

Healthy You

SPRING 2018

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enter to

WIN

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Neighborhood
Health Plan
OF RHODE ISLAND™



There is No Shame in Addiction



Tracey Cohen, MD is Neighborhood's Medical Director. For over a decade, Dr. Cohen has focused on addiction. Her message is that addiction is a lot

like any other ongoing illness. There are many reasons people become addicted to medicines and alcohol, but it's not because they aren't good people. Addiction is a chronic disease like diabetes. Treatment works. People who get treatment for addiction should be proud for taking hard steps to get well. Getting hooked on drugs or alcohol can happen to anyone.

Getting Help

Neighborhood offers mental health and substance use services. If you think you or a loved one might have a problem with drinking, or taking illegal or prescription drugs, talk to your doctor. You may also call our Behavioral Health Services team yourself, no approval needed. Behavioral Health Services can help you find a therapist, counselor, or doctor's office that is right for you.

"It is important to feel good about yourself," says Dr. Cohen. "Take pride in your bold step to get better."

Behavioral Health Services are available 24 hours a day, 7 days a week to help you. The number is 1-800-215-0058. You can also find this number on your Neighborhood ID card.

Give Mindfulness a Try

Have you ever focused on something so hard that everything else seemed to go away? Learning to make that happen for yourself is called “mindfulness.”

To get started, find a comfortable place to relax and sit. Pick something to focus on – a word, your own breathing, a color. Pay attention to this one thing. If your mind wanders, bring it back. Try to do this for 5 minutes. Over time you will learn to train your attention. Use mindfulness to relax, pay attention, or even keep from getting upset.



Change Your Channel and Move

Are you spending too much time on the couch? Get up and get moving! Studies show that regular physical activity can lower stress, anxiety, depression and anger.

Too much sitting can raise your risk of heart disease and stroke. One study showed that adults who watch more than four hours of television a day had an 80% higher risk of death from heart disease. Staying active also helps delay or prevent chronic illnesses and diseases that are common with aging. Make moving around part of every day.

Try this:

Walk in place during your favorite TV show.



Get Fit at Home

Busy schedules can make finding time to exercise hard. Being active is important, it helps keep our bodies healthy. Think of your home as a gym and try to do one of the four types of exercise each day—endurance, strength, balance and flexibility.

Endurance

- Remember jumping jacks or aerobics from gym class? These activities boost your heart rate. They keep your heart and lungs healthy and improve your total fitness.
Try this today: Dance or walk in place

Strength

- Strength exercises make your muscles stronger.
Try this today: Wall push-ups

Balance

- Balance exercises help prevent falls, a common problem in older adults.
Try this today: Stand on one foot

Flexibility

- Stretching your muscles can help your body stay limber. Being flexible gives you more freedom of movement for other exercises and everyday life.
Try this today: Stretch your arms

As with the start of any new exercise routine, be sure to check with your doctor first.

**For more tips visit
www.medlineplus.gov/exerciseandphysicalfitness**

RAFFLE

Get a Fitness Tracker

Keep track of your healthy habits with a fitness tracker. This small gadget counts your steps and calories, too. Enter to win by May 4, 2018.

Visit www.nhpri.org/newsletteraffle and fill out the form to enter. Three winners will be randomly selected from all entries.

5 Quick Breakfast Ideas

Maybe you have heard this many times, but it really is important to eat breakfast. Being hungry can put you in a bad mood and make it hard to focus. Eating breakfast can also keep you from over-eating during the day. Packaged and fast-foods like pastries or burritos can be full of fat, sugar and salt. It is better to make meals at home. Chances are that you will save money, too. Here are some ideas that can make it easy:

1. Pack a handful of unsalted nuts such as almonds or walnuts in a small bag
2. Hard-boil eggs
3. Overnight oatmeal (see recipe at sidebar)*
4. Spread low-fat cream cheese on a whole-grain bagel
5. Mix berries into low-fat yogurt

Looking for healthy recipes? Check the cooking section at your local library or go online to www.diabetes.org and www.heart.org



No-Cook Overnight Oatmeal

This simple tasty recipe is perfect for busy mornings and snacks. Make the night before and chill for the next day.

What You Need (4 servings)

- 3 1/2 cups rolled oats (not instant or quick-cooking)
- 2 1/2 cups skim milk
- 1 tablespoon of honey or maple syrup
- 1 teaspoon vanilla extract
- 1/4 cup chopped, unsalted walnuts

What To Do

1. In a large bowl mix milk, honey or syrup, and vanilla
2. Stir-in oatmeal
3. Cover and refrigerate overnight
4. Enjoy cold!

Try This

- Mix in dried fruit before chilling
- Top with fresh fruit just before eating
- Split batch and put it small jars for a meal on the go

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Spanish: ATENCIÓN: Si habla Español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-401-459-6009 (TTY 711).

Portuguese: ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-401-459-6009 (TTY 711).

Colon Cancer

The colon is an organ that is part of our digestive system. Sometimes a small clump of cells form on the lining of the colon or rectum. Over time, these growths called polyps can turn into cancer. It is important to be aware of colorectal cancer, also known as colon cancer.

Colorectal cancer is one of the most preventable and treatable forms of cancer when found early. Screening is the number one way to prevent colorectal cancer because it finds cancer in the early stages, or, before it even has the chance to grow or change.

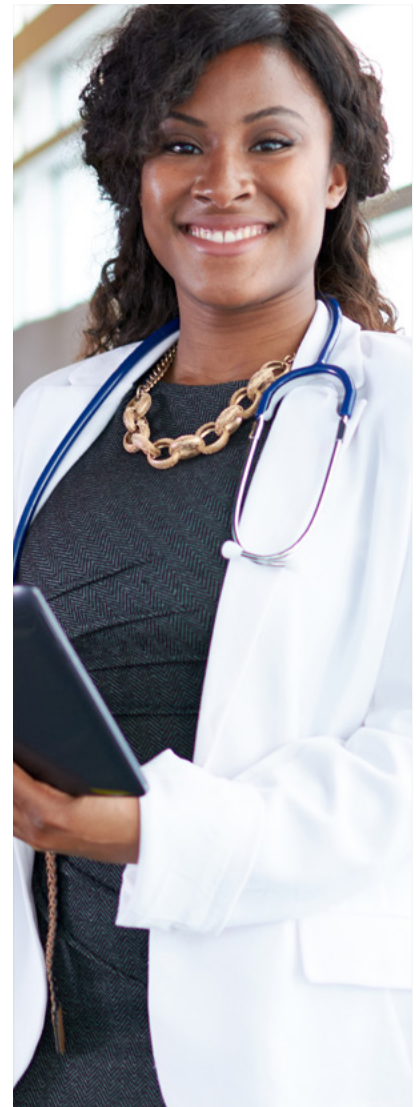
Screening is checking for a problem before there are signs. Because colorectal cancer first starts with few, if any, symptoms, it is important not to wait for symptoms before talking to your doctor.

Symptoms

- › A change in bowel habits
- › Rectal bleeding
- › Feeling weak
- › Losing weight for no reason
- › Ongoing stomach pain such as cramps and bloating

These symptoms can also be part of other problems. Early signs of cancer do not always include pain. It is always best to speak to your doctor with any questions you may have.

Early detection can save your life. If you're age 50 or older, get screened!



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For more health tips and resources, visit www.nhpri.org/CurrentMembers/YourHealth or call Neighborhood Member Services at 1-800-459-6019 (TDD/TTY 711).

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