

Living Well at Home

WHAT'S INSIDE:

Social worker Kristen loves helping our members get the care they need

How to manage feelings of loneliness

CCA Health in the community: our partnerships in your backyard

Fact check: Is rice good for you?



SPECIAL FEATURE

Learn about fun activities that can benefit your mind, body, and soul



A word of thanks to our members

A message from Wil Yu, CCA Health California General Manager

At CCA Health, we appreciate the trust our members place in us, day in and day out. For that, we offer a heartfelt thank-you. To our new members, we say welcome—and we look forward to serving your healthcare needs for many years to come.

CCA Health is not your typical health plan. We work with you—and your caregivers, primary care providers, and community organizations—to help you receive high-quality care, when and where you need it. That means we break down barriers and help you live well for as long as possible. That's what we call **uncommon care**®.

Providing **uncommon care**® also means sharing important information you need to stay healthy. That's what the **Living Well at Home Magazine** is all about. Each issue is full of health tips and program updates. You'll also get the chance to meet some of our team members and learn about important news and trends that may impact your health and well-being.

If you prefer to get this information online, you might enjoy reading our **Living Well at Home Blog** at ccahealthca.org/living-well-at-home.

From all of us at CCA Health—thank you for the opportunity to serve you.



Wil Yu, CCA Health California General Manager



Have questions about your benefits?

CCA Health Member Services is your central resource to connect you to what you need. Our team is trained to support a wide range of questions and requests and can direct your calls to the right team.



Save this number!

866-333-3530 (TTY 711) 8 am to 8 pm, 7 days per week

Get to know us!

Meet Kristen, Clinical Operations Director of CCA Health California



Kristen Slater's background in social work brought her to CCA Health California. As Clinical Operations Director, she is working to implement CCA Health's **uncommon care**® model. Through CCA Health's deep ties with providers in California, she will work to create a seamless experience for members navigating the healthcare system.

"The goal of CCA Health is to be a culturally competent health plan that understands the needs of the community and how they intersect with the medical needs of the member," she said.

Traditionally, physical and mental health have been treated separately in medicine. Doctors have not always asked about patients' non-medical challenges, but they can have a big impact on health. As a result, Kristen has become focused on viewing things holistically—that is, considering all this information at once.

“All the individual elements of someone's life can impact their health. Our job as a health plan is to meet all our members' needs and integrate their healthcare services.”

When a patient is seeing multiple providers, their offices might not communicate with each other unless the patient drives the process. This can create significant gaps in care, which are often made worse by social factors. For example, it can be hard for patients to advocate for themselves if they do not speak English or have a restrictive work schedule.

One of Kristen's main objectives is to ensure members receive the care they need on an ongoing basis.

"The resiliency of the human condition keeps me passionate about this work. It is such a privilege to support individuals making positive changes in their lives," she said.

Member spotlight: Cynthia's story

When CCA Health member Cynthia makes diamond art, she's able to forget about her health issues, which include COPD and asthma. Just like painting by numbers, diamond art uses sparkling beads to create shiny and colorful pictures. It's a hobby that Cynthia enjoys because she can use her hands while sitting down. Because of the success Cynthia has had learning to manage her conditions, she is quick to recommend CCA Health.



"I tell everyone I know to go to CCA. They do so much for people," she says.

CCA Health in the community

At CCA Health, we understand the importance of partnering with organizations that strengthen and enrich our communities. That's why we recently donated funds to nonprofits in Santa Clara and San Joaquin Counties that focus on fighting food insecurity and loneliness among seniors and their families. Learn more about these organizations below!

The Emergency Food Bank in Stockton aims to build a stronger community by providing a safety net of healthy food, nutrition education, and hope. CCA Health's donation will help fund their Mobile Farmers Market (MFM), which travels to over 60 sites distributing fresh fruits and vegetables. To learn more: stocktonfoodbank.org.

Institute on Aging's Friendship Line is a 24-hour, toll-free crisis intervention hotline and a warmline for non-emergency emotional support calls. It is the nation's only accredited crisis line for people aged 60 years and older and adults living with disabilities. Each employee is trained to screen for elder abuse and suicide, and CCA Health's donation will help fund translation resources. To learn more: ioaging.org/services/friendship-line.

SASCC has several core areas: The Saratoga Adult Care Center (an adult day program), a senior center, an age-friendly community newspaper, and RYDE, a curb-to-curb transportation and local trip planning service for adults 65+ living in parts of Santa Clara County. CCA Health's donation will help fund the Saratoga Adult Care Center, which provides daytime care, stimulating activities, and nutritious meals to less-independent older adults. To learn more: sascc.org.

