
Welcome to the fall, 2024, edition of the Keystone Accountable Care Organization (ACO) newsletter!

The transition to the shorter and busier days of fall can be a challenge as we prepare ourselves for the colder months ahead. The holidays can cause weight gain, the shorter days can cause low mood and the flu season can cause sickness. Listen to your body, give it what it needs and try reframing negative thoughts into positive ones. We hope you enjoy our fall season newsletter and find value in the various articles and announcements aimed to help you keep on track with your health!



October is Breast Cancer Awareness Month

When people think about breast cancer detection, they usually think about finding a lump in one of their breasts. While breast lumps are the most well-known signs of possible breast cancer, there are other signs that you need to know. Early signs of breast cancer can also include skin changes such as redness or flaky skin, dimpling of breast, nipple discharge and thickening or swelling of the breast. If you have noticed anything breast irregularities or have not had a mammogram in the past year, contact your primary care provider to schedule your annual mammogram.

Word find:
Diabetes

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|-----------------|-------------|-------------------|
| 1. Neuropathy | 6. Cells | 11. Hypoglycemia |
| 2. Medications | 7. Monitor | 12. Hyperglycemia |
| 3. Risk Factors | 8. Type Two | 13. Insulin |
| 4. Exercise | 9. Testing | 14. Glucose |
| 5. Symptoms | 10. Fasting | 15. Diabetes |

S Y M P T O M S W Z F N H B W G H
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G Z Q B E W Z D E X E R C I S E J



November: Diabetes
Awareness Month

4 common myths about diabetes

When you have diabetes, your body can’t regulate your blood sugar (glucose) levels well. This happens either because your pancreas has stopped producing enough insulin or your cells have become resistant to insulin — or both.

Insulin is the hormone that moves sugar out of your bloodstream and into your cells. If that system isn’t working, your blood glucose levels will stay too high. This can lead to symptoms ranging from a sluggish feeling and thirst to more serious complications such as nerve damage, stroke, or heart disease.

The two most common types of diabetes are:

- **Type 1:**
The body’s immune system starts attacking the cells that produce insulin and eventually production stops. People with Type 1 diabetes need daily insulin injections or an insulin pump.
- **Type 2:**
The body may still produce insulin, but the cells resist it. Sometimes the body doesn’t make enough insulin. You have a greater chance of developing Type 2 diabetes if you’re overweight and have a family history of diabetes.

1 – Myth or fact? You can get diabetes from eating too much sugar.

The answer is a bit complicated.

You don’t get Type 1 diabetes because you made poor food choices. It’s an autoimmune disorder. And eating even a big bag of candy just once won’t give you Type 2 diabetes, either.

But over time, an unhealthy diet and obesity can contribute to the development of Type 2 diabetes. In fact, diet and exercise may be enough to control Type 2 diabetes in its early stages. Losing even a small percentage of weight can start to impact how your body handles insulin, for the better.

2 – Myth or fact? People with diabetes prick their fingers all the time.

People with Type 2 diabetes who take insulin and some other diabetes medications do need to check their blood sugar, and “finger prick” glucose meters are still popular. But some newer technologies, such as continuous glucose monitors (CGMs), don’t require a blood sample. Instead, CGMs are inserted under the skin and measure glucose found in fluid between your cells.

If you have Type 2 diabetes, you may also need to check your blood sugar if your medication changes or if you have fluctuations in your levels. And your care team might use testing to figure out how certain foods and exercise affect your blood sugar.

3 – Myth or fact? People with diabetes need to eat special food.

A good diet for those managing diabetes will include plenty of non-starchy vegetables, whole grains, lean proteins, heart-healthy fats and healthy portions of whole fruits — the same nutritious foods everyone should be eating.

4 – Myth or fact? Diabetes can be cured.

There’s no cure for Type 1 or Type 2 diabetes, only ways to control them. However, if diagnosed early and managed well enough, Type 2 diabetes may go into remission. And it may last for a long time.



