

INSIDE

**Build Your
Emotional Muscle**

**An Honor for
Dr. Rollinger**

**Calcium, the Key
to Bone Strength**

**Understand Your
Chiropractic Benefit**

**Are You Due for a Colon
Cancer Screening?**

Jennifer and Zoe Colbert



**US FAMILY
HEALTH PLAN**

U

fall calendar

SEPTEMBER

★
September is
Suicide Prevention Month

6
Labor Day
Rosh Hashanah begins at sundown

15
Yom Kippur begins at sundown

18
Happy Birthday U.S. Air Force!

22
Autumn begins

OCTOBER

11
Columbus Day

13
Happy Birthday U.S. Navy!

31
Halloween

NOVEMBER

7
Daylight Saving Time ends

10
Happy Birthday U.S. Marine Corps!

11
Veterans Day observed

25
Thanksgiving Day

28
Hanukkah begins at sundown

DECEMBER


7
Pearl Harbor Remembrance Day

21
Winter begins

25
Christmas Day


FITNESS



 **PAGE 4** Keeping your back healthy **PAGE 9** Build emotional muscle with weight training • Avoiding running injuries


WELLNESS



 **PAGE 3** Telehealth is here **PAGE 5** Chiropractic care • Flu shots • 5 steps to a longer life **PAGE 8** Dr. Rollinger on colon cancer screening **PAGE 10** Calcium: a key to strong bones **PAGE 12** Glow-roasted butternut squash

COMMUNITY



 **PAGE 2** A message from Plan CEO Gail Schlesinger **PAGE 6** An honor for Dr. Rollinger

US Family Health Plan members choose from a network of over 2,000 civilian primary care providers and thousands of specialists, plus a large network of civilian hospitals.

Who We Are

US Family Health Plan of Southern New England is a Department of Defense TRICARE Prime option, and one of six regional US Family Health Plan programs across the nation. Our large network of civilian doctors, hospitals, and other health providers serves Plan members who live in Massachusetts, Rhode Island, and parts of southern New Hampshire and northern Connecticut.

We pride ourselves on friendly, personal service. If you have questions, call us at **1.800.818.8589**. You can also get to know us better at **usfamilyhealth.org** or at **facebook.com/USFHP.SouthernNewEngland**.



a message from Gail Schlesinger,
our Senior Vice President and Plan CEO



Treasure Each Day

As I sit down to write this quarter’s message, it naturally makes me reflect on everything that has been happening around us. I feel a little like a broken record as it seems that all of my messages over the past year have been about the effect the pandemic has had on all of us. Although summer did bring a much-needed reprieve in the restrictions placed on us, by the time this piece hits your mailboxes, I am unsure where we will be with the potential resurgence of the virus. Even if this more relaxed time was short lived, I would certainly say that it was wonderful to feel “normal” again.

However, just thinking about what will happen in the next three months provides a real “aha” moment for me. I think we can all agree that that we’ve learned many lessons over the past months. My personal, biggest takeaways are “treasure the moment” and “don’t put it off until tomorrow.”

How many times have you said to yourself, “I should call so-and-so today” and not done it, only to find later that something has happened to the person, and the call isn’t possible now? Or have you thought about that dream trip and then just never

booked it, or said to yourself there is plenty of time “later” for this?

I was recently at an event where the speaker quoted the Yiddish adage, “*Mann tracht, un Gott lacht,*” which translates to “Man plans, and God laughs.” Whether you are a religious person or not, this sentiment really resonates.

Rather than planning for the future, try to find joy and laughter in each day. My new plan is to try and enjoy each day, and if I think of planning a trip, I try to book it now. If I plan to call someone, I will call them today. If I plan to read a book, I’ll order it today and start reading it tomorrow (with Amazon one-day delivery, of course!).

The past many months were not in anyone’s plan and have certainly taught us that the future is uncertain. So seize the opportunity and take that spontaneous vacation in Maine with your kids, or call your best friend from college you may have lost touch with.

All of us at US Family Health Plan hope this finds you happy, healthy, and enjoying the moment. Please call us if there is anything we can do to assist you. ■

Rather than planning for the future,
try to find joy and laughter in each day.



Health Care by Phone or Video

Telehealth with PCPs

The pandemic of the past year and a half has brought some changes to the ways our members can access health care. Many of our in-network primary care providers continue to provide telephone or video consultations, also known as “telehealth” services. If you’re interested in this option, please talk about it with your PCP.

