



What's inside this Spring 2016 issue:

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- Medicaid expansion
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It's almost summertime!

Try out these five fun summer activities for retirees

Summertime is just around the corner and it's time to get out and enjoy the change in weather. These five activities will help seniors beat the heat and keep the livin' easy this summer:

ATTEND OUTDOOR CONCERTS AND MOVIES. Many cities offer outdoor concert series or free movies and plays in public parks and amphitheaters. Since shows usually start in the evening this is also a great way to get fresh air without getting hit by the heat.

TAKE A SWIM. There are few respites from the summer sun quite as satisfying as diving into a pool. But cooling down isn't the only benefit of a good swim. Studies show that for seniors swimming can increase flexibility, reduce chances of osteoporosis, and offer opportunities to socialize, which improves mood and eliminates stress.

RIDE A BIKE. Seniors can join community and charity rides or bike along local walkways or trails. Many



bike shops offer rentals, as well as, bikes adapted for seniors, including three-wheelers and easy-board bikes.

VOLUNTEER. For retirees, volunteering offers the opportunity to stay involved in causes they're passionate about for the joy of it rather than the paycheck. It also provides them with the opportunity to get to know people with similar interests and to keep their minds and bodies active. Many organizations, such as Senior Corps, work specifically with seniors, matching them to programs that meet their interests and abilities.

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Medicaid expansion takes center stage

Legislature: Economically challenged to be covered

Here's a summary of major health-related decisions by the Utah Legislature, which finished its 2016 session in March. The major health-related issue in the 2016 session of the Legislature was Medicaid expansion. A review of what the Legislature did:



- Over the past several years, Governor Gary Herbert, the House, and the Senate weren't able to agree on how to expand Medicaid to serve lower-income residents of the state, and no bill passed both houses.
- This year, the House and the Senate approved a proposal to expand the existing Medicaid program to cover up to 16,000 of Utah's most economically challenged people, including people who are homeless, in the criminal justice system, or suffer

from substance abuse or mental health issues. Governor Herbert has said he'll sign it.

The costs of expanded coverage will be paid by matching state and federal funds according to an existing ratio: \$15 million of the costs will be paid by the state and \$85 million will come from the federal government. Utah's hospitals have agreed to pay 45 percent of the state's cost, which the hospitals expect to provide through reduced rates of unpaid ED charges.

- One other major Medicaid-related accomplishment: Utah's existing Medicaid program appears to be adequately funded for the coming year. As part of the program, the state levies an assessment on Utah hospitals to help meet the state share of Medicaid funding, and that assessment was extended.

If you'd like more information about state and national political issues visit www.le.utah.gov.

Get help with your Medicare costs



Medicare has 4 savings programs that may help with your health care costs:

- Qualified Medicare Beneficiary (QMB) Program
- Specified Low-Income Medicare Beneficiary (SLMB) Program
- Qualifying Individual (QI) Program
- Qualified Disabled and Working Individuals (QDWI) Program

If you qualify for Medicaid or one of the Medicare Savings Programs above, you'll also get Extra Help paying for your prescription drugs automatically. Extra Help is a Medicare program that helps people with limited income or resources.

For more information, visit medicare.gov

Try adult coloring books, stress less

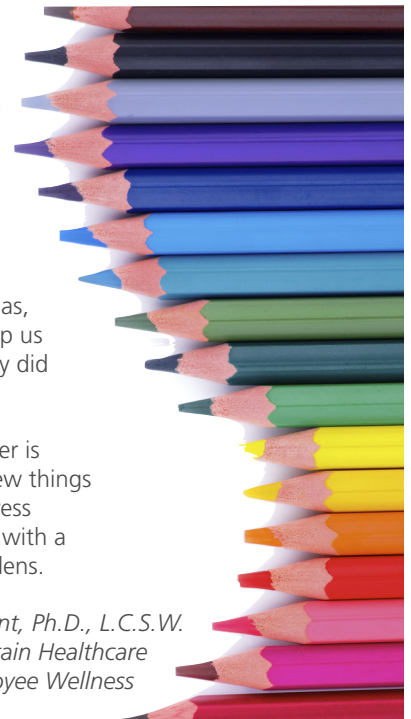
When I was a child I loved to lay on my stomach on the floor with my feet up in the air, coloring. Back-to-school time meant getting a new box of crayons and oh, how I would treasure them.

EAP Quick Tip

If you relate to this memory, you have reason to shout for joy! Coloring books for adults are now available everywhere. They come with lots of different designs including cats, dogs, mandalas, gardens, and butterflies! They're intended to help us manage our stress and our anxiety – just like they did when we were small.

Sure, this isn't a choice for all people – but neither is yoga or meditation. I'm always open to trying new things to see how they might work in my toolbox of stress management tools. So, I'm going to experiment with a new box of crayons and a coloring book on gardens.

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Quiz: What's your presidential election IQ?

Here's a quiz to test your knowledge on the presidential election process.

