



## What's inside this Summer 2015 issue:

- What is your BMI?
- Best retirement getaways
- Recipe: Crab, Corn and tomato salad
- Celebrating our Centenarians
- Intermountain's app center



### Annual enrollment coming up!

Watch your mail for your 2015 Retiree Annual Enrollment packet which includes information about changes to your retiree health and/or dental insurance for next year.

## What is Shared Accountability?

### A highlight of Intermountain Healthcare's initiative

In 2011, Intermountain Healthcare began the Shared Accountability initiative—our approach to achieve three important goals:

- Better health
- Better care
- More affordable care

This approach helps us fulfill our mission and our vision to be a model healthcare organization, providing extraordinary care in all its dimensions. The name Shared Accountability reflects the reality that transforming healthcare will require shared responsibility of all participants in the healthcare system.

As an Intermountain Healthcare retiree, we want to bring you along in this journey as we improve people's health — not just their healthcare — for the lowest sustainable costs in the changing healthcare environment.

One way that this is being accomplished is through value-based

healthcare. This means that we're being rewarded for value instead of volumes. We've started the transition to a payment model where we're paid for keeping patients healthy, not only for the amount of care we provide. The fee-for-service system is being replaced by a fee-for-value model.

Other areas that Intermountain Healthcare has already been focusing on as part of the Shared Accountability initiative include:

- Medicare Advantage Health Insurance Plans
- Evidence-based Medicine
- Share Decision Making
- Population Health Management
- Prepayment

*Watch for more information and updates about Shared Accountability in upcoming issues of the Retiree Connection newsletter.*

# “Enjoy life as much as possible”

*Important note: Kerma was interviewed for this article just before her passing on March 19, 2015.*

If you're not a fan of grapefruit, then you might want to consider becoming one.

At least, that's what Intermountain Healthcare retiree, Kema Noyce, might recommend. After eating a half a grapefruit every morning for breakfast, she said that was her secret to living a long life.

And live a long life is exactly what she did.

Born on April 11, 1915, Kerma lived to the very edge of a century, passing away one month shy of 100 years old. During which time, she took every opportunity to live life to its fullest. Even at 98 years old, she was still driving herself around town. She also loved ballroom dancing, bowling and traveling.

As a young girl from Whitney, Idaho, she has fond memories of living on a farm and developing a love of the land. “[As a child] the fun part was growing up on a farm, thinning beets, weeding crops and picking vegetables and fruit,” she said.

She married Garland Bergquist in 1937 in Logan, Utah but he died seven months later

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Celebrating  
*our*  
Centenarians



## Calculating your BMI

How healthy is your weight?



**What is your BMI?** Body Mass Index can tell you whether you're carrying too much, too little or just the right amount of body fat. Your body mass index (BMI) is an estimate of your body fat that is based on your height and weight. Doctors use BMI, along with other health indicators, to assess an adult's current health status and potential health risks. You can determine your BMI by visiting [http://www.aarp.org/health/fitness/info-05-2010/bmi\\_calculator.html](http://www.aarp.org/health/fitness/info-05-2010/bmi_calculator.html).

**Why is it important?** Typically, people with higher BMIs have a greater likelihood of developing conditions such as heart disease, high blood pressure, sleep apnea, and type 2 diabetes. But many factors — including your family history, eating habits and activity level — also influence your overall health.

BMI calculator results are grouped into the broad categories of underweight, healthy weight, overweight and obese. As you review your results keep in mind that BMI has its limits, and that BMI recommendations do differ based on gender and other variables. (For instance, BMI may underestimate body fat in an older person who has lost muscle tone.)

If you have questions or concerns about your BMI results, consult with your doctor or health care provider.

Source: AARP.org

## Intermountain's App Center

Download our new app today!



Intermountain has free mobile apps to connect you with your doctor and improve your healthcare experience. Developed for both Android and iOS devices, these apps make healthcare more convenient and give you tools to better manage your health.

Visit <http://intermountainhealthcare.org/health-resources/apps/Pages/home.aspx>

# Having trouble sleeping at night?

## Twelve foods that can help you catch some zzzzs

**Almonds.** Almonds contain magnesium, a muscle-relaxing mineral that plays a key role in regulating sleep. A handful of almonds or a tablespoon of almond butter before bed may help you fall asleep — and stay asleep.

**Bananas.** These nutritional powerhouses contain tryptophan, an amino acid that has been linked to sleep quality. They also offer abundant amounts of magnesium and potassium that help to relax muscles.

**Cereal and Milk.** Milk contains the sleep-promoting tryptophan, which the brain uses to make serotonin and melatonin, hormones that promote relaxation and control sleep and wake cycles. The carbohydrates in cereal make tryptophan more available to the brain.

**Cherries.** Cherries, especially the tart varieties, are one of the few food sources of melatonin, the sleep hormone that regulates your internal clock.

**Cheese and Crackers.** The protein in cheese provides sleep-inducing tryptophan, while the carbs in crackers may help you fall asleep faster. Gram for gram, cheddar cheese contains more tryptophan than turkey.

