

brand new day

HEALTHCARE YOU CAN FEEL GOOD ABOUT

# THE HEALTHY HABIT

SUMMER 2021

**Spotlight**  
*on Diabetes  
and the Link to  
Hearing Loss*

**Healthy Recipe**  
*Inside!*

**Hidden Sugars**  
*Learn where they're  
hiding and how to  
manage them*



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# SPOTLIGHT

## Diabetes and the Link to Hearing Loss

**Diabetes and hearing loss are two of America's most widespread health concerns. Nearly 26 million people in the U.S. have diabetes, and more than 34 million experience some type of hearing loss.<sup>1</sup>**

Interestingly, there may be a connection between diabetes and hearing loss. The National Institute of Health (NIH) has concluded that hearing loss is twice as common in people with diabetes than in those who don't have the disease. What's more, among the estimated 79 million adults with prediabetes, the rate of hearing loss is 30% higher than in those with normal blood glucose.

"Hearing loss may be an under-recognized complication of diabetes," states Catherine Cowie, Ph.D.,

of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) and senior author of a NIH-funded study. "As diabetes becomes more common, it may become a more significant contributor to hearing loss."

How does diabetes contribute to hearing loss? Hearing depends on small blood vessels and nerves in the inner ear. Researchers believe that, over time, high blood glucose levels damage these vessels and nerves, diminishing the ability to hear.



**As a Brand New Day member,** routine hearing exams and hearing aid services are available to you through TruHearing, call 1-844-394-5403, TTY 711.<sup>2</sup> Think you may have hearing loss? Try our free online screening test at [truhearing.com/brandnewday](https://truhearing.com/brandnewday)

### Common Myths About Hearing Loss

**MYTH:** "I would know if my hearing was bad."

**FACT:** Because hearing loss often happens gradually, the person experiencing it is often the last to recognize it.

**MYTH:** "My hearing problem can't be helped."

**FACT:** Nearly 95% of people with a high-frequency hearing loss (the most common type) can be helped with hearing aids.

<sup>1</sup>According to the Better Hearing Institute.

<sup>2</sup>Hearing aid(s) and routine hearing exams are not a covered benefit for Brand New Day Harmony Care Plan (HMO CSNP) 32 and Brand New Day Harmony Choice Plan (HMO CSNP) 20. Medicare-covered hearing exams are a covered benefit.

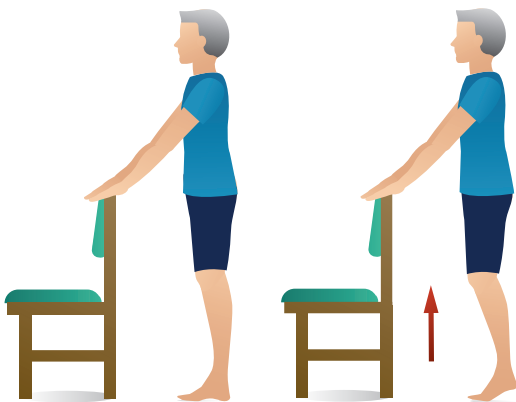


# BENEFITS OF EXERCISE AND PHYSICAL ACTIVITY

**No matter what your health and physical abilities are, you can gain a lot by staying active. Studies show that “taking it easy” can be risky.**

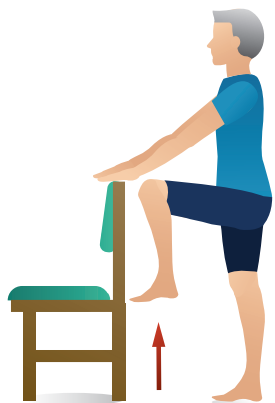
**Often, inactivity is more to blame than age when older people lose the ability to do things on their own. Lack of physical activity can also lead to more visits to the doctor, hospitalizations, and the use of medicines for a variety of illnesses. The key is to start doing physical activity slowly and then keep going!**

**Try these two exercises to stretch, strengthen and improve balance in your legs.**



## **1. Toes and Heels (strengthen calves, ankles, and feet)**

Stand behind a stationary chair for support. Keep feet hip width apart, stomach tucked in, and standing tall. Lift heels standing onto balls of feet, then slowly lower heels to the floor. Lift toes standing on heels, then lower toes to the floor and relax. Repeat 8-12 times.



## **2. Standing Hip Flexion (strengthen hip flexors, thighs and buttocks)**

Stand with chair on side for support. Standing tall, lift outside thigh parallel to the ground. Hold for 3 counts, then slowly lower leg and foot to the floor. Switch with the other leg with the chair support on the opposite side. Repeat 8-12 times.

