

RECIPE OF THE MONTH

Muffin-Tin Quiches with Smoked Cheddar & Potato

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1½ cups finely diced red-skinned potatoes
- 1 cup diced red onion
- ¾ teaspoon salt, divided
- 8 large eggs
- 1 cup shredded smoked Cheddar cheese
- ½ cup low-fat milk
- ½ teaspoon ground black pepper
- 1½ cups chopped fresh spinach



INSTRUCTIONS

1. Preheat oven to 325°F. Coat a 12-cup muffin tin with cooking spray.
2. Heat oil in a large skillet over medium heat. Add potatoes, onion and ¼ teaspoon salt and cook, stirring, until the potatoes are just cooked through, about 5 minutes. Remove from heat and let cool 5 minutes.
3. Whisk eggs, cheese, milk, pepper and the remaining ½ teaspoon salt in a large bowl. Stir in spinach and the potato mixture. Divide the quiche mixture among the prepared muffin cups.
4. Bake until firm to the touch, about 25 minutes. Let stand 5 minutes before removing from the tin.

To make ahead: Individually wrap in plastic and refrigerate for up to 3 days or freeze for up to 1 month. To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds.

<http://www.eatingwell.com/recipe/256433/muffin-tin-quiches-with-smoked-cheddar-potato/>



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VIM & VIGOR

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DIRECTOR'S NOTE

Stacy Lane, JPA Director

As a wet and snowy March begins in Northern California, it's time to start thinking about important things to consider as we wind up for the home stretch of the 2018-2019 school year.

Open Enrollment: March is the month in which we traditionally set rates for the next program year. Rates for the 2019-2020 school year will be provided to the districts during the month of April, along with information for Open Enrollment in the month of May. If you would like to review your current plan or schedule me to come speak to your staff or negotiating unit about plan options, please feel free to give me a call at 707-445-7126. My schedule tends to get very busy in the Spring, so please call early to confirm your preferred date. I am more than happy to review our plans, look at your personal information and suggest ways you and your family could save money, go over bills or whatever you would like. I am also always available for phone consultations if a group setting may not work for you. Also arriving at your home in April are our annual legal disclosures. Please make sure you take the time to read through them.

Retirement & Medicare: As you begin to plan for your retirement, or you are nearing the age of Medicare eligibility (whether or not you or your spouse are retired), it is important to make sure you fully understand the rules of Medicare

and how it coordinated with your employer sponsored or retiree healthcare benefits. In addition, you have options for retiree medical coverage outside of our plans. While we don't represent these plans, such as Covered California, I can give you some ideas on what you should be looking for when selecting a new plan or deciding to keep your retiree benefits in our program. Also, please make sure you read and keep the booklet you will receive from Medicare shortly before your 65th birthday. If you fail to follow the Medicare rules set forth in this booklet, you may find yourself without coverage or paying more in the form of a penalty. The most recent copy of the "Medicare & You" booklet (in both English and Spanish) can be found on their website at www.medicare.gov/medicare-and-you. I strongly suggest you also contact HICAP, the free government-funded Medicare counseling service. Their office locations can be found on the California Department of Aging website at www.aging.ca.gov/ProgramsProviders/AAA/AAA_Listing.aspx. I have sat through an appointment with folks at my local HICAP office and I can tell you this is a fabulous organization that will help you easily navigate the Medicare process.

Keep your eyes open for more information on our new Teladoc Mental Health counseling service, coming to you on July 1st!

■ Blue Shield 24/7 Nurse Line: 1-877-304-0504 ■ Teladoc 24/7 Physicians: 1-800-835-2362

COLORECTAL CANCER

If you plan to participate in our annual health screening this year, you have the option of participating in the Occult Blood, or “Hemoccult,” test. This take home and self-administered test may help in early detection of this dangerous cancer, specifically looking for microscopic blood in the stool.

RISK FACTORS

Your risk of getting colorectal cancer increases as you get older. More than 90% of cases occur in people who are 50 years old or older. Other risk factors include having:

- Inflammatory bowel disease such as Crohn’s disease or ulcerative colitis.
- A personal or family history of colorectal cancer or colorectal polyps.
- A genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

Lifestyle factors that may contribute to an increased risk of colorectal cancer include:

- Lack of regular physical activity
- A diet low in fruit and vegetables
- A low-fiber and high-fat diet
- Overweight and obesity
- Alcohol consumption
- Tobacco use

SYMPTOMS

Colorectal polyps and colorectal cancer don’t always cause symptoms, especially at first. Someone could have polyps or colorectal cancer and not know it. That is why getting screened

regularly for colorectal cancer is so important.

If you have symptoms, they may include:

- Blood in or on your stool (bowel movement).
- Stomach pain, aches, or cramps that don’t go away.
- Losing weight and you don’t know why.

