

PA

ISSUE 22 | Fall 2024 | Free

HEALTH

YOUR GUIDE TO FITNESS & WELL-BEING

Becoming better doctors

How simulation sharpens medical skills



WHICH BUGS CAN GIVE YOU A BUG?

MAKING TREATS THE TRICKY WAY

KIDS, TRY THESE AMA-ZING ACTIVITIES!

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WELCOME

On the cover:

Doctors treat real live people — but a high-tech simulation mannequin can come in handy for practicing clinical skills.

Photo by Robb Malloy

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- 10 / When good-for-you food masquerades as a treat, it tricks everyone into **eating better** (and no one will say boo).
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- 14 / Put more **movement, laughter and fun** into a kid's day with our new ZING543210 activity book.

Better Together

We've been part of the region for more than 100 years — celebrating with you at parades, fairs and sports events and supporting happenings that lift up our communities. Here's the latest on how we're connecting with you and your neighbors.



Nursing takes center stage • Not only do we have a new Geisinger School of Nursing in Lewistown, but the Juniata River Valley Chamber of Commerce awarded the school its #ChooseOptimism Award.



Healing from trauma • Patients and physicians gathered to observe National Trauma Survivors Day at Geisinger Medical Center, Geisinger Wyoming Valley Medical Center and Geisinger Community Medical Center. Outside Pittsburgh and Philadelphia, Geisinger has the only two traumatologists (physicians specially trained to treat trauma) in PA.

Fun is everywhere at the fair • Ferris wheels. Farm animals. Food. Every year, central Pennsylvanians flock to the Bloomsburg Fair. And as an annual sponsor, Geisinger promotes health and wellness through ZING543210. Stop by our booth and say hello!



Drive through to stop the flu • Fend off the flu this fall by getting vaccinated. And it's easier than ever when you can stay in your car! Try one of Geisinger's flu shot drive-throughs — or get one at your next clinic visit. Visit events.geisinger.org and search "flu shot."

Centralizing care in Centre County • By late 2024, an expansion of Geisinger Healthplex State College will group related services to streamline your visit. Plus, a brand-new Geisinger Primary Care Bellefonte Medical Clinic puts primary care and ConvenientCare in one spot.



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Correction

Oops! In our summer issue's blueberry crisp recipe, we left two ingredients off the list: 1 tablespoon of maple syrup and 2 teaspoons of coconut oil. Find the corrected recipe: geisinger.org/pahealth

Geisinger

Practice makes perfect

Simulating real-life situations with technology — and actors — prepares doctors for the day they treat you.

By Beth Kaszuba



You might not think twice when a restaurant server-in-training approaches your table, a plumbing apprentice clears your bathtub drain or a new barista prepares your favorite brew.

But what if you knew you were a doctor's first real patient? That might be a different story.

Fortunately, along with intensive classroom and in-clinic education, most new doctors have undergone extensive simulation training that involves lifelike mannequins and living actors called standardized patients.

And simulation training isn't just for medical school students. Nursing schools like Geisinger School of Nursing use it, too. Even experienced healthcare professionals use simulation to update their skills and practice for complex surgeries.

By the time a provider walks into the room to see you, whether for a nagging cough or to remove a tricky tumor, they've practiced over and over for the moment they treat you — including how to communicate with you compassionately and effectively in the most difficult situations.

Acting the part of patient

A typical workday for Gary Rozman from Clarks Summit involves donning a medical gown, sitting in a waiting

room and getting called in for an exam. There, he acts out a whole persona, including exhibiting symptoms of illness and conditions like intoxication. His audience: medical students at Geisinger Commonwealth School of Medicine in Scranton.

It sounds like fun and games, but it's a serious job for the "patients" and the students.

"We're giving them a safe place to practice when a life isn't hanging in the balance," Mr. Rozman says. The actors take part in training sessions before presenting each condition to a medical student.

The role involves more than just acting out aching knees and abdominal pain to guide students to the proper diagnosis. Mr. Rozman, whose background in education and acting prepared him for the job, says standardized patients also help medical students learn how to pace appointments and get comfortable working closely with, and touching, patients.

