

MATTERS



LACERS Well Newsletter | Volume 2, Issue 1



Living Healthy and Keeping Diabetes at Bay

Over the last few years, LACERS has developed its wellness program, LACERS Well, to engage and inspire our retired Members to remain healthy during their retirement years. We are constantly exploring various topics and areas of focus that will be of interest to our Members, and can also have a positive impact on their well-being. For 2018, we have decided on a theme of diabetes awareness, prevention, and management. *(continued inside)*



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Living Healthy and Keeping Diabetes at Bay (cont.)

The idea for this theme was initiated during a meeting we had with our Kaiser Permanente (Kaiser) team last year. In reviewing aggregate health data, we saw that prediabetes and/or diabetes affected approximately 75% of Members and their dependents enrolled in our Kaiser plans and were responsible for about \$12 million dollars in healthcare costs per year. These statistics are not unique to Kaiser, as diabetes is a national issue. Knowing that such a large number of our Members are, or will be, affected by diabetes and that it is a growing concern, we knew that diabetes had to be our focus for 2018.

Some of you may not think you are at risk for diabetes and may wonder how this will be useful to you. The good news is, the best way to prevent or manage diabetes is by living a healthy lifestyle - eating right and staying active. So, all of the resources, information, events, and opportunities included in our 2018 campaign are applicable to anyone looking to add some healthier habits to their lifestyle. And, of course, we will continue to offer activities that give our retired Members a chance to meet up with each other and have some fun.

If you haven't already registered for the LACERS Well program,

you can do so on the LACERS Well web page at www.LACERS.org/lacerswell. Registering for the program allows you to participate in our "Passport to Health" program, through which you can win prizes by earning points for participating in program activities, and receive program information via monthly email updates.

Have a healthy, happy 2018 and I hope to see you at our upcoming events!

*Alex Rabrenovich,
Chief Benefits Analyst
Health Benefits Administration
and Communications Division*

Are you one of the 30+ million Americans with diabetes?

Here are a few tips to be your healthiest:



Eat more fruits and vegetables, less sugar, and salt



Take diabetes medicine as prescribed



Check blood sugar regularly



Get physically active - aim for at least 150 minutes/week



Make and keep appointments with your health care team



Know your ABCs:
A. A1C Test
B. Blood Sugar
C. Cholesterol

DID YOU KNOW... making healthy lifestyle changes can greatly reduce your risk of diabetes-related health problems? **It really works!**

Source: CDC 12/16

LACERS Well Passport to Health

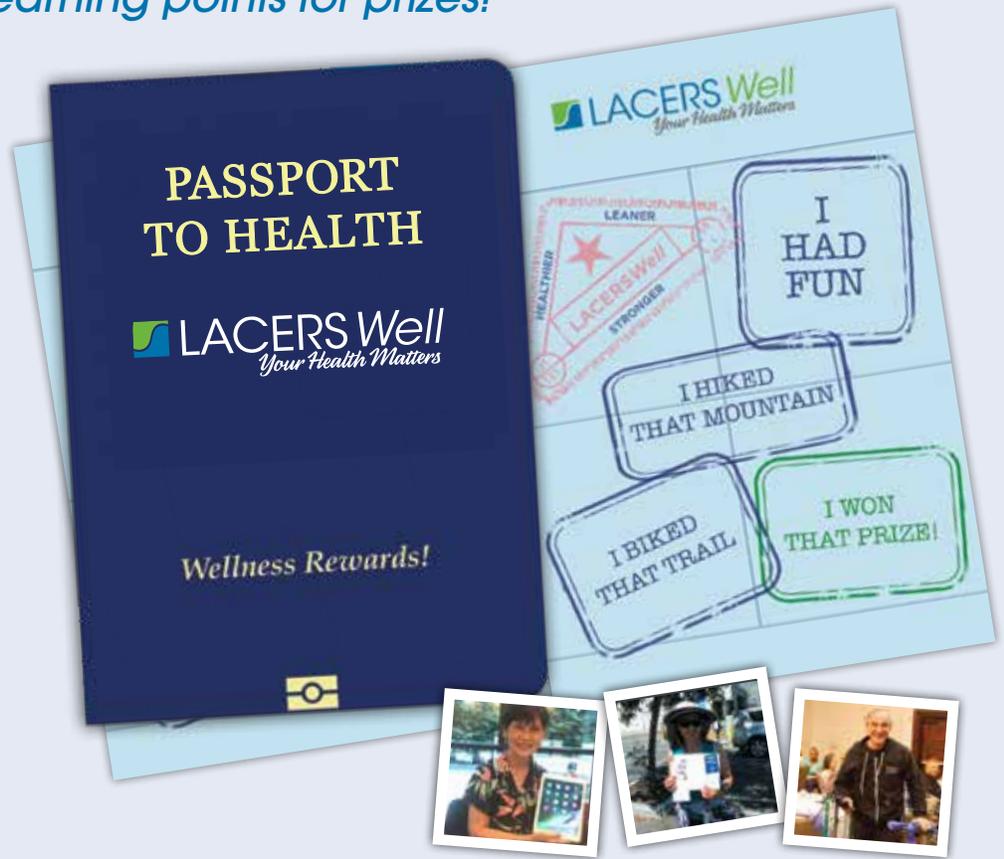
Join us today and start earning points for prizes!

