

# Healthy You

QUARTERLY NEWSLETTER / FALL 2016

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enter to  
**WIN**  
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# Don't Fall for the Flu!

*Fall is here* and we're all excited for the seasonal joys of cooler weather and beautiful New England leaves. But it means that flu season is upon us, too.

According to the Rhode Island Department of Health ([www.health.ri.gov/flu](http://www.health.ri.gov/flu)), the best way to prevent the flu is to get the flu shot. The flu shot, which typically becomes available by October each year, is safe and available at no cost to Neighborhood members. Members can get their flu shot from their provider, at a local clinic or a pharmacy. The flu can affect anyone and can cause serious problems for children, the elderly and people with chronic health issues.

Other than getting the flu shot every year, you can help prevent the spread of flu by keeping up with good hygiene habits. Like the common cold, the flu is a virus that can be spread through sneezing and coughing. Also, it can live outside of the body for two hours, meaning that surfaces like doorknobs and countertops should be kept clean.

**To find out where you can get the flu shot, call Neighborhood Member Services at 1-800-459-6019 (TDD/TTY 711).**



## Do your part to keep the flu away

- › Wash your hands regularly with soap and warm water.
- › Cover your mouth and nose with your elbow when you sneeze or cough.
- › Try not to touch your eyes, nose and mouth – those are the quickest pathways for the virus to spread.
- › If you or your child is sick, don't go to school or work. Instead, stay home, stay hydrated and get plenty of rest.

# Comfort Food Without the Calories

Fall does not have to be a time of unhealthy eating. Keep up the healthy habits with seasonal fruits and veggies that can be found at your local supermarket or farmers market.

Get tasty fall recipes on our website at [www.nhpri.org/HealthyFall/HealthyRecipes](http://www.nhpri.org/HealthyFall/HealthyRecipes).

Check out all of the good stuff in season this fall:



- › Apples
- › Snap peas
- › Sweet potatoes
- › Arugula
- › Pears
- › Radishes
- › Carrots
- › Pumpkins



Raffle: **WIN a Spiralizer!**



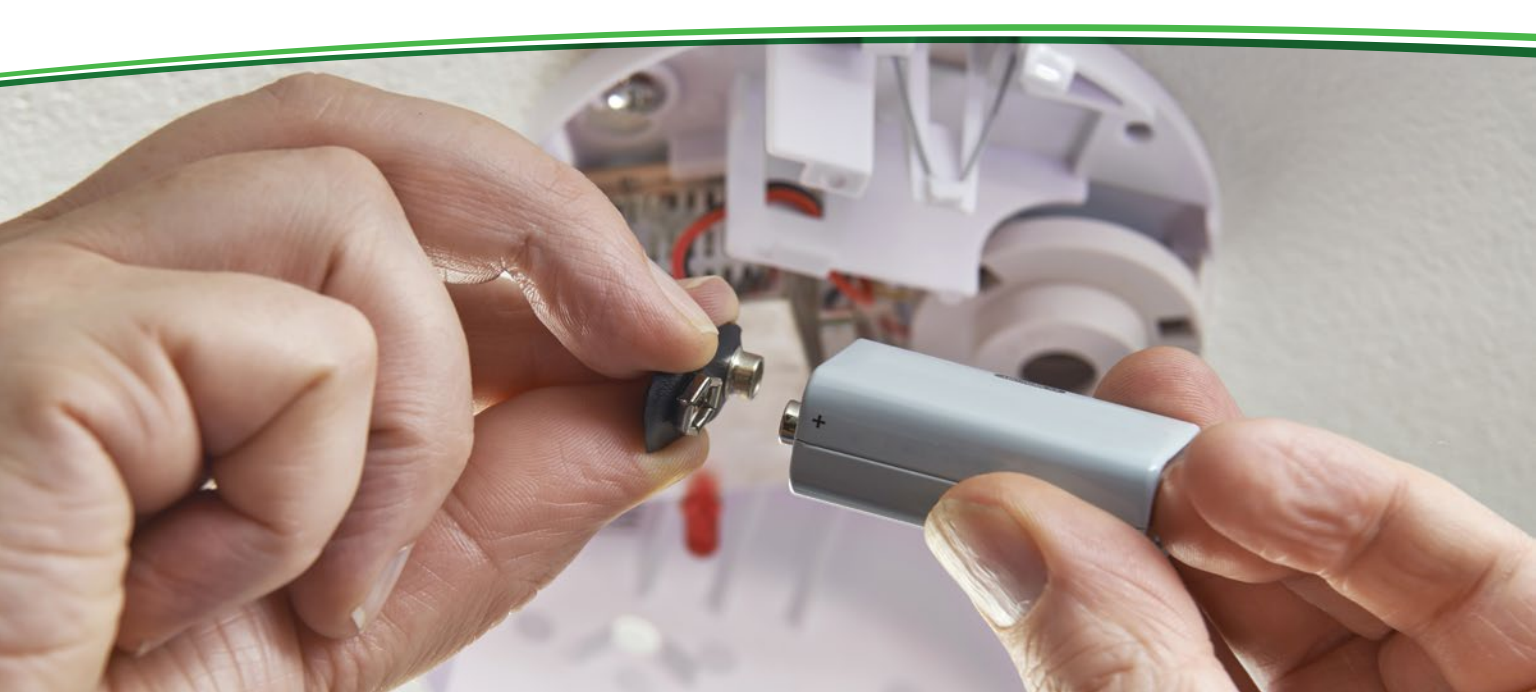
## Squashing Out Carbs

You may have seen little gadgets that help you turn zucchini into “zoodles” – little spirals of pasta-like noodles, without the starch. This healthy alternative to pasta can be topped with your favorite tomato sauce, veggies and cheese.