"One of the things they struggle with is space," says Mr. Rozman, who's been a standardized patient for about three years. "Am I standing too close? Not close enough?"

A mock medical exam also offers opportunities to get past other awkward "firsts," like the first time students apply pressure with a stethoscope or palpate an abdomen.

Gaining communication skills is a vital part of the experience, too, says Mary Lawhon Triano, director of the clinical skills and simulation center at Geisinger College of Health Sciences.

Gary Rozman of Clarks Summit regularly dons a gown to play the part of a patient as he trains medical students in clinical interactions.

"Patients expect physicians to be competent, but they want them to be caring," she explains. "Communication can be taught. We help them understand that the patient is at the center of everything."

Mr. Rozman says standardized patients are asked to evaluate the future doctor's communication during the visit. "I've had cases where the students have performed with 100% efficiency, but it's not warm — not that bedside manner Geisinger is trying to instill," he says.

Because students are so carefully evaluated by standardized patients and instructors, the experience can be intense, especially for first-year students, Mr. Rozman says.

"I've encountered students who've been visibly shaking, on the verge of tears," he says. "They want to do so well. There's only so much you can learn from labs. This is the first opportunity to put that knowledge into practice."

Model patients

Even the most skilled standardized patient can't demonstrate an irregular heartbeat or enlarged liver, Ms. Triano notes. That's when high-tech "task trainers" — lifelike body parts and full-body mannequins — are useful.

The most sophisticated task trainers are housed in "sim bays" that look like real hospital rooms. The trainers' heartbeats can be altered, their internal organs changed to mimic conditions and their bodies manipulated to indicate emotion.

"He breathes, sweats and cries," Ms. Triano says of their high fidelity SimMan® 3G advanced patient simulator.

"It's very sophisticated."

The sim bays are connected to a large observation room, where instructors can monitor students. And because the mannequins' verbal responses are limited, standardized patients like Mr. Rozman are sometimes stationed there to "speak" for the task trainer, using a sound system.

"This can add an emotional aspect to the experience," Ms. Triano says, adding, "A real patient is best. It's the highest level of simulation."

Systemwide simulation

Medicine is always changing. And even the most experienced provider has never encountered every potential condition and case. So simulation isn't just for medical students. It's used throughout Geisinger — often by the most experienced providers.

To help doctors, nurses and other members of the healthcare team strengthen their skills, Geisinger offers a Clinical Skills Simulation Program, headquartered at the Geisinger Education & Medical Simulation (GEMS) center at Geisinger Medical Center in Danville.

Much like the students at Geisinger Commonwealth, the providers who use the GEMS center benefit from practicing difficult procedures and getting feedback from trainers.

Geisinger also maintains a 3D printing lab, which can generate medical models for patient education and for surgeons prepping for challenging cases, like complex tumor removals. Using CT and MRI scans, the printers create replicas of patients' actual anatomy in incredible detail, allowing surgeons to see exactly what they'll see in the operating room.

Post surgery, patients can take home their 3D models — a real-life reminder of a successful procedure, thanks in part to simulation.

Thank you so much
for your participation!
You've helped us in our
medical education & we
are so grateful.

I will always remember your
kindness and generosity. Your
patience with all of us is
greatly appreciated!

Thank you!

Thank you so much for
providing us with the opportunity
to learn and grow as
medical students!

We greatly appreciate
it!

Thank-you notes express how grateful the medical students are for the work of the standardized patients.

Because of you

A gift of more than \$36,000 from Geisinger physician James Gregory, MD, to the Geisinger Health Foundation funded the purchase of TraumaMan®, a simulation mannequin used by Geisinger's Clinical Skills Simulation Program to prepare providers for challenging ER cases.

How compassion can help untangle child abuse and neglect

Research-based strategies guide children to answer honestly in a place designed just for them.

When Cheryl Ann Moroz was in high school, she attended a presentation about child abuse.

“I decided, sitting in that gym... that’s what I was going to do when I grew up: help save children,” Ms. Moroz says.

What she’s learned as a child forensic examiner with Geisinger’s Child Advocacy Center (CAC) in Sunbury, funded in part by community support and donations, is that her youthful dream was far more complicated than she imagined.

