

FALL 2021

## KACO Connections

Welcome note from  
our Chief Medical  
Officer

Richard Martin,  
MD, FAAFP, CMO  
Keystone ACO



Welcome to the fall 2021 edition of KACO Connections. Once again, we are in the midst of flu and pneumonia vaccine season, and are already seeing fall and winter time respiratory illness in our communities. COVID-19 is still present as well. Be sure to get a flu shot and pneumonia vaccine if you are due and if you've not done so already, get your COVID vaccine and/or booster.

One of our Keystone ACO beneficiaries wrote us asking that we provide information on maintaining healthy cholesterol levels. Following you will find tips along with a tasty recipe for chili that includes lean protein and plenty of vegetables. It's sure to keep you warm on those chilly nights!

We remind you that if you haven't visited your primary care provider yet, schedule an annual wellness visit before the end of the year. This gives you an opportunity to get to know your primary care team and to ensure you are up to date on necessary screening and tests appropriate to your care.

Other topics in this issue include fall prevention and survey completion. When you receive a survey about your care and treatment, take a few minutes to complete it. We take your comments seriously. If there are topics you would like to see covered in future editions of this newsletter, contact us via mail or email. We want to address topics that are important to you.

INSIDE THIS QUARTER'S  
ISSUE:

Enjoy your reading and have a happy, safe and healthy holiday season!

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High cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack and stroke. Your diet can play an important role in lowering your cholesterol. Here are some tips to improve your cholesterol and protect your heart.

- Cut back on animal products, especially red meats, whole milk dairy products, and butter. Choose low fat/fat free versions of dairy foods like cheese and yogurts, and milk. Lean poultry and fish are great choices to replace those greasy hamburgers and fatty steaks.
- Eat plenty of soluble fiber found in oatmeal and oat bran, legumes such as kidney beans, lentils, and chickpeas, and fruits like oranges, pears and apples. This type of fiber helps prevent your digestive tract from absorbing cholesterol.
- Eat fish high in Omega-3 fatty acids, which can help raise your "good" HDL cholesterol. Good options include salmon, tuna (canned and fresh) and mackerel.
- Eat lots of fruits and vegetables! A diet rich in fruits and vegetables adds important cholesterol-lowering compounds called plant sterols or stanols which work like soluble fiber. Foods fortified with sterols/stanols are available in certain juices and margarines. Plant sterol/stanol supplements are also available over the counter. Speak to your healthcare provider about specific options.

*Page 3 includes a healthy chili recipe that incorporates lean protein (turkey), soluble fiber (legumes) and plenty of vegetables such as onions, tomatoes, and corn.*

*Enjoy!*

**Kim Marie Segiel, RDN, LDN**

**Geisinger Wyoming Valley Medical Center**



# Turkey Chili

Recipe courtesy of American Heart Association



## Ingredients:

Servings 6

Serving size 1 1/3 cups

- 1 1/2 tablespoons canola or corn oil
- 1 medium or large onion, chopped
- 20 ounces ground skinless turkey breast
- 2 large garlic cloves, minced or
- 1/2 teaspoon garlic powder
- 2 teaspoons chili powder
- 1/2 teaspoon pepper
- 1/2 teaspoon ground cumin
- 1 15.5-ounce can no-salt-added pinto beans, rinsed and drained
- 1 15.5-ounce can no-salt-added black beans, rinsed and drained
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 3/4 cups fat-free, low sodium chicken broth
- 1 cup frozen whole-kernel corn
- 1 6-ounce can no-salt-added tomato paste
- 4 medium green onions (green part only), sliced

## Directions:

- In a dutch oven, heat the oil over medium-high heat, swirling to coat the bottom. Cook the chopped onion for 3 minutes, or until soft, stirring occasionally.
- Reduce the heat to medium. Stir in the turkey. Cook for 5 minutes, or until browned, stirring frequently to turn and break up the turkey.
- Stir in the garlic, chili powder, pepper and cumin. Stir in the remaining ingredients except the green onions. Cook for 5 to 7 minutes, or until heated through, stirring frequently. Just before serving, sprinkle with the green onions.

## Nutritional facts

Serving size: 1 1/3 cup

Servings per recipe: 6

Amount per serving

Calories 347 | Total fat 5.0 g | Saturated fat 0.5 g | Trans fat 0.0g |

Polyunsaturated fat 1.5 g | Monounsaturated fat 2.5 g | Cholesterol 64

mg | Sodium 129 mg | Total carbohydrate 42 g | Dietary fiber 10 g |

Sugars 14 g | Protein 34 g

It's fall! What a great time to talk about fall prevention - and most falls are preventable. During fall and winter, some people become more sedentary, which can reduce their fitness levels and contribute to the risk of falls. And people who like to continue with outdoor activities need to be cautious about changes in the environment such as wet leaves, uneven sidewalks or ice. In other words, everybody should be extra careful as the weather gets colder. Keep yourself upright now - and all year long - by following a few simple strategies.

