



WHOLE you



2022 Spring Bulletin

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Your healthy source for living well.

Welcome to another edition of Whole You, a newsletter from Sunshine Health.

We are looking forward to sharing the important information in this issue with you. It's filled with great advice that can help us cope and stay safe and healthy. We've got tips on sun protection, managing allergies, and how to identify signs of Alzheimer's Disease and PTSD. Plus, there's a quick and easy recipe that's perfect for fall fruits.

Soon, you will need to act to renew your Medicaid coverage. Visit myflorida.com/accessflorida to confirm your contact information is still correct. If the Florida Department of Children and Families does not have your current contact information, you may miss important updates.

In case you missed it, check out the [Winter 2022 issue \(PDF\)](#). It's filled with great info on kicking old habits, starting healthy new ones, and more.

We hope you enjoy this issue and that it helps you take better care of the whole you.

Shots Aren't Just for Kids

Adult vaccinations have a lot of benefits. Below are tips to help you protect your health and the health of others.

- 1 Keep Records.** Keep track of your immunizations and put the information in a safe place. Having an accurate record can save you time and money by preventing unneeded vaccinations. Ask your primary care provider to make sure you're current on your shots.
- 2 Stay Current.** Some immunizations require "boosters" to remain effective. Depending on your age and health, you may also be at risk for different diseases that vaccinations help prevent. Certain shots, like the flu shot, are needed every year. Check with your healthcare provider to find out which vaccines can help you stay healthy.
- 3 Don't Worry.** Many people worry about getting shots. But you shouldn't. Vaccines are tested under strict regulations before they are deemed safe. Few people experience side effects from immunizations. But those who do usually have mild ones like soreness at the spot of the shot. Speak with your healthcare provider if you have any concerns about an immunization.



- 4 Stay Healthy.** Vaccines can help you stay healthy so you don't miss work. If you can avoid getting sick, you will have more time for your family, friends and hobbies.



Vaccines give you the best protection available against many serious diseases. They are one of the safest ways to protect your health and the health of others.

Tips to Triumph Over Seasonal Allergies

Allergy season is here, and it affects millions of people every year. The following tips can help you get through allergy season more comfortably.

- 1 Consider allergy testing.** Ask your doctor or allergist about the benefits of allergy testing. Allergy testing helps doctors find out what triggers your allergies. Once you know what works for your body, you can create a plan to stay comfortable during allergy season.
- 2 Limit time outside.** If it's dry and windy, try to stay inside. Rain reduces pollen on outdoor surfaces, so after a storm or rain shower is a better time to enjoy the outdoors. The time of day matters, too. Pollen counts are high in the morning, so plan outdoor activities in the evening when counts are lower.
- 3 Monitor the allergy index in your area.** Technology makes it easy to know how pollen will affect your day before you go outside. Most TV stations broadcast allergy forecasts during the weather report. Websites, apps and text messaging programs can also alert you to conditions in your area.
- 4 Breathe easier inside.** At home or while riding in a car, turn on the air conditioner instead of opening the windows. Open windows bring allergens inside. High-efficiency air filters can also help your air conditioner work even better. Keep carpets and floors clean of pet dander and dust. Also, take a bath or shower before going to bed to keep pollen off sheets.