Today, Ms. Moroz couples her compassion with her love for research and evidence-based strategies and focuses on one key thing she can do to untangle knotted child abuse and neglect cases: Get to the truth, through the eyes of children.

A national network for kids

Geisinger’s CAC is one of many nationwide. The centers were built in the 1980s after many well-known abuse and neglect cases showed problems in the investigation system, especially how children were interviewed.

The centers aim to bring together all the main players in a child abuse and neglect case. Law enforcement officials. Caseworkers. Physicians. Therapists. Victim advocates. And people like Ms. Moroz, who are specially trained to interview children using tested techniques that are most likely to get honest, accurate answers.

The goal is to make the investigation process easier for children by providing them with a centralized location where they can tell their story,



be examined by a trained physician and receive support. “It’s a beautiful model,” Ms. Moroz says.

At the Sunbury office, Ms. Moroz interviews between 500 and 600 children a year, mainly from counties in north-central Pennsylvania. She’s conducted over 6,000 interviews, including conversations with deaf and non-verbal children. And she’s always honing her skills. She points to a shelf of binders full of studies. “All of the things we do in an interview are based on research,” she says.

“We don’t play here.”

The CAC has brightly colored rooms with toys, and a therapy dog, Ollie, is available for cuddles. But the interview space — which features a two-way mirror so others involved in the investigation can observe — is deliberately spare. There’s a couch, a chair, a box of tissues and an easel Ms. Moroz uses to identify key figures in cases under investigation.

“We don’t play here,” Ms. Moroz says, explaining she often hides the easel’s potentially distracting marker in her sleeve until it’s needed. “We’re here to have a developmentally appropriate conversation that’s designed to elicit a factual narrative.”

Ms. Moroz tells children they’re only going to discuss things that actually happened. And she lets them know they’re the



Planting pinwheels for child abuse awareness are Child Advocacy Center staff members Melissa Wagner, program director of child safety and advocacy; Cheryl Moroz, forensic interviewer; Cameran Gardner, victim advocate; Marita Lind, MD, medical director; and Alexis Smith, program coordinator.

experts. “It’s okay to correct me,” she says. “It’s okay to say, ‘I don’t know.’” Children also pledge to tell the truth, because research shows a promise leads to more honest answers.

Ms. Moroz also is careful not to react, no matter what children tell her. She never asks leading questions, which can elicit inaccurate answers.

Objectivity starts before she asks her first question. “I don’t believe every child has been abused,” she says. “In order to do this job correctly, you can’t.”

That’s because child abuse cases are complex. Well-meaning — or not so well-meaning — people may report abuse, but not every case is grounded in reality. And children can easily become confused or overwhelmed during an investigation. They may tell more than one story depending on the questions they’re asked, the way they’re phrased and who’s asking them. Sorting fact from fiction using a proven, research-backed system protects children and adults.

Finding teachable moments

Ms. Moroz’s job also takes her to the courtroom, where she educates people about how children may handle abuse and neglect. She says adults often think kids who’ve really been abused would report the situation right away. But that’s not necessarily the case.

“People who abuse kids want access to them,” she says. So, they gradually normalize abusive

behavior. “Kids may not even know what’s happening.”

Children are treated with respect and honesty at the CAC. It’s a form of compassion that doesn’t place them in the role of victim. Instead, the approach helps position them to face a challenging situation as

objectively, realistically and effectively as possible. That doesn’t mean Ms. Moroz and her colleagues aren’t affected by the cases they see. At the end of the day, she relies on her Roman Catholic faith to help her cope.

“I guess the bottom line is right under my ribcage,” she says, pointing to a spot near her heart. “The Holy Spirit lives there. And he takes care of it. I don’t keep it with me.”

She clarifies, “It’s not that I don’t care. It’s just that I do my part — and I know that I can only do so much.”

And she’s committed to doing that to the best of her ability, in partnership with her trusted colleagues. “I know we’re not going to eradicate all neglect,” she says. “But hopefully we can make a difference in people’s lives.”



A child tells you they’ve been abused. Now what?