The "Passport to Health" has been updated for 2018 and it is now easier to complete than ever! Submit your completed "Passport to Health" after earning five points for a chance to win opportunity prizes. Additional Passports may be submitted each time you earn five more points.

Prizes are drawn monthly and include:

- iPads®
- \$25, \$50, and \$100 reward cards
- Entertainment tickets
- FitBits®

For more details on the program and to download your "Passport to Health," log onto www.LACERS.org/lacerswell.



These Members are winning and [so can you!](#)



Healthier Food Substitutions

Bring in the New Year by trying these six healthier-for-you food substitutions.

Unsweetened applesauce instead of butter: In many baking recipes, you can cut down the amount of saturated fat by replacing butter with unsweetened applesauce.

Almonds instead of croutons: Try a different crunch with your salad by making this swap, which will add both fiber and protein.

Greek yogurt instead of sour cream: A heart-healthy alternative, naturally sour Greek yogurt has great flavor with less calories and more protein than sour cream.

Dark leafy greens instead of iceberg lettuce: While both options

are low in calories, greens such as kale, arugula, and spinach have essential nutrients that watery greens like iceberg lettuce lack.

Almond butter instead of peanut butter: An organic almond butter can give you the same creamy texture without the added sugar and fat found in most commercial peanut butter.

Quinoa instead of rice: Quinoa contains more fiber and protein than rice, which makes it a healthier side dish option.



Contact us at

lacers.services@lacers.org

and tell us how you made some of these changes in a recipe and **earn 2 points** for your Passport!

WELLNESS CHAMPION SPOTLIGHT

By Tara Miller



Meet Dorothy Miller

Wellness Champions are the backbone of the LACERS *Well* Program. Wellness Champions help us help you stay healthy by leading local Champion-led activities and building awareness of health-related resources in their community.

We had the pleasure of catching up with LACERS *Well* Champion, Dorothy Miller. Dorothy served as a Property Officer for the LAPD for 30 years until she retired in 1999. Although healthier and more active than most retirees her age, last year Dorothy experienced a dramatic decrease in her energy level and overall well-being due to hyperthyroidism.

Today, Dorothy has three sons, eleven grandkids, and seven great grandkids. She celebrated a milestone birthday of 70, in Las Vegas with her family and friends from California, Georgia, and North Carolina. We sat down with Dorothy to talk about some activities she enjoys, her motivation to become a Champion, and how her attitude has shaped her recovery and partnership with her physician.

Tara: What is your favorite part of retirement?

Dorothy: I don't have (one). I love being retired! I joined the gym

under the Silver and Fit program, and, about a year ago, I joined a senior club with over one hundred members and many fun group activities. This is my time to enjoy life, plan trips, go to the gym, get up when I want to, or go to bed when I want to. Retirement is great!

Tara: So, you have been retired for over 15 years now, tell me what you do to stay active and healthy as a retiree?

Dorothy: I like to go line dancing, which is probably my favorite form of activity. I also like to sew, tend to my garden, and walk with friends. I also love to cook.

Tara: What inspired you to become a LACERS *Well* Champion?

Dorothy: I have to say (jokingly) that you inspired me with the incentives that come with being a Champion. I would also like to see more members of our community coming together to take small steps to make the world a better place. For one of my events I chose a community garden project because there are so many benefits to growing your own food and I wanted to make more people aware of how easy it can be to start your own small garden. My garden for the past 20 years is a small flower bed of bell peppers, collard greens, strawberries, and herbs; and that's all I need. If I inspire one person, I am happy.