PREVENTION

Almost all colorectal cancers begin as precancerous polyps (abnormal growths) in the colon or rectum. Such polyps can be present in the colon for years before invasive cancer develops. They may not cause any symptoms. Colorectal cancer screening can find precancerous polyps so they can be removed before they turn into cancer.

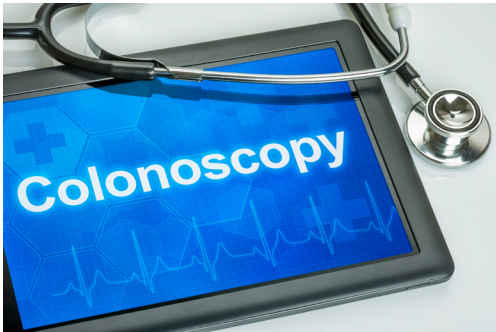
In this way, colorectal cancer is prevented. Screening can also find colorectal cancer early, when there is a greater chance that treatment will be most effective and lead to a cure.

Research is underway to find out if changes to your diet can reduce

your colorectal cancer risk. Medical experts don’t agree on the role of diet in preventing colorectal cancer, but often recommend a diet low in animal fats and high in fruits, vegetables, and whole grains to reduce the risk of other chronic diseases, such as coronary artery disease and diabetes. This diet also may reduce the risk of colorectal cancer. Also, researchers are examining the role of certain medicines and supplements in preventing colorectal cancer.

If you have any of these symptoms, talk to your doctor. They may be caused by something other than cancer. The only way to know what is causing them is to see your doctor.

<https://preventcancer.org/education/preventable-cancers/colorectal-cancer>



HEALTH SCREENING SCHEDULE

DATE	TIME	SCREENING LOCATION
Tuesday 3/5/19	6:00 - 9:00am	Humboldt County Office of Education Resource Center Alder Room Contact for sign up: JPA Office (707) 445-7126
Thursday 3/7/19	6:00 - 9:00 AM	McKinleyville Middle School - Azalea Station Contact for sign up: Jennifer Silva (707) 839-1549 x 1004
Tuesday 3/12/19	6:00 - 9:30 AM	Fortuna Union High School - Foyer of Damon Gym Contact for sign up: Kelly Pedrotti (707) 725-4461 ext. 3011
Thursday 3/14/19	6:30 - 10:00 AM	College of the Redwoods -Student Services Building Contact for sign up: Tina Wahlund (707) 476-4142
Tuesday 3/19/19	6:00 - 9:30 AM	Arcata High School - Fine Arts Building Contact for sign up: Tammy Pires (707) 839-6481
Thursday 3/21/19	6:00 - 10:00 AM	Del Norte District Office - Azalea Room - Crescent City Contact for sign up: Kristin Bergren (707) 464-0244
Tuesday 3/26/19	6:00 - 9:00 AM	Humboldt County Office of Education Resource Center Alder Room Contact for sign up: JPA Office (707) 445-7126
Thursday 3/28/19	6:00 - 9:30 AM	McKinleyville Middle School - Azalea Station Contact for sign up: Jennifer Silva (707) 839-1549 ext. 1004
Tuesday 4/2/19	6:00 - 9:00 AM	Toddy Thomas Elementary - Library Contact for sign up: Adalid Gonzalez (707) 725-5197
Thursday 4/4/19	7:00 - 9:00 AM	Ferndale High School Library Contact for sign up: Denise Grinsell (707) 786-5900
Tuesday 4/9/19	6:00 - 9:00 AM	Humboldt County Office of Education Resource Center Alder Room Contact for sign up: JPA Office (707) 445-7126
Thursday 4/11/19	6:00 - 10:00 AM	Southern Humboldt South Forth High School - Library Contact for sign up: Ruth Kirkpatrick (707) 943-1789
Tuesday 4/23/19	6:45 - 10:00 AM	Klamath Trinity District Office Contact for sign up: Ginger Reeves (530) 625-5600 #1, ext. 1005
Thursday 4/25/19	7:30 - 9:00 AM	Mattole Elementary - District Office Contact for sign up: Laureen Grothe (707) 629-3311
Tuesday 4/30/19	6:00 - 9:00 AM	Humboldt County Office of Education Resource Center Alder Room (TRC) Contact for sign up: JPA Office (707) 445-7126
Monday 5/6/19	6:30 - 9:00 AM	Butte Valley High School - Library Contact for sign up: Sheilah Reynolds (530) 397-4000
Tuesday 5/7/19	6:00 - 9:00 AM	Yreka Elementary School Jackson Street Elementary School - K1 Room Contact for sign up: Donna Tudor (530) 842-1168
Wednesday 5/8/19	6:30 - 9:00 AM	Jefferson High School - Room 4 Contact for sign up: Debbie Goltz (530) 926-3006 x1102
Thursday 5/9/19	6:00 - 9:30 AM	Middletown High School - Tallman Gym Foyer Contact for sign up: Kriss Davis (707) 987-4100