Ms. Moroz offers suggestions for adults who find themselves in this challenging situation.

1. Control your emotions. Getting upset won’t help.
2. Let the child explain what happened in their own words.
3. Keep communication to a minimum. “Don’t pepper them with questions,” Ms. Moroz says. “The more questions you ask, the more there’s a likelihood of miscommunication.”
4. Tell the child you’ll get help, then report the incident. Call the Pennsylvania Department of Human Services ChildLine at **800-932-0313**.

Things that bug you



Bug-borne diseases are causing a buzz these days. Some tiny critters can pack a punch when it comes to your health. So, what should we swat away in our area? And who's harmless?

By Kimberly Adler-Morelli



Ticks

Ticks live in long grasses, leaf piles and even your backyard — and not all carry disease. But some are responsible for potentially serious health problems. The black-legged tick, or deer tick, is the main culprit for spreading disease in our region.

Lyme disease: If you're bitten, you might notice flu-like symptoms and a rash. Left untreated, more serious issues like arthritis and neurological problems could crop up. The good news? Most people fully recover with antibiotics.

Anaplasmosis: This less-common ailment can cause symptoms like fever, chills, muscle aches and nausea. Quick treatment with antibiotics usually improves symptoms within two days.

Babesiosis: Symptoms of this potentially dangerous, on-the-rise disease are similar to the flu — fever, muscle pain and fatigue — and can be severe in older adults and those with immune deficiencies. It's treated with antiparasitic and antibiotic medications.

To lessen your chances of a tick-borne illness:

- Use insect repellent with 20% – 50% DEET.
- Cover your skin with clothing and tuck pant legs into socks or boots.
- Avoid wooded areas, high grass and piles of leaves.
- Check clothing and skin when you go inside.
- Shower and wash clothing within a few hours of coming indoors.

If you need to remove a tick, grab it as close to your skin as possible with tweezers, pull straight out and wash your hands and the bite area thoroughly.



Mosquitoes

These pesky insects are everywhere! The biggest threat they pose locally is the spread of [West Nile virus](#). Most people don't show symptoms or have mild ones like fever, headache and body aches, but in rare cases, more serious issues like encephalitis can develop.

Protect yourself by:

- Using insect repellent with 20% – 50% DEET
- Wearing loose-fitting, long-sleeved shirts and long pants
- Removing outdoor standing water, where mosquitoes lay eggs
- Keeping doors and windows shut or using screens

Fleas

These tiny terrors are more than a pain for your dog or cat. They're happy to snack on humans, too — and move into your house. Although they don't usually cause major health problems, they can spread [cat scratch disease](#) and [tapeworms](#). Fleas are most active in warmer weather, but the eggs, pupae and larvae can survive all year.

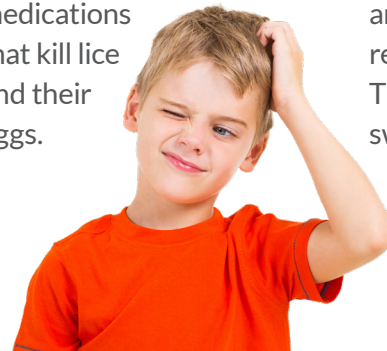
Prevent fleas by:

- Regularly vacuuming rugs and washing bedding
- Using flea prevention on your pets
- Keeping your grass short
- Avoiding wild animals or strays

Head lice

While these parasites [don't spread disease](#), they can cause discomfort. Lice spread through direct contact. Regularly washing clothing and bedding (and not sharing personal items like brushes and towels) can help prevent infestations.

If you get lice, skip home remedies like suffocating them with mayonnaise or olive oil. Your best bet is treatment with over-the-counter or prescription medications that kill lice and their eggs.



Bed bugs



Contrary to popular belief, bed bugs don't just live in dirty places. You could get them from a five-star hotel and bring them home in your luggage or clothing.

They're another pest that [doesn't spread disease to humans](#), but their bites are unpleasant. When you stay in a hotel or rental house, check the seams of the mattress, box springs, bed frames, headboards and dressers for these small, reddish-brown, flat insects. They also emit a distinctive sweet, musty odor.