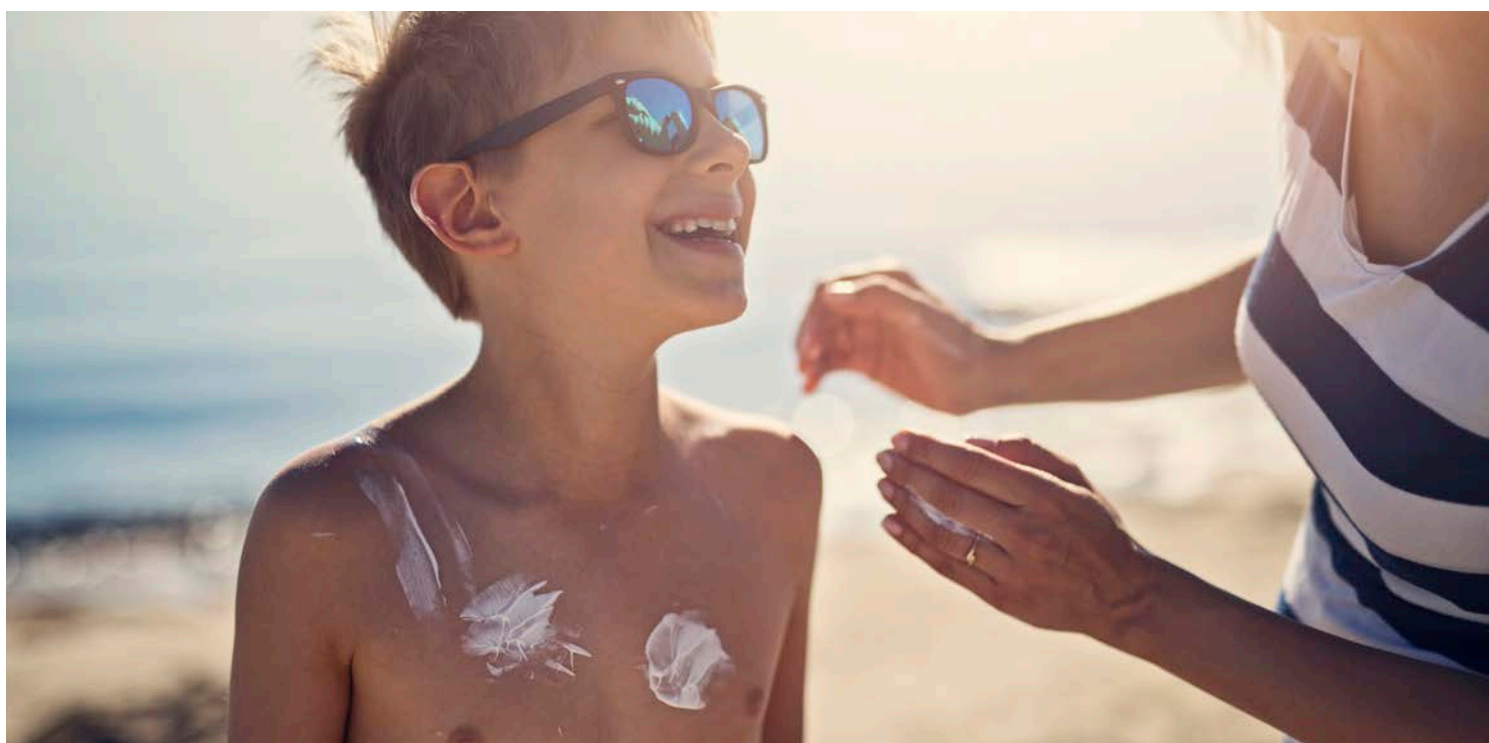
- 5 You are what you eat.** Many people don't realize that certain foods can make you have an allergic response. Keep track of the food you eat. Pay attention to foods that cause nausea, headaches, dizziness, wheezing or an itchy throat. Sugars, wheat, dairy and processed foods can increase allergic reactions and mucus production. Drink plenty of water to flush and hydrate your system.



Sunscreen Safety 365

Protection from UV rays is important all year long, not just in the summer. UV rays can reach you on cloudy and cool days, too. They also reflect off surfaces like water, cement and sand. In the United States, UV rays tend to be strongest from 10 a.m. to 4 p.m.

Broad-spectrum sunscreen can help protect your skin from harmful UVA and UVB rays. Here are a few tips to consider when choosing and using sunscreen:



SPF: Choose a sunscreen with a sun protection factor (SPF) of 30 or higher. The higher the number the more protection for your skin.

AMOUNT: Apply sunscreen in a thick layer all over exposed skin. Don't forget hard-to-reach places like your back.

REAPPLICATION: Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours, and after swimming, sweating or toweling off.

EXPIRATION DATE: Check your sunscreen expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures.

PAIR IT UP: Sunscreen works best in combination with other sun protection options like sunglasses, hats, shade and sun protective clothing.

Apple Pecan Kale Feta Salad with Maple Apple Dressing



Salad

- 3 cups kale, de-stemmed, washed and torn
- 1 apple, sliced thinly
- 2 tablespoons cranberries
- 2 tablespoons pecans
- 3 tablespoons crumbled feta

Maple-Apple Vinaigrette Dressing

- 2 tablespoons maple syrup
- 1 tablespoon apple cider vinegar
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

Salad

Place the kale in a large bowl. Add the apples, cranberries, pecans and feta cheese on top.

Maple-Apple Vinaigrette Dressing

Whisk the ingredients together and pour over the salad.

Enjoy!

A Little Dirt Never Hurt: Getting Kids Outside to Play

There are lots of fun ways to bring the outdoors into your children's everyday activities. Here are a few tips to encourage your little ones to move playtime outside and enjoy some fresh air.



Provide Options. Struggling to get the kids off the couch? Give them a couple of options when choosing something to do outside. Making children feel like they are in charge is key. Children like to be part of the decision-making process. Create a summer bucket list with fun, outdoor activities. Help them check things off as the summer goes on!



Move Toys. Bringing your child's favorite indoor activities outside is an easy way to make playing more exciting. Pack up the dolls, building blocks or costumes and take them outside to see what happens.



Make It Friendly. Make sure your outdoor space is safe for kids. You can set up a fence for small kids and remove all dangerous items. If playground equipment isn't an option, don't stress. Give children time to explore. Nature will give them plenty of entertainment.