Please note that the Plan doesn’t cover annual physicals that take place through telehealth.

Telehealth from Teladoc®

If you have an urgent, non-emergency health concern outside of your doctor’s usual business hours, Teladoc virtual health care is available to supplement your usual in-network care. You may also use Teladoc during ordinary business hours if your doctor doesn’t provide telehealth services.

With Teladoc, you can talk with a licensed medical doctor by web, through an app, or by phone. Teladoc is available:

- At no extra cost
- Without a referral
- For urgent (but not emergency) medical concerns — for example, a rash or urinary tract infection
- For behavioral concerns — for example, anxiety
- To US Family Health Plan members, including children (behavioral health is only for ages 18 and up)

Learn more about Teladoc, including how to register, at usfamilyhealth.org. If you have questions about Teladoc, call 1.800.835.2362. ■

Watch Your Back

Are you cleaning out the basement? Moving to a new place? That's terrific. But if you're carrying heavy boxes, you run the risk of wrenching your back. These tips can help you stay safe:

- **Get as close to the load as possible.** The farther the box is from the center line of your body, the greater the strain is on your back. If you need to, squat down to the load and pull it toward your legs before you lift.
- **Avoid picking up heavy objects positioned below your knees.** Make sure that heavy objects are positioned above knee level and below shoulder level. If you suspect the load is too heavy to be lifted comfortably, break the load down into smaller parts or get help.
- **Keep your back straight.** Avoid bending at the waist when reaching down to lift an object. Keep the natural arch in your lower back, which distributes the load evenly over the surface of spinal disks, and bend your knees if necessary.
- **Stay in good physical shape.** A protruding stomach is an extra load carried away from the center line of your body, and it prevents you from keeping a lifted object close. ■

Source: Occupational Safety and Health Administration (OSHA).



5 Steps to a Longer Life

Free from the Harvard Nutrition Source

According to a 2018 study led by the Harvard T.H. Chan School of Public Health, sticking to five healthy habits — eating a healthy diet, exercising regularly, keeping to a healthy body weight, not drinking too much alcohol, and not smoking — during adulthood, may add more than a decade to life expectancy.

Now the school has created *Healthy Living Guide 2020/21*, a free, easy-to-read guide filled with strategies to help you maintain those five key habits. Read it online at hsph.harvard.edu/nutritionsource or print a copy to keep on hand. The Nutrition Source site is also a treasure trove of healthy recipes and up-to-date nutrition information. ■

Chiropractic Care

A US Family Health Plan Extra

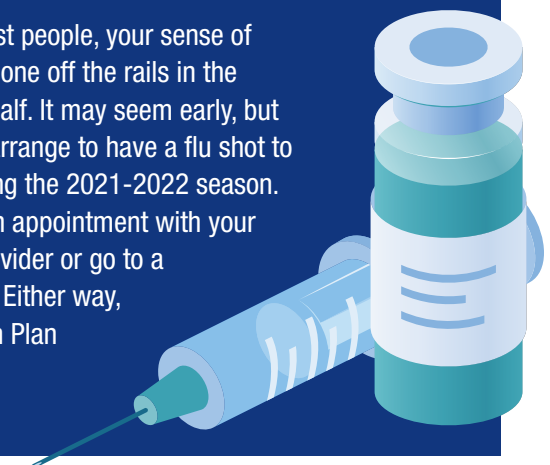


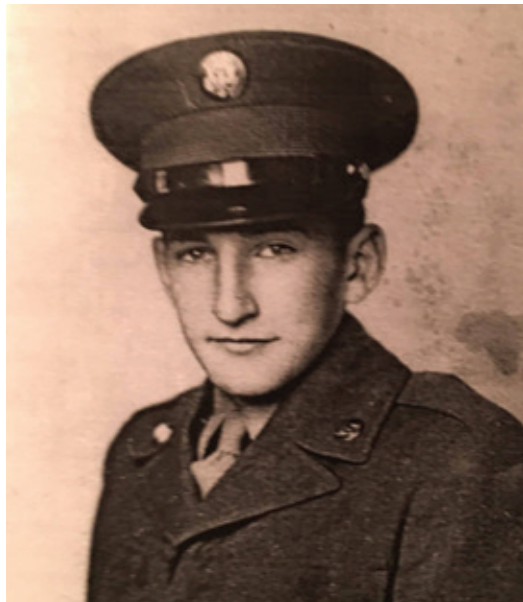
As a US Family Health Plan member, you have the extra benefit of up to 12 visits per plan year (January 1 – December 31) with a participating Tufts Health Plan chiropractor. The benefit is for spinal manipulation only. No referral is necessary. Just call Member Services at **1.800.818.8589** for more information.