**Keep moving:** Mobility is a fall risk factor. Everyone has heard the saying "if you don't use it, you'll lose it". Walking and exercise programs can be of benefit in the prevention of falls. If someone is sedentary and needs some help, reach out to the doctor to get recommendations.

**Talk to the doctor:** Discuss your fall risk with your doctor. If a new medication is added, discuss the potential side effects with your physician so you can understand the fall risk associated with this. The doctor can review your medical conditions and discuss those that can increase fall risk.

**Footwear:** Shoes are so important and wearing the right shoes can be instrumental in preventing a fall. High heels, flip flops, bedroom slippers, open back shoes can increase fall risk. Wearing good supportive shoes that fit properly can really keep someone moving.

**Environmental factors:** There can be things around the house that can increase someone's fall risk. Throw rugs and area rugs can roll up on the edges and cause a trip. Other factors to check are items kept in walkways causing it to be narrow and hard to navigate, uneven surfaces such as transition pieces on the floor or broken tile or linoleum, electrical cords running across walkways, pets, and poor lighting especially on steps.

**Assistive devices:** Canes and walkers are used to assist in achieving and maintaining balance. Use of the assistive device when doing tasks is important. If you need training on how to use these during tasks, speak to your doctor about having an occupational therapist work with you on how to do this properly. If you've never used an assistive device and your doctor is recommending it, it's best to be referred to a physical therapist for training to use it correctly.



Following are some additional tips to prevent falls:

- If falls in the bathroom are a concern, consult an occupational therapist to determine what equipment would be best to use in the bath/shower and the commode. A non-skid mat inside the tub and hand-held shower head can be helpful as well.
- Place commonly used items on lower shelves or countertops rather than standing on a stool or chair to reach for high shelves.
- Use motion detecting lighting to enter rooms so you don't have to walk in the dark.
- Rearrange furniture so walkways are wide enough to use assistive devices.
- When navigating steps, use handrails.
- If you're having difficulty using a walker while cooking, ask your doctor to refer you to an occupational therapist.
- Think Twice-Act Once- When doing a task that is "risky" and could result in a fall, think about it twice before doing it. The risk may not be worth the reward. If tasks challenge your balance such as cleaning windows or curtains, ask your family or friends to help.

Let's all have a safe fall without a fall!



## The importance of completing surveys

Each year, randomly selected Medicare beneficiaries receive a questionnaire in the mail called the **"Medicare Provider Experience Survey."** If you receive one of these surveys, we would greatly appreciate if you would take the time to fill out the questionnaire. As a person with Medicare, you deserve to get the highest quality medical care when you need it, from doctors, nurses, and other health care providers you trust. The centers for Medicare & Medicaid Services (CMS) is the federal agency that administers the Medicare Shared Savings Program and our responsibility is to ensure that you get high-quality care. One of the ways we can fulfill this responsibility is to find out directly from you about the care you are currently receiving under the Medicare Shared Savings Program.

There are important topics related to your health care that should be routinely discussed with your health care team. Some of these topics include affordability of prescription medications, healthy diet and physical activity, feelings of loneliness or sadness, and coping with worry and stress. The questionnaire you may receive asks about your experience with health care in the last 6 months. You will be asked to answer questions in the survey thinking about your experiences with a named doctor or other health care provider. You may be asked questions such as:

- In the last 6 months, how often did you and anyone on your healthcare team talk about all the prescription medicine you are taking?
- In the last 6 months, did anyone on your healthcare team talk about how much your prescription medicines cost?
- In the last 6 months, did you and anyone on your healthcare team talk about healthy diet and healthy eating habits?
- In the last 6 months, did you and anyone on your healthcare team talk about the exercise or physical activity you get?
- In the last 6 months, did you and anyone on your healthcare team ask you if there was a period of time when you felt sad, empty or depressed?
- In the last 6 months, did you and anyone on your healthcare team talk about things in your life that worry you or cause you stress?

The accuracy of the results depends on getting answers from you and others selected for this survey. This is your opportunity to help us serve you better. All 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 health care provider named in the survey. Your help is voluntary, and your decision to participate or not to participate will have no effect on your Medicare benefits. Thank you for your help with this important survey.



# Announcements!

## Flu shots

Remember to get your flu shot this fall. The best defense is prevention. Contact your primary care doctor's office to schedule your flu shot or attend a flu shot clinic within your community.

This is also a great time to get your COVID-19 vaccine or booster.



# PARKINSON'S PROGRAMS

## PWR! Moves®

Parkinson Wellness Recovery

A strength-training program designed to help mitigate symptoms and rebuild functionality.



with instructor Jessica Colna

Meets every Monday, Wednesday & Friday, from 1-2 pm.

## Singercise!

A therapeutic singing program that aims to improve speech, loudness, and respiratory control.



with instructor Alysha Suley



Meets every Monday in person from 2-3pm.

## 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).

Register at [millercenterlewisburg.com](https://millercenterlewisburg.com)

Lewisburg YMCA at the Miller Center  
120 Hardwood Drive || Lewisburg, PA  
(570)556-4191  
[millercenterlewisburg.com](https://millercenterlewisburg.com)



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[KeystoneACO.org](http://KeystoneACO.org).