



South Carolina

Medicare Advantage

THE PULSE

Medicare Advantage Member Newsletter

BENEFITS OF
WATER EXERCISE

FAMILY FUN MONTH

PLANTS OF
SOUTH CAROLINA

HELLO SUMMER!

TRIVIA & SEASONAL
RECIPES INSIDE!

Summer 2023

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MAKE A SPLASH!

Move Your Workout to the Pool and Embrace the Benefits of Water Exercises

When it comes to staying active and living a healthy lifestyle, it's essential to find exercise routines that are enjoyable, gentle on joints and good for our bodies. One often-overlooked option is water exercises.

Water exercises offer a number of benefits including: low-impact movement, enhanced muscle memory, flexibility, cardiovascular fitness, weight management, improved balance, and reduced risk of injury or overheating. Whether you're a seasoned swimmer or new to water exercises, dive in and explore the ways you can embrace the benefits of exercising in the water. Your body, mind and overall well-being will thank you for it!

Gentle on Joints

Water exercises are known for their low-impact nature. This makes them an ideal choice for people with joint issues or arthritis. The water reduces impact on your joints and provides resistance to your movements. This means you can get a challenging workout without putting excess stress on your joints, so you can enjoy reduced pain and a decreased risk of injury.

Enhanced Muscle Strength and Flexibility

Water provides natural resistance, creating a great environment for building muscle strength and improving flexibility. Every move you make in the water engages multiple muscle groups simultaneously, promoting overall body toning. Water exercises are particularly good for strengthening the core, as your abdominal and back muscles work harder to keep you stable against the water's resistance. Plus, the water supports your body, allowing for improved range of motion and enhanced flexibility.

Heart Health and Weight Management

Contrary to popular belief, water exercises can be an excellent workout for your heart. Activities like water aerobics, swimming and aqua jogging can increase your heart rate and improve your endurance. The resistance offered by the water challenges your muscles, leading to increased calorie burn and weight management. Water exercises are a refreshing and fun way to achieve your fitness goals while minimizing the impact on your body.

Reduced Risk of Overheating and Injury

Exercising in the water helps regulate your body temperature, preventing the risk of overheating during intense workouts. The water helps you stay cool. This allows you to exercise for longer periods without feeling fatigued. Plus, the water reduces the risk of falls and impact-related injuries. It provides a safe environment for people of all fitness levels.

Improved Balance and Coordination

Balance and coordination are crucial for fall prevention and overall stability, especially for older adults. Water exercises challenge these skills as you work against the resistance and the ever-shifting nature of water. By engaging in exercises like water walking or tai chi in the pool, you can improve your balance and overall coordination, reducing the risk of falls and improving your daily activities.



CELEBRATING FAMILY FUN MONTH: EMBRACE JOYFUL MOMENTS



August is Family Fun Month. It's a time for families to come together and create lasting memories. This special occasion encourages people of all ages to take part in activities that foster strong bonds and create moments of joy. It's a great chance to enjoy quality time with loved ones or embark on solo adventures.

Family and Friends

Family Fun Month provides a wonderful opportunity for you to connect with family and friends. Plan a picnic in the park, organize a family game night or even take a day trip to a nearby attraction. Shared activities strengthen relationships, build cherished memories and promote overall well-being.

Pursue Individual Interests

While Family Fun Month often involves doing things with family and friends, you can also find joy in pursuing individual interests. Engage in hobbies such as gardening, painting, reading or taking leisurely walks in the park. Embracing solitude and self-reflection can bring about a sense of fulfillment and tranquility. Recognize the value of self-care and let yourself indulge in activities that make you happy.



Use Over-the-Counter (OTC) Benefits for Outdoor Essentials

Your Medicare Advantage plan includes OTC benefits. These let you buy certain must-have items without a prescription. Take advantage of these benefits to ensure your outdoor activities stay safe and fun. Use OTC benefits to stock up on things like bandages, sunscreen, insect repellent, Epsom salts for soaking tired feet and other first-aid supplies.

Explore Nature

August is a good time to enjoy the beauty of nature. Take a hike in a local park, plan a scenic drive or visit a garden. Engaging with nature offers numerous physical and mental health benefits, including reduced stress and improved mood. Use this time to reconnect with the environment, enjoy the wonders of flora and fauna, and enjoy the calm that nature provides.

Connect With Your Community

Many communities offer programs and events specifically designed for older adults during Family Fun Month. Check local community centers, senior centers or organizations for things like craft workshops, cooking classes, group exercises and guided tours. These programs can give you a chance to meet people, learn new skills and expand your social network, fostering a sense of belonging and community.

