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**Welcome to the summer 2025  
edition of the Keystone Accountable  
Care Organization (ACO) newsletter!**

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As you venture out to enjoy the warmer weather, be sure to stay hydrated, eat fresh fruits and vegetables, and get plenty of exercise — balanced with rest. And, as always, if you have any health concerns, contact your primary care doctor.

We hope you enjoy this newsletter with tips, a word find and some local events.



## July: Dry Eye Awareness Month

### Understanding the cause of dry eye is key to managing symptoms and finding relief.

It may sound odd, but happy eyes are tear-filled eyes. Tears provide lubrication, reduce the risk of infection, wash away debris and keep the surface of the eye smooth for clear vision.

Dry eye occurs if your eyes don't produce enough tears, your tears evaporate too quickly or the film that produces tears is unbalanced. Left untreated, this common condition can lead to inflammation, cornea damage and vision issues.

Dry eye typically affects both eyes. You might feel a scratchy or gritty sensation. "It sounds contradictory, but you also might have watery eyes," says Herbert John Ingraham, MD, an ophthalmologist and director of the Geisinger Eye Institute. "When your eyes are irritated by dry eye, your eyes compensate by producing more tears."

Other signs can include:

- Stinging or burning
- Stringy mucus
- Light sensitivity
- Blurry vision or eye fatigue
- Discomfort when wearing contact lenses

Many factors, including age, hormonal changes, eye surgeries and medications such as decongestants, antidepressants and blood pressure medications can cause dry eyes.

Certain health problems — such as diabetes autoimmune disorders and thyroid issues — can damage the tear glands and cause dry eyes, too. And common skin conditions, such as rosacea, can block oil glands on your eyelids and lead to an imbalance in tear film.

Fortunately, dry eyes are treatable. Options include:

- Over-the-counter drops
- Prescription medications
- Tear duct plugs
- Thermal pulsation therapy, an in-office procedure to unclog blocked eyelid glands
- Therapeutic contact lenses
- Surgery

You can also make lifestyle changes to reduce symptoms, such as avoiding smoky and air-conditioned places, using a humidifier, limiting screen time and staying hydrated.

"If you have dry eyes and it's affecting everyday activities, talk to your eye doctor," says Dr. Ingraham. "They can help you find the best solution to restore eye health and bring you relief."





## August: National Immunization Awareness Month

### Vaccines for adults: What do you need?

Several vaccines can protect you annually, especially during cold and flu season.

To protect yourself against **COVID**, the CDC recommends everyone ages 12 and older consider the updated vaccine. The number of doses you need depends on previous COVID vaccinations you've had, especially if you're immunocompromised. Find out the CDC's current recommendations.

The CDC also recommends everyone 6 months and older have a **seasonal flu vaccination**, with some rare exceptions. The new vaccine comes out in late summer, but because flu season can last through March, you can be vaccinated until the spring. If you're older than 65, talk to your doctor or pharmacist about which vaccine is right for you.

Thanks to more than 70 years of childhood vaccines, once common diseases like **polio, tetanus and diphtheria** are rare. But some vaccines require boosters as you age to keep you protected. For example, you should get a tetanus and diphtheria booster, also known as Tdap or Td, every 10 years.

**Measles** has seen a resurgence over the past decade. So, if you're under 65 and aren't sure whether you had the MMR (measles, mumps and rubella) vaccine, talk to your care team about getting it now just in case — it's safe to get it more than once.

Besides your childhood vaccinations, more recently developed vaccines could benefit you. They can help prevent other diseases, like:

- **Shingles (varicella zoster):** If you've ever had chickenpox — even if you didn't know it — then you could get shingles, a painful skin infection caused by the same virus. A shingles vaccine became available about 15 years ago, and it's safe to have whether you've had chickenpox or not. It's recommended for everyone over the age of 50.
- **Pneumonia:** If you're 65 or older or have risk factors for pneumonia (like heart disease, lung disease, diabetes or smoking), talk to your doctor about whether a pneumonia vaccine is right for you. There are two different vaccines — your doctor will know whether you should get one or both.
- **Hepatitis B:** Vaccination is recommended for everyone under 60 and for older people with risk factors like chronic liver disease or sexual exposure risk.
- **RSV:** If you're 60 or older, ask your doctor whether you should be vaccinated against RSV, a respiratory illness. A vaccine was approved in 2023, but it's only recommended for certain people.

