

AlohaCare

Ka Hano Ho'ola • The Healing Breath

SPRING 2011

After School A+ kids learn basic culinary skills.

Cooking Up A Rainbow

Page 8

INSIDE:

Controlling Mental Stress p. 4

Alzheimer's in Ohana p. 10

5 Power Foods for Moms-To-Be p. 12



John E. McComas
Chief Executive Officer

About AlohaCare

AlohaCare is a non-profit health plan founded in 1994 by Hawaii's community health centers. Today, AlohaCare has more than 75,000 health plan members and is the third largest health plan in Hawaii. We partner with nearly 3,000 physicians, specialists and providers to care for our members. We have nearly 200 employees located at offices on Oahu and the Big Island.

AlohaCare's Mission

Our passion is to serve the people of Hawaii in the true spirit of aloha by providing a comprehensive continuum of quality health care to all with special expertise in caring for those who are medically underserved and/or medically fragile.

This is accomplished with emphasis on prevention and primary care through community-governed health centers and in partnership with physicians and other health care providers that share our compassion and aloha for this population.

Part of AlohaCare's mission is to build a healthy Hawaii. We tackle the tough health issues facing our members' health care needs. One of the most difficult things for all of us to do is to eat right. Weight is a major concern—especially for our keiki. Obesity is on the rise in Hawaii. Many of our keiki suffer from poor diets and not enough exercise. As a result, 16 percent of Hawaii's keiki are obese. That's nearly 50,000, the same number of seats at Aloha Stadium. This disease impacts the quality of life for our entire community.

AlohaCare is zeroing in on this issue. We've recently partnered with HICORE, the Hawaii Initiative for Childhood Obesity Research and Education. AlohaCare is joining HICORE's effort to promote healthy lifestyles by putting a local twist on the national 5-2-1-0 campaign.



As HICORE says, healthy kids and healthy families make everything possible. Good eating and exercise habits start in early childhood. 5-2-1-0 is just one tool for families to use to keep keiki healthy and strong. To read more about healthy eating, turn to page 8. For a kid-friendly recipe, turn to page 16.

To download a Hawaii 5210 poster for your home (or fridge!), visit www.hawaii5210.com, or call AlohaCare Customer Service Department for a free poster.

By working together, we can all take an active role in our health and well-being.



Features

Mental Health:
Mind Matters 4
Breathe Easy 7

For a Healthy Hawaii

Teen Health:
Teen STD Screening 6

Keiki Health:
Eat a Rainbow 8

Kupuna Health:
Alzheimer's in the Ohana 10

Moms-To-Be:
5 Power Foods 12

Member Information

Medicare Minute 11
In the Community 14
Member Benefits 15
Healthy Taste Recipe 16
Word Find 17
Calendar of Events 18

On the Cover:
 Kaulawela Elementary School students, Madison Philpot (left) and Jie Hua (Michelle) Zeng, cut veggies for a healthy *Cooking Up A Rainbow* snack.

The *AlohaCare* member magazine is written and produced locally by AlohaCare staff members. We care about what you think. If you have suggestions or comments on how we can better serve you, please call or write us. You can also give us feedback online by clicking "Contact Us" at www.AlohaCare.org.

1357 Kapiolani Blvd., Suite 1250, Honolulu, HI 96814
 Call: 973-1650 • Toll-free: 1-800-434-1002 • TTY/TDD: 1-877-447-5990
 Fax: 973-0726 • Toll-free fax: 1-800-830-7222

AlohaCare is published quarterly as a benefit for AlohaCare QUEST, AlohaCare Advantage (HMO) and AlohaCare Advantage Plus (HMO SNP) members. Each issue is also available online at AlohaCare.org. *AlohaCare* magazine is not intended to replace the advice of health care professionals. Please consult your physician for your personal needs and before making any changes in your lifestyle.

Printed by Edward Enterprises, Inc.