Second Harvest of the Greater Valley reaches more than 35,000 residents per month. CCA Health's donation will help fund their Senior Brown Bag program, which has been helping at-risk seniors throughout San Joaquin and Stanislaus counties for 46 years. Twice a month, volunteers fill bags with supplemental groceries, including fresh fruits and vegetables. Second Harvest also offers home delivery to those that are homebound. To learn more: localfoodbank.org.



“At CCA Health, we know how essential it is that older adults have access to healthy food and safe, affordable shelter. But it is equally critical that they have mental health resources and other avenues to maintain social lives and bonds, no matter their culture or language. We feel confident that each of these organizations aligns with our philosophy and mission and can't wait to see what we can accomplish together.”

- Wil Yu, General Manager of CCA Health California.

Try something new this year!

Below is a list of fun activities you can do with your family and friends that are good for your mind, body, and soul.



Tap into your creative side

Take up knitting, crocheting, needlepoint, painting, or coloring. Studies have shown that arts and crafts can relieve stress, boost your confidence, strengthen your brain, and improve your quality of life. And while you can do all these activities by yourself, try hosting an arts-and-crafts night with your family or friends to make it even more rewarding!



Start a walking club

It's no secret that exercise helps to keep you healthy in many ways. But that doesn't mean you have to become a marathon runner or do aerobics every day. There are plenty of low-impact exercises that can benefit your overall health. Just taking a walk every day can work wonders on your overall health. Consider starting a walking club to make it a social event that you'll look forward to every day.



Try cooking something new

Find a new recipe and cuisine you've never tried before and make a meal with someone you love. Cooking together can improve your relationships by deepening your bonds, creating positive memories, and encouraging communication. Trying a new recipe can sharpen your problem-solving skills and help your mind focus on simple tasks, which can have similar mental health benefits to meditation. Be sure to pick a recipe high in nutritional value.



Sing your favorite songs

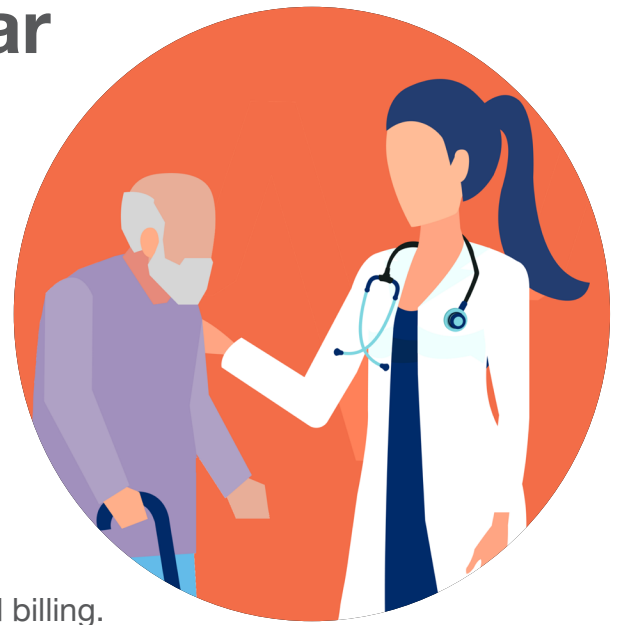
Everyone should try karaoke at some point in their life. After all, singing has health benefits. It helps blood circulation by exercising the heart and lungs. This increases oxygen flow to all parts of the body—including the brain. Plus, singing makes you feel good! It reduces stress hormones and releases happy hormones called endorphins. Pick your favorite songs and sing your heart out!

Want to make these activities part of your long-term health and wellness journey? Set a goal to try one of these activities 1–2 times per week for a month. If you love it after a month, keep going!

3 tips for facing your fear of the doctor's office

When it's time to see your doctor, do you feel anxious? If so, you are not alone! Multiple studies have shown that about a third of adults report anxiety or fear surrounding doctor visits, and many of those people avoid getting the care they need.

If you are reluctant to go to your doctor's office, your feelings are valid. Many factors may play a role in your feelings, including past trauma, fear of receiving a serious diagnosis, or frustration with processes like scheduling and billing. But it's important to remember that keeping up with routine medical care is essential to your health.



Below are a few tips to overcome your nerves and get the care you need and deserve from your doctors.

- 1 Be proactive about scheduling your appointments well in advance.** A “set it and forget it” approach will ensure you don’t go long periods of time without routine wellness visits or check-ins with your specialists.
- 2 Talk to your loved ones about what you are feeling.** Sometimes, talking through our fears and confiding in friends and family can offer perspective. They may tell you about overcoming similar fears themselves, or let you know that it’s important to them that you stay healthy.
- 3 Get to know your options.** If it’s difficult for you to travel to the doctor, virtual visits could be an option for you at home. You can call CCA Health Member Services at **866-333-3530** to find out about other benefits that may be able to help you access care without any stress.