No disease, please

While most insect bites are harmless, why risk a bad reaction or health scare?

According to Stan Martin, MD, director of Geisinger's Division of Infectious Diseases, "Your grandmother was right — an ounce of prevention is worth a pound of cure. When outdoors, take preventive measures to keep yourself safe. And be sure to check children when they come in after playing outside."

Taking these simple steps can help you avoid everything from an irritating itch to a course of antibiotics and potential long-term problems.



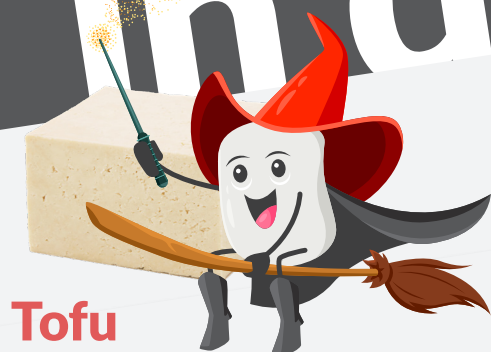
2023 local snapshot

At Geisinger* 2,224 positive tests for Lyme disease
 276 positive tests for anaplasmosis
 29 cases of cat-scratch disease
 5 cases of dengue fever

In PA 22 cases of West Nile virus reported

**Reported cases documented in medical records*

Foods in disguise



Tofu

You can sneak tofu into your menu as a substitute for higher-fat ingredients. Planning a ghostly dip or a creamy pumpkin pie? Blend silken tofu in for a smooth, rich texture that adds protein without extra calories. Your family and friends will marvel, unaware of the healthy secret lurking within. Try out the instant chocolate mousse recipe for a freakishly good dessert.



Zoodles

Pasta is a favorite, but try twisting things up with zoodles — zucchini noodles. With a spiralizer, transform fresh zucchini into long, noodle-like strands (or check your grocery store for premade zoodles). Toss with pesto or marinara sauce for a dish that's tantalizing and teeming with vitamins. Zoodles are a fun way to conceal vegetables in a meal and are sure to trick (and treat) everyone at the table.



Cauliflower

Cauliflower is the ultimate trickster. This versatile vegetable can take the place of rice, mashed potatoes or even pizza crusts. Try riced cauliflower as a base for a shockingly savory stir-fry or bake it into a crispy, thin pizza crust for a hauntingly healthy alternative. It's a fantastic way to reduce carbs and increase fiber intake, all while keeping flavors bold and spirits high.

This Halloween season, the trick is making the healthy choices undetectable. The treat is enjoying food that's as wholesome as it is hauntingly good. So, don your chef's costume and prepare a dish where every bite offers a surprise — good for the body and the spirit!

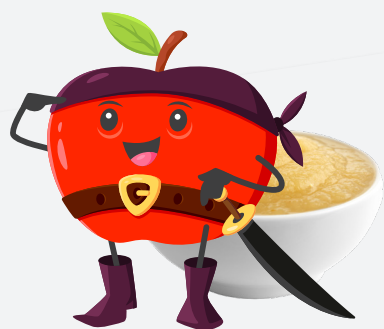


It's alive! (with flavor)

Experiment with yogurt-based ranch dressing in your science laboratory — or kitchen: geisinger.org/ranchdressing

Halloween is a time for playful deception, making it the perfect opportunity to introduce some stealthy nutrition into your diet. Let's go on a culinary adventure where traditional dishes are served up with a mystery ingredient, disguising nutritious elements in a costume of traditional flavor and appearance.

By Kimberly Adler-Morelli



Applesauce

When baking, replace traditional fats like butter and oil with a fall favorite: applesauce. This stealthy switch not only reduces fat content but also adds natural sweetness, so you can cut down on added sugar. Use unsweetened applesauce in muffins, cakes or cookies to create moist, tender treats that are eerily guilt-free.



Greek yogurt

Greek yogurt is a protein powerhouse and a great substitute for mayonnaise or sour cream in creamy dressings and spreads. Mix it into your devilish dips or spooky sauces to add a tangy twist without extra fat. The rich, creamy texture disguises the healthy swap hidden beneath.