Mind Matters

Mental health is how well we deal with the stress of everyday life. Stress can be troublesome or, strangely, even enjoyable. For example, the anxiety we may feel while watching an exciting game on TV is fun, yet it's also stressful. Stress comes from many places like work, school, family and friends. Over time, the "un-fun" kinds of stress can wear on our bodies and minds.

The signs of stress are often hidden and many people don't realize that they feel bad because of stress. Sometimes stress will show itself in physical symptoms like headache, stiff neck or tight back muscles. You might also feel unusually anxious, jumpy or short-tempered.

To deal with everyday stress, there are many things you can do to stay mentally healthy:

- Take a break.
- Get plenty of rest.
- Maintain a healthy diet.
- Do not turn to, or depend on, drugs or alcohol.
- Work off stress with exercise.
- Try to find solutions to problems and act on them.
- Do not try to be perfect.
- Accept that there are things in your life that you cannot change.
- Do things for others, or volunteer.
- Talk it out with family, friends or coworkers.
- Turn to a support group, counselor, or simply talk to your doctor when stress becomes overwhelming. Seeking help is a sign of strength, not weakness.

Mental illness can be triggered by a single event or excessive stress in someone's life. It can also run in families where there is a history of mental illness.

Mental Health America of Hawaii

Mental Health America (MHA) of Hawaii is one of the country's leading nonprofits dedicated to helping all people live mentally healthier lives. This organization has specific programs on:

- Youth Suicide and Bullying Prevention
- Healing the Trauma of War for Soldiers and Families
- Transition Age Youth (ages 16-28)
- Invisible Children's Project – Supporting families who have a parent with mental illness
- Live Your Life Well – A program with action steps to reduce stress and improve mental wellness
- Brown bag seminars on a variety of mental health topics and issues.

For more information from MHA Hawaii, call 521-1846 or visit www.mentalhealth-hi.org. Offices are located on Oahu and Maui.

How Can AlohaCare Help Me?

For AlohaCare QUEST members, the Behavioral Health Plus program is an expanded benefit for members who qualify for additional help staying mentally healthy. By working with our care coordinators, members can get help:

- Finding doctors and mental health experts
- Filling out applications & other paperwork
- Solving problems and getting support
- Connecting to community resources that can help with mental illness.

For more information on this program, give us a call at 973-1650.

Teen STD Screening

As parents, it is important to talk with your teens about the risks of having sex, including sexually transmitted diseases (STDs). These diseases are passed from one person to another during sexual contact. There are many kinds of STDs and infections. They are so common that more than half of all of us will get one at some time in our lives.

Chlamydia (klah MIH dee ah) is the most common STD. It is a bacterial infection. About 3 million Americans get this every year. It is very common among women and men under 25.

“Hawaii has generally been in the top 10 for cases of Chlamydia nationally since reporting started in 1990,” said Dr. Ann Rahall, Medical Director of Planned Parenthood Hawaii. “About two-thirds of cases in Hawaii are in the 15- to 24-year-old age group,” she added.

Symptoms

Chlamydia is often an unnoticed disease. Up to 75% of women and 50% of men have no symptoms, according to Planned Parenthood Hawaii.

For a woman, if Chlamydia is not treated, it can damage her body and prevent her from having children. For men, it is important to be screened whether or not any symptoms are noticed because they can spread the disease to other partners.

Screenings

Screenings find health problems at an early stage. Early detection and treatment can prevent, slow or stop many STDs. Sexually active females 25 years old and younger need testing every year.

Your primary care provider and many Community Health Centers offer tests for Chlamydia and other STDs. The screenings are free, confidential and no parent consent is necessary. Teens can go by themselves.

Treatment

Chlamydia is treated and cured with antibiotic medicine. Doctors may ask patients to be re-tested in 3 to 4 months to make sure that the chlamydia is totally gone.

How Can AlohaCare Help Me?

If you are a QUEST member, annual preventive care services, including chlamydia screenings, are FREE. AlohaCare Advantage (HMO) and AlohaCare Advantage Plus (HMO SNP) members can get screenings at no cost or low-cost.

44% of Hawaii high school students have had sex.