SUMMER OF MUSIC

1. According to the song made famous by the Beach Boys, where would you find a little place called Kokomo?
A. South of Waikiki B. North of Malibu
C. Off the Florida Keys D. South of Malibu
2. What year completes the title of Bryan Adam's "Summer of ____"?
A. '69 B. '73 C. '77 D. '80
3. In "Summertime," when the livin' is easy, what are the fish doing?
A. Fryin' B. Swimmin' C. Jumpin' D. Eatin'
4. In "Under the Boardwalk," what is the singer out of?
A. The rain B. The sun
C. Money D. Out in the sky
5. Which surf-sound song wasn't made famous by the Beach Boys? (And pat yourself on the back if you know the band that sang it!)
A. "Surfin' Safari"
B. "The Little Old Lady From Pasadena"
C. "Good Vibrations"
D. "Good Vibes"
6. In 1958, Eddie Cochran claimed "there ain't no cure" for this ailment.
A. The summertime burn B. The summertime heat
C. The summertime blues D. Summer of '69
7. The Beach Boys released their timeless hit "Surfin' U.S.A." in which decade?
A. 1950s B. 1960s C. 1970s D. 1980s
8. "Dancing Queen" was a popular summer song in the 1970s by which Swedish group?
A. ABBA B. Bee Gees
C. Earth, Wind & Fire D. The Jackson 5
9. The 1980s hit "Walking on Sunshine" was performed by which British band?
A. Duran Duran B. The Police
C. Katrina and the Waves D. Queen
10. The famous song "Brown-Eyed Girl" was released in the 1960s by which artist?
A. Neil Diamond
B. Van Morrison
C. The Everly Brothers
D. The Righteous Brothers
11. The 1960s song "I Heard It Through the Grapevine" was a hit for which Motown artist?
A. Stevie Wonder B. Marvin Gaye
C. Diana Ross D. The Four Tops
12. "You're the One That I Want" from the musical Grease became a summer sensation in which decade?
A. 1950s B. 1960s C. 1970s D. 1980s
13. "Stayin' Alive" was a popular disco hit during the 1970s by which group?
A. Village People
B. Bee Gees
C. KC and the Sunshine Band
D. Chic
14. The 1960s hit "I Can't Help Myself (Sugar Pie Honey Bunch)" was performed by which group?
A. The Temptations B. The Four Tops
C. The Supremes D. The Drifters
15. The 1960s summer anthem "Good Vibrations" was released by which influential band?
A. The Beach Boys B. The Rolling Stones
C. The Beatles D. The Monkees
16. "Sweet Child o' Mine" became an iconic summer song in the 1980s for which rock band?
A. Guns N' Roses B. Bon Jovi
C. Aerosmith D. Queen



NURTURING PHYSICAL AND MENTAL HEALTH

Aging gracefully involves taking care of both our physical and mental well-being. As Medicare Advantage members, we have access to resources and opportunities that can empower us to age well. Life is a journey of self-care and empowerment. Embrace the opportunities available to you. Let's celebrate the vitality and wisdom that come with each passing year.



Prioritizing Physical and Mental Health

Taking part in regular physical activity is key to overall health and vigor as we age. Add activities such as walking, swimming, yoga or strength training to your routine to improve flexibility, balance and strength. Staying mentally active is just as important. Activities such as solving puzzles, reading, learning new skills and socializing keep your mind sharp and help you maintain brain function.



Promoting Bladder Control

Bladder control is crucial for our comfort and independence. To support bladder health, drink plenty of water throughout the day. Limit caffeine and alcohol consumption, as these can irritate the bladder. Practice pelvic floor exercises regularly to strengthen the muscles that control urination. If you have bladder control issues, talk to your doctor. Effective treatment options are available.



Reducing Fall Risk

Preventing falls is essential for maintaining independence and reducing the risk of injuries. Keep your home safe by removing clutter, securing loose rugs, and installing grab bars in bathrooms and stairways. Do exercises that improve balance, such as tai chi or yoga, to enhance stability. Review your medications with your doctor to identify any side effects that may increase your risk of a fall. And don't forget to have regular vision and hearing checkups. These senses help you maintain balance and spatial awareness.



Managing Arthritis Through Food

Diet plays a big role in managing arthritis symptoms and promoting joint health. Foods rich in omega-3 fatty acids, such as fatty fish, walnuts, and flaxseeds, have anti-inflammatory properties. Eat a variety of colorful fruits and vegetables to reduce inflammation and support joint health. Consider adding spices like turmeric and ginger to your meals. They have natural anti-inflammatory effects. Talk to your doctor or a registered dietitian to develop a personal diet plan that supports your arthritis management goals.