- Q4:** When do Americans officially find out the winner of the presidential election?
- The first Tuesday in November
 - November 18
 - Jan. 6
- Q2:** If no candidate wins a majority of electoral votes, how is the election decided?
- By the Senate
 - By the House of Representatives
 - By a game of Rock, Paper, Scissors
- Q3:** How many of the electoral votes must a candidate receive in order to win?
- 260
 - 270
 - 280
- Q4:** States where no candidate has overwhelming support and the popular vote is up for grabs are known as what?
- Swing states
 - Undecideds
 - Orange States
- Q5:** To serve as President of the United States, a candidate must be at least ___ years old.
- 35
 - 40
 - 45
- Q6:** The first primary was held in _____ in 1868.
- Virginia
 - Georgia
 - Pennsylvania
- Q7:** Voters in the United States must be at least ___ years old.
- 18
 - 20
 - 21
- Q8:** The 19th Amendment gave _____ the right to vote.
- African Americans
 - Women
 - 18-year-olds

Source: scholastic.com

Answers: 1: C, 2: B, 3: B, 4: A, 5: A, 6: C, 7: A, 8: B

Preventing colon cancer

Seven ways to reduce the risk of colon cancer

✓ This year, an estimated 95,000 Americans will be diagnosed with colon cancer and nearly 50,000 will die from it. While the death rate has been dropping over the past 30 years, thanks to better treatment and more screening, many of those in the high-risk 50-plus age group are still avoiding a colonoscopy.

So how do you reduce your risk for colon cancer? Here are seven surprising ways.



DON'T DIAGNOSE YOURSELF. Rectal bleeding or blood in the stools is an early warning sign of colon cancer. If you see blood, you should always get it checked. The same applies if you have irritable bowel syndrome (IBS) or persistent constipation.

EAT MORE TOMATOES. Eating more fruits and vegetables in general has been linked to a lower risk of colon cancer, but tomatoes, especially when they're cooked, may be one of the most powerful anti-colon cancer vegetables you can eat.

BACK OFF THE BACON; FIX MORE FISH. Diets high in processed meats (hot dogs, sausage, bacon and luncheon meats) and red meat (beef, pork and lamb) have been linked to an increased risk of colon cancer. A 2015 study in *JAMA Internal Medicine* showed that fish-eating vegetarians had a 43 percent lower risk of colon cancer compared with meat eaters.

TRIM YOUR TUMMY FAT. A recent French study found that excess abdominal fat has been linked to an increased risk of colon cancer and that obesity in men, in particular, is associated with a 30 to 70 percent higher risk of colon cancer.

GO FOR A 21-MINUTE WALK A DAY. Studies show that physical activity can help lower your chance of getting colon cancer, but walking at least 2½ hours a week — about 21 minutes a day — not only lowers your risk; it also makes you less likely to die if you do get colon cancer, according to a recent American Cancer Society study.

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Technology transforming retirement

Staying connected, active and involved in more ways than one

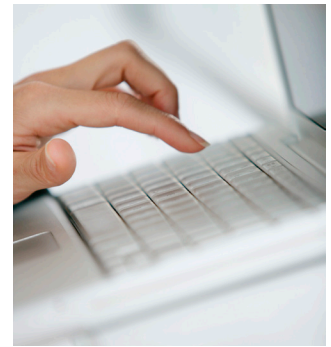
For the next generation of retirees, the question that will trump all others will be a simple one: How do you add life to longer lives?

As people live longer, and spend more time in retirement, the challenge will be to get more out of those years. How do you find a rewarding second career? How do you stay close with friends and family? How do you maintain independence and mobility? How do you embrace new experiences?

The equally simple answer: technology. Thanks for technology, in later life, you may be able to:

- **TELECOMMUTE** for an encore career
- **EARN INCOME** in the peer-to-peer economy with services like Uber and Airbnb
- **TAKE ONLINE** college courses to keep up work skills
- **MAKE VIDEO** calls on full-wall screen with friends and family
- **STAY MOBILE** despite declining skills with a self-driving car
- **WEAR SMART** clothes with sensors that detect activity level and alert family or doctor when needed.

Source: Wall Street Journal



Ready in: 25 min
Serves 4
Source: allrecipes.com

Recipe: Garlic Shrimp

Ingredients: 1½T olive oil, 1lb shrimp, peeled/ deveined, salt, 6 cloves minced garlic, ¼tsp red pepper flakes, 3T lemon juice, 1½tsp cold butter, 1/3C chopped parsley, 1½T cold butter

Instructions: Heat olive oil over high heat in heavy skillet. Cook shrimp in skillet for 1 minute without stirring. Season w/salt, cook/stir for 1 minute. Stir in garlic and red pepper flakes, cook 1 minute. Stir in lemon juice, 1½tsp butter and half parsley. Cook until butter has melted, turn to low and stir in remaining butter. Garnish with remaining parsley.

Colon cancer

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FIND OUT ABOUT YOUR FAMILY. While the general rule is to get screened for colon cancer beginning at age 50, you're at greater risk if your parents or siblings had it, and you may need to start screening earlier. An estimated 1 in 5 people who develop colon cancer have a family member who had it.

SLASH YOUR RISK OF DYING OF COLON CANCER BY 53 PERCENT. How do you do this? With a colonoscopy. A study by researchers at Memorial Sloan Kettering Cancer Center in New York recently found that having the test slashed your chance of dying by half from the disease.

Source: aarp.org

Summertime

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TRY A NEW RECIPE. For seniors who'd rather stay indoors, no-bake cooking options are a fun way to experiment with new recipes and enjoy fresh summer flavors like lime, melon, or mint. Many farmers' markets also open in the morning, before the sun has reached its peak, and offer a variety of fresh fruits and vegetables only available at summertime.

While seniors should be careful to avoid heavy sun exposure, that doesn't mean they have to limit themselves to sitting around indoors. There's no better time than summer to enjoy friends and family and to get out and try something new.

Source: Bestofhomecare.com