

Sterling News



Cigna Welcomes Sterling!

Some Good News to Share –

Sterling has joined forces with Cigna Insurance!

Over time, this partnership will mean that useful customer programs and tools that come with being part of one of the nation's largest health insurance companies will be available to you.

But, rest assured, nothing will change with your benefits and coverage. Providing the same great level of service and support to you and your family continues to be our highest priority.

“Rest assured,
nothing
will change
with your benefits
and coverage.”

Senior Mental Well-Being

Creative at Any Age!

By Donald Drummond

Creativity and innovation aren't just for the young. In fact, recent studies show that, like a fine wine, these qualities may actually improve and increase with age.

Experience and wisdom benefit creativity as we age. The more life experience an individual has, the more they have to draw on for their creative pursuits. This gives older artists an edge over younger artists, affording the potential for greater depth and inspiration. While a certain amount of fearlessness comes with youth, creative fearlessness combined with wisdom can guide older adults to greater insights that advance creativity and innovation.

It's never too late to do something great:

- **Age 53:** Walter Hunt, an inventor, patented the safety pin.
- **Age 58:** Akio Morita, Sony chairman, introduced the Sony Walkman, an idea no one seemed to like at the time.
- **Age 62:** J.R.R. Tolkien published the first volume of his fantasy series “The Lord of the Rings.”
- **Age 65:** Laura Ingalls Wilder published her first “Little House” book in 1932.



- **Age 66:** Frank McCourt's first book, *Angela's Ashes* was published in 1996.
- **Age 78:** Anna Mary Roberson Moses, better known as Grandma Moses, began her painting career.
- **Age 87:** Mary Baker Eddy founded the *Christian Science Monitor*.

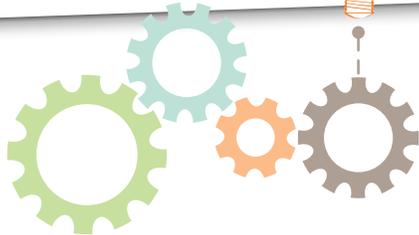
Empathy, a major component of creativity and innovation, is more prevalent in older adults than in their younger counterparts. According to Kathleen Taylor, a professor at St. Mary's College of California and an authority on adult aging, empathy is learned and refined as we age. Empathy is critical to creativity because it allows people to understand the needs of their audience. Additionally, empathy benefits innovative pursuits such as inventing new technologies.

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Creative at Any Age!

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Creative endeavors also have positive effects on physical and mental health for older adults. Such activities offer a wide range of benefits including relaxation, improving cognition, increasing self-esteem and social engagement.



For example, observations of participants in a Washington D.C. choir included stabilization of overall health, fewer doctor visits, higher morale, reduction of depression, and higher social engagement and satisfaction.

It is **NEVER** too late to start exercising your creativity.

Take out your pen if you have an urge to write, join a choir if you like to sing, or learn to paint with a local art class. Engaging in creative and innovative activities keep us engaged in life in positive, healthy, and fulfilling ways.



Sources: Barbara Bagan, PhD, ATR-BC, "Aging: What's art got to do with it?" Web. 2015

"The Creativity and Aging Study: The impact of professionally conducted cultural programs on older adults" conducted by the National Endowment of the Arts. Apr. 2006 https://cahh.gwu.edu/sites/cahh.gwu.edu/files/downloads/NEA_Study_Final_Report_0.pdf

Amanda Enayati. "The aging brain: Why getting older just might be awesome" Web. 2012

Dan Waldschmidt. "This List Proves You're Never Too Old To Do Something Amazing." Web. 2014

Seasonal Exercising

Mall Walking: Is This Still a Thing? ▶▶

Yes! Mall walking programs are alive and well and better than ever.

There's no better way to stay fit than mall walking when the weather just doesn't want to cooperate. Just because the leaves are turning and the temperature is dropping, don't be stopped from getting your exercise. Malls all over the country have walking programs that provide dedicated times for people to stay fit and walk year-round. Benefits to mall walking include:

- **Weather** – The temperature controlled, indoor environment of the mall works during rain, snow, heat or cold.
- **Safety** – Security staff and the presence of other walkers provide a safe and supportive environment.

