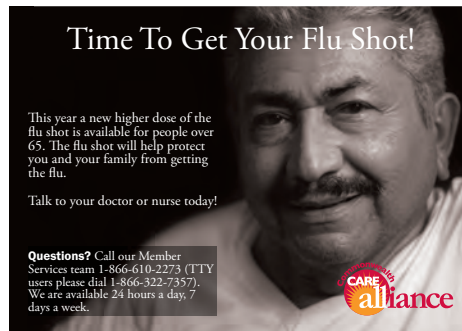


Important Flu & Pneumonia Vaccine Information

Recently, you received a postcard reminding you to get a seasonal flu shot. The postcard also talked about the pneumonia shot. We have an important message for you about the pneumonia shot.

The postcard states the pneumonia shot should be given at least every 5 years to people over age 65. This is incorrect.

One dose of the pneumonia vaccine works for most people. However, some people may need a second dose. **Please talk to your doctor or nurse about whether you need a second dose of the pneumonia vaccine or not.** We apologize for any confusion.



What is Pneumonia?

Pneumococcal (pronounced new-mo-KOK-al) disease is an infection caused by bacteria. These bacteria can attack different parts of the body. When they invade the lungs, they cause the most common kind of bacterial pneumonia. When the same bacteria enter the blood, they cause an infection called bacteremia (bak-ter-E-me-ah). In the brain, they

Did you get a postcard that looks like this? Make sure you read the rest of this article.

cause meningitis. Pneumococcal pneumonia is a serious illness that kills thousands of older people in the United States each year. A pneumonia shot can help protect you from getting sick.

Questions? Talk to your nurse or another member of your primary care team, or call our Member Services team at 1-866-610-2273. ♦

Call Us With Any Winter Problem!

When the weather outside is frightful, remember that you can call our Member Services team if you have any winter emergency.

Transportation late or didn't show up?

Having trouble keeping your house warm?

Not sure how to prepare for a winter storm?

Call us and we will help!

Member Services Team

1-866-610-2273

TTY 1-866-322-7357



Watch out for mail from Commonwealth Care Alliance. We will be sending you this important member material soon:

Evidence of Coverage 2011
(Member Handbook)

member PROFILE



Nguyen Pho

Member since 2008

Nguyen Pho's grandchildren bring him great joy. During the week, he picks them up from school and they spend time together doing homework, going for walks, and visiting the library.

It makes me happy to be with my grandchildren

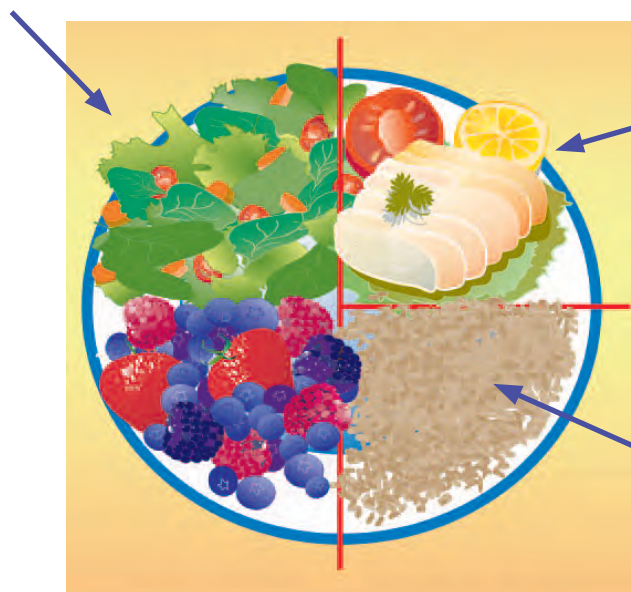
When asked what it means to be a Commonwealth Care Alliance member, he says it means not having to worry about where or how he is going to get care. When he does need care, he knows to call Commonwealth Care Alliance for a fast and helpful response. He says, no matter if the weather is bad or good a nurse will come to his home to take care of his health needs and will always follow up on his condition.

Healthy Eating for Successful Living

Healthy eating can stop you from getting a number of chronic diseases as you get older. If you already have a chronic disease, healthy eating can stop it from getting worse or even reduce the symptoms.

As a Commonwealth Care Alliance member, you have access to a program called Healthy Eating for Successful Living in Older Adults. This program is available in both English and Spanish. In this program, you can learn healthy eating tips like the one below.

On a **healthy plate**, vegetables and fruit make up half the plate.



Protein foods (fish, chicken, meat, beans, nuts) make up one quarter of the plate.

Carbohydrate foods (whole grain bread, pastas, cereals, brown rice, tortillas, and potatoes) make up the remaining quarter of the plate.

Other healthy eating tips:

- Include vegetables and fruit at every meal
- Choose low-fat dairy foods
- Drink plenty of water

Questions? Talk to your nurse or another member of your primary care team. For information on the Healthy Eating for Successful Living in Older Adults program, please call Rosa Palacios at 1-866-610-2273 ext. 226♦

Source: The New York State Department of Health Diabetes and Control Prevention; Center for Healthy Aging www.healthyagingprograms.com

New Year's Eve Traditions

Many countries celebrate New Year's Eve on December 31, the last day of the calendar year, but do they celebrate the same way? Let's look at some New Year's Eve traditions from around the world.

Haiti New year is celebrated with dancing, music, happiness, and whiskey drinking. Haitians wear new clothing and exchange gifts to bring good luck in the new year.

Philippines Clothes with circular patterns like polka dots are worn as it is believed that circles attract money and fortune. Wearing other colorful clothing shows enthusiasm for the coming year.

Russia Celebrations usually start one or two hours before midnight. A common tradition is to say goodbye to the old year by remembering important events of the last 12 months. At 5 minutes to 12 most people watch the Russian president's speech on TV.

Guatemala In the town of Antigua people get together at the Santa Catalina Clock Arch to celebrate *Fin de Año*. Guatemalans wear new clothes for good luck and they eat twelve grapes at midnight, making a wish with each grape.

United States A famous tradition in the United States is the dropping of the New Year ball in Times Square, New York City. Thousands of people gather to watch the ball make its descent, arriving at the bottom of its tower exactly at midnight. The tradition first began in 1907.

Vietnam *Tết Nguyên Đán* is celebrated on the first day of the lunar calendar and lasts for 3 days. During this time people light candles to honor their deceased relatives, give children red envelopes containing money, visit family and relatives, and have their fortunes told. ♦

Source: en.wikipedia.org; www.factmonster.com;
www.123newyears.com



Local Member Meetings are held in your communities.

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

Questions?

Call Rosa at 1-866-610-2273 ext. 226



Coconut Panna Cotta

Ingredients

300 ml coconut milk
300 ml skim milk
½ cup sugar (or ¼ cup sweetener)
1 packet unflavored gelatin
1 tablespoon vanilla
1 cup frozen berries
½ cup water
1 tablespoon corn starch

Directions

Mix coconut milk and skim milk in saucepan and bring to boil.

Remove from stove. Add sugar or sweetener and vanilla. Dissolve gelatin in some cold water and stir into the mixture. Pour into one big container or small individual serving containers and refrigerate until set.

Sauce

Mix frozen berries and water in saucepan and bring to boil. Dissolve cornstarch in some cold water and add to sauce. Stir until sauce boils and thickens. Pour sauce over Panna



Cotta before serving. If you like, add a sprinkle of cinnamon!

Serves 6.

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



30 Winter Street
Boston, MA 02108

1-866-610-2273 Toll free
1-866-322-7357 TTY
www.commonwealthcare.org

**Health or Wellness or
Prevention Information**