– Hawaii Youth Risk Behavior Survey Results of High and Middle School Students

Breathe Easy

If you have asthma, the first rule is: Don't Smoke! Not only does smoking damage your airways, it can trigger asthma attacks. Worse yet, asthma medications are less effective for smokers. There is good news, however. If you quit smoking, you can reverse lung damage. In three short months, your lungs can start to heal from years of smoking—and you can begin to breathe easy again.



Second-hand Smoke

Second-hand smoke is also a trigger for asthma sufferers. Children are more vulnerable to the effects of second-hand smoke because their lungs are still growing. Family members should quit smoking if they live with someone who has asthma. Exposure to second-hand smoke can cause a variety of problems including:

- Allergic diseases
- Ear infections
- Respiratory disease
- Cough

Controlling Asthma

In addition to quitting smoking, here are few more tips for living with asthma:

- **Environment**

Avoid places where people are smoking. This will help reduce the urge to smoke.

- **Medicine**

Asthma medicines keep airways open. They can help prevent or stop an attack. However, asthma medicines do not work as well for smokers as they do for asthma sufferers who do not smoke.

- **Eating**

A diet with plenty of fruits and vegetables can help keep a healthy weight, limit asthma symptoms, and decrease the risk of other health problems.

- **Exercise**

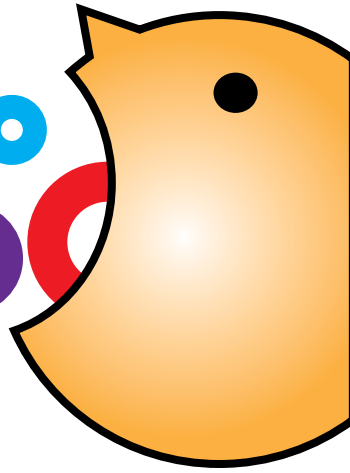
Regular exercise can strengthen your heart and lungs to relieve asthma symptoms. Simple breathing exercises as in yoga may help keep your asthma symptoms under control.

How Can AlohaCare Help Me?

To help you break your smoking habit, AlohaCare is now offering benefits of the Hawaii Tobacco Quitline. Learn more by turning to page 15.

AlohaCare's Disease Management Program can help you manage your asthma. If you have questions or concerns, please call our Customer Service number on the back of this magazine and ask to speak with a Disease Management nurse.

Eat a Rainbow



“People don’t eat because food is healthy,” says Daniel Leung, Education Specialist. “People eat because food is tasty.” With that in mind, he helped The Culinary Institute of the Pacific at Kapiolani Community College cook up a new nutrition program for kids (and their parents). It is called *Cooking Up A Rainbow*. It’s an easy, fun and delicious way to remember to eat a variety of 5 fruits and vegetables every day.

Think of eating the different colors of the rainbow. Colorful foods are full of vitamins, minerals and disease-fighting nutrients. Eating a variety of food helps you stay healthy. Fruit or veggies that are darker and richer in color usually have more health benefits.

Cooking Up A Rainbow gets kids involved with food preparation and cooking activities. The activities allow kids to explore healthy foods and experience them with their five senses—sight, smell, taste, touch and sound. Together, these five senses create “flavor.” They also create our “taste palate”—such as a taste for salt and sugar.

“We live in a fast food culture,” Leung says. “We need to change our palate.”

To help develop their palates, *Cooking Up A Rainbow* lets kids explore new tastes, smells, colors and textures. The program teaches keiki basic cooking skills. The kids also make snacks with vegetables and fruits, combined with other healthy ingredients such as peanut butter, yogurt, granola and corn puffs.

“We give them the tools to be open minded and to have a sense of adventure with food,” Leung says. “In class, kids don’t have to like everything, but they do have to *try* everything.”

The *Cooking Up A Rainbow* program was recently introduced to the YMCA of Honolulu’s After School A+ program at 17 of its 47 sites. The Y’s A+ program promotes physical activity and healthy eating as a way to get elementary school children to adopt better habits at a younger age.

