



magnolia health.

WHOLE you

2023 | Q4 BULLETIN



Welcome!

Soon we will say goodbye to 2023 and hello to 2024. A whole new year is ahead of us. So it's a pleasure to bring you a new edition of Whole You, a newsletter from Magnolia Health.



We hope this letter finds you well.

We also want to pass along an important reminder about your Medicaid redetermination. It's the eligibility process you must go through to keep your Medicaid coverage. You will get a notice from the state about the steps you need to take to renew your coverage. (You may not need to do anything at all.) You can also visit www.medicaid.ms.gov/staycovered to see if you still qualify for Medicaid. If you no longer qualify, our ambetter.magnoliahealthplan.com plans may be an option.

We really hope you enjoy this latest edition and that it helps you take care of the whole you.

A healthy smile means a healthy you.

Taking care of your teeth does more than give you a great smile.

Of course, it can keep you from getting bad breath, gum disease and tooth decay. But did you know taking care of your teeth can affect the health of your whole body? When your mouth isn't healthy, it can increase your risk for stroke and heart disease.

TWICE A DAY, EVERY DAY.

The good news — brushing your teeth is one of the best and easiest ways to keep your mouth healthy. Brush your teeth twice a day, and get all sides of your teeth and your tongue. This will get rid of germs and leftover food. Use a toothbrush with soft bristles. Brush for two minutes each time, using gentle, circular strokes.

To keep your toothbrush clean, don't lay it on a sink counter or in a closed space where germs can grow. Keep it in a toothbrush holder or small jar or vase. Get a new toothbrush every three to four months and right away after you have been sick.

Flossing is an important step too. It helps clean between your teeth, where cavities usually start. Slide the floss between your teeth and gently move it between each tooth all the way to your gum line.

TAKE A SEAT IN YOUR DENTIST'S CHAIR.

Regular visits to your dentist will include an exam and cleaning to get rid of plaque that can build up in any spaces you miss when brushing and flossing. Your dentist will check for any tooth decay and gum disease as well as signs of other health issues like vitamin deficiencies and even diabetes. And they'll make sure any dental work is still holding up and doing its job.

HAVE A TOOTH-HEALTHY DIET.

Certain foods and drinks are great for your teeth — others are not so great. Drinking water is great. It washes away food and germs during the day. Foods that have lots of calcium and protein are also good choices — like carrots, almonds and cheese. On the other hand, chewy, sticky, sugary foods and sweet drinks can damage the enamel surface of your teeth. They can cause decay, so avoid them when you can, and when you can't, rinse your mouth with water or brush your teeth. If you chew gum, choose sugar free.



Fight America's #1 killer — high blood pressure.

Sometimes you hear it called “the silent killer.” Sometimes you hear it called “hypertension.” Whatever it’s called, if you have high blood pressure, you may not feel it. But it can quietly harm your blood vessels and cause dangerous health problems. There is no cure for high blood pressure, but your doctor can give you medicine to help it, and you can also make changes in your life that lower your risk for the things high blood pressure can cause, including heart disease, stroke and kidney disease.



Here are six things you can do to fight high blood pressure:

1 GET YOUR BLOOD PRESSURE CHECKED, AND LEARN WHAT THE NUMBERS MEAN.

If your doctor says you have high blood pressure, you can check it yourself on a regular basis. That way you can know if any changes you make in your health habits are working.

2 LOSE WEIGHT IF YOU NEED TO.

Being overweight can increase your risk, so talk with your doctor about ways to get to a healthy weight.

3 GET EXERCISE.

Try for 30 minutes every day. It can be something as simple as a bicycle ride or a brisk walk. Talk to your doctor about developing an exercise program.

4 DO NOT SMOKE.

If you smoke and it’s hard to quit, your doctor can help you.

5 LIMIT ALCOHOL.

Men should have no more than two drinks per day, and women should have no more than one drink per day.

6 SLEEP WELL.

Getting enough sleep is important for your health overall. If you often get too little sleep, it can raise your risk for high blood pressure.

Try journaling.



Sometimes, the busy season or gray skies can make us feel stressed or down. Journaling can be a great way to feel back in control, have a sense of thankfulness, and put any problems or concerns in perspective. You can do this using any notebook, diary or paper, and it doesn't have to take long. Just ten minutes can make a difference. Yet for many people, writing can feel like it's hard to know where to start. Use these ideas to help you get started.

- Make a list of 10 things you are grateful for today.
- What was the happiest moment of your life? Write down where you were, what you did and who was there. Write as many details as you can remember.
- How is your day or week going so far? Write down any good or bad things that happened, how you feel about them and if you learned something new.
- How are you different from the person you were five years ago?

- Write a letter to your teenage self.
- List your goals for this week, month or year. Do they match the goals of what you want to do with your life?
- What is on your bucket list? List the things you want to do in the next five years.
- What makes you unique?
- How do you trust yourself to make big decisions?
- What are some of the important lessons you have learned in your life?

These are just a few ideas of things you can write and think about. The more you write, the easier it will get, and the more ideas will come your way. Just remember, you're important, and it is important to spend time reflecting on your life and what matters to you.

7 tips for an un-scary Halloween

Ah, the treasured tradition of Halloween.

When children run through the dark, door to door, taking candy from strangers. What could possibly go wrong? While we all love Halloween, it does have its dangers. These safety tips will help keep the big night fun for all.

1 MAKEUP CHECK.

If makeup is part of the costume, test it early on the arm or wrist before putting it all over. This helps make sure it won't cause any skin reactions. When the night is over, remove it all with a gentle cleanser and soft cloth.

