

SUMMER 2021

## KACO Connections

Welcome note from  
our Chief Medical  
Officer

Richard Martin,  
MD, FAAFP, CMO  
Keystone ACO



Welcome to the Summer 2021 edition of the KACO newsletter.

As everyone knows COVID is still with us and at this time we must learn to accept it as there is no indication that it will be eliminated. Many think COVID is like a bad case of flu and indeed it may be for some, however the hospitalization and death rates are much higher for COVID and many people have long lasting effects which we've addressed in this issue. For these reasons we must take it seriously. Our best defense is vaccination, masking, social distancing, hand hygiene, and quarantine if exposed to a known victim. The vaccines have become controversial however medical evidence shows that they are safe and effective. Remember masking protects others more than oneself. It is still possible to be infected by this virus and not show symptoms for a few days.

Currently those being hospitalized are unvaccinated younger folks. Although there have been case reports of folks who are fully vaccinated yet still coming down with the disease, they generally do not get quite as sick, do not require

hospitalization or mechanical ventilation and are not dying.

We also continue to encourage folks to take the time to have their annual wellness visit as this can provide an opportunity for people to discuss vaccination pros and cons with their primary care team.

Even in the presence of the COVID pandemic, it is still important to have appropriately recommended medical screening tests such as cancer screening for colon and breast cancer, blood tests for cholesterol, blood sugar, and blood pressure checks.

The wellness visit is also an opportunity to understand the types of services provided by your primary care physicians office and when it may be necessary to seek care in other places such as an urgent care center or the emergency department.

As usual we have provided information on diet, healthy recipes, and general information to help you become more engaged in your health and fitness.

Summer is here and as the temperature outside increases, so does our need for fluids. Proper hydration is vital to everyone's health for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, move waste products from our bodies, and keep organs functioning properly.

Being well-hydrated also improves sleep quality, cognition, and mood. Water makes up about 50% to 70% of your body weight: we can't survive without water.

The U.S. National Academy of sciences, Engineering, and Medicine determined that an adequate fluid intake is about 15.5 cups of fluids a day for men, and about 11.5 cups of fluid a day for women. These recommendations cover fluids from water, other beverages, and food. About 20% of our daily fluids usually comes from food and the rest from drinks.

Water is the best choice for staying hydrated and should be the primary beverage you reach for throughout the day. Sometimes we need some flavor in our day and reach for something different. When choosing flavored beverages be aware that too many sugary drinks such as sodas, coffee drinks, and iced teas can provide more than hydration - for example, extra calories from fats, sugars and caffeine. For low calorie options, try unsweetened homemade iced tea with sliced lemon. Another healthy option is fruit or vegetable infused waters and naturally flavored seltzer waters.

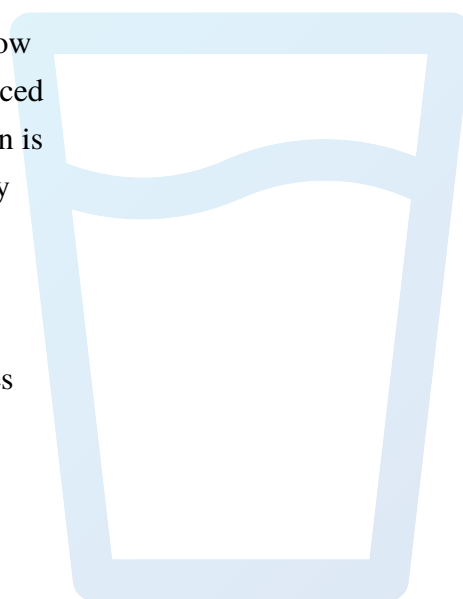
Food choices can also help us meet our fluid goals. Fluid-rich foods include fruits such as watermelon, strawberries, cucumbers, oranges tomatoes, and lettuce. You can find these goodies at local farmers markets all summer long.

When the seasons change and temperatures drop, good food choices are soups and broth-based meals which can be loaded with vegetables. so, before you go out the door to enjoy your summer adventures, grab your water bottle and make hydration a health priority every day!

Try the following recipes for healthy and tasty hydrating options.

Kim Marie Segiel, RDN, LDN

Geisinger Wyoming Valley Medical Center



## Watermelon Gazpacho

Recipe courtesy of DCE.org (Diabetes Care and Education)

PAGE 3



### Ingredients:

- 4 cups cubed, seeded watermelon, divided
- 1 cucumber, peeled, coarsely chopped, divided
- 1 garlic clove, minced
- 2 Tbsp chopped onion
- 2 tsp lime juice
- 1 tsp olive oil
- 1 Tbsp chopped fresh basil
- 1/8 tsp ground black pepper
- 1/2 jalapeno pepper, seeded and chopped (optional)

### Directions:

- In a small bowl, mix 1 cup of cubed watermelon and 1/2 of chopped cucumber, set aside.
- Process remaining ingredients in a food processor or blender until pureed.
- Transfer all ingredients to a large bowl and stir.
- Refrigerate until ready to serve.