Children ages 12 and under are not eligible.

FLU SHOTS

If you're like most people, your sense of time may have gone off the rails in the last year and a half. It may seem early, but make sure you arrange to have a flu shot to protect you during the 2021-2022 season. You can make an appointment with your primary care provider or go to a pharmacy clinic. Either way, US Family Health Plan pays the cost.





CSM, USA (Ret.) Robert Delia

Pepperell, Massachusetts

A commitment to military service

Raised in a small Minnesota town, Robert Delia enlisted in the Army in 1948 at age 17. “I didn’t ever like school very much,” he says. “But my dad made me finish high school classes first.” Then he embarked on a worldwide, hands-on education through military service.

First to Japan, then, in 1950, to Korea as the conflict began there. He served in the 5th Regiment, was wounded, and received a Purple Heart.

He married Joan in 1953. She too had grown up in Minnesota. They lived together all over the world and across the U.S., often at Fort Devens in Massachusetts, and raised four children. Joan relished her role as a source of support for other military families and as a volunteer at the Fort Devens dental clinic.

In the Vietnam War, Mr. Delia received a second Purple Heart. He advanced steadily through the Army ranks, and was one of the first soldiers to become a Command Sergeant Major when that rank was created by the Army in 1968. When he retired a decade later, Bob was Post Command Sergeant Major at Fort Devens.

Not a couple to put up their feet, the Delias went on to found and operate a business-promotions firm from their home in Pepperell. Because he thrives on service and connection with others, Bob joined the Rotary and continued his avid support of the community, especially service members and veterans.

Joan Delia passed away in 2004, a loss which Bob feels profoundly. “She loved being a soldier’s wife,” he says. “You know what it says on her gravestone? ‘Love Never Ends. A Soldier’s Wife.’”



Top to Bottom: Robert Delia at age 17, 1948. Joan Delia, 1953. Robert Delia in 1978.
Right: Mara Wermuth, NP, Dr. Rollinger, and Robert Delia, May 26, 2021.

The US Family Health Plan connection

The Delias were among the first members of US Family Health Plan, which started up over 30 years ago. For the couple, joining US Family Health Plan and obtaining care at the Plan’s clinic at Hanscom Air Force Base was a natural fit.

“We’ve always had excellent care from US Family Health Plan,” says Bob. “We never had to worry.”

Dr. Charles Rollinger

Dr. Charles Rollinger, Medical Director of US Family Health Plan and, until 2020, a primary care provider at the Plan’s Hanscom Clinic, had the pleasure of having Mr. Delia as his patient for nearly 20 years.

“I was always pleased to meet with him,” Dr. Rollinger says. “He’s always

optimistic. Even with sickness. He always has a very positive attitude.”

The feeling has been mutual. “Dr. Rollinger,” says Bob, “is just one of the best. He listens to what you have to say, and never talks down to you. He’s one of the very finest doctors I’ve ever had the pleasure of dealing with.”

Mr. Delia, a member of the National Infantry Association, wanted to honor Dr. Rollinger for his contributions to the military with the Association’s Order of St. Maurice. According to the Association, nominees must have served the infantry community with distinction; must have demonstrated a significant

contribution in support of the Infantry; and must represent the highest standards of integrity, moral character, professional competence, and dedication to duty.

“I nominated Dr. Rollinger in 2020. But then I got sick and we had to postpone the ceremony. But I got better and I’m grateful that I was able to award it to him,” Mr. Delia says.

On the warm, sunny afternoon of May 26, at the Hanscom clinic, Robert Delia draped the Order of St. Maurice medallion around Dr. Rollinger’s neck. He was delighted and honored to do it, just as Dr. Rollinger was delighted and honored to receive it. ■

Long-time US Family Health Plan member Robert Delia, CSM, USA (Ret.) and the National Infantry Association honor Dr. Rollinger for his compassion and care.