YMCA Site Director David Keaunui-Rattley at Kaulawela Elementary School teaches students a new recipe every week. “The kids like this program because they get to do something that is different and fun,” he says.

YMCA Site Director David Keaunui-Rattley observes as the children prep bell peppers for veggie quesadillas.



Junior chefs working hard to fill the order for veggie quesadillas!

One week, the A+ group prepared Vegetable Quesadillas with Fresh Tomato Salsa (see recipe on page 16). An after-school brood of eight 4th and 5th graders busily seeded and sliced yellow, orange and red bell peppers. Keaunui-Rattley peered into one of the prep bowls and inspected their work. “Hey, where’s the orange?” he asked. “All I see in here is red and yellow. We need a rainbow in there!”

YMCA Program Coordinator Jaci Agustin says, “Our hope is that the kids will take home each week’s recipe and share what they learned with their parents. The goal is get both children and parents excited and involved with meal planning and to make healthy food together as a family.”



Once the quesadillas were prepped, cooked, cut and plated, the cooks shared their nutritious snack with the rest of the A+ kids.

Taste The Rainbow

Red strawberries, cranberries, red apples, tomatoes, red cabbage, red onions

Helps your body ...

- Keep your heart healthy
- Keep your bladder healthy
- Lower blood pressure
- Lower your chance of getting cancer

Orange & Yellow sweet potatoes, breadfruit, carrots, papayas, cantaloupe, oranges

Helps your body ...

- Keep you from catching colds
- Keep your heart healthy
- Keep your eyes healthy
- Lower your chance of getting cancer

Green lettuce, spinach, broccoli, avocados, bok choy, cucumbers

Helps your body ...

- Keep your eyes healthy
- Keep your bones & teeth strong
- Keep digestion regular
- Lower blood pressure
- Lower your chance of getting cancer

Blue & Purple blueberries, purple grapes, plums, raisins, eggplant, Okinawan purple sweet potato

Helps your body ...

- Stay healthy as you get older
- Keep your memory strong
- Keep your bladder strong
- Fight off allergens
- Absorb calcium and other minerals

Alzheimer's in the Ohana

Caring for someone with Alzheimer's disease can be a challenge. But there are places where family and friends of Alzheimer's sufferers can find emotional support, care giving help and financial aid.



The Disease

Alzheimer's disease affects the brain. It reduces a person's mental and social abilities. Alzheimer's disease is not a normal part of getting old. The risk factors increase with age. And nearly half the people over the age of 85 have Alzheimer's. Common symptoms include:

- memory loss
- problems thinking
- difficulties with language
- personality changes

Medicaid

If the person with Alzheimer's qualifies for Medicaid, then his/her QUEST Expanded Access (QExA) plan will cover:

- most nursing home care
- some assisted living services
- some nursing facility care
- room & board
- social activities

Planning

There is no cure for Alzheimer's disease. Support from friends and family help people cope with the disease. Planning for care is also an important part of dealing with the disease.

Begin planning as soon as the diagnosis is given. The person diagnosed with Alzheimer's should participate as much as possible.

Decisions will need to be made about:

- health care
- finances
- will and estate planning

Paying for Care

The cost of caring for an Alzheimer's patient can extend over a long period. So figuring out the best health care plan for the future is important.

Other Help

If the person with Alzheimer's does not qualify for Medicaid, other help includes:

Social Security Disability Income (SSDI)

SSDI is for workers younger than 65 who meet the Social Security's definition of disability. Disability means that a person cannot work, and their medical condition will last at least a year or is expected to result in death.

Supplemental Security Income (SSI)

Last year, Social Security added early-onset Alzheimer's to the list. The people with this type of Alzheimer's are given earlier access to SSI and SSDI. SSI gives a minimum monthly income to people who:

- are age 65 or older
- are disabled or blind
- have very limited income and assets

Low-Income Subsidy (LIS) - "Extra Help"

Medicare beneficiaries who have limited income and resources may qualify for the LIS Extra Help. LIS can help pay for prescription drugs costs, with no gap in drug coverage.