SUMMER SEARCH

P U H D A Q Z K L E H Y J A J B K R D Q
U E Z S G S H O P K W N Y N U I S N G P
Y H E U U W K M P O K K U C A M P I N G
K M W N H W G X F E P V H W C D J B J D
J P I S K A L W D Y T S W N L H S L I J
J P S C N T N C A N O E I N G J A L M E
V I E R F E B I W F B P Z C D Z N T Z B
A C Z E I R V S I N L G H S L R D D B E
L N Q E C M D D A X X O Z E A E C N W O
D I J N X E B W W S V L A A G Y A P A U
W C U R R L E S Y Q U X I T S I S H T T
F S F M X O P N N T E R J D R V T Y E V
B E A C H N G O S U I L F P D M L Y R B
W O C E A N C U O W B B E B K U E J P V
W V A C A T I O N L I P D M O I P O A B
W Q M T G B D K P F O M V K O A T J R V
L Y T C I Z J C L N Q B S C N N R E K U
S X K S V N W M Y F Q E A U Q V A D J J
L O O T X M G A I I F U U O I D D D P R
X F G F X E K Z J G W M W D R T W C E H

BEACH
CANOEING
SANDCASTLE
PICNIC
OCEAN
BOATING
KITE

SWIMSUIT
WATERPARK
SEA
SUN
LEMONADE
POPSICLE
SURFBOARD

CAMPING
SUNSCREEN
WATERMELON
VACATION
POOL
FLOAT



PHARMASENSE: YOUR PRESCRIPTION FOR WELLNESS AND MEDICATION EXPERTISE

As a Medicare Advantage member, you know how important it is to maintain good health. One crucial aspect of optimal well-being is taking your prescribed medications as directed.



The Power of Medication Adherence

Medications help you manage health conditions and prevent complications. Adhering to your prescribed medication regimen can be good for your well-being and quality of life. Understand that medication adherence goes beyond merely taking pills. Make sure you take the right dose at the right time and in the right way.

Improved Health Outcomes

A consistent medication regimen can lead to improved health outcomes. Whether you are managing chronic conditions like diabetes, hypertension, heart disease, or recovering from a recent illness or surgery, taking your medication as prescribed is an important part of treatment. It helps control symptoms and reduce the risk of complications, and it promotes better disease management.

Preventing Medication Mishaps

Taking medicines as you should helps prevent medication mishaps, such as missed doses, accidental overdoses or drug interactions. By following your doctor's instructions, you reduce the risk of potential adverse effects and ensure the medication works as it should. Communicate openly with your doctor about any concerns or challenges you may face regarding your medication regimen.

Partnering With Your Health Care Team

Your health care team, including your doctors, pharmacists and caregivers, are valuable allies in your wellness journey. Have open and honest conversations with them about your medications, including any side effects or problems you may have. They can offer guidance, address your concerns and tell you about the purpose and benefits of your medications.



Tools and Resources for Medication Adherence

Tools and resources are available to help you take your medications as you should. Take advantage of medication reminders, pill organizers, smartphone apps and automatic prescription refill services to help you stick to your medication routine.



LOW-MAINTENANCE NATIVE PLANTS FOR A BEAUTIFUL SOUTH CAROLINA SUMMER GARDEN



Creating a vibrant and inviting summer garden doesn't have to be a time-consuming and labor-intensive task. By selecting native South Carolina flowers, you can create a stunning landscape that thrives with minimal effort. Gardening is also a fun way to stay active and maintain your mobility.

These are just a few of the many native South Carolina flowers that can transform your garden into a haven of natural beauty. Plant these for a vibrant summer garden!

Carolina Jessamine (*Gelsemium sempervirens*):

This evergreen vine produces an abundance of fragrant yellow trumpet-shaped flowers. It adds a touch of elegance to any garden. Carolina jessamine is well-suited to South Carolina's hot and humid climate. It thrives in both full sun and partial shade, so it does well in different types of garden environments. Once established, it requires minimal watering and pruning.

Eastern Blazing Star (*Liatris tenuifolia*):

With its tall, slender spikes of purple flowers, the Eastern blazing star adds height to your summer garden. This native perennial thrives in sunny locations with well-drained soil. It attracts butterflies, bees and other pollinators, adding a touch of wildlife to your garden. Once established, the Eastern blazing star requires little to no maintenance. It's an ideal choice for a low-maintenance landscape.





CARDINAL FLOWER



EASTERN BLAZING STAR



DWARF CRESTED IRIS



CAROLINA JESSAMINE

Butterfly Weed (*Asclepias tuberosa*):

Butterfly weed is a vibrant addition to any low-maintenance garden. It attracts butterflies, bees and hummingbirds with its bright orange flowers. This drought-tolerant perennial thrives in hot, dry conditions, making it perfect for South Carolina summers. Butterfly weed is also a host plant for monarch butterflies, supporting their life cycle. Once established, it needs minimal watering and is generally pest-resistant.