December: Seasonal Affective Disorder Awareness Month

Seasonal Affective Disorder (SAD) is a recurring type of mild to moderate depression that tends to have a seasonal pattern. For most, symptoms begin in late fall and early winter, when temperatures drop and the days get shorter, and can linger around until late spring.

Symptoms of SAD are similar to other signs of depression —just limited to certain times of the year. Typically, summers are most often symptom-free for people with seasonal depression.

If you have SAD, you may have:

- Persistent sadness, moodiness or irritability
- Low energy and lack of motivation to complete daily tasks
- A loss of interest in social activities you once enjoyed
- Difficulty concentrating or making decisions
- Daytime fatigue, despite oversleeping
- Weight gain and cravings for carb-rich comfort foods, such as macaroni and cheese

Seasonal depression treatments:

- Spend more time outdoor
- Consider light therapy
- Exercise regularly
- Maintain a healthy diet
- Catch your Zzz’s every night
- Socialize more
- Vacation south, if possible

If these natural remedies don’t seem to help and your symptoms worsen or disrupt your daily life, talk to your doctor. Feeling slightly down during the colder months is normal, but don’t ignore persistent, severe symptoms.

If you have a history of SAD, don’t wait until symptoms surface. Schedule an appointment so you and your provider can begin a treatment plan now — and avoid worsening symptoms once winter hits.

Crunchy pumpkin pie granola

Yields 5 servings



Ingredients:

- ½ cup brown sugar
- 1 tablespoon pumpkin pie spice
- 3 ½ cups rolled oats
- ½ cup sliced almonds
- ½ cup chopped pecans
- ¾ cup applesauce
- ½ cup honey
- 1 tablespoon vanilla extract
- ½ cup raisins
- ½ cup dried cranberries

Directions:

1. Preheat oven to 250°F. Coat 2 baking sheets with nonstick cooking spray.
2. Combine brown sugar, pumpkin pie spice, rolled oats, almonds and pecans in a large bowl. Mix the applesauce, honey and vanilla in a separate large bowl. Stir the oat mixture into the applesauce mixture until granola begins to gather in clusters. Spoon granola evenly onto prepared baking sheets.
3. Bake in a preheated oven, stirring every 20 minutes, until lightly brown and crispy, about 1 hour.
4. Remove from oven, cool to room temperature.
5. Stir in raisins and cranberries. Store in an airtight container.

Nutrition per serving:

394 calories, 9.5 g fat, 0.7 g saturated fat, 74.2 g carbs, 2.8 g fiber, 6.5 g protein, 6 mg sodium

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Recipe courtesy of allrecipes.com

Selecting a primary care provider

Medicare beneficiaries may select their primary care provider (PCP) on [medicare.gov](https://www.medicare.gov). The how-to video is on YouTube at <https://youtu.be/AZ7h-rqshG4>. The video includes step-by-step instructions for locating and identifying a PCP on a person’s [medicare.gov](https://www.medicare.gov) account. A Spanish language version is available to use in conjunction with the Spanish language [medicare.gov](https://es.medicare.gov/) site, <https://es.medicare.gov/>. The direct link to the Spanish video is <https://youtu.be/baCO37UqJHU>.

Schedule appropriate preventive screenings:

- ☐ Mammograms
- ☐ Eye exam
- ☐ Annual wellness visit
- ☐ Colonoscopies
- ☐ Dental visits
- ☐ Updated annual vaccines for flu and COVID



Neighborly

If you or someone you know needs information about local social resources, Neighborly is here to help. The easy-to-use online network connects you to free and reduced-cost programs and services, including help with food, housing, childcare, transportation, utilities, education, healthcare and legal and financial services. Learn more at neighborlypa.com, where you can also download the NeighborlyPA app for Android and Apple (iOS).

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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.

Geisinger Wellness Events

Event	Start	End	Location	Day	Time
Diabetes Self-Management Program	10/11	11/22	Virtual	Friday	9:30 a.m. – noon
A Matter of Balance	10/22	12/10	65 Forward Pottsville*	Tuesday	1 – 3 p.m.
A Matter of Balance	10/23	12/18	65 Forward Hazleton*	Wednesday	1 – 3 p.m.