Veterans' Benefits

Tax deductions and credits (Example: the Household and Dependent Care Credit)

Community Support

Local support services are available at a low cost, or no cost at all. Services can include respite care, transportation and meal delivery. Or, join an Alzheimer support group to share experiences with people who understand.

The Alzheimer's Association Aloha Chapter

The Alzheimer's Association Aloha Chapter serves all of the Hawaiian Islands. Call 1-800-272-3900 or e-mail to alohainfo@alz.org.



Medicare Minute

Welcome New Medicare Members!

Thank you for enrolling into one of our Medicare Advantage plans: AlohaCare Advantage (ACA) or AlohaCare Advantage Plus (ACAP). We're privileged that you put your trust in AlohaCare for your medical and prescription drug coverage. One of the benefits of joining our ohana is this FREE quarterly *AlohaCare* member magazine. It offers healthful tips, important plan updates and some fun recipes for you to enjoy.

In addition, we want to send a special note of appreciation to the loyal ACA and ACAP members who have continued their membership with AlohaCare for 2011. Currently, AlohaCare has more than 2,100 ACA/ACAP members, a 75% increase in membership over the past two years thanks to all of you.

Do you have questions about your new plan?

If you have any questions about your benefits or would like to help a family member or friend understand their Medicare benefits better, please join us at one of our **Medicare Member Orientations**. If you are unable to attend the meetings, an AlohaCare Medicare representative can be scheduled to meet you at home or another convenient meeting place.

Do you know of someone who would like to join us?

This year, the Medicare Annual Enrollment Period (AEP) is October 15 - December 7, 2011. However, if you have a friend or family member that is interested in AlohaCare before October 15th, there are special situations (e.g. having Medicare and Medicaid, turning 65, etc.) where they can enroll in an AlohaCare plan before the AEP date.

If you have any questions and/or would like to schedule an appointment with our representative, contact us at:

AlohaCare

1357 Kapiolani Blvd., Suite 1250, Honolulu, HI 96814

973-6395 • Toll-free: 1-866-973-6395

8 a.m. to 8 p.m., 7 days a week

TTY/TDD: 1-877-447-5990

www.alohacare.org/MedicareEvents

5 Power Foods

When you're pregnant you are eating for two. Though eating for two doesn't mean eating twice as much, it means making smarter choices that are good for both you and your baby. If you are pregnant and have diabetes, please check with your health care provider on the number of servings and serving size you should have in a day.



1 Whole Grains

(bread, pasta, rice, wheat germ, fortified cereal)

Daily Recommendation: 6 to 9 servings

Whole grain foods are rich in folic acid, calcium, fiber, zinc, Vitamin E, iron and Vitamin B1, B2, B3 and B6.

Do yourself and your baby a huge favor. Trade your plain white bread, pasta and rice for whole-grain brands. If you don't like whole grain, try sprinkling a few spoonfuls of wheat germ on your meals.

If six to nine servings of whole grains a day sounds like a lot, don't worry. It may not be as much as you think.

One serving equals:

- 1/2 cup hot cereal, or
- 1 cup cold cereal, or
- 1/2 cup cooked whole-wheat pasta or brown rice, or
- 1 slice whole-wheat bread

Bonus: In addition to being a great breakfast food, fortified cereals are a healthy snack. They contain Vitamin B3 and Vitamin B6 that relieve pregnancy discomforts. Vitamin B3 aids in digestion. Vitamin B6 combats morning sickness. A small serving of cereal goes a long way!

2 Legumes

(soybeans, black beans, lentils, lima beans, black-eyed peas, peas, garbanzo beans or chickpeas, dried beans)



Daily Recommendation: 3/4 cup of cooked legumes

Legumes are high in folic acid (folate/vitamin B12). B12 is vital to the development of your baby's brain and spinal cord. Legumes are also high in iron. Iron is important for red blood cells, which carry oxygen through your body.

Bonus: Iron fights tiredness, bad moods and feelings of sadness.

