

## HOLIDAY PUMPKIN SOUP

### Ingredients:

- 2 tablespoons finely chopped onion
- 1/2 teaspoon curry powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/4 teaspoon salt
- 1 tablespoon butter or margarine
- 2, 15 ounce cans pumpkin
- 2, 14 ounce cans chicken broth
- 1 tablespoon packed brown sugar or maple syrup (optional)
- 1 cup half and half, light cream or milk Dairy sour cream (optional)
- Fresh sage leaves (optional)



**Preparation:** - Makes 6 Servings, 137 Calories per serving, Start to Finish: 25 Minutes

### Directions:

In a large saucepan, cook onion, curry powder, cumin, coriander, and salt in hot butter until onion is tender. Whisk in pumpkin, chicken broth, and brown sugar or maple syrup, if desired, until well combined. Bring mixture just to boiling; reduce heat. Stir in half-and-half and heat through. If desired, garnish with sour cream and sage leaves. Makes 6 to 8 servings.

<http://www.bhg.com/recipe/soups/holiday-pumpkin-soup>



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## Director's Note

Stacy Lane - JPA Director

### JPA Updates

With the end of the year and our holiday recess quickly approaching, I thought I would leave you with some quick updates regarding our CVS/Caremark pharmacy program:

#### Livongo:

The launch of our new Livongo diabetes management program will be happening very soon. You will be receiving several letters from CVS/Caremark and Livongo, introducing the program and outlining how you can enroll. While this is a very exciting program, bringing you unlimited testing supplies, 24/7 live coaching, and more, it is important to note that your participation is completely voluntary.

#### New ID Cards:

New ID cards will be mailed to your home during the latter part of December. We will now be utilizing CVS/Caremark's upgraded Customer

Service phone team, beginning on January 1, 2018. The ONLY change on the ID cards will be the Customer Service phone number. No billing numbers on the front of the card will change. Once you receive your new cards, please destroy your old cards. While the phone number on the old card will still work, your call will not be routed to the premier Customer Service group.

Our office will remain open during the recess, from 8am-5pm. We will be closed on Monday, December 25th and Monday, January 1st. We wish you a safe and happy New Year!

*Happy Holidays*

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## HOLIDAY HEALTH TIPS

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# HEALTHY HOLIDAYS



This year, get ready ahead of time with a plan for tackling the hectic pace and heavy food. Here are four things you can do to ease the stress, keep to schedule and hopefully keep your waistline in check too.

### 1. Bring or prepare healthier alternatives for your meals and entertaining.

These days, there are many delicious ways to cut back on calories and prepare lighter fare. Don't go crazy indulging in super-fatty foods that will mean a certain diet in 2014. As a general rule of thumb, if you reduce the amount of butter or oil in a baking recipe by one quarter, you will not miss it. Heavy foods also take much longer to digest making them more likely to still be sitting high in your system at bedtime. This can lead to indigestion and restless nights.

### 2. Maintain a sleep routine during the hour before bedtime.

Even if your guests are on their way, don't plan to clean and tidy up during the hour before bed. Use this time to relax. Listen to relaxing music or create a setting that is conducive to reducing your stress. Without this critical "down time," you might find yourself too stimulated to go to bed once your head hits the pillow.

### 3. Watch your alcoholic intake at night.

Alcohol interferes with your sleep patterns leading to insomnia and a potential night of tossing and turning. Alcohol in your system also inhibits your body from falling into a deep sleep; critical for that fully rested feeling. This explains why even if you don't drink a lot but have just a few drinks close to bedtime, you might still waken feeling groggy. Alcohol can also lead to a shortened sleep cycle. It is worse if you consume alcoholic beverages an hour or less before bed. A limited amount of alcohol at happy hour or at least six hours prior to bedtime have been shown not to disrupt sleep patterns because the alcohol has been effectively processed in your system. If you are a Senior, be especially careful because alcohol is processed more quickly in your brain.

### 4. Get some exercise.

Even walking for 6 blocks during the day can help your body have a more restful sleep so go ahead... Take a walk. Try a new snow sport like snow shoeing. Make it safe and purchase some elastic Yaktrax that provides a tread for your sneakers. Just slip them on over your shoes or sneakers and rain or snow, they keep the ground safe all year long. Great if you need to walk a dog too!

<http://www.bedtimenetwork.com/your-bedtime-lifestyle/nutrition/784-healthier-for-the-holidays>

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## BE GOOD TO YOURSELF THIS WINTER AND ALL YEAR LONG

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Resolve to follow these eight diet, exercise, and lifestyle tips, and you can be good to yourself this winter - and all year long.

### 1. Enjoy the Benefits of Yogurt

It's creamy smooth, packed with flavor -- and just may be the wonder food you've been craving. Research suggests that that humble carton of yogurt may:

- Help prevent osteoporosis
- Reduce your risk of high blood pressure
- Aid gastrointestinal conditions like inflammatory bowel disease and constipation

Ready to take home a few cartons of yummy yogurt? When buying think low-fat, make sure the yogurt contains active cultures and vitamin D, and keep tabs on sugar content.

### 2. Help Holiday Heartburn:

Getting hit with heartburn over the holidays? Help is at hand! Try these hints and you can stop the burn before it starts:

#### *Nibble:*

Enjoy your favorite foods -- but in moderation. No need to heap on the goodies (or go back for seconds and thirds!). Packing your stomach with food makes heartburn much more likely.

#### *Know Your Triggers:*

Certain foods feed heartburn's flame. Typical triggers include foods full of sugar and fat -- think pumpkin pie slathered with whipped cream. Instead reach for complex carbs like veggies and whole-wheat breads -- or at least share that dessert!

**Get Up:** Stretching out for a nap post-meal is a great way to guarantee you'll get reflux. Instead, keep your head higher than your stomach -- or keep right on walking, away from the dinner table and out the door. Light exercise is a great way to prevent heartburn.



### 3. Kiss Holiday Cold Sores Good-bye

Holidays: That busy time for toasting the coming year, savoring seasonal sweets, staying up late -- and cold sores?

If you find you're more prone to cold sores (also called fever blisters) during the hectic holiday season, you may be your own worst enemy. That's because lack of sleep, too much alcohol or sugar, stress, and close physical contact (think auntie's smooches) can all contribute to outbreaks.

So, to help keep your kisser cold-sore-free this year -- or to keep from passing your cold sores to others -- try these tips:

- Don't overdo the holiday goodies -- maintain a healthy diet.
- Get plenty of rest.
- Wash your hands.
- Don't share food or drink containers.
- Discard used tissues.
- Don't kiss on or near anyone's cold sore -- and don't let them near yours!

<https://www.webmd.com/balance/features/8-winter-tips-healthy-living#1>