Black beans

Not just for savory dishes, black beans can be a magical ingredient in desserts too. Puree black beans to replace flour in brownies for a gluten-free treat that's sure to enchant. Black bean brownies will fly off the table, providing a fiber-rich, lower-calorie option that still satisfies that sweet tooth.

Instant chocolate mousse



Makes 4 servings.

Ingredients:

- 1 box (3.9 ounces) instant chocolate pudding mix
- 1½ cups soy milk (cold)
- 1 package (14 ounces) silken tofu

Directions:

1. Blend the chocolate pudding mix and the soy milk on medium speed for about 15 seconds until the mixture is very smooth.
2. Add the silken tofu and blend again. Scrape the mixture down off the sides to be sure it's all mixed in. Blend and scrape until well mixed and very smooth.
3. Pour mixture into 4 small serving dishes.
4. Chill for at least 2 hours before serving.

Adapted from: myplate.gov

By Lyndsey Frey

Giving back after cancer

John Yoder is paying it forward

After a successful stem cell transplant and radiation therapy, Mr. Yoder dedicates his time to helping other cancer patients and survivors.

John Yoder, 54, of Danville, has been in cancer remission for eight-plus years. And he's dedicated much of that time paying it forward to inspire others with cancer.

Grateful for the amazing care he received at Geisinger, Mr. Yoder seeks to provide resources and support, including group therapy and educational newsletters, for cancer survivors and patients living with cancer through the nonprofit he founded, The Survivor's Journey. He also recently launched a podcast covering topics like wellness, diet, mental health and care networks to help people cope with cancer.

"Everyone's life changes when they go through cancer. Some people give up hope, and I don't like to see that," says the father of two grown children and insurance agent with Christian-Baker Company. "I think it's important that we talk about sensitive things that everybody deals with."

Mr. Yoder's desire to give back began when he was a patient, reaching out to many others going through cancer treatment.

Hematology nurse practitioner Jamie Weeder, who's known Mr. Yoder since 2014, has helped connect him with others dealing with cancer.

“We see more and more patients living with cancer, and to provide them with resources and community support is amazing,” she says. “John is just a wonderful person. He has a big heart. We see him in the clinic every three months and he’s happy to see everyone and thank them for the care they’ve provided.”

Mr. Yoder’s cancer journey

Nine years ago, Mr. Yoder developed hip pain that would not go away.

“My doctor said, ‘Let’s see what’s going on. You’re 44 and shouldn’t be having this yet,’” he says.

After an X-ray revealed a tumor, his doctor referred him to orthopaedic oncology. Further testing confirmed a type of cancer called multiple myeloma in August 2014. This rare blood cancer develops in bone marrow and can spread throughout the body. He also had tumors on his chest and head and near his spine.

Mr. Yoder’s treatment at Geisinger Medical Center included radiation therapy and a stem cell transplant — which saved his life.

He says his love of traveling inspired him. “I frequently go to England, and we rent a house in the countryside,” he says. “It was my motivation to get better.”

Innovative cancer treatments in rural Pennsylvania

Mr. Yoder says he’s so appreciative of the care team at Geisinger and the leading-edge cancer treatment he received in his own backyard.

“I was very grateful to be so close to Geisinger. Some of the most remarkable people on the planet took care of me,” he says.

Mr. Yoder had an autologous stem cell transplant. In this procedure, the stem cells restore a patient’s bone marrow and immune system after high doses of chemotherapy or radiation treatment. Doctors collected Mr. Yoder’s own healthy stem cells from his blood, then reinfused them after his radiation.

“The doctors were wonderful,” he says. “The nurses and physician assistants were lifesavers. They put their hands on your hands and walk you home.”



Oncology nurses sew shirts to put patients at ease

Mediports are devices surgically implanted under the skin on the chest to provide access to a large vein. They’re a convenient way for patients to have regular cancer treatment or blood draws. Accessing them, though, is anything but convenient.