Check with your provider before getting vaccinations. The medical guidelines for some adult vaccines are complicated, and they'll make sure you get the right ones for you.

### Don't let the flu stop you!

The 2025-26 influenza vaccination season will soon be here.

Plan to get your flu shot to protect yourself and those around you.

# Immunization word find

Immunization	Diphtheria	Polio
Hepatitis A	Influenza	Virus
Chickenpox	Smallpox	Mumps
Meningitis	Bacteria	Nurse
Pneumonia	Protect	Sick
Rotavirus	Tetanus	
Pertussis	Measles	

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



## Turkey meatballs with green beans and cherry tomatoes

*Servings: 6*

### Ingredients:

- Cooking spray
- ¼ cup dry breadcrumbs
- ¼ cup whole milk
- 2 large eggs, lightly beaten
- 1½ ounces Asiago cheese, finely shredded (about 2/3 cup)
- 1¼ ounces sliced prosciutto, finely chopped
- ¼ cup finely chopped yellow onions
- ¼ cup chopped fresh flat-leaf parsley, plus more for garnish
- 1 teaspoon kosher salt, divided
- ¾ teaspoon black pepper, divided
- 1 pound 93% lean ground turkey
- 12 ounces French green beans, trimmed
- 3 tablespoons olive oil, divided
- 2 cups of multicolored cherry tomatoes
- 2 tablespoons shaved Asiago cheese

### Nutrition facts (per serving):

*Calories 354, Fat 23g, Carbs 14g, Protein 24g*

### Directions

1. Preheat oven to high broil with rack 6 inches from heat. Coat a baking sheet with cooking spray.
2. Combine breadcrumbs and milk.
3. Combine eggs, shredded Asiago, prosciutto, onion, parsley and 1/2 teaspoon each of the salt and pepper.
4. Add breadcrumb-milk mixture and turkey; mix gently. Shape into 24 meatballs and place them 1 inch apart on half of prepared baking sheet.
5. Combine green beans, 1 tablespoon oil, ¼ teaspoon salt and remaining ¼ teaspoon pepper. Spread in an even layer on baking sheet next to meatballs.
6. Combine tomatoes, 1 tablespoon oil and remaining ¼ teaspoon salt. Spread tomatoes in an even layer on separate baking sheet.
7. Broil tomatoes until they burst, about 5 minutes. Continue broiling meatballs and green beans until meatballs are cooked through, about 7 minutes.
8. Transfer tomatoes with juices to a bowl; add remaining 1 tablespoon oil and stir gently.
9. To serve, arrange 1½ cups green beans and 4 meatballs on each plate. Spoon tomatoes evenly over green beans. Drizzle tomato juices over meatballs. Sprinkle evenly with shaved Asiago and garnish with parsley.





Neighborly is an easy-to-use online network that connects you to free and reduced-cost programs and services, including food, housing, childcare, transportation, utility assistance, education, healthcare, legal services and financial assistance.

Go to [neighborlypa.com](https://neighborlypa.com), where you can also download the app for Android and Apple (iOS) devices.

## Selecting a primary care provider

Medicare beneficiaries may select their primary care provider (PCP) on the [medicare.gov](https://www.medicare.gov) website. The step-by-step how-to video is on YouTube at <https://youtu.be/AZ7h-rqshG4>. A Spanish version is available to use with the Spanish language 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/COVID

## Geisinger Wellness Events

Event	Start	End	Location	Day	Time
A Matter of Balance*	7/9/25	8/7/25	65 Forward Buckhorn	Wednesday	1 – 3 p.m.
Chronic Disease Self-Management Program	7/14/25	8/25/25	Virtual	Monday	Noon – 2:30 p.m.
A Matter of Balance*	7/18/25	9/5/25	65 Forward Scranton	Friday	10 a.m. – noon
A Matter of Balance*	9/8/25	10/27/25	65 Forward Kingston	Monday	1 – 3 p.m.

Register for these free programs at [events.geisinger.org](https://events.geisinger.org) or by calling 866-415-7138 (PA relay 711).

\* Must be 65 or older.

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### 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](mailto:KeystoneACO@KeystoneACO.org)

### 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.



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## Medicare Resources

For more information on accountable care organizations, contact Medicare at 800-Medicare (800-633-4227) and ask for the ACO Department. TTY users should call 877-486-2048. Or visit [medicare.gov/acos.html](http://medicare.gov/acos.html).