Charles Rollinger, MD, is our Vice President of Medical Management and Quality

Are You 45 or Older?

Time for a colon cancer screening

In the middle of the COVID pandemic, it was easy to miss a major change in guidance from the U.S. Preventive Services Task Force (USPSTF). This is the group that makes recommendations to the government on what preventive services should be paid for by insurance companies. In May, the USPSTF changed the guidance on colon cancer screening to begin at age 45, down from age 50. US Family Health Plan follows USPSTF's screening guidance, which means that now all members age 45 or older are eligible for a colon cancer screening test.

Colon cancer is the third leading cause of cancer death in the U.S. for both men and women, with over 50,000 people dying every year. The incidence in people between 40 and 49 years old rose by 15 percent in just a single decade, which is one reason for the recommendation to lower the screening age.

There are a lot of jokes about colonoscopy. Yes, it is not the most pleasant experience that a person can have. But changes have been made in the preparation of the test to make it easier. And a negative test only needs to be repeated every ten years.

With the COVID pandemic and the closing of many procedure rooms to non-emergency cases, the number of people undergoing colonoscopy has decreased. The medical community fears that this may lead to an increase in colon cancer cases that aren't diagnosed early and an increase in colon cancer deaths.

All USFHP members age 45 or older are eligible for a colon cancer screening test.

The options

For people who prefer not to have a colonoscopy, there are alternatives. These tests, which look for microscopic traces of blood in feces, can be used to screen people and, if negative, reduce the need for colonoscopy. They do require a person to take a sample of stool and smear it on a card.

The most common tests are the FIT test and the stool DNA test (Cologuard). The FIT test uses antibodies to detect blood in the feces. Stool DNA tests detect DNA biomarkers for cancer in cells shed from the lining of the colon and rectum into stool.

Both tests can be done with a single stool sample. They don't require bowel preparation or anesthesia, are performed at home, and don't require transportation to a facility. The FIT test should be done annually, while the DNA test can be done every three years. For either test, a positive result requires that a colonoscopy be done to find the source of the blood.

With colonoscopy, screening and follow-up of positive results can be performed during the same examination. Colonoscopy requires less frequent screening: only every ten years. Colonoscopy does require bowel preparation, anesthesia, and transportation to and from a facility.

When can you stop having screenings?

Most people can stop screenings at age 75. The current recommendation is to selectively screen adults ages 76 to 85 years for colorectal cancer. Please talk with your primary care provider about the decision whether to continue to screen. ■



Build Emotional Muscle with Weight Training

You know that weight training makes your body stronger. But you may not know that weight training has an additional benefit: it can help you feel less anxious. New research published in *Scientific Reports* is the first to connect strength training with increased mental calm.

The study's authors speculate that lifting increasingly heavy weights provides a feeling of mastery that helps people feel better about coping generally. They also suspect that molecular changes in the brain and muscles that result from strength training contribute to improved mood health.

You don't need a gym membership or expensive home equipment to build your emotional muscle. Sit-ups, squats, and push-ups don't require any equipment at all. And you can fill empty beverage or laundry-detergent containers with water to use as free weights. ■

Source: B. Gordon, PhD, et al., Resistance training for anxiety and worry symptoms among young adults, *Scientific Reports*, October 2020.

Are you a runner?

A recent study of runners during the pandemic lockdown found an association between increased changes in running routines and injuries.

For many runners the lockdown meant fewer opportunities to run, more-intense running in less time, running in unfamiliar places, switching between treadmills and outdoor running, or moving in or out of running groups. The study found that with more changes came more injuries.

Lessons from the study may spill over into post-COVID times. If you're a runner, try to hold changes to your running routine to a minimum.

Source: J. Roper, PhD, et al., *Frontiers in Sports and Active Living*, June 2020.



CALCIUM

A Key to Strong Bones

Many of us grew up thinking that three glasses of milk a day were essential to maintaining healthy bones. We were influenced by the U.S. Department of Agriculture, which from the 1930s into the 1980s advised consuming two or more cups of milk (or the equivalent in cheese) every day. The 1992 Food Guide Pyramid upped the recommendation to at least three cups of milk a day. Today's USDA nutrition guidelines recommend at least three cups of "dairy" every day.

It's true that calcium is key to strong bones. But downing milk and cheese at nearly every meal can mean taking in saturated fat and calories in unhealthy amounts. It's important to know that plenty of non-dairy foods can also provide healthy doses of calcium.

