

Keep Your MassHealth Card Safe

You **DO NOT** need to use your MassHealth card as long as you are a member of Commonwealth Care Alliance. But it is a good idea to keep it in a safe place in case you need it in the future.

MassHealth mailed newly designed ID cards to its members late last year (see blue card below). If you don't have your new MassHealth card yet, you can ask them to send you one. Call Member Services for help with this, or call MassHealth directly at 1-800-841-2900.

Remember, as a Commonwealth Care Alliance SCO member you DO NOT use your MassHealth card for health care and services, you use your Commonwealth Care Alliance ID Card (see white card below). Show it each time you visit your doctor or pharmacy.

Questions? Call our Member Services team at 1-866-610-2273, Monday–Friday, 8 a.m.–6 p.m. ♦



Left: Your Commonwealth Care Alliance member card. It is always a good idea to make sure you have the most current ID card.

Right: MassHealth member card. File it away in a safe place.



Free Cell Phones

Lifeline Assistance is part of a program that was created by the government to provide discounted or free telephone service to income-eligible consumers. To help bring you this important benefit, SafeLink Wireless offers Lifeline Service. Through the Lifeline Service you will receive free cellular service, a free cell phone, and free Minutes every month! SafeLink Wireless Service does not cost anything — there are no contracts, no recurring fees and no monthly charges.



In Massachusetts you can get a free cellular plan that gives you 80 Minutes every month.

How do you apply?

1. Log on to this internet address: www.safelinkwireless.com
2. Fill in the online application form.
3. Keep a copy of the application for your records.
4. Write down your Enrollment ID so can check on the status of your application.

If you need help applying for the Lifeline Service, please call our Member Services team at the telephone number below.

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recipe



Chilled Cucumber Yogurt Soup

Enjoy this refreshing soup on a hot summer's evening.

Ingredients

1 medium sweet onion, such as Vidalia, cut into large chunks
2 large cucumbers, peeled and cut into large chunks
1½ cups low-fat plain yogurt
¼ cup extra virgin olive oil
2 Tbsp fresh lime juice
1 garlic clove, smashed and minced
½ teaspoon ground cumin
2 Tbsp chopped fresh mint leaves

Instructions

Place onion in a food processor and pulse to chop finely. Transfer to a sieve and rinse under cold water. Place cucumber in processor. Pulse to chop finely. Transfer to a wide bowl, and add onion.

Combine yogurt, olive oil, lime juice, garlic, and cumin in processor. Blend until smooth. Add yogurt mixture to cucumber and onion. Stir in mint and season to taste. Cover and chill for at least one hour.



30 Winter Street, Boston, MA 02108
Tel: 1-866-610-2273 • TTY: 1-866-322-7357
Monday–Friday, 8 a.m.–6 p.m.

We Are Part of Your Community

Commonwealth Care Alliance's Senior Care Options (SCO) program is available at many community health centers and provider offices around Boston, the North Shore, and Western Massachusetts.

Do you have friends who go to these primary care sites? Do you think they would like to become a member of Commonwealth Care Alliance's SCO program?

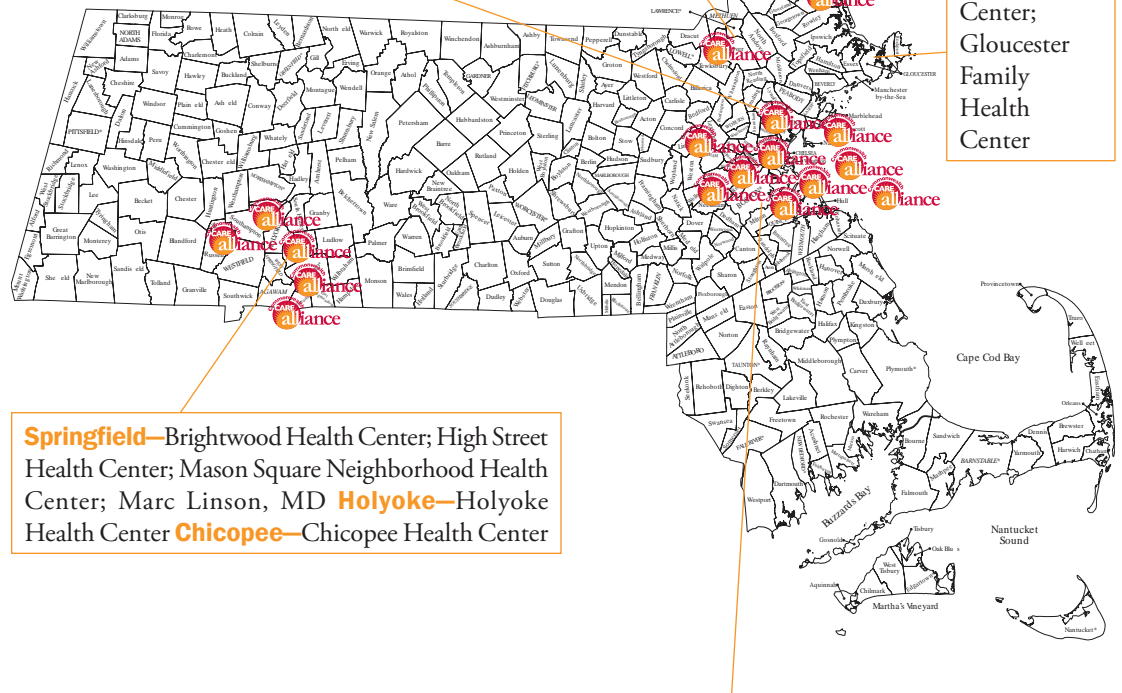
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Beverly—Mindful Medicine
Danvers—Center for Health Aging; Kevin Ennis, MD
Lynn—Alexeyenko Medical Associates; Elder Service Plan North Shore; Lynn Community Health Center; Mark Messenger, MD; Zaven Jouhourian, MD
Peabody—Edward Troncoso MD; Peabody Family Health Center
Salem—North Shore Community Health; Salem Family Health Center