**Green Tea.** Green tea contains theanine, an amino acid that helps to reduce stress and promote relaxation.

**Hummus.** Chickpeas (garbanzo beans), the main ingredient in hummus, are not only rich in tryptophan, but also in folate and vitamin B-6. Folate helps to



regulate sleep patterns, especially in older people, and vitamin B-6 helps to regulate your body clock.

**Lemon Balm.** Tea made from the herb lemon balm contains naturally occurring oils with terpenes, organic compounds that can promote relaxation and better sleep.

**Peanut Butter.** America's favorite nutty spread is rich in tryptophan, which the body uses to build hormones essential for sleep.

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## Best retirement getaways for 2015

*Whether you crave a seaside escape in Beaufort, SC, or going off the beaten path in Italy, these are 5 experiences worth adding to your bucket list.*

1. **Take a road trip through Belgium.** Stop in Bruges, the picturesque city of scenic canals and bridges and stroll through city square in Brussels.
2. **Make memories on an Un-Cruise in Alaska.** Visit the quiet bays of Alaska's Inside Passage with an expedition cruise that's about doing rather than seeing.
3. **Go off the beaten path in Italy.** Northern Italy's Cinque Terre offers beautiful scenery, good accommodations and easy access.
4. **Adventures at sea in Beaufort, SC.** The areas 64 islands are perfect for exploring by boat or kayak.
5. **Discover why Paris is always a good idea.** It's manageable size, level terrain and superb transportation system make it a remarkably senior-friendly destination.

*Source: travelchannel.com*



*Travel tips for retirees.* Use lightweight luggage which bright colors that are easy to identify. Pack an emergency kit with essentials and medications. Visit your doctor for a quick checkup before you hit the road. Locate important facilities at your destination, such as hospitals, pharmacies and grocery stores before you leave.

*Source: money.usnews.com*

# What is a stroke and what can I do?

Think fast to identify the signs and symptoms of stroke



**What is a stroke?** A stroke is a “brain attack,” or a disruption of blood flow to various areas of the brain. When this happens, the area of the brain that is not receiving blood dies, according to Rachel Born, registered nurse at Intermountain Healthcare.

**Stroke prevention:** Changeable risk factors, which account for 80 percent of strokes, are largely preventable. These include high cholesterol, high blood pressure, heart disease, atrial fibrillation, coronary artery disease, smoking, obesity and alcohol use.

Source: [heraldextra.com](http://heraldextra.com)

**Identifying a stroke.** You can assess the situation using the acronym “FAST:” Face, Arms, Speech and Time.

- **Face:** Ask him to smile, lift his eyebrows and puff his cheeks. Does one side of the face droop?
- **Arms:** Ask him to raise both arms. Does one arm drift downward?
- **Speech:** Ask him to repeat a simple sentence. Does his speech sound slurred, or does he struggle to say the sentence correctly?
- **Time:** If you observe any of these signs individually or collectively, then call 911.

## Kerma Noyce

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from a construction accident. Kerma later married Leroy Noyce on October 20, 1939 and together they had three children and enjoyed 57 years of marriage together.

Among other jobs, Kerma worked several years in the anesthetic prep section at LDS Hospital. “It was exciting to be able to watch part of a surgery through the window in the door,” she said.

Kerma spent more than 30 years enjoying her retirement years, during which time, she said, she enjoyed very much. Although as she got older, it wasn’t as easy to do certain things, she loved spending time with her family and friends.

“Enjoy life as much as possible!” she said as advice to anyone who is just starting out retirement.

## Foods to help you sleep

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**Pineapple.** Certain fruits can significantly boost natural levels of melatonin, which tend to decline as we age. Researchers found that levels of a melatonin marker were raised by more than 266 percent after eating pineapples.

**Pumpkin Seeds.** Pumpkin seeds are packed with a variety of essential nutrients, including substantial amounts of tryptophan.

**Walnuts.** In addition to being a natural source of melatonin, walnuts help your body respond better to stress.

Source: [aarp.org](http://aarp.org)



Prep time: 20 minutes  
Serves 4  
Source: [myrecipes.com](http://myrecipes.com)

**Recipe:** Crab, Corn & Tomato Salad  
**Ingredients:** 1T grated lemon peel, 5T lemon juice, divided, 1T olive oil, 1tsp honey, ½tsp Dijon mustard, ¼tsp salt, pinch pepper, 1C fresh corn kernels, ¼C sliced basil leaves, ¼C chopped red bell pepper, 2T finely chopped red onion, 1lb lump crabmeat, 8 slices tomato, 2C cherry tomatoes, halved

**Instructions:** Combine peel, 3T juice, and next 5 ingredients (through pepper). Reserve 1½T juice mixture. Add remaining 2T juice, corn, and next 4 ingredients (through crab) to remaining juice mixture; toss gently to coat. Arrange 2 tomato slices and ½C reserved juice mixture over each serving. Top each serving with 1 cup corn and crab mixture.