

# Healthy You



SUMMER 2022

## In this issue >

- Volunteering? Good for you!
- Eating well for less: cooking on a budget
- Medication Therapy Management
- *And more!*

## Healthy You SUMMER 2022



2965 NE Conners Avenue  
Bend, Oregon 97701

Our friendly Customer Service team will be happy to assist you.

 **888-863-3637**

TTY: 711

We accept all relay calls

 [MedicareCS@PacificSource.com](mailto:MedicareCS@PacificSource.com)  
[Medicare.PacificSource.com](https://www.Medicare.PacificSource.com)

### October 1 – March 31:

8 a.m. – 8 p.m., seven days a week

### April 1 – September 30:

8 a.m. – 8 p.m., Monday – Friday

---

**Summer: Is the time *really* right for dancing in the street?**

---

Health-and-wellness or prevention information from your friends at PacificSource Medicare



# Healthy You

SUMMER 2022

## Volunteering? Good for you!



Whether you've been donating your time for years or you're just dipping your toe in the water, there are a host of benefits to be gained from volunteering. It's something we at PacificSource feel strongly about—in fact, our staff receive a full day of paid volunteer time every year.

**If you've never volunteered (or it's been a while), here are some great reasons to give it a try, plus tips to get you started.**

# Volunteering can be a fun way to:

## Get your body moving

Choose opportunities that involve physical activity (things like gardening, working with children, or picking up litter), and you'll reap cardio and strength-building benefits while skipping a trip to the gym.

## Sharpen your mind

"Use it or lose it," they say, so do knowledge work (such as mentoring young people) and you'll employ cognitive skills that would otherwise sit idle.

## Gain a sense of purpose

No matter your age or life situation, volunteering can take your mind off your worries and connect you with others in your community. Feelings of isolation and loneliness can melt away when your social circle opens up to more people.

## Boost your self-esteem

The sense of accomplishment you earn from helping others can give you a healthy dose of confidence. Many volunteers report getting significant satisfaction from the contributions they make.

## Use your gifts

Do you have a talent you can share? Maybe it's something you take for granted. But those basic guitar chords could be just the thing that sparks a teen's musical awakening. Art, business, science—there are many areas where expertise can be put to use.

## Ready to dive in?

**Opportunities to volunteer are all around you.** If you're wondering where to start, here are some places to try:

### The United Way

#### Local arts groups

(museums, theaters, studios)

#### Libraries

#### Schools

#### Senior centers

#### Youth organizations

#### Family shelters

#### Food pantries

#### Animal rescues

#### Civic organizations

#### Places of worship

## Save a tree or two and unclutter your mailbox

Did you know you can get your newsletters, Explanation of Benefits, and other communications from us in digital-only form? The trees will be sooo happy!

### Here's how:

1. Visit [InTouch.PacificSource.com/members](https://InTouch.PacificSource.com/members) and log in to your account.
2. Click the Profile button next to the gear icon.
3. Select Communications Preferences to update your choices.



# Eating well for less: cooking on a budget

**Even if you're not a wizard in the kitchen, you can enjoy dining at home while saving serious dough.**

One sure way to trim your monthly expenses is to cross out the column marked "Restaurants." But for some people, the mere thought of preparing their own food is a recipe for disaster.



**Fear not:**  
Here are some hot tips for dining in that won't stress your budget.

## Shop the sales

Make it part of your weekly routine to check the circulars or websites of food stores you frequent. Stock up on things you want to keep in the house—and look for specials that expand your culinary horizons.



## Bulk up

Whether it's a big-box store like Costco or your local mom-and-pop market, most places give a substantial discount when you buy larger quantities. This is especially helpful for nonperishable items such as canned goods.



## Study up

There's no shortage of cooking instruction out there, whether online or at your local library. The book *Salt, Fat, Acid, Heat* (now a Netflix series) and others like it help demystify the kitchen, giving fundamental guidance on making deliciousness happen at home.





### Make a plan

Decide in advance which dishes you'll have for lunch and dinner each week, then make a list of the items you'll need from the store. Armed with a plan, you're less likely to spend on fast food or convenience meals.



### Make friends with your freezer

Found a recipe you like? Double the quantity and stash away a few portions for a rainy day (i.e., one where you don't feel like cooking).



### Know what's in season

Fruits and vegetables are generally more plentiful, tastier, and less expensive when you get them locally. Here in the Northwest, we're blessed with fresh, healthful crops throughout the year.



### Go the single-pan route

Woks, slow cookers, Instant Pots—there are multiple variations on this theme. Cooking in a single vessel cuts down on clean-up, and can make storing leftovers a snap. In fact, we've got a single-pan creation as this issue's featured recipe.



# Medication Therapy Management:

## A helping hand when it's needed



If you take multiple medications or have several chronic conditions, you may qualify for our Medication Therapy Management (MTM) program.