2 DRESS REHEARSAL.

Have your kids try on their costumes, makeup and footwear before the big night. They'll love getting to dress up more than once, and it will help you spot possible problems, like masks they can't see out of or things that could make them fall. Make sure they have flashlights or glow sticks, and add reflective tape on their costumes so drivers can see them.

3 STAY TOGETHER.

Have yourself or another parent that you know go with your group of kids on their adventure. If older kids insist on going it alone, give them some boundaries on their route and a time to be home. Consider making sure they have a mobile phone in case of an emergency.

4 STICK TO THE PLAN.

The kids will be excited. It will be hard for them not to run from house to house, cutting across streets to take the shortest way. Make sure they stay on well-lit pathways or streets and know simple traffic rules.



5 EYES ON THE ROAD.

If you're the one driving, be careful and go extra slow. Keep distractions like your phone out of sight. Watch for excited trick-or-treaters who may run into the street.

6 STAY OUTSIDE.

That house that tries to get kids to come inside for candy? It's a no-go. Make sure kids know they should never go inside someone's house, no matter what kind of candy they say they are offering. If a house won't give treats unless kids go inside, tell your kids to leave and head to the next spot.

7 CHECK YOUR TREATS.

Kids are going to want to dig into their loot right away. So make this rule in advance: You'll need check it all first. Look for choking hazards and packages that look broken or torn open. Discard any homemade treats from strangers.

Prostate cancer awareness

It's Movember — time to talk about prostate cancer.

Prostate cancer is the most common cancer found in men in America. Each year, about 1 in 9 men will find out they have prostate cancer.

Your risk of getting prostate cancer grows with age. But it doesn't just happen to older men. Black men are more likely to get prostate cancer. Men who have a brother or father with prostate cancer are also more likely to get the disease.

A PSA test is a way doctors can test for prostate cancer and find it early. If you're 50 or older, talk to your doctor about getting the test. And if you are Black or have a close family member with prostate cancer, do it at age 45.

Good food choices might lower your risk for prostate cancer.

- 1. Choose low-fat meats.** Avoid fatty meats like beef, bacon and sausage. When you can, choose lower-fat meats like chicken or fish. You can also choose veggie burgers.
- 2. Eat lots of broccoli.** Choose vegetables like broccoli, cabbage, turnips and kale. These have vitamins C, E and K and can help curb cancer.
- 3. Enjoy omega-3s.** Foods high in omega-3 fatty acids can lower your risk of prostate cancer. These include salmon, tuna, mackerel, flaxseed, chia seeds and leafy dark green vegetables.
- 4. Here's to tomatoes.** Tomatoes can help fight prostate cancer and other forms of cancer. Put tomato



slices on your sandwich or in your salad. You can also drink tomato juice when you're thirsty or add salsa on top your favorite foods. You can also have pasta with tomato-based sauce or a bowl of tomato soup.

5. Have a cup of green tea. The leaves that make green tea can also help reduce prostate cancer risk. A cup of green tea can also do other good things, like lower stress and blood pressure and protect against heart disease. When you drink tea, make sure to keep the sugar at a minimum.

Snowman soup, anyone?

If a winter day is feeling cold and gray, use this fun recipe to warm things up.

INGREDIENTS

- Milk — dairy or whatever kind you like
- Sugar
- Chocolate chips
- Large marshmallows — not the mini kind
- Gel icing in a tube — black and orange if you have them
- Whipped cream



DIRECTIONS

- 1** Make hot chocolate. Pour the milk into a mug without filling it all the way to the top. Add a small spoonful of sugar and a small handful of chocolate chips to the milk. Stir to dissolve the sugar. Microwave the milk for 1 minute. Stir. Then microwave for 1 more minute. Stir until the chocolate chips have melted.
- 2** Draw a snowman face on the marshmallows. Use the gel icing to draw a snowman face on each of your marshmallows. Simple black dots can form the “coal” eyes and mouth, and you can use orange icing to make a carrot nose.
- 3** Top the hot chocolate with whipped cream, drop in two or three snowman marshmallows; and enjoy.

*Wishing you a winter season
that's merry and bright.*

Gifts from the heart.

You don't have to spend a lot of money to show someone you care.

In fact, some of the most thoughtful and meaningful gifts can be things you create. They're often much nicer than something you just grab at the mall. Here are some ideas.

- **Share memories.** If you and a loved one have done lots of fun things together, write down some of your best memories or make a little box filled with mementos of those times, like ticket stubs and pictures. You could



even attach a note to each item that says how you got it or why you saved it.

- **Make a game.** Create a “winter bingo” game. On four cards or more, draw a block of 25 squares. In each square, write or draw something that makes winter special. Make sure each card has the pictures or words in a different order. You could also create a family “guess who” game, making cards with fun facts or sayings from each family member.
- **Make hand warmers or heating pads.** Get two pieces of fabric. Put them on top of each other and cut them together into a simple shape, like a circle or square. You can make them small, for hand warmers, or large, for a heating pad to help with back pain. Choose what side will be the outside of each fabric. Then flip each fabric so the outside is now on the inside. Sew the pieces together about a quarter inch from the outside edge. Leave a two-inch opening. Flip the fabric right side out again. Using a funnel, fill the pouch with dry, uncooked rice, and sew the opening shut. To heat them, microwave for about one minute.
- **Make a happiness jar.** Pick a jar. It can be a pretty mason jar or any used jar — just wash off the label. Cut small strips of paper, and write encouraging notes on each piece. It could be things you like about that person, good thoughts or any ideas you think the person would like. Put the notes in the jar then decorate the jar with ribbon.
- **Give your time.** Are you good at organizing? Cleaning? Cooking? Or would your loved one just want you to come over and read to them or go for a walk? Make a coupon and give them the gift of something you're really good at.