

PA HEALTH

YOUR GUIDE TO FITNESS & WELL-BEING

GEISINGER 65 FORWARD
SPECIAL EDITION, FALL 2020

FEELING +
BETTER THAN
THEY HAVE
IN YEARS



MAKING SENSE OF MEDICARE
CARE THAT'S TRULY CONVENIENT
THE FUN SIDE OF STAYING HEALTHY

Find us online at
[geisinger.org/PAHealth](https://www.geisinger.org/PAHealth)



One third of the people Geisinger serves are 65 and older, and that demographic is only growing. That's why we created 65 Forward just for them. It's a revolutionary approach to primary care, made possible as part of the Geisinger Gold Medicare Advantage plan.

Geisinger 65 Forward health centers address the wellness needs of the entire person — physical, emotional and social. Doctors see fewer patients, which means they can devote more time to each of them. Time to build relationships, answer questions and create personalized medical treatments that lead to better health.

Lab work and radiology tests are run right on site, which means results are returned faster and often interventions can start right away as part of a “one-stop shop” experience.

And that's just the beginning. Members of 65 Forward work with specially trained wellness coordinators who tailor exercise programs to each person's unique fitness level and needs. Our centers feature state-of-the-art gyms and a selection of fitness classes, like yoga and circuit training — along with programs that address our

specific needs as we age, such as classes on balance and managing chronic diseases.

Feedback I've heard from members of our Scranton and Kingston locations highlight new friends, a glowing appreciation of our staff and caregivers and, most importantly, a sense of feeling better than they have in years. Nothing makes me happier. And I'm thrilled that we're in the process of opening new 65 Forward locations in Shamokin Dam, Wilkes-Barre and Hazleton.

I hope you enjoy this issue of *PA Health*. If you're not already a member of a Geisinger Gold plan, I'd encourage you to visit GeisingerGold.com to find out more. 65 Forward is just one of the perks our members enjoy as part of the program offerings.

If you'd like to see more of what PA Health has to offer, visit us online at geisinger.org/PAHealth.

Here's to a healthy, happy fall. And to living life beyond 65 to the fullest.



Jaewon Ryu, MD, JD
President and CEO
Geisinger

If you have an amazing health story to share, we'd love to hear it. And maybe we'll feature it in an upcoming edition. Send an email to:

PAHealth@geisinger.edu.

On the cover:
65 Forward is helping Liz and Rick DeStefano of Scranton live their best lives.

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HEALTH EVENTS NEAR YOU

Yearning to do yoga? Want to take a class or attend a lecture? Too young to join 65 Forward?

Events.geisinger.org offers plenty of opportunities.

Adding years to their lives — and life to their years.

BY PAULA FRANKEN



COVER STORY

It's not unusual for Liz and Rick DeStefano of Scranton to spend three or four days a week at 65 Forward, taking a class in the morning, staying for lunch with friends and then taking another class in the afternoon. "Before we joined 65 Forward, we spent a lot of time sitting around at home," Ms. DeStefano explains. "Now we have plenty to do, and we've made many new friends — lifelong friends. The people at 65 Forward have become our second family."

Each 65 Forward location has a state-of-the-art exercise facility as well as a clean modern space devoted to classes, lectures and social activities. Yoga, cooking, circuit training and arts and crafts are just a few of the offerings. There are also card and board games, and longer courses designed to address specific health needs such as managing diabetes and dealing with balance issues as you age.

Lou and Barb Borino of Harding are members of the 65 Forward in Kingston. Joining 65 Forward was an easy decision for them. They followed their primary care provider, James Tricarico, DO, when he left the Geisinger Pittston clinic for Geisinger 65 Forward in Kingston.

"Dr. Tricarico is very caring. He looks you right in the eye when he's talking to you. He's never rushed," says Mr. Borino. "We've been to other places where doctors are always typing — no eye contact. Everyone deserves to be treated the way we're treated here."



Liz and Rick DeStefano take part in an arts and crafts class at Geisinger 65 Forward in Scranton.

As with the Scranton location, Kingston members have an entire team devoted to their care. “I have some medical issues, so the team designed a program to fit my needs,” says Mr. Borino. “The nutritionist tweaked my diet and the wellness coordinator designed an exercise program just for me. And the weight is coming off — I feel better than I have in years.”