Bradford—Frank Oberti, DO
Georgetown—Family Care Associates
Groveland—Merrimack Valley Health Care Group
Haverhill—Haverhill Family Practice; Pentucket Medical Associates; Theodora Christopher, MD; Ulrich Ehrig, MD; Whittier Medical Associates
Hampstead—William Hart MD
Newbury—Holistic Family Practice
Newburyport—Highland Primary Care Associates; Newburyport Family Practice; Patrick Barbier, MD; Seacoast Medical Associates
Salisbury—Coastal Medical Associates
Rowley—Cornerstone Family Practice; Gavin Little, DO; William Jackson, MD

Andover—Shawsheen Medical Associates

Gloucester—Cape Ann Medical Center; Gloucester Family Health Center



Springfield—Brightwood Health Center; High Street Health Center; Mason Square Neighborhood Health Center; Marc Linson, MD
Holyoke—Holyoke Health Center
Chicopee—Chicopee Health Center

Boston—Boston University Geriatric Service; Boston's Community Medical Group; East Boston Neighborhood Health Center
Cambridge—Cambridge Family Health; Cambridge Family Health North; East Cambridge Health Center; Cambridge Health Alliance: House Calls Program; Cambridge Hospital: Primary Care Center; Windsor Street Health Center
Dorchester—Dorchester House Multi Service Center; Geiger-Gibson Community Health Center; Harbor Health Services; Neponset Health Center; Upham's Corner Health Center
Jamaica Plain—Urban Medical
Malden—Malden Primary Care
Somerville—Somerville Adult Medicine; Somerville Primary Care

Foot Care for People with Diabetes

People with diabetes need to take special care of their feet. Over time, diabetes can cause nerve damage that reduces the feeling in your feet and makes it hard for you to notice when you get sores or blisters. If left untreated small sores or blisters can get infected and make bigger (and more painful) problems for you.

The good news is that you can reduce any problems by giving your feet a little extra tender, loving care.

Foot Care Tips

- Wash your feet every day with warm water and soap
- Dry your feet well, especially between your toes
- Moisturize your feet with lotion to keep the skin soft. Pay extra attention to your heels, but remember to keep the lotion away from between your toes
- Check your feet for blisters, redness, cuts or sores. Call your nurse or another person in your primary care team if you find anything unusual
- Every day change into clean, soft socks
- Examine your shoes every day for cracks, pebbles, nails, or anything else that could hurt your feet
- Always wear shoes that fit well
- Never walk barefoot indoors or outdoors
- Keep your feet warm and dry

Questions? Talk to your nurse or another member of your primary care team. ♦



A Member's Poem

Summer and Illusion
by Borys Zinger

July, marked by sunny glory,
Reveals a natural human story.
A multitude of generations,
A variety of animal creations
Have passed and gone.
Just our perfect star, the sun,
Perpetually has shone.
For a contemporary man a bit of bizarre,
Equals a romantic beauty,
And a new experience means a novelty.
For the recently-born two-legged walkers,
The old world is surprisingly new.
Those already on the earthly stage,
And all of us, regardless of age,
Must adore the radiant blue.

Should we go with the ease of the young
And forget ourselves for a while,
Engulfed in artificial illusion,
Imitate a life in profusion
And enjoy their way, their style?
Let's follow in good faith and go along,
Always humming the young ones' song.

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From 'Reflections of a Tormented Haunting'
by Borys Zinger
(a Commonwealth Care Alliance member)

**Local Consumer
Meetings are
held in your
communities.**

(Stay tuned for your invitation
in the near future.)

Stay Safe in Summer

Make the most of Summer — enjoy every moment of it by avoiding heat-related illnesses

Excessive Heat in Summer can be very dangerous. Watch for signs of **Heat Stroke** such as a high body temperature (above 103°F), hot & dry skin (no sweating), rapid pulse, throbbing headaches, dizziness, nausea, and confusion. In extreme weather, if you have any of these symptoms, get medical

attention **immediately**.

Wear light-colored, **lightweight clothing** and drink plenty of **water**.

Take your walk early in the morning or in the evening. **Avoid** being outside between **noon and 4 p.m.** — this is the hottest part of the day. If you must go out wear a hat, sunglasses, and sunscreen.



Think about **Food Safety** this Summer — Seniors are more susceptible to food-borne illness. Remember to put leftover food in the **refrigerator** as soon as possible. Cold temperatures stop harmful bacteria growing. On hot days, throw away any food that has been at room temperature for more than 1 hour.

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

www.commonwealthcare.org



or call our Member Services team, Monday–Friday, 8 a.m.–6 p.m.

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



30 Winter Street
Boston, MA 02108