### This program will help you:

- **Identify duplications or conflicts** in your medicines
- **Organize your medication schedule**
- **Avoid interactions** between your prescribed and over-the-counter medications
- **Learn how to safely dispose of unused medicine**
- **Save money**

The program includes a Comprehensive Medication Review performed by a specially trained pharmacist. Working with you and your doctor, this pharmacist will help make sure you're

getting the best results from your medications while keeping your out-of-pocket costs down.

### Qualifying members are enrolled automatically

PacificSource enrolls members in the MTM program based on several criteria. If you are enrolled, you'll receive a welcome letter in the mail, and a pharmacist or other qualified healthcare professional will contact you.

Participation is voluntary and there is no cost to you.

**Questions?** Call our customer service team or search for "MTM" at our website: [Medicare.PacificSource.com](https://www.Medicare.PacificSource.com).

## See your doctor without going to the doctor

It's one of few good things to come about during the pandemic: the rise of telehealth.

Restrictions on in-person visits prompted by COVID-19 have meant that many more physicians and other healthcare providers are consulting with patients by phone or video. Even though most restrictions have ended, the benefits of telehealth have made it an option worth considering—especially since **your copay is the same** for telehealth and in-person visits.

There are certainly times when in-person appointments are required (your annual physical, and services such as acupuncture or chiropractic). But for most issues, online consultations can be far more efficient—for you and the practitioner.



Get in touch with your primary doctor to find out if they see patients via telehealth. Chances are good that they do.

**Want to find a doctor or healthcare provider near you?** Visit [Medicare.PacificSource.com](https://www.Medicare.PacificSource.com) and choose Search Tools.

# Vegetables and Turkey Stir-fry

## Ingredients

- 1 Tablespoon **oil**
- 2 cups chopped **vegetables**, fresh, frozen, or canned (try a mixture—celery, mushrooms, water chestnuts, bok choy, cabbage, zucchini, carrots, or broccoli)
- 1 clove **garlic**, peeled and minced, or 1/4 teaspoon garlic powder
- 2 thin slices **ginger root**, minced
- ½ teaspoon **salt**
- 1 cup cooked **ground turkey** or **turkey breast** cut into 1/2-inch cubes
- ½ teaspoon **sugar**
- 3 cups cooked **brown rice** or **whole-grain noodles**

## Directions

1. Heat oil in a medium skillet over medium heat (300 degrees in an electric skillet).
2. Add vegetables, garlic, ginger root, and salt. Stir-fry for 2 to 4 minutes.
3. Reduce heat to prevent scorching. Add cooked turkey and sugar. Cook until vegetables are tender and turkey is heated through—about 2 to 3 minutes.
4. Serve warm over rice or noodles.
5. Refrigerate leftovers within 2 hours.



**Makes:** 6 cups  
**Prep time:** 10 minutes  
**Cook time:** 10 minutes

## Nutrition per 3/4-cup serving

<b>Calories</b>	180
<b>Total fat</b>	5g
<b>Saturated fat</b>	1.5g
<b>Trans fat</b>	0g
<b>Cholesterol</b>	20mg
<b>Sodium</b>	330mg
<b>Total carbohydrate</b>	24g
<b>Dietary fiber</b>	1g
<b>Total sugars</b>	3g
<b>Protein</b>	9g
<b>Vitamin A</b>	24mcg
<b>Vitamin C</b>	22mg
<b>Calcium</b>	25mg
<b>Iron</b>	1mg

*Reprinted with permission from Food Hero (OSU), [FoodHero.org/older-adults](http://FoodHero.org/older-adults)*



# An update on diversity, equity, and inclusion at PacificSource



## We are committed to doing the right thing.

This simple statement is first among our company values, and it informs the others. As a not-for-profit company in business nearly ninety years, PacificSource is a living example of the importance of values.

In response to ongoing conflicts in our country and our communities, the company recently acted to formally adopt a new value and continue to embed it in our culture:

**We actively work to advance social justice, equity, diversity, and inclusion in our workplace, the healthcare system, and community.**

This is not a new philosophy for PacificSource. But stating our belief in this way gives us a star to steer by as we strive to embody this value.

You can learn more about our company and its values at [PacificSource.com/Mission](https://PacificSource.com/Mission).

Accessibility help: For assistance reading this document, please call us at 888-863-3637, TTY 711.

**Members on our PERS or PacificSource Dual Care (HMO D-SNP) plans:** Some benefits described in this newsletter may vary for your plan. Please refer to your Evidence of Coverage booklet for your plan benefit details.

**PacificSource Community Health Plans** is an HMO, HMO D-SNP, and PPO plan with a Medicare contract and a contract with Oregon Health Plan (Medicaid). Enrollment in PacificSource Medicare depends on contract renewal.

PacificSource Community Health Plans complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. PacificSource Community Health Plans does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-863-3637, TTY 711.

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 888-863-3637, TTY 711。