**Want to learn which exercises are the right ones for you?**

Request an exercise consultation with our exercise experts. Call the Brand New Day Member Services Department for a phone consultation today at 1-866-255-4795, TTY 711.



## Poached Fish with Fire-Roasted Tomato Sauce

*Makes 4 servings*

### Ingredients

- 2 tablespoons extra virgin olive oil
- 1 medium yellow onion, chopped
- 1 garlic clove, minced
- ½ inch piece fresh ginger, peeled and grated
- 1 can (15 ounces) fire-roasted chopped tomatoes, no salt added
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ½ teaspoon curry powder (optional)
- 1½ pounds fresh firm white fish (cod, halibut, haddock), cut into 3-inch pieces
- ½ cup chopped fresh parsley, for garnish

### Directions

**Step 1:** Heat the olive oil in a large saucepan over medium-low heat.

**Step 2:** Sauté the onion until translucent, 5-7 minutes. Add the garlic, ginger, tomatoes (with juices), sea salt, pepper, and curry powder. Simmer for 20 minutes, stirring occasionally.

**Step 3:** Nestle the fish in the sauce, cover, and cook until opaque (about 8-10 minutes). Be careful not to overcook. The fish will add its own liquid to the dish.

**Step 4:** Serve sprinkled with fresh parsley.

**Tips:** This is great served over a bed of lightly sauteed kale. Leftover fish in tomato sauce can be refrigerated for up to 2 days.