Register for these free programs at events.geisinger.org or by calling 866-415-7138 (PA Relay 711).

*Must be 65 years of age and older to attend.

Keystone ACO around the town

Senior Health and Fitness Day at the Miller Center:

May 29 >165 attendees

Geisinger Knoebels Senior Day:

June 5 >1,531 attendees



We would love to meet you at one of our upcoming events

2024 Luzerne County Senior Expo

Sept. 26, 10 a.m. – 1 p.m. at Friedman Jewish Community Center, 400 Third Ave. (613 S.J. Strauss Lane), Kingston

14th Annual Diakon Living & Learning after 50

Oct. 15, 10 a.m. – 2 p.m. at Fairlane Village Mall, Pottsville

Protect yourself, protect others. Get a flu shot.

Contact your primary care provider or local community clinic to schedule your appointment.



Medicare Provider Experience Survey

Each year, randomly selected Medicare beneficiaries receive a questionnaire in the mail called the "Medicare Provider Experience Survey." If you receive one, take the time to complete and return it.

Some of the topics include affordability of prescription medications, healthy diet and physical activity, feelings of loneliness or sadness, and coping with worry and stress. 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?

This is your chance to speak out about the quality of your healthcare. All information is private, and your responses won't be shared with your healthcare providers. Your help is voluntary, and your decision to participate or not to participate won't affect your Medicare benefits. Let your voice be heard!

If you no longer wish to receive our newsletter, email keystoneaco@keystoneaco.org and request to be removed from our distribution list. Be sure to include the name and address of the person to be removed.

SILVER SNEAKERS



Age is just a number. It's never too late to get fit, build strength and balance, and feel better every day. SilverSneakers™ is a community that will help you not just become more active, but more confident and social as well. Many of our SilverSneakers™ participants pay reduced or no membership fees so make plans to join us today!



Lewisburg YMCA | 120 Hardwood Drive | Lewisburg, PA
570.556.4191 | GSVYMCA.org

Our Admininstrative Team



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Senior Clinical Advisor

To reach us:
Ph. 570-271-6403. You will then be offered a few options to help you get connected to the appropriate person. Select option 1 for newsletter/website related question or issues, 2 to talk with our operations director, or remain on the line to speak with our administrative assistant.
Email: KeystoneACO@KeystoneACO.org

PARKINSON'S

Strength & Exercise Class

Every Tuesday and Thursday from 1-2 pm


A functional exercise program for all fitness levels that EMPOWERS participants to manage symptoms and improve their quality of life!

Participants can expect:


- Physical Exercises to strengthen muscles to improve sitting, standing, walking, agility, speed, amplitude and balance
- Neuroplasticity exercises for hand-eye coordination and cognitive abilities

Exercise helps manage both motor & non-motor symptoms

- Mood, anxiety, cognition and coordination
- Improve bone health, sleep, digestion, fatigue, gait and functional mobility




INSTRUCTORS:
Olivia Conklin - certified personal trainer



Lori DePorter - personal trainer, Rock Steady Boxing coach and a person with Parkinson's

Questions about the program or to register:
Email oconklin@gsvymca.org or ldeporter@gsvymca.org

Lewisburg YMCA
120 Hardwood Drive | Lewisburg, PA
gsvymca.org | 570.556.4191



WELLNESS 360

Evangelical's Active Aging Network

Wellness 360 is Evangelical's active aging network that encourages people 55+ to connect, learn, and live their healthiest lives. Membership is free and includes many perks, such as early notification of upcoming events, free health screenings, educational opportunities, and discounts at local businesses.

Sign up for FREE today:
www.EvanHospital.com/wellness360





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Medicare Resources

To contact Medicare for more information on ACOs, call 800-Medicare (800-633-4227) and ask for the Medicare ACO Department. TTY users should call 877-486-2048. Or visit medicare.gov/acos.html

To contact Keystone ACO, call 570-271-6403 or email keystoneaco@keystoneaco.org