3 Dried Fruits & Nuts



(raisins, apricots, cranberries, cherries, almonds, walnuts, unsalted peanuts)

Daily Recommendation: 1/2 cup of nuts or dried fruits

Dried fruits are high in iron, and nuts are a great source of calcium and protein. Protein is vital for you and your baby. Protein also fights germs and supplies energy.

Your growing baby requires calcium to develop. If there is not enough calcium in your diet for both you and baby, your body will take the calcium from your bones and give it to the baby. This can put you at risk for osteoporosis (porous/weak bones).

Bonus: Cranberries help prevent urinary tract infections that can occur during pregnancy. Almonds are a good source of cancer fighting antioxidants.

4 Fresh Vegetables & Fruits



(carrots, kale, broccoli, sweet corn, tomatoes, leafy green lettuce, bananas, papaya, oranges, mango, cantaloupe)

Daily Recommendation: 5 or more servings of vegetables and fruits

Fresh vegetables and fruits are loaded with nutrients. To get the most from your fruits and vegetables, eat fresh! Select unprocessed fruits and veggies from a wide range of color and flavors. Some green vegetables, such as broccoli and spinach, contain high levels of folate, calcium and iron.

Bonus: Bananas help fight fatigue by giving quick energy. They're also gentle on your tummy. Oranges, in addition to providing Vitamin C, folate and fiber, also contain almost 90 percent water.

5 Milk & Dairy

(skim or low-fat milk, low-fat ice cream, frozen yogurt, low-fat yogurt, low-fat cheese)



Daily Recommendation: At least 4 servings of milk and dairy products

Milk and other dairy products are great sources of calcium, protein, vitamin D and phosphorus. Drink and eat only pasteurized dairy products. To prevent any possible pregnancy problems, avoid blue-veined cheese, imported cheese and soft, mold-ripened cheeses (feta, brie, chevre, Mexican-style and gorgonzola). It's safe to eat hard cheeses (cheddar, mozzarella, cream cheese and cottage cheese).

Bonus: Drinking a glass of milk right before eating a meal may help reduce heartburn.

How Can AlohaCare Help Me?

As a full-coverage AlohaCare QUEST member, maternity services are FREE! Services include ultrasounds, delivery, hospital stay and doctor visits before and after your baby is born. AlohaCare Advantage (HMO) and AlohaCare Advantage Plus (HMO SNP) members will be charged a co-pay. If you need help making a doctor's appointment, please call our Customer Service numbers on the back of this magazine.

Access & Availability Funding

AlohaCare is Hawaii's only statewide QUEST and Medicare plan. As such, we are committed to quality health care on every island. We have dedicated more than \$1 million to the Neighbor Islands to increase access to care. The funds helped hire doctors for many clinics.

This year, AlohaCare granted \$237,000 in Access & Availability Funding to five health care providers:

- Bay Clinic, Inc.
- Hamakua Health Center
- Maui Memorial Medical Center
- Hawaii Island Family Health Center
- Molokai Community Health Center

AlohaCare also helped fund the startup of two new community health centers—West Hawaii Community Health Center and Koolauloa Community Health and Wellness Center. We encourage you to visit your local community health centers. Talk to your doctor about your center's services that might help you stay healthy and live well.

A student describes his science project to the HSSEF audience.



West Hawaii CHC is currently under construction (but still open!). In the future months, please stop in to view its renovated facilities.

Save the Fair!

Due to a lack of grant money, the Hawaii State Science & Engineering Fair (HSSEF) was short on funds this year and needed help. AlohaCare joined other community partners to save the fair by donating \$5,000. Now in its 54th year, the HSSEF is the oldest and largest science education program in Hawaii. More than 7,000 Hawaii students take part each year. About 500 students reach the HSSEF level. The fair highlights the students' science projects. It also encourages all of our keiki to think about a science-related career.



Aloha to New Medicare Members!