Non-dairy calcium sources

In addition to dairy sources, you can find plenty of calcium in:

- ✓ Dark-green leafy vegetables, especially bok choy, collard greens, spinach, kale, mustard greens, and micro-greens
- ✓ Canned fish with soft bones, like sardines, anchovies, salmon, and kippers
- ✓ Tofu (if processed with calcium sulfate), lentils, and edamame beans

Nonfat milk and nonfat yogurt provide plenty of calcium without the fat of other dairy sources. This means that you can get plenty of calcium by combining dairy and non-dairy food and drinks. If you're getting most of your calcium from non-dairy sources, you may want to take a supplement of up to 500 mg every day.

How much calcium is enough?

Different countries have set different recommendations for calcium intake. In the U.S., the Recommended Dietary Allowance (RDA) is:

Age	Male	Female	Pregnant	Lactating
0–6 months	200 mg	200 mg		
7–12 months	260 mg	260 mg		
1–3 years	700 mg	700 mg		
4–8 years	1,000 mg	1,000 mg		
9–13 years	1,300 mg	1,300 mg		
14–18 years	1,300 mg	1,300 mg	1,300 mg	1,300 mg
19–50 years	1,000 mg	1,000 mg	1,000 mg	1,000 mg
51–70 years	1,000 mg	1,200 mg		
71+ years	1,200 mg	1,200 mg		

More bone boosters

Although calcium intake plays a big role in keeping bones strong, other things help, too:

- **Stay as physically active as you can.** Walking, biking, swimming, and playing tennis can help keep your bones healthy and your muscles strong.
- **Be sure to take 800 to 1,000 IU of Vitamin D every day.**
- **Get enough Vitamin K.** This means making sure to have a serving of dark greens every day. ■

Sources: hsps.harvard.edu/nutritionsource/vitamins/; nih.gov/factsheets

Glow-Roasted Butternut Squash

Many vegetables, enhanced with just a touch of olive oil and roasted in a hot oven, take on an appealing luster and depth of flavor. But butternut squash, crammed with nutrients, including carotene, potassium, vitamin A, and vitamin C, responds to roasting in a truly beautiful way, caramelizing at the edges and gleaming like a sunset inside.

Add some cranberries and mint, and you'll have an appealing dish of healthfulness on your table in practically no time.



Serves 4

- 1 tablespoon olive oil
- 2 pounds butternut squash
- ¼ cup cranberries
- 2 tablespoons roughly chopped mint leaves (or any combination of herbs that you like)

Preheat oven to 425°

Cut the squash in half lengthwise and scrape out the seeds (a fork works well for this). With a sharp knife, peel the skin from the squash. (If you're lucky, you can find pre-peeled squash for sale.)

Cut the flesh into one-inch cubes and put them in a large mixing bowl. Then add the olive oil and toss the squash until all of the pieces are shiny.

Spread the squash on a baking pan and roast for about 15 minutes. Sprinkle the cranberries over the squash and roast for another 5 minutes or until you can pierce the squash easily with a fork and the edges are starting to brown.

Transfer to a serving bowl or platter, sprinkle with mint, and serve hot, warm, or at room temperature.

Switch it up

Just before serving, drizzle the squash with a little lemon juice or maple syrup. And if you don't have cranberries, sprinkle some pomegranate seeds or halved red grapes on top instead. ■

at ease

To lose patience
is to lose the battle.

— Mahatma Gandhi





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Leaning into Patience

The events of the last long months have left most of us with feelings of uncertainty about the future. One thing, however, is certain: we must be as patient as we can.

I have learned a lot about patience from growing sweet peas. This meant soaking the seeds the first of May, planting them, and then waiting as they eked their way up the bamboo trellises I built along the front walk.

By July 4, we had some flowers. When aphids discovered them, I bought a pint of ladybugs and released them near the base of the plants in the evenings, hoping to spare the plants the early death that seemed near. Fortunately, the aphids weren't up to the ladybug battle, and the plants produced a ravishing number of flowers by the beginning of August.

What a triumph, and what a testimony to the benefits of patience. I hope I can rely on this feeling of patience in all aspects of my life in the months ahead.

Hoping you are well and enjoying the peace and patience that nature can bring.

All the best, Kerry.Tucker@usfamilyhealth.org.

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