If a patient has medical issues that require talking to a specialist off-site, the team helps facilitate those appointments. Some consultations can even take place through telemedicine, from the comfort and convenience of the clinic. Lab work and other testing services are right on site, so members don’t have to travel to get that work done either. And results come back quickly, which means interventions happen sooner.

“At 65 Forward, you meet people who are going through the same things you are. The camaraderie is amazing,” says Ms. Borino. “I used to imagine what 70 would feel like and I’d picture something completely different than the way I feel today. Age is just a number. Get up, get moving, stay active and stay involved. 65 Forward helps with all of that.”

“The people at 65 Forward have become our second family.”

-- Liz DeStefano



Get up,
get moving,
stay active and
stay involved.

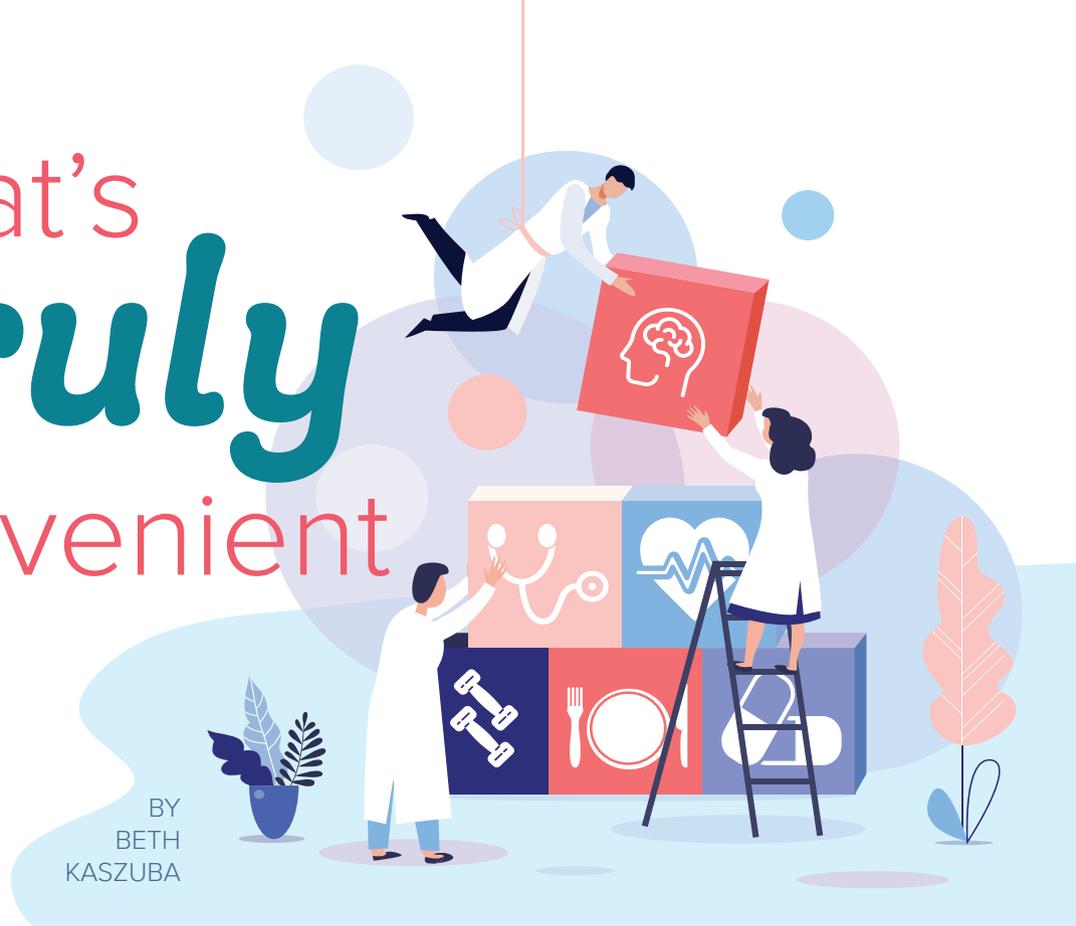
Lou and Barb Borino lift weights during a group fitness class in Kingston. The gym and classes offer people age 65 and older a welcoming place to work out, no matter what their fitness level or goals are.

Care that's *truly* convenient

FEATURE

*Checkups.
Screenings.
Imaging.
All under
one roof.*

BY
BETH
KASZUBA



Have you ever seen your primary care doctor, then needed to travel to different locations for lab work, screenings or imaging? Maintaining good health should be easier than that — especially as we age and face new or different health-related issues. And maybe finding transportation becomes a challenge, too.