Thank you for enrolling in AlohaCare's Medicare Advantage plan! With your new plan come new benefits, including this FREE quarterly *AlohaCare* Member Magazine. The magazine offers lifestyle tips, puzzles, recipes and benefit information. We also include a special **Kupuna Health** article written with our AlohaCare Medicare members in mind. We hope you enjoy this issue. We appreciate your membership!

Extra Smoking Cessation Support



AlohaCare is partnering with **Hawaii Tobacco Quitline**. It offers local and confidential support for anyone who's ready to quit tobacco in Hawaii. Whether you have insurance or not, the Hawaii Tobacco Quitline is FREE. All callers receive:

- **Unlimited calls from you to a Quit Coach**
- **Up to 3 calls from a Quit Coach to you**
- **Printed materials**
- **Help with medication**
- **Online tools and access to a Web Coach at [www. ClearTheSmoke.org](http://www.ClearTheSmoke.org)**

Does it Work?

It is hard to quit tobacco. But the Hawaii Tobacco Quitline reports that people quitting tobacco are 2 to 4 times more successful when they use the Quitline than those who do not. Success rates increase when callers talk with a Quit Coach and use nicotine patches or gum.

Nicotine is the drug in tobacco that causes addiction. Nicotine Replacement Therapy (NRT) helps reduce the addiction. Free NRT patches and gum are available from the Hawaii Tobacco Quitline.

How do I get started?

1. **Call 1-800-QUIT-NOW, or visit the Website at www.ClearTheSmoke.org**
 - AlohaCare members are allowed to enroll twice within a 12-month period.
 - Callers can speak to interpreters in 140 languages.
2. **Talk to a Quit Coach**
 - Quit Coaches understand how hard it is to quit and are trained to help with no pressure.
3. **Set a quit plan**
 - Create a quit plan that's right for you with help from your Quit Coach.
4. **Get Support**
 - Once you're ready to quit, your Quit Coach will set up calls to follow up on your progress.

VEGETABLE QUESADILLA WITH FRESH TOMATO SALSA

By Chef Carol Nardello,
Kapiolani Community College

Quesadillas:

3 Bell peppers (a mix of green, red and yellow or orange bell peppers, cored, seeded and cut into thin strips)

1 Onion, thinly sliced

1 tbsp. Vegetable oil

8 8-inch flour Tortillas

2 cups Cheddar cheese, grated

Tomato Salsa:

3 Roma tomatoes, cored and chopped

1/4 Onion, minced

2 Garlic cloves, finely minced

1/2 Serrano chili, cored, seeded and minced

1/2 cup Cilantro, roughly chopped

1 Whole lime, juiced

Salsa:

Combine the prepped vegetables in a medium bowl. Adjust spice level by using more or less chili peppers. Set aside.

Quesadillas:

- Bring a sauté pan or griddle to medium heat, sauté peppers and onions in oil until tender or about 5 minutes. Remove from heat.
- In a small bowl, combine 1/2 cup of salsa with cheese and sautéed vegetables.
- Lay out 4 tortillas and divide filling evenly among them. Top each with second tortilla and press together.
- Place a prepared quesadilla onto hot surface to cook 5 minutes on each side or until golden and melted.
- Cool slightly and cut into wedges to serve with remaining salsa.

Makes 4 quesadillas or 16 wedges.

This recipe was created by the Culinary Institute of the Pacific at Kapiolani Community College (KCC). It is part of the college's *Cooking up a Rainbow* program, a nutrition-based interactive culinary education program for children and adults.

Stimulate Your Mind by Doing a Puzzle

Word Find

Find words that can help you to stop smoking. For more information, see page 15.