## NUTRITION

Calories: 239

Fat (g): 8

Sat. Fat (g): 1

Chol (mg): 73

Sodium (mg): 368

Carb (g): 8

Fiber (g): 2

Protein (g): 32



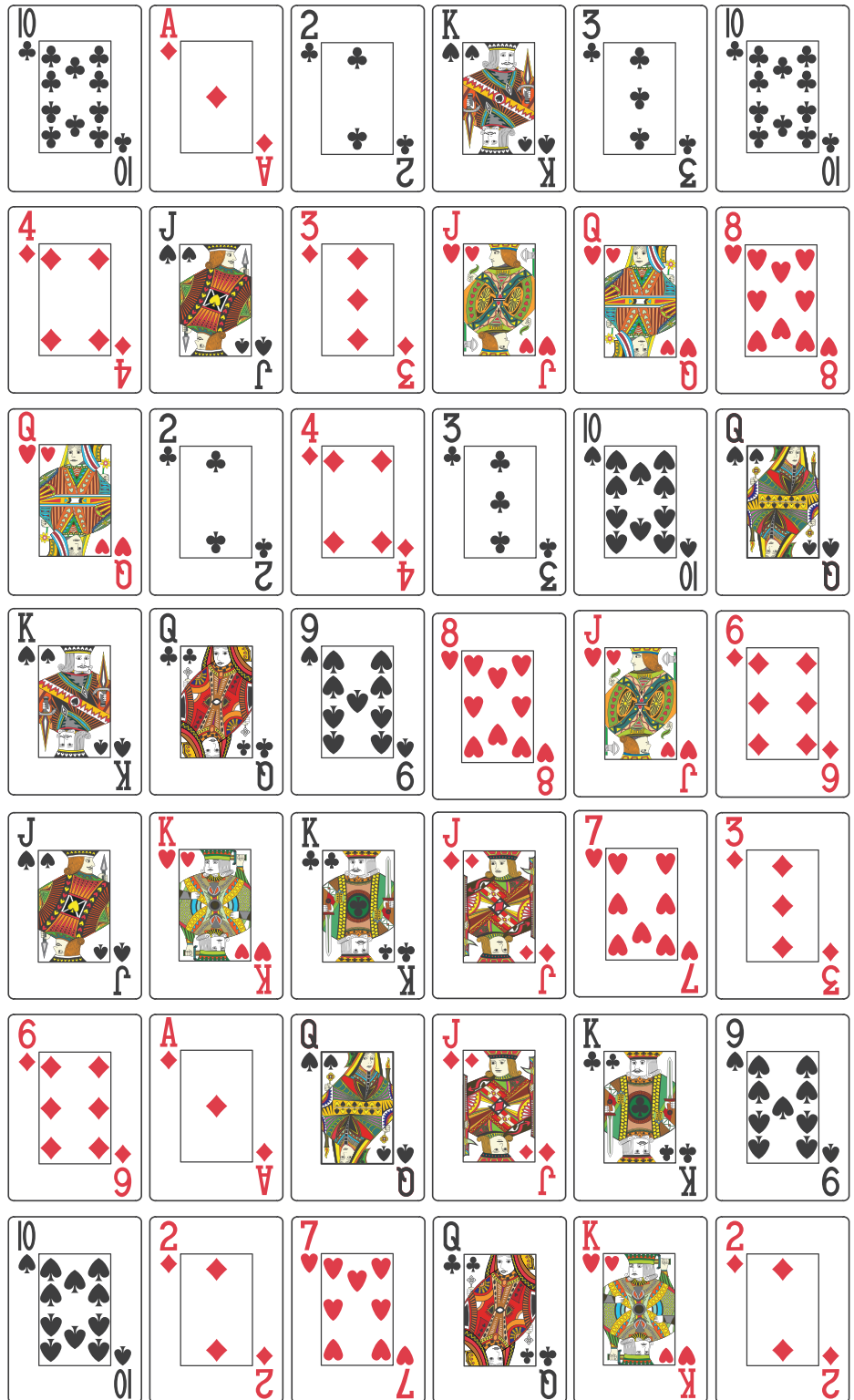
## Card Matching Game

**Race against yourself or a friend to see who can match the cards the fastest!**

There is a match to each card on this page. One by one, cross off the matching card as you find each pair.

Repeat until all cards have been crossed off.

Have fun!



# BRAIN HEALTH

## Mind Fitness

Good health is keeping both the body and brain fit for good aging. The brain is a muscle that needs exercise daily to stay strong and sharp. As the body ages, the mind must be kept active.

*Here are some tips to help keep you mentally fit.*



### Read a book

While reading, the brain absorbs the information from the pages providing a gift of learning and exploring new things. Enjoy the journey.



### Healthy eating habits

The brain is constantly working to maintain the body 24 hours a day, 7 days a week. Food fuels the brain to keep it going. Make healthy eating choices, even if it means beginning with small changes, like adding fruits and vegetables into your diet.



### Get enough sleep

Sleep is vital to keeping the brain healthy. Getting enough sleep plays an important role in how the brain functions. The body needs 7-8 hours of uninterrupted sleep nightly. Create a sleep schedule to allow the time for enough sleep nightly.



### Do crossword puzzles, board games, paint, or doodle

Thinking games and crafts provide exercise for the brain by improving concentration skills, and doing crossword puzzles increases vocabulary and memory. An experiment on aging study in 2011 found that a regular regimen of crosswords might delay the onset of cognitive decline.<sup>1</sup>



**Did  
you  
know?**

If you need help with any of following, we may be able to help.

### Food Resources | Cost of Medications | Transportation

Brand New Day will help you access community support services, and you may qualify for additional financial aid.<sup>2</sup>

Call our Member Services Department at **1-866-255-4795**,  
**TTY 711.**

<sup>1</sup>Raphel, A. (2020, March 17). This Is Your Brain on Crosswords. Scientific American Blog Network. Retrieved from <https://blogs.scientificamerican.com/observations/this-is-your-brain-on-crosswords/>

<sup>2</sup>Brand New Day does not cover the cost of some services.

# HIDDEN SUGARS



**Days are warming up, COVID-19 restrictions are going down!** We are excited to gather for celebratory meals. But did you know the American Heart Association says the daily sugar limit is 6 teaspoons for women and 9 teaspoons for men?<sup>1</sup> That's about half a can of Coke®!

We know desserts are sugary, but sugars are also hidden in everyday foods like salad dressings, sauces, oatmeal, and yogurt. **Hidden sugars are listed over 50 different ways on food labels, like corn syrup, fructose, agave, and dextrose.**

**Hidden sugars can cause many of the 100% treatable diabetic eye diseases.** If you are diabetic, stay on top of your eye health and participate in our Rewards Plus Program to earn \$25 for completing annual diabetic screenings! To learn more visit [bndhmo.com/members/rewardsplus](https://bndhmo.com/members/rewardsplus).

Additional diabetic member support includes the BioTel Care® cellular-enabled blood glucose monitor and Diabetic Care Partners' education classes. **Screenings, digital glucose readings, and education can all lead to fewer doctor visits.**

For help managing blood sugars, contact Brand New Day Member Services Department at **1-866-255-4795 TTY 711**, Monday - Friday  
8 am - 8 pm and 7 days a week 8 am - 8 pm from October 1 - March 31.

<sup>1</sup>American Heart Association (2021). How much sugar is too much?. Retrieved from <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/how-much-sugar-is-too-much>

# THE HEALTHY HABIT

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HEALTHCARE YOU CAN FEEL GOOD ABOUT

## Specialized Programs Include:

Diabetes - Dementia - ESRD - CHF - COPD - Behavioral Health

## Hours:

Year Round | Monday - Friday, 8 am - 8 pm

October 1 - March 31 | Monday - Sunday, 8 am - 8 pm

[bndhmo.com](http://bndhmo.com)

Need Assistance?  
We are here to help.  
1-866-255-4795  
TTY 711

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