At Geisinger 65 Forward, we've brought more services under one roof, making healthcare much more convenient for those age 65 and older.

“Geisinger 65 Forward health and wellness centers offer everything you need in a calm, relaxing environment that feels more like a spa than a clinic,” says George Avetian, DO, family medicine doctor with 65 Forward. “You’ll get same-day appointments, longer visits, social and educational activities and a personal wellness plan, all in one place.”

Each 65 Forward member is teamed up with a primary care doctor who leads their care team and gets to know them personally.

Along with having extended visits with patients, 65 Forward doctors can:

- Keep you healthy with preventive care screenings.
- Help you manage chronic conditions including diabetes, asthma, heart disease and arthritis.
- Coordinate your care by referring you to the appropriate specialist, like an endocrinologist, psychiatrist or surgeon, if needed. This especially comes in handy if you have complicated medical issues that require you to see multiple specialists.
- Treat your unexpected health issues, from colds and rashes to common injuries like pulled muscles or sprains.

Want help navigating insurance coverage?

No problem. Your 65 Forward care team helps with that, too.

“You’ll also have nurses, a wellness coordinator, a pharmacist, a dietitian and other staff members working with you,” Dr. Avetian notes. “This team approach means you always have someone to turn to.”

And perhaps best of all, you can drop in anytime during regular business hours if you think you need care or have questions, without calling ahead to make an appointment.

It’s top-quality healthcare, right in your neighborhood, that’s specifically designed to make members’ lives longer, healthier — and easier.



Accepting new patients at all locations

It’s not too soon to make an appointment or book a tour — even at our newest health centers.

Existing locations

Scranton
3 W. Olive St.
866-414-9105
geisinger.org/GoingForwardScranton

Kingston
499 Wyoming Ave.
866-308-4785
geisinger.org/GoingForwardKingston

Opening October 2020

Shamokin Dam
30 Baldwin Blvd.
866-711-7745
geisinger.org/GoingForwardShamokinDam

Wilkes-Barre
41 S. Main St.
866-768-0336
geisinger.org/GoingForwardWB

Opening November 2020

Hazleton (West Hazleton Plaza)
180 Susquehanna Blvd. (Rte. 93)
866-885-3509
geisinger.org/GoingForwardHazleton

Making sense of Medicare

It's easier than you think.

BY
BETH
KASZUBA



Reading about Medicare can be like staring into a bowl of alphabet soup. You might feel like a lot of letters are swirling around, without making much sense.

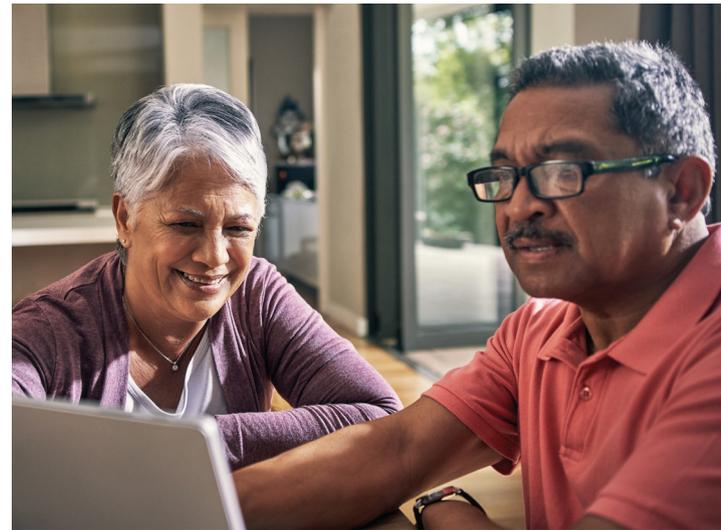
But the basic facts about Medicare really aren't too complicated. And once you know the basics, it's easier to figure out what coverage is right for you.

A good place to start? By familiarizing yourself with the four parts of Medicare.

- **Part A** helps cover the big things, like hospitalizations and skilled nursing care.
- **Part B** helps cover routine care, like doctor visits and preventive care.
- **Part C** (also called Medicare Advantage) includes Part A and Part B benefits and:
 - » Often has no or low monthly premiums
 - » Often includes prescription drug benefits
 - » Limits your out-of-pocket expenses
 - » Can include extra benefits like dental, vision, hearing and wellness
- **Part D** is separate prescription drug coverage.