Enjoy Play – Rain or Shine! Encourage your kids to play outside, even on rainy days! Make sure there is no thunder and lightning in the area first. A pair of rubber rain boots and old clothes go a long way. Don't be afraid to join in the fun. If your children see you splashing around, they'll be more likely to enjoy the mess!



More the Merrier! Make it a play date by inviting some of your child's friends over. Set up a weekly schedule to give them something to look forward to. Providing children time to interact with one another is a great way to help develop their social skills. Bringing more minds together helps expand kids' imaginations and creativity, which means more fun games to play outside!

Spotting the Signs of Alzheimer's Disease

Day-to-day memory loss may be a sign of Alzheimer's Disease. In support of Alzheimer's Disease awareness month in June, we created the following list that can help you understand the difference between simple forgetfulness and symptoms of Alzheimer's Disease.



1 Can't remember things.

Everyone forgets the day sometimes. But forgetting the season could be a sign of more.

2 Simple tasks are hard.

Another sign of Alzheimer's Disease is having trouble following basic instructions or keeping track of routine bills.

3 Problems with money.

Everyone spends money from time to time. People with Alzheimer's Disease sometimes fall for internet scams or make other poor money decisions.

4 Items go missing.

We all lose our keys, but they usually turn up. People who cannot retrace their steps or remember where they were all day may have Alzheimer's Disease.



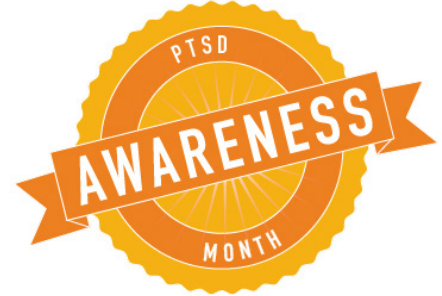
5 Avoiding people.

Relaxing alone after a long day is ok. But people with Alzheimer's Disease may avoid the people they love all together.

You should contact your doctor if you are experiencing any of the problems above.

Understanding PTSD and Its Causes

Trauma can take many forms. Any experience that threatens your life or someone else's can cause post-traumatic stress disorder, also known as PTSD. Over 8 million people in the United States suffer from some form of PTSD. The good news is that you are not alone and there is treatment that works. June is PTSD awareness month. Below are four common symptoms related to PTSD:



1 Reliving the event. Memories of the trauma, or flashbacks, can happen at any time. They can feel real and be very scary. Memories can be triggered by something that reminds you of the event.

2 Avoiding things that remind you of the event. You may try to avoid certain people or situations that remind you of the event. You may also try to stay busy so you don't have to think about the event.

3 Having more negative thoughts and feelings than before. You may feel more negative than you did before the trauma. You might be sad or numb. You may feel that the world is dangerous and you can't trust anyone. It may be hard for you to feel happiness or be positive.

4 Feeling on edge. It may feel hard to relax. You might have trouble sleeping or concentrating. You may suddenly get angry or irritable. You may feel like you are always on the lookout for danger.

If thoughts and feelings about a trauma are bothering you, you should talk to your mental health care provider to learn more about PTSD and PTSD treatment.

Call 911 right away if you have an emergency. You can also call **Sunshine Health's 24-hour Behavioral Health Crisis Line** at 1-866-796-0530 (TTY 1-800-955-8770).

You can reach the national [Mental Health Hotline](#) at 1-866-903-3787 and the [National Suicide Prevention Hotline](#) at 1-800-273-8255.



Over 8 million people in the United States suffer from some form of PTSD.



If thoughts and feelings about a trauma are bothering you, you should talk to your mental health care provider to learn more about PTSD and PTSD treatment.



Sunshine Health provides free aids and services to people with disabilities, such as qualified sign language interpreters, written information in other formats (large print, audio, accessible electronic and formats), and free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

This information is available for free in other languages. Please contact Member Services at 1-866-796-0530, TTY 1-800-955-8770 Monday through Friday, 8 a.m. to 8 p.m.

Esta información está disponible en otros idiomas de manera gratuita. Comuníquese con nuestro número de servicio al cliente al 1-866-796-0530, TTY 1-800-955-8770 de lunes a viernes, de 8 a.m. a 8 p.m.

Si oumenm, oubyen yon moun w ap ede, gen kesyon nou ta renmen poze sou Sunshine Health, ou gen tout dwa pou w jwenn èd ak enfòmasyon nan lang manman w san sa pa koute w anyen. Pou w pale avèk yon entèprèt, sonnen nimewo 1-866-796-0530 (TTY 1-800-955-8770).

Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Sunshine Health, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-866-796-0530 (TTY 1-800-955-8770).