“Typically, the neckline of the shirt worn had to be stretched or patients had to remove their shirts entirely to allow appropriate access to keep the procedure sterile,” explains Mandie Hall, clinical registered nurse supervisor in hematology-oncology at Geisinger. “It made patients feel uncomfortable or embarrassed, not to mention they got cold or tired of holding their shirt down, because the procedures can be lengthy.”

So Ms. Hall and her team of oncology nurses took matters into their own hands. They’d read about a woman in Mississippi whose church group was making “caring shirts” for her granddaughter with cancer. When they reached out to her, she was happy to share her template — and tips for success.

Ms. Hall’s team got to work and made bright blue shirts with a snapped opening from the neckline down to the elbow for easy access to a mediport.

“Patients can now unsnap the shirt, and it flaps open in the front so you just see the port,” says Ms. Hall. “They don’t have to hold their shirts, and we don’t have to worry about contamination. The caring shirts keep patients covered, warm, protected and dignified.”

The caring shirts were so well received by patients that Geisinger Health Foundation’s William Hoover Cancer Patient Assistance fund donated 120 more shirts, which are now available to all Geisinger patients who have mediports.

Ms. Hall says, “We’re thrilled to provide these shirts for patients to help ease the burden a cancer diagnosis can bring.”

Because of you

You can help, too:
geisinger.org/becauseofyou

Kids! Giggle, doodle and use your noodle for better health!

Healthy living is serious stuff, right?

Not with ZING543210. This Geisinger program helps everyone — especially kids — develop healthy habits while having fun.

And our activity book is a great way to introduce the children in your life to the good stuff they should aim for every day.

Share the games and puzzles on these pages with your little loved ones — and contact us at pahealth@geisinger.edu to get the whole **free** booklet emailed or mailed to you.



Aim for these ZING543210 goals every day:

5 servings of fruit and vegetables

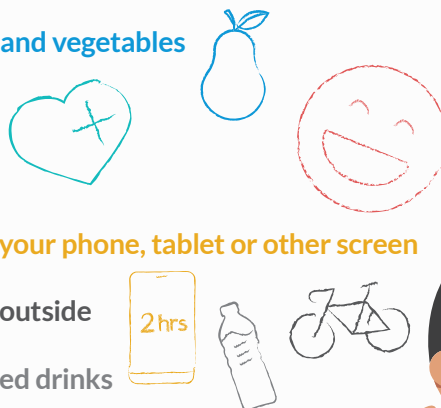
4 kind thoughts

3 belly laughs

2 hours or less on your phone, tablet or other screen

1 hour having fun outside

0 sugary, sweetened drinks



ZING543210 is livening up schools — starting at Warrior Run Elementary School in Turbotville, where colorful graphics encourage kids to eat well, move their bodies, laugh a lot and be kind to themselves and others.



Knock knock!

Who's there?

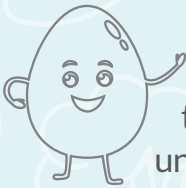
Lots of smaller words hiding inside one big word!



Example: GET

How many words can you find hiding inside **LAUGHTER**

Unscrambled eggs



Get crackin' on your daily 5 servings by adding vegetables to your breakfast. Can you unscramble these veggies that taste great in scrambled eggs?

RGNEE PPPREE _____

OTMAOT _____

CBOROCIL _____

NOINO _____

HCIANPS _____



Why did the banana go to the doctor?



A funny thing happens... when you laugh!

Laughter is powerful stuff. It's good for your mind and body. It can even help you get fewer colds and flus!

- laugh
- joke
- guffaw
- chuckle
- funny
- goofy
- hilarious
- silly
- chortle
- comedy
- giggle
- snicker
- zany

F S I E L W G L R M
H C Z A N Y O A C G
S I H M H F O U O I
N F L O G L F G M G
I U J A R U Y H E G
C N O J R T F D D L
K N K D G I L F Y E
E Y E E T S O E A F
R S I L L Y N U O W
C H U C K L E V S P

Game, set... match!



Can you match the word to its sport?

- 1 tennis

2 volleyball

3 baseball

4 basketball

5 ice hockey

6 football

7 gymnastics

8 track & field

9 soccer
- a assist

b down

c dunk

d javelin

e slider

f bump

g love

h check

i vault

Geisinger

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