If you would like to become a LACERS *Well* Champion or learn more, call our LACERS *Well* program manager Tara Miller, at **(213) 978-6843**.

Become a LACERS *Well* Champion

WE WANT YOU!

Do you have an interest, hobby or activity that you would like to share with others? If so, volunteering to be a Champion provides you an opportunity to have fun with other retirees and receive more program rewards and incentives. LACERS *Well* Champions meet regionally twice a year to connect and plan wellness activities for all LACERS Retired Members. As an ambassador, you recognize the importance of staying active, mentally alert, and socially engaged. To apply or to find out more, log on to **www.LACERS.org/lacerswell** and click "Become a LACERS *Well* Champion," or call our LACERS *Well* program manager Tara Miller, at **(213) 978-6843**.

Champion-led events near you:

1st Friday of the Month 8 a.m.

- Monthly Griffith Park hike with LACERS Commissioner Cynthia Ruiz

Every Friday of the Month 8:30 a.m.

- Playa Del Rey Beach Walk with Champion Frankie Gallagher

Every Thursday of the Month 11 a.m.

- Kaiser Baldwin Hills Crenshaw Medical Facility Walk and Fitness with Champion Avis Ridley-Thomas

For a complete list of events, visit the **LACERS *Well* website**.

www.LACERS.org/lacerswell

Canine Companionship

Dogs make great companions throughout any stage of your life. But did you know that sharing your home with a canine companion as a retiree can provide an array of health and lifestyle benefits?

Two of the many benefits of owning a dog are that it creates a sense of purpose and routine. In retirement, establishing a new routine after having a long city career can be difficult. A dog, or any pet, can add structure to a day; they need to be fed, groomed and played with, giving you great reasons to get up every morning.

Owning a dog can also help boost your activity level. There have been

many studies showing that dog owners get more physical activity than non-owners. For example, a 2006 study done by researchers at the University of Victoria showed that dog owners were more likely to participate in mild to moderate physical activity. They walked an average of 300 minutes per week, compared with non-owners, who walked an average of 168 minutes per week. So, caring for a dog can help you maintain a healthy lifestyle throughout your retirement.

Furthermore, caring for a dog can also strengthen your social ties. Those long walks around the neighborhood can lead to friendly

interactions with your neighbors and community, as dogs are great conversation starters. One-on-one socialization with a dog can also be very therapeutic. Dogs can “listen to” your problems and are one of the few animals that can actually sense and understand your emotions.

It's no surprise that a dog's companionship can provide a sense of comfort and make it easier to maintain a positive, optimistic outlook throughout your retirement years. After all, there's not much that a wet dog kiss and furry hug can't fix.



Send us a photo of you and your pet(s) to lacers.services@lacers.org and earn **2 points** for your Passport!



Visit www.LACERS.org/lacerswell today!

Stop the presses— LACERS Well has an updated website!

We're excited to announce that our enhanced LACERS Well website is live. The updated site improves the presentation of our content, so you'll get the information you want more quickly. There's a whole host of small impactful changes, all to make your experience that much better.

Visit us online today at www.LACERS.org/lacerswell for information relating to our "Passport to Health" program, upcoming Champion led-events, and wellness challenges.

Have questions? Contact us at lacers.services@lacers.org.

CARRIER HIGHLIGHTS

GOOD DENTAL HYGIENE CAN KEEP YOU HEALTHY.

Did you know that your mouth gives dentists important clues about your overall well-being? In fact, there are many medical conditions, such as high blood pressure, osteoporosis, diabetes and thyroid problems, that can be detected in the early stages by your dentist. While not a substitute for regular visits with your physician, maintaining regular dental checkups and keeping your dentist informed about any changes in health status (even those that do not seem related to your mouth) are smart ways to keep both your health and your smile.

DELTA DENTAL IS MOBILE!

To find out more on your dental benefits, claim status, finding a dentist near you, and Delta's new "cost estimator" feature (for PPO enrollrees), log on to www.deltadentalins.com. While there, make sure to check out their SmileWay® Wellness site for health tips, recipes, fun, interactive quizzes and more.

 DELTA DENTAL

