

Find Happiness in the Garden



Have you looked out of the window lately and noticed that trees are green and flowers are blooming? After such a long and snowy winter, what a relief it is that spring has arrived!

Gardening is a popular spring activity. For adults aged 65 years and over, gardening is the second most common leisure activity after walking.

A recent study found that older adults who garden have more energy and enjoy a better quality of life than non-gardeners. This is because gardeners enjoy frequent, gentle exercise and find satisfaction in caring for plants and watching them grow.

Are you a gardener? Would you like to be a gardener but don't have outdoor space? You can create an

indoor garden by growing plants or herbs in pots on your windowsill.

See page 2 to learn more about indoor gardening and what to do with the herbs you grow!♦

Source: psychcentral.com



New Primary Care Sites

We have added three new primary care practices to the Commonwealth Care Alliance network, creating opportunities for even more individuals to join our Senior Care Options program.

Our new primary care practices are:

- **Somerville Family Practice, Somerville**
- **Davis Square Family Practice, Somerville**
- **Family Practice Group, Arlington**

Do you know someone who would be interested in joining the Commonwealth Care Alliance Senior Care Options Program? Ask them to call our Member Services team at 1-866-610-2273 (TTY users please dial 1-866-322-7357). We are available 24 hours a day, 7 days a week.

member profile



Sally Colucci
Member since 2007

I am a very happy Commonwealth Care Alliance member. I have two girls come to help me — one in the morning and one in the afternoon. They help me get dressed, prepare meals, make appointments, read the mail, and do the shopping. Since I went legally blind two years ago, I have received this help and I am very satisfied. I am also very lucky not to pay for medications.

I was part of the recent chronic disease self-management program and I made some new friends and learned new ways to take care of myself and to feel better. The class was like getting together with a bunch of nice friends. It felt like I had known them for a long time. I think a lot of people would enjoy this program as much as I did. Thanks to this course, I am no longer worried about living to an older age.

A Perfect Indoor Garden Herb

With their green stems and pink flowers, chives are as pretty as they are delicious. They are also very easy to grow.

Chives can be grown in small containers or in your outside garden. They grow best in full sun but will grow in partial shade.

To prepare your garden for chives, use organic matter such as compost and a fertilizer. If you are using a container, use potting mix and a fertilizer. Sow seeds directly into the garden or container by making $\frac{1}{3}$ inch deep holes 6 inches apart and dropping in about 10 seeds. Cover the seeds with soil and water lightly. The seeds will take 2–3 weeks to germinate if you keep the soil moist. Be careful not to make the soil too wet!



Chives are ready to use when they grow to about 6 inches high. Cut the chives close to the bottom of the stem, leaving about 2 inches behind. Cut your chives regularly to keep the plant growing. ♦

Fluffy Eggs with Chives

Ingredients

- 4 eggs
- 2 blades of fresh chives, finely chopped
- $\frac{1}{4}$ cup skim milk
- 1 Tbsp butter
- Salt and pepper to taste

Directions

1. Beat eggs, chives, and milk in bowl until fluffy.
2. Melt butter in large nonstick skillet on medium heat. Add egg mixture; cook and stir until eggs are almost set. Season with salt and pepper. Serve immediately and enjoy!

Serves 2 ♦



New Diabetes Self-Management Program

Commonwealth Care Alliance will soon be offering a diabetes self-management program in English and Spanish in addition to *My Life, My Health/Mi Vida, Mi Salud* (the chronic disease self-management program that our members have been participating in since 2006.)

Subjects covered in the new diabetes program include:

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration
- Appropriate exercise for maintaining and improving strength and endurance
- Healthy eating
- Appropriate use of medication
- Working more effectively with health care providers

Questions? For information on the Diabetes Self-Management Program, please call Meaghan Sullivan at 1-866-610-2273 ext. 385 ♦



Local Member Meetings are held in your communities.

Look for your invitation in the near future. Families and caregivers are welcome!

Questions?

Call Diana at 1-866-610-2273 ext. 247

**Have you moved?
Changed your name?
Changed telephone number?**

Don't forget to tell us if your contact details change. Call our Member Services team at
1-866-610-2273

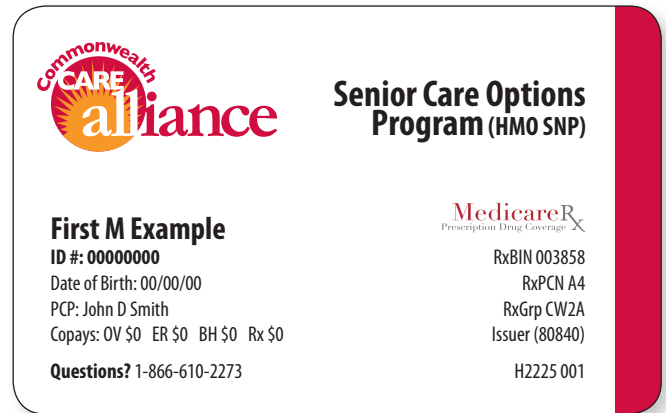


Need a New Member Card?

When you joined Commonwealth Care Alliance you should have received a member card that looks like the one shown here to the right.

If you need a new card for any reason, please contact our Member Services team at 1-866-610-2273.

Remember to show your Commonwealth Care Alliance card every time you visit your doctor or pharmacist. As a member, you **DO NOT** have to pay a copay. ♦



Visit the Commonwealth Care Alliance web site for the latest in member information

www.commonwealthcare.org



Call our Member Services team, 24 hours a day, 7 days a week

1-866-610-2273

To share your own recipes or stories, or if you have an idea for the newsletter, contact Nerissa J. Fry at 1-866-610-2273 ext. 244 or e-mail nfry@commonwealthcare.org



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