the winter with **cold symptoms** that typically last for about a week. However, you're contagious during the first few days, so stay home, get plenty of fluids and be sure to rest. If your symptoms last longer than a week, or worsen over time, see your healthcare provider to rule out other causes.

Flu symptoms are often severe and come on quickly. The flu is caused by the influenza virus, which leaves you contagious for a few days, so it's important to stay home and rest. As with the common cold, antibiotics won't help your flu symptoms, but getting rest, fluids and using over-the-counter medicines can help ease your symptoms. Your healthcare provider may prescribe an antiviral medication, which can help you feel better sooner and may prevent complications like pneumonia.

Most symptoms improve over the course of a few days, but you'll likely feel run down for a week or two. However, influenza can cause severe illness or death, especially in people at high risk. Influenza can worsen symptoms of other chronic diseases and severe cases can lead to hospitalization or death. People with other medical issues or who have severe symptoms should seek medical care.

COVID symptoms can range from nonexistent to severe. Typical symptoms include coughing, body aches, fever, nausea, shortness of breath and a runny nose. Atypical signs, such as losing sense of taste and smell, functional decline and altered mental status may also occur in older adults. No matter how severe the illness, you'll want to seek medical attention to get the treatment that will work best for your case.

The most definitive way to differentiate between the three is through diagnostic testing. Specific tests for each condition can detect the respective virus or antigen present. Consulting with your health care professional is essential for proper diagnosis and treatment.



Primary care, convenient care and emergency room care

Knowing the difference between these three types of care can help you make informed decisions about your health and seek appropriate medical attention.

Primary care is your first point of contact. Primary care providers, such as doctors or nurse practitioners, focus on your overall, long-term health and well-being, and provide preventive care, general check-ups, and routine screenings. They also manage chronic conditions such as diabetes or hypertension. Your primary care provider has your health records and history and should be your first call for non-emergency healthcare needs.

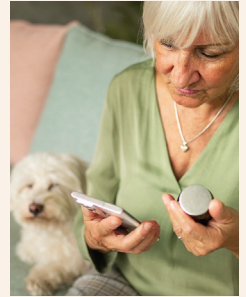
Convenient care offers immediate treatment for minor illnesses or injuries, without the need for an appointment. Services typically include treatment for ear infections, minor injuries, cold or flu symptoms and minor skin infections. Some centers may also provide basic lab tests and X-rays. You don't usually see the same provider twice, so they don't help you maintain your overall health.

Emergency room care is designed to handle medical emergencies and life-threatening conditions such as heart attacks, strokes, severe bleeding, traumatic injuries and respiratory distress. However, emergency rooms can be busy and may have long wait times for non-emergent issues. The emergency room visit can also have the highest expense for you.

No matter where you receive care, always take your insurance cards, personal identification, copay if indicated and a list of your medications with you.

Common reasons to visit primary or convenient care:

- Allergies
- Cuts that need stitches
- Colds/flu
- Insect bites or tick removal
- Ear, urinary and other infections
- Skin rashes
- Sprains and strains



Common reasons to visit the emergency room:

- Chest pain
- Difficulty breathing
- High fever
- Severe weakness or pain
- Loss of consciousness
- Poisoning
- Sudden worsening of a chronic condition
- Significant or uncontrolled bleeding
- An accident affecting the use of body parts



In case of an emergency, call 911 or go to the nearest emergency room.





Learn more at neighborlypa.com

Your one-stop resource for social needs

Neighborly is an easy-to-use online tool that helps you connect to free and reduced-cost programs and services, including food, housing, childcare, transportation, utility assistance, education, healthcare, legal services and financial assistance. If you or someone you know needs more information about resources available in your neighborhood, go to neighborlypa.com

NeighborlyPA recently launched a mobile app for Android and Apple (iOS) devices. The QR codes will take you to the Google Play Store and the Apple iOS Store. The app can also be downloaded from the neighborlypa.com site.



Apple



Android



The best defense is prevention!

Talk to your provider to see if you're up to date on the following vaccines and if they're right for you.

- Flu
- Shingles
- Pneumonia
- RSV
- COVID-19 boosters

The information presented in this newsletter is for general informational purposes only and should not be considered as a replacement for medical advice. As always, talk with your healthcare provider about your care.

Do you receive multiple copies of this newsletter in your household and prefer to receive just one?

If so, visit keystoneaco@keystoneaco.org and request to be removed from our distribution list. Please provide the name and address of the person to be removed.

Please access our website at keystoneaco.org for more information.

Need help affording your medications?

Programs are available for those who meet certain financial requirements, and some pharmaceutical companies offer reduced pricing on certain drugs based on financial need. Call 570-808-4704 for help.

Is your PCP office associated with a convenient care clinic near you?

The Keystone ACO webpage (keystoneaco.org) lists our participating provider websites with their affiliations.

Survey reminder

Randomly selected Medicare beneficiaries will receive a questionnaire in the mail titled "Medicare Provider Experience Survey." The Centers for Medicare & Medicaid Services (CMS) is the federal agency that administers the Medicare program and manages the survey. If you received one, please complete it as your healthcare providers use the information collected from the survey to identify **areas where they need to improve their care and services as well as areas where they are performing well.**

Information you provide will be held in confidence by CMS and is protected by the Privacy Act. Your responses will not be shared with the healthcare provider named in the survey. Your help is voluntary, and your decision to participate or not to participate has no effect on your Medicare benefits. Thank you for your help.



Healthy shepherd's pie

Enjoy this classic comfort food, made healthier with a few twists like using ground turkey instead of beef.

This lighter version of an old standby is sure to become everyone's favorite. But you might not want to count on having leftovers.

Ingredients

Serves 6

- 2 potatoes, large with skin, diced
- ½ cup milk, skim
- ½ pound ground turkey, 85% lean
- 2 tablespoons flour
- 1 package frozen mixed vegetables (10 ounces)
- 1 can vegetable stock, low sodium (14.5 ounces)
- Shredded cheese (optional)

Directions

1. Place diced potatoes in saucepan. Cover with water and bring to a boil. Reduce heat and simmer for about 15 minutes.
2. Drain potatoes and mash. Stir in milk and set aside.
3. Preheat oven to 375 degrees.
4. Brown turkey in a skillet. Stir in flour and cook for 1 minute, stirring constantly.
5. Add vegetables and broth. Bring to a slow boil.
6. Spoon vegetable-and-meat mixture into an 8-inch square baking dish. Spread potatoes over mixture and bake for 25 minutes.
7. If desired, garnish with shredded cheese before serving.

Nutrition information per serving:

208 calories, 5g fat, 28g cholesterol, 72mg sodium, 31g carbohydrates, 11g protein



Parkinson's Strength and Exercise Class

Tuesdays and Thursdays • 1 – 2 p.m.

A functional exercise program that empowers participants to manage symptoms and improve their quality of life.

Exercises target motor and non-motor symptoms:

- Strengthen muscles to improve sitting, standing, agility and balance
- Improve hand-eye coordination and cognition
- Better manage mood and anxiety
- Improve bone health, sleep, digestion and energy level

Instructors



Olivia Conklin,
*certified
personal trainer*



Lori DePorter,
*personal trainer and
person with Parkinson's*

To ask questions or register, email

oconklin@gsvymca.org or ldeporter@gsvymca.org

Lewisburg YMCA
120 Hardwood Drive
gsvymca.org
570-556-4191



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Medicare 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).