Learn from home with CCA Health’s online health library

As a CCA Health member, you now have access to an online health library of articles, videos, self-management tools, and other information to help you better manage your health. You can learn about many different conditions, including diabetes, heart disease, asthma, and more.

To get started, visit ccahealthca.org/living-well-at-home and click on the Health Library link.



Managing feelings of loneliness

Everyone feels lonely sometimes. If you are feeling down or alone, you may not think of this as a health concern. However, loneliness and social isolation are linked to a variety of serious health risks, especially for older adults.

Busy schedules, geographic distance, physical limitations, and caregiving are all common reasons that socializing may become more difficult as we age. The good news is that there are more options than ever before to stay connected to our loved ones.

If you are feeling alone, pick up the phone and call someone. If you know a friend or relative may be hard to reach, consider scheduling a regular time to talk to them. That way, they will know when to expect your call. Social media can also help you keep up with events in their lives.

If you live far away from your loved ones, consider getting to know your neighbors. You may find that someone near you is experiencing something similar. According to AARP, only 33 percent of midlife and older adults who have spoken to their neighbors are lonely, compared with 61 percent who have never spoken to a neighbor.

There are also resources in your community that can help connect you with people and activities you'll enjoy. You can nurture your interests and get to know other people by participating in a club, group fitness activity, class, volunteer effort, or religious group. If you don't know where to start, your local community rec center or council on aging may have suggestions.

If you are feeling isolated or lonely often, consider bringing up your concerns to your doctor. Even if your emotions don't seem medically important to you, they can impact your risk for certain conditions. Helping your doctor understand your life more fully can help you receive the treatment you need and deserve.



Visit the National Institute on Aging website at [nia.nih.gov](https://www.nia.nih.gov) for more tips on dealing with loneliness and social isolation.

As a CCA Health member, you can also call 1-800-TELADOC (1-800-835-2363) to speak to a behavioral health provider.



Stuffed peppers

Ingredients

- 4 large bell peppers
- 1 ½ teaspoons canola oil
- 1 clove garlic, minced
- 1 pound ground turkey
- 1 ½ cups cooked brown rice
- 1 8-ounce can tomato sauce, divided
- 1 tablespoon chopped fresh parsley
- 1 teaspoon salt (optional)
- ¼ teaspoon freshly ground black pepper



Turn the page for cooking directions



Nutrition Facts

Serving Size:
1 stuffed pepper

327 Calories

Amount per serving

Protein 25.4g

Saturated Fat 2.8g

Carbohydrate 30.8g

Cholesterol 83.9mg

Dietary Fiber 5.5g

Potassium 805mg

Sugars 7.1g

Sodium 354.4mg

Fat 12.3g

Directions

- Step 1:** Preheat oven to 350 degrees F.
- Step 2:** Cut out stem ends of bell peppers and discard. Scoop out seeds. Bring 8 cups water to a boil in a large pot and blanch the peppers until tender-crisp, about 1 minute. Drain and cool under cold running water. Set aside.
- Step 3:** Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring occasionally, until softened, about 3 minutes. Add turkey and cook, crumbling with a wooden spoon, just until it loses its pink color, about 2 minutes. Drain the fat.
- Step 4:** Transfer the turkey mixture to a medium bowl and mix in rice, ½ cup tomato sauce, parsley, salt (if using), and pepper. Stuff the peppers with the mixture and place them in a 2-quart casserole dish. Spoon the remaining ½ cup tomato sauce over the peppers. Cover and bake until the peppers are tender and the filling is heated through, 30–35 minutes.

Fact check: Is rice good for you?

Designing a healthy diet can be complicated. Nutritional guidance from one source may contradict what you saw somewhere else. Some type of rice is a staple ingredient in almost every cuisine.

But is it good for you?

As you might have guessed, it depends! All rice is high in carbohydrates, which may mean that individuals with diabetes or other blood sugar issues need to watch their intake. However, whole grains like brown rice and wild rice are less processed than white rice. That means they have more essential nutrients such as fiber, antioxidants, and vitamins. They usually help you feel full for longer than white rice as well. If you are looking to eat healthier and try something new, you could consider swapping the white rice in your favorite recipe for brown rice, or other whole grains like quinoa, barley, or farro.

It is a bit of a myth that white rice can't be part of a healthy diet, however. According to the American Heart Association, pairing an appropriate serving size of white rice with lean proteins and vegetables makes for a well-balanced and heart-healthy meal.





Nonprofit Org.
U.S. Postage
PAID
Norwood, MA
Permit No. 20

Living Well at Home

Living Well at Home