Armed with these facts, you're ready to learn more about premiums and coverage options. A good place to start is medicare.gov.

Also, keep in mind that you don't have to wait until you're 65 to start planning for Medicare coverage — or to sign up. While you don't qualify for full Medicare benefits until you're 65, you can actually sign up 3 months before your birthday. And if you forget, you have 3 months after your birthday, too, to enroll in Part A, Part B and Medicare Advantage plans like Geisinger Gold, offered through Geisinger Health Plan.



If you miss that window, you can still sign up during the General Enrollment Period, held every year from Jan. 1 to March 31. You can also make changes to your Medicare Advantage plan during the Annual Enrollment Period, held each year from Oct. 15 to Dec. 7.*

Taking charge of your health insurance is part of living a healthy lifestyle. Best of all, by learning the facts and getting the coverage you need, you're safeguarding your finances, too. And it's never too early to start exploring your options. Visit GeisingerGold.com to learn more.

Geisinger Gold Medicare Advantage HMO, PPO and HMO D-SNP plans are offered by Geisinger Health Plan/Geisinger Indemnity Insurance Company, health plans with a Medicare contract. Continued enrollment in Geisinger Gold depends on annual contract renewal.

**If you're still working and covered under an Employer Group Health Plan (EGHP) at the time you're first eligible for Medicare, you'll have an 8-month Special Enrollment Period that starts either the month after employment ends or the month after your EGHP ends — whichever comes first.*

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More time with your doctor.

BY PAULA FRANKEN

Doesn't it feel great when you have enough time to do something — the way it should be done? Each doctor at a Geisinger 65 Forward health center sees a maximum of 450 patients. The national average is 2,500. Having more time to focus on the people they're caring for is something that both Jovan Adams, DO, and Gary Kemberling, DO, say attracted them to 65 Forward.

A Pennsylvania native, Dr. Adams joined the Kingston location in July 2020 after years as a physician and nursing home medical director in Georgia.

"I love being able to take the time to build relationships with my patients," says Dr. Adams. "Many have complex medical needs and I can address their questions thoroughly and follow up quickly with testing and treatment because lab work and other testing services are done right on site. Plus, I can see them right away if they need an appointment."



Dr. Kemberling will be joining the Shamokin Dam location when it opens in October — after 29 years as a family practice physician in Selinsgrove. He's looking forward to treating many of the same patients who've been with him for years — and now having more time to devote to each of them. "I'll be better able to manage their care," he explains. "Not only will I have more time to spend with them, but I'll also be part of a care team that includes nurses, a wellness coordinator, a pharmacist, a dietitian and other staff. I'll be able to walk down the hall and confer with any of them. This truly is VIP care for seniors."

It's better for everyone.



The fun side of staying healthy

Exercise can be enjoyable when you're with friends.

BY BETH KASZUBA

WELL, WITHIN
REACH

The emphasis on safety includes precautions against the spread of COVID-19



There's no question that exercise is good for the body and mind. But hitting the gym can be inconvenient and even intimidating if classes are too big or you're just starting — or restarting — a fitness routine.

"Exercising in a relaxed, supportive environment, especially if you're getting moving with friends, can help make fitness a lot more fun," says Katrina Dessino, senior wellness specialist with Geisinger 65 Forward.

"Our classes become kind of like little families," Ms. Dessino says, adding, "Whether you're at a higher level or just starting out, a gym is a huge part of health and wellness."

Ms. Dessino notes that each 65 Forward health center has equipment for those who like to work out independently. But classes, which range from chair yoga to outdoor walking groups, are popular.

"We're always looking for new things to offer, like aerobic drumming," she adds.

And each 65 Forward member has the advantage of access to wellness coordinators who can conduct fitness assessments and provide one-on-one guidance.

"We're focused on making sure people exercise safely while improving their balance and strength," Ms. Dessino explains.