Cardinal Flower (*Lobelia cardinalis*):

If you're seeking a burst of intense red color in your summer garden, look no further than the cardinal flower. This showy perennial features tall spikes of vibrant red tubular flowers that attract hummingbirds and butterflies. Cardinal flower likes moist to wet soil. It's a great choice for rain gardens or areas with natural water features. This stunning native plant needs little maintenance aside from regular watering.

Dwarf Crested Iris (*Iris cristata*):

The delicate beauty of the dwarf crested iris makes it a charming addition to any low-maintenance garden. This small, clump-forming perennial showcases purple, blue or white flowers with striking yellow crests. It prefers partial shade and well-drained soil. Once established, the Dwarf crested iris requires minimal care. It's an excellent choice for those seeking a hassle-free summer garden.



RECIPES



GRILLED VEGETABLE SKEWERS (Recommended Serving Size: 2 per person.)



Ingredients:

- ◆ Assorted vegetables (e.g., bell peppers, zucchini, yellow squash, red onion, cherry tomatoes and mushrooms)
- ◆ 2 tablespoons olive oil
- ◆ 2 cloves garlic, minced
- ◆ 1 teaspoon dried herbs (e.g., thyme, rosemary or Italian seasoning)
- ◆ Salt and pepper to taste
- ◆ Skewers

Instructions:

Preheat the grill to medium-high heat. Cut the vegetables into bite-sized pieces. In a bowl, whisk together the olive oil, minced garlic, dried herbs, salt and pepper.

Thread the vegetable pieces onto skewers, alternating the types of vegetables. Brush the vegetable skewers with the olive oil mixture.

Grill the skewers for about 8 – 10 minutes, turning occasionally, until the vegetables are tender and slightly charred. Serve hot as a flavorful and colorful side dish.



LEMON HERB GRILLED SALMON (Makes 2 to 4 servings.)



Ingredients:

- ◆ Juice of 2 lemons
- ◆ 2 tablespoons extra-virgin olive oil
- ◆ 2 cloves garlic, minced
- ◆ 2 tablespoons chopped fresh herbs (e.g., dill, parsley or basil)
- ◆ Salt and pepper to taste
- ◆ 4 salmon fillets

Instructions:

Preheat the grill to medium heat. In a bowl, whisk together the lemon juice, olive oil, minced garlic, chopped fresh herbs, salt and pepper. Place the salmon fillets in a shallow dish and pour the marinade over them. Let the salmon marinate for about 15 – 20 minutes.

Grease the grill grates with a little oil to prevent sticking. Grill the salmon fillets for about 4 – 6 minutes per side, depending on the thickness, until cooked to your desired doneness. Serve hot with a squeeze of fresh lemon juice.



BLUEBERRY LEMONADE (Makes 1 quart.)

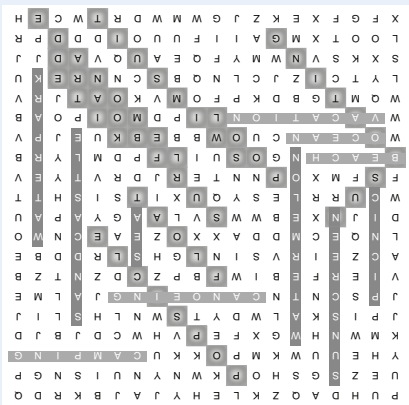
Ingredients:

- ◆ 1 cup fresh blueberries
- ◆ Juice of 4 – 5 lemons
- ◆ 4 cups cold water
- ◆ ¼ cup granulated sugar (adjusted to taste)
- ◆ Ice cubes
- ◆ Fresh blueberries and lemon slices for garnish (optional)

Instructions:

In a blender, puree the fresh blueberries until smooth. In a pitcher, combine the blueberry puree, lemon juice, cold water and granulated sugar. Stir until the sugar is dissolved. Taste and adjust the sweetness by adding more sugar if desired.

Fill glasses with ice cubes and pour the blueberry lemonade over the ice. Garnish with fresh blueberries and lemon slices if desired. Stir well before serving and enjoy a refreshing and fruity summer beverage.



Summer Search Answer Key

1. C. Off the Florida Keys
2. A. '69
3. C. Jumpin'
4. B. The sun
5. B. "The Little Old Lady
6. C. The summertime blues
7. B. 1960s
8. A. ABBA
9. C. Katrina and the Waves
10. B. Van Morrison
11. B. Marvin Gaye
12. C. 1970s
13. B. Bee Gees
14. B. The Four Tops
15. A. The Beach Boys
16. A. Guns N' Roses

ANSWER KEYS: Summer of Music

THANK YOU FOR BEING A VALUED MEDICARE ADVANTAGE MEMBER.



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