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|-------------|
| G | W | E | E | S | I | C | R | E | X | E | O | R | ADDICTION |
| S | N | B | Q | U | I | T | L | I | N | E | C | G | ASTHMA |
| Y | S | I | D | O | R | X | E | R | B | D | R | E | BREATH |
| M | N | U | K | R | X | L | O | B | E | E | S | E | EXERCISE |
| P | G | O | B | O | L | E | A | R | S | O | G | N | LUNGS |
| T | B | Z | I | Y | M | S | F | P | C | T | N | I | NICOTINE |
| O | R | G | A | T | T | S | I | J | W | O | U | T | QUITLINE |
| M | E | V | C | H | C | R | I | Z | Y | B | L | O | RESPIRATION |
| Y | A | T | M | M | A | I | S | D | H | A | K | C | SMOKING |
| S | T | A | J | T | V | R | D | I | Z | C | F | I | SYMPTOM |
| Q | H | D | I | Z | T | L | H | D | V | C | K | N | TOBACCO |
| Z | B | O | K | E | F | L | M | F | A | O | S | J | |
| C | N | R | O | K | B | O | D | P | S | F | Z | H | |

Language Help Is Available

This contains important information. Call AlohaCare and ask for this document in a different language or to have it orally translated. It is free.

Naglalaman ito ng mahahalagang impormasyon. Tumawag sa AlohaCare at hilingin ang dokumentong ito sa ibang wika o na isalin ito nang pasalita. Libre ito.

Naglaon daytoy ti importante nga impormasyon. Umawag ti AlohaCare ken damagen daytoy nga dokumento iti nagduduma nga lengwahe wenno tapno maibaga da mismo ti panakatarus na nga sao. Daytoy ket libre.

이 문서에는 중요한 정보가 포함되어 있습니다. AlohaCare 에 연락하여 이 문서의 다른 언어 버전이나 통역을 요청하십시오. 무료로 이용할 수 있습니다.

本文包含重要信息。请联系 AlohaCare ,索取本文档的另一种语言版本或让工作人员为您口头翻译。这是免费的。

Oahu: 973-1650

Neighbor
Islands/Oahu
(toll-free):
1-800-434-1002

TTY/TDD users
(toll-free):
1-877-447-5990



AlohaCare

For a healthy Hawaii.

1357 Kapiolani Blvd., Suite 1250
Honolulu, HI 96814

Presorted
Standard
U.S. Postage
PAID
Honolulu, HI
Permit No. 985

QUEST

973-1650 • Toll-free: 1-800-434-1002
7:45 a.m. - 5 p.m., Monday - Friday

Medicare

973-6395 • Toll-free: 1-866-973-6395
8 a.m. - 8 p.m., 7 days a week

TTY/TDD: 1-877-447-5990
www.AlohaCare.org

HEALTH OR WELLNESS OR
PREVENTION INFORMATION

H5969_400914_1 File & Use 04052011

**Benefit
In
Review**

AlohaCare works hard to make sure that you receive quality care. This includes making sure that you have a way to get to your doctor, through AlohaCare’s **non-emergency travel benefits** or community resources. The travel benefit is only covered when you have no other source of transportation. See below for a review of AlohaCare’s travel benefits. For more details, please see your Member Handbook.

QUEST Travel Benefits:

AlohaCare must pre-authorize all non-emergency travel services. This means that your provider received approval from AlohaCare before arranging your medical services. You will not be paid back or refunded if you make your own travel plans. AlohaCare must make the travel arrangements for you.

Travel services include air, ground transportation, lodging, meals and companion, if you need one. These benefits are **only** covered when they are **pre-authorized** and **medically necessary**. They are **not** automatic benefits.

Non-emergency travel is **not** a benefit under the QUEST-Net, QUEST-ACE or Basic Health Hawaii (BHH) plans.

Medicare Travel Benefits:

Non-emergency travel is **not** a benefit under the **AlohaCare Advantage (ACA)** benefit plan. However, non-emergency travel *is* covered under the Medicaid (QExA) plan for **AlohaCare Advantage Plus (ACAP)** members. Your providers need to work with your Medicaid (QExA) plan to arrange transportation.

For non-emergency ground transportation services, please ask your provider about community resources such as:

- TheHandi-Van Service538-0033
- Hana Hou Handi-Van (Hilo, HI) 933-8726
- Catholic Charities Hawaii595-0077
- JCRG Elder Care & Transervices484-8900
- GDD Handi Trans.....265-0507
- American Cancer Society (for cancer patients) .. 595-7544