### Nutritional Facts

Serving size: 1/2 cup

Servings per recipe: 4

Amount per serving

Calories 70 | Total fat 1.3 g | Sodium 7 mg | Total carbohydrate 19 g |

Dietary Fiber 1.7 g | Protein 1.2 g



#### Nutrition Facts

Serving size 1 cup

Calories: 5

Total fat 0 g

Sodium 0 g

Total Carbohydrate 2 grams

Dietary fiber 0 g

Protein 0 g

#### Ingredients

3 1/2 cups sparkling water

2 teaspoons fresh lemon juice

4 large fresh mint leaves plus 4 mint  
sprigs

4 large strawberries (stemmed)

#### Directions

1. Puree the strawberries, mint leaves, lemon juice, and 1/2 of the sparkling water in a blender on low speed until smooth (30 seconds)
2. Pour the puree into a serving pitcher. Very slowly add the remaining water.
3. Serve chilled over ice in tall beverage glasses. Garnish each with a sprig of fresh mint.

# Why you should have an annual wellness visit



*An annual wellness visit is NOT the same as an annual physical exam and is 100% paid by Medicare. It's purpose is to improve your overall wellness and to plan ahead for the reality of illnesses we develop as we advance in age. You and your primary care doctor will develop a comprehensive plan for your health and adjust it year by year.*

## Take advantage of free health benefits



At this visit you and your provider will discuss immunizations, catch up on screening procedures for early detection of cancer, diabetes, and high blood pressure. He or she will make recommendations to your care plan to promote overall health and wellness. Your provider will also discuss the importance of establishing advanced directives.

## Catch disease at an early manageable stage



It is important for your doctor to compare your personal health benchmarks from one year to the next. If you skip your annual wellness visits a disease can progress for years before being caught at a more advanced stage.

## Build a relationship with your doctor



When you skip annual wellness visits and only see your doctor when you are sick, the doctor is at a disadvantage in diagnosing and treating health problems because he or she does not have the full picture of your health history provided by annual wellness visits.

## Create a plan of action for your health



Annual wellness visits allow time for you and your primary care doctor to establish your personal health goals and discuss ways to improve your overall health. Your doctor can perform routine screenings that will help prevent advancing illness and diseases. You can help better manage chronic conditions, and improve your overall quality of life.



## Having complex symptoms after your COVID-19 diagnosis?

CONTACT YOUR PRIMARY CARE PHYSICIAN

1

### Are you experiencing the following symptoms?

- Tiredness or fatigue
- Difficulty thinking or concentrating (sometimes referred to as "brain fog")
- Loss of smell or taste
- Dizziness on standing
- Fast-beating or pounding heart (also known as heart palpitations)
- Chest pain
- Difficulty breathing or shortness of breath
- Cough
- Joint or muscle pain
- Depression or anxiety
- Fever
- Symptoms that get worse after physical or mental activities

2

### You're not alone.

A year into the pandemic, researchers are struggling to understand why some people are still suffering adverse effects long after they've recovered from an acute episode of COVID-19. Early research estimates have shown anywhere between 10 percent to 30 percent of people with COVID-19 go on to become long-haulers, or those who experience persistent symptoms weeks or months after the infection has cleared.

3

### Talk to your primary care physician.

There are a number of referrals your primary care physician can make to help get to the root of your symptoms.

**Referrals Include:**  
**Pulmonary Rehabilitation**  
**Physical Therapy**  
**Occupational Therapy**  
**Speech Therapy**  
**Cardiology**  
**Endocrinology**  
**Psychology**  
**and more..**

Your doctor may also order specialized testing to pinpoint the exacerbation of your symptoms. Many providers have telehealth options as well to expedite your treatment plan.



## Practice Self Management



Rest and Relaxation



Set Achievable Goals



Exercise if Tolerated



Monitor your Vital Signs



Make Healthy Choices

VISIT OUR WEBSITE FOR MORE INFORMATION

[WWW.KEYSTONEACO.ORG](http://WWW.KEYSTONEACO.ORG)



The Union County Food Hub is hosting a pop-up produce stand every Thursday 4-6 PM at The Miller Center Courtyard near the Rail Trail in Lewisburg and will be available May through October providing anyone interested with fresh, local produce at no cost. No registration required. The Miller Center is located at 120 Hardwood Drive, Lewisburg, PA. (Rain location will be held in The Miller Center lobby)

UNION COUNTY FOOD HUB

## POP-UP PRODUCE STAND

**FREE PRODUCE AVAILABLE  
EVERY THURSDAY, 4-6PM  
@ THE MILLER CENTER  
COURTYARD**

★ **NO REGISTRATION REQUIRED**

★ **FRESH, LOCAL PRODUCE**

★ **AVAILABLE MAY THRU OCTOBER**



Geisinger



## Would you prefer to receive this newsletter and other educational materials via email?

If so, please visit our website's

"Get on the list" section to provide us with some basic information. You can access our website at [KeystoneACO.org](http://KeystoneACO.org).

### 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](http://medicare.gov/acos.html).

**Keystone Accountable Care Organization, LLC**

**100 North Academy Avenue**

**Danville, PA 17822**

**Mail Code 30-55**

**Phone: 570-271-6403**

**Fax: 570-214-1314**

**E-mail: [KeystoneACO@KeystoneACO.org](mailto:KeystoneACO@KeystoneACO.org)**

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