

# Good Day - Spring 2010

Greater Tri Cities IPA - Volume 1, Issue 1 - Spring 2010

## Newsletter Introduction

Good day! Greater Tri Cities IPA (Your Medical Group) is beginning a newsletter to all of our senior patients. Included in this letter will be important news from GTC IPA, a written piece by one of our medical staff (a Primary Care Physician, Specialist, RN, etc), fun outdoor activities, a tasty and less than \$10 recipe, and other friendly reminders.

So, read on- and enjoy! If you or somebody you know would like more information about a physician in Greater Tri Cities IPA, please call our **local** customer care line at (760) 732-0272, or simply enroll with your Medicare Advantage Plan.

## Home Health/Home Care

By Cheryl Burton, RN/CM

### **The differences between Home Health and Home Care- what YOU should know!**

A little help around the house is something that could benefit quite a few of us. Whether it's a little extra help with housekeeping, or a more pressing medical need, there are a few options out there.

First off, we should distinguish between "Home Health" and "Home Care".

**"Home Care"** (*Not covered by insurance*) caregivers provide non-skilled services such as companionship and light housekeeping. You must pay privately for in home care, and there are several good options to pick from.

Most companies charge \$18-20/hour, and want a 4 hour minimum commitment. Home Care companies will sometimes offer packaged deals, which can include transportation, grocery store visits, and help around the house. Each company offers something slightly different, and can fit your varying needs.

**"Home Health"** (*usually covered by insurance if prescribed by a physician*) services are for people who have an actual *skilled need* (nursing, physical therapy, occupational therapy, etc.). Conditions that might qualify for home health would be, for example, wound care or people who are at high risk for falls. Patients must have the potential to improve with these services. These services must be prescribed by a physician, and are typically covered by insurance, with standard co-pay (similar to an office visit). The benefit is that the service comes to you, instead of you needing to find a way to the provider's office.

Some of the trusted **Home Care** agencies we recommend to our patients are:

**A Servant's Heart - (760) 744-8200**

**Comfort Keepers - (760) 598-3400**

**Home Care San Diego - (760) 634-9781**

**Interim HomeStyle Services - (760) 432-9811**

**GREATER TRI CITIES**  
**IPA**

*Independent Physicians - Providing Personal Care*

## Local Resources

Been to the library lately? With 3 libraries in Carlsbad, 2 in Oceanside, and 1 location in Vista, San Marcos, and Fallbrook, there is plenty of new reading material eager to be taken home and read. Contact your city hall for questions about hours and locations.

There are also a handful of wonderful senior centers in the area. They offer classes on anything from computers to quilting, or a nice venue to have a cup of coffee and chat. Call and inquire!

- Oceanside S.C., Oceanside (760-435-5250)
- El Corazon S.C., Oceanside (760-435-5300)
- Gloria E McClellan S.C., Vista (760-639-6160)
- Carlsbad S.C., Carlsbad (760-602-4650)

## Online Lab Appointments

Now you can make appointments at LabCorp online! To make your appointment, visit [www.labcorp.com](http://www.labcorp.com)

**LabCorp Oceanside:** 760-724-9615

**LabCorp San Marcos:** 760-736-9387

**LabCorp Encinitas:** 760-635-5693

## Don't forget these items when you visit the doctor!

Please remember to have these items when you visit the doctor's office:

1. **Insurance Card**
2. Current Prescriptions
3. A list of things you want to talk about so you don't forget when you're in the exam room

### **UPCOMING EVENT! FREE Diabetes Education Class**

Back-to-back Wednesdays every month  
- contact 760-732-0272 for details

## Cooking Corner

### **Berrrrrry Good Smoothies**

- 1 banana, peeled and halved
- 1 cup berries (I like a frozen blackberry/blueberry/strawberry mix, but any berries will work fine)
- 1 cup plain yogurt
- 1 ½ cup orange juice
- (optional) ¼ cup finely ground oatmeal

Put all ingredients into a blender and blend at high speed until well mixed, with no large chunks. Serve immediately. **Makes 4 servings of 8 oz. each.** A great way to start the day or to have a healthy afternoon snack!  
\*note- if you find it tastes too tart, stir in a tablespoon of honey or frozen apple juice.

## The Great Outdoors-Bocce Ball

**Equipment:** 1 Bocce Ball Set (can be purchased at any Wal-Mart, Target, etc.)(Includes: 1 Pallino-small, white, target ball; 2 sets of 4 bocce balls; case) Prices range from \$15-\$50, depending on quality.

**Location:** An open lawn, field, or at the beach

**Game Play:** The game begins by randomly picking a side to toss the pallino (the small target ball). The side that first placed the pallino is given the opportunity to bowl first. Once the first bowl has taken place, the other side has the opportunity to bowl. From then on, the side which does *not* have their ball closest to the pallino has a chance to bowl, up until one side or the other has used their four balls. At that point, the other side bowls its remaining bocce balls. The team with the closest bocce ball to the pallino is the only team that can score points in any frame. The scoring team receives one point for each of their balls that is closer to the pallino than the closest ball of the other team. The length of a game varies by region, but is typically from 7 to 13 points.

Bocce is a fun, relaxing way to get some exercise, get together with friends, and get some fresh air. If you like golf or bowling, bocce might be your new favorite game! Give it a try- start a Bocce group in your neighborhood! Don't forget the sunscreen!