Geisinger 65 Forward

Monday	Tuesday
1 Circuit training* 9-9:45 a.m. Strength & stretch* 3-3:45 p.m. Limit 5 participants	2 Walking group Kirby park track 9:30 -10 a.m. Limit 10 participants Circuit training* 12:30-1:15 p.m. Limit 5 participants
8 Circuit training* 9-9:45 a.m. Strength & stretch* 3-3:45 p.m. Limit 5 participants	9 Walking group Kirby park track 9:30 -10 a.m. Limit 10 participants Circuit training* 12:30-1:15 p.m. Limit 5 participants
15 Circuit training* 9-9:45 a.m. Virtual healthy eating 1:30-2:30 p.m. Strength & stretch* 3-3:45 p.m. Limit 5 participants	16 Walking group Kirby park track 9:30 -10 a.m. Limit 10 participants Circuit training* 12:30-1:15 p.m. Limit 5 participants

The emphasis on safety includes precautions against the spread of COVID-19. All 65 Forward centers are limiting the number of class participants, spacing people safely apart, adhering to masking guidelines and keeping surfaces sanitized and spotless.

Socializing (safely) for good health

Geisinger 65 Forward members don't just connect while working up a sweat. They can also take advantage of social activities such as day trips, craft classes, book clubs and holiday-themed parties. And all are conducted with the same attention to staying safe.

"I get a lot of feedback from people, some of whom enjoy doing activities with their spouses, while others say, 'If I wasn't coming here, I'd be home alone,'" Ms. Dessino says, noting that socialization is a key part of good health, too.

She adds, "It's so great to have all these options in one location. People come in for a doctor's appointment and stay for an exercise class — all right in their backyard."

Here's a recent 65 Forward class schedule. Even with limited class sizes due to the pandemic, there's a lot to do in a week.

Wednesday	Thursday	Friday
<p>3</p> <p>Circuit training* 9-9:45 a.m. Limit 5 participants</p>	<p>4</p> <p>Walking group Kirby park track 9:30 -10 a.m. Limit 10 participants Circuit training* 12:30-1:15 p.m. Limit 5 participants</p>	<p>5</p> <p>Circuit training* 9-9:45 a.m. Strength & stretch* 3-3:45 p.m. Limit 5 participants</p>
<p>10</p> <p>Circuit training* 9-9:45 a.m. Limit 5 participants</p>	<p>11</p> <p>Walking group Kirby park track 9:30 -10 a.m. Limit 10 participants Circuit training* 12:30-1:15 p.m. Limit 5 participants</p>	<p>12</p> <p>Circuit training* 9-9:45 a.m. Strength & stretch* 3-3:45 p.m. Limit 5 participants</p>
<p>17</p> <p>Circuit training* 9-9:45 a.m. Limit 5 participants Memory lane+ +in clinic 9 – 4 p.m.</p>	<p>18</p> <p>Walking group Kirby park track 9:30 -10 a.m. Limit 10 participants Virtual Picnic ++ 12 – 1p.m. Circuit training* 12:30-1:15 p.m. Limit 5 participants</p>	<p>19</p> <p>Circuit training* 9-9:45 a.m. Strength & stretch* 3-3:45 p.m. Limit 5 participants</p>



Veggies with a touch of lemon

Lifestyle choices, like the foods you decide to eat, can have a big impact on how long you live. This tasty dish — a favorite of 65 Forward dietitian Pamela Charney, RD, PhD — is easy to make and has no cholesterol, only 25 calories and healthy vitamins including A and C.

Ingredients:

- 2 cups broccoli, cut into florets
- ½ small head cauliflower, cut into florets
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 2 teaspoons fresh parsley, chopped



Directions:

1. Steam the broccoli and cauliflower until tender, about 10 minutes.
2. In a small saucepan, mix the lemon juice, olive oil and garlic, and cook over low heat for 2 to 3 minutes.
3. Put the vegetables in a serving dish. Pour the lemon sauce over the vegetables. Garnish with parsley and serve.

"I love this recipe because it's quick and easy. It's also versatile — you can change the vegetables or seasonings, and it can be served hot or cold. And you can easily increase or decrease the ingredients based on how many hungry mouths you have to feed."

— Pamela Charney, RD, PhD
65 Forward Dietitian



GEISINGER GOLD

The plans that plan for more.



Most Geisinger Gold Medicare Advantage plans include your hospital, medical and prescription drug coverage, along with extra benefits like vision and dental coverage.

Some give you access to an entirely new approach to healthcare for everyone 65 and older — Geisinger 65 Forward.

And they all put a cap on your annual out-of-pocket spending.

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Call: **866-326-6451**

Or visit: **GeisingerGold.com**

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