To help you get crafty in the kitchen, we’re raffling off a “zoodle” machine.

Call the Neighborhood raffle line at 1-401-459-6706 to enter the raffle. Leave your name, phone number, address and Neighborhood ID number to enter. The raffle deadline is November 11, 2016.





# Clocks Aren't The Only Thing To Change

*On Sunday, November 6, it'll be time to “fall behind” and turn our clocks back one hour at the start of Daylight Savings Time. This seasonal signpost isn't just for squeezing a little more light out of the day, though – it's also a great time to think about CO2 (carbon monoxide) and fire safety. While you're resetting the clocks:*

- › Test your CO2 and smoke detectors. The American Red Cross recommends doing this every month. Yes, you need both – heating and cooking units that may be damaged or installed incorrectly can cause a deadly buildup of CO2, not just fires.
- › Change out the batteries in your smoke detectors. And if it's been 10 years since you bought the detector, you should replace it.
- › Do you know how you would get out if there is a fire? Check in with everyone in your house to make sure a safety plan is in place.
- › Make sure that anything flammable has been moved away from heat sources like baseboards, space heaters or the stove.
- › Candles and electric blankets are cozy, but you should never leave them on when you're not home or if you're about to fall asleep.

# Appointment Reminders

Always call your provider's office if you cannot keep an appointment. It is best to give 24 hours' notice. This will help the office to see another patient in your place and to reschedule your appointment.

- If you had any interpreter services scheduled, you must let us know by phone. Call Neighborhood Member Services at 1-800-459-6019 (TDD/TTY 711), Monday through Friday, from 8:30AM to 5PM.
- If you had any rides scheduled, you must call LogistiCare at 1-855-330-9132 (TDD/TTY 1-866-288-3133) to cancel.



## 3 Fast Facts on Fires

- In 2013, 1,240,000 fires were reported nationwide.
- Residential units are the leading property type for fire deaths, injuries and financial loss.
- 29% of residential fires are caused by cooking, 10% due to carelessness and 9% due to heating.

(Source: U.S. Fire Administration 2014 Data, [www.usfa.fema.gov/data/statistics/](http://www.usfa.fema.gov/data/statistics/))



If you need help understanding this information in your language, please call us at 1-401-459-6009 and ask for Member Services.  
Si necesitas ayuda para comprender esta información en su idioma, llámenos al 1-401-459-6009 y solicite contactar con el servicio de atención al cliente.  
Si vous avez besoin d'aide pour comprendre ces informations dans votre langue, appelez-nous au 1-401-459-6009 et demandez le Service aux membres.  
Se necessita de ajuda para compreender esta informações no seu idioma, por favor telefone para 1-401-459-6009 e solicite o Serviço de Apoio ao Cliente.  
Чтобы получить информацию на родном языке, обратитесь в отдел по работе с клиентами (Member Services) по телефону 1-401-459-6009.  
បើលោកអ្នកត្រូវការជំនួយយល់ដឹងអំពីព័ត៌មាននេះ ជាភាសាមេដំបូងរបស់លោកអ្នកសូមហៅទូរស័ព្ទលេខ 1-401-459-6009 ហៅរឿយសាកសួរផ្នែកសេវាកម្មសមាជិក (Member Services) តាមរយៈទូរស័ព្ទ។  
ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອເພື່ອໃຫ້ເຂົ້າໃຈຂໍ້ມູນນີ້ ເປັນພາສາຂອງທ່ານ, ກະລຸນາໃຫ້ທ່ານພວກເຮົາທີ່ໂທລະສັບເລກ 1-401-459-6009 ແລະໃຫ້ຖາມຫາໜ່ວຍບໍລິການສະມາຊິກ.  
Nếu cần được giúp đỡ để hiểu thông tin này bằng ngôn ngữ của quý vị, xin gọi cho chúng tôi theo số 1-401-459-6009 và yêu cầu được nói chuyện với Dịch Vụ Hội Viên.

# Fall Fitness Tips

Cooler weather is no excuse to fall away from your fitness routine! If you're having trouble sticking with the momentum you built up over spring and summer, don't worry – here are some ideas to get you moving this fall:



## Families

A brisk walk can be enough to get your heart rate going. Visit one of the many corn mazes or take the long way back through the pumpkin patch on foot instead of hitching a ride with the hay.



## Foliage fans

Enjoy the Rhode Island fall leaves by taking a hike. There are trails for every level of expertise – from the gentle loops of Neutaconkanut Hill, the urban oasis in Olneyville, to the scenic seascapes of Sachuest Point. The Rhode Island Land Trust Council has a full list here: [www.exploreri.org/gtraillist.php](http://www.exploreri.org/gtraillist.php)



## Adventurous types

The weather can't always be as perfect as it was in the warm months of summer, but thanks to indoor activity parks like Rock Spot Climbing (with locations across the state) and Launch Trampoline Park in Warwick, you can get a fun workout in – rain or shine.



**Neighborhood  
Health Plan**  
OF RHODE ISLAND™

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