- **Low risk of injury** – Mall walkers stay safe with dry, level surfaces and no traffic.
- **Expensive workout gear not required** – You don't need anything other than a properly fitting pair of walking shoes.

The benefits of regular activity are well documented. Compared with inactive adults, those who engage in regular physical activity, such as a brisk walk through the mall, are at lower risk of heart disease and stroke, type 2 diabetes, breast and colon cancers and depression. Additional benefits of regular activity include weight loss and improved sleep. Active older adults may also experience a greater sense of independence, reduced risk

of falls, and delays in the onset of cognitive decline and dementia.

Enjoying such health benefits does take a bit of work though. National guidelines recommend that adults, including older adults, obtain at least two hours and 30 minutes a week of brisk walking, or one hour and 15 minutes

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Healthy Eating >>>



What are EDAMAME ?

Edamame (*pronounced ed-uh-MA-may*) are immature soybeans that are either eaten steamed or boiled. They are low in calories and carbs, and rich in protein and fiber. Edamame are usually purchased still in the pod; however some stores do sell them shelled, like peas. You will usually find them in the freezer section of your grocery store.

Edamame Parmesan

Yields: 1-1/2 Cups

INGREDIENTS:

- One 12-ounce package frozen, **shelled** edamame (thawed)
- 2 tablespoons olive oil
- 1/4 cup grated Parmesan
- 1/4 teaspoon garlic powder
- Kosher salt and freshly ground black pepper

DIRECTIONS:

Preheat the oven to 400 degrees F.
Toss the edamame with the olive oil to coat in a medium bowl. In a separate small bowl, mix the Parmesan and garlic powder with some salt and pepper. Add the Parmesan mixture to the edamame mixture and toss.
Spread the edamame on a rimmed baking sheet and bake, turning once halfway through, until the cheese just starts to brown, 15–20 minutes. Store in an airtight container. Good reheated.

Recipe courtesy of Trisha Yearwood
<http://www.foodnetwork.com/recipes/trisha-yearwood/edamame-parmesan.html>



Great protein snack or side dish

Beet Greens

Yields: Serves 4



INGREDIENTS:

- 1 pound beet greens (or use kale, spinach or collard greens)
- 1 strip of thick cut bacon, chopped (or a tablespoon of bacon fat)
- 1/4 cup chopped onion
- 1 large garlic clove, minced
- 3/4 cup of water
- 1 Tbsp granulated sugar
- 1/4 teaspoon crushed red pepper flakes
- 3 Tbsp of cider vinegar

DIRECTIONS:

Rinse the beet greens in a sink filled with cold water. Drain greens and rinse a second time. Drain greens and cut away any heavy stems. Cut leaves into bite-sized pieces. Set aside.

In a large skillet or 3-qt saucepan, cook bacon until lightly browned on medium heat (or heat 1 Tbsp of bacon fat). Add onions, cook over medium heat 5 to 7 minutes, stirring occasionally, until onions soften and start to brown. Stir in garlic. Add water to the hot pan, stirring to loosen any particles from bottom of pan. Stir in sugar and red pepper flakes. Bring mixture to a boil.

Add the beet greens, gently toss in the onion mixture so the greens are well coated. Reduce heat to low, cover and simmer for 5–15 minutes until the greens are tender. Stir in vinegar. (For kale or collard greens continue cooking additional 20 to 25 minutes or until desired tenderness.)

Read more: http://www.simplyrecipes.com/recipes/beet_greens/#ixzz3qRiRvIxD

Meal Resources

Did You Know ?



There are programs that may be able to help provide meals:

- **Meals on Wheels Association of America:** Prepares and delivers more than one million meals to seniors each day. To find a program in your area, visit <http://www.mealsonwheelsamerica.org>
- **Supplemental Nutrition Assistance Program (SNAP):** Seniors who have trouble affording fresh fruits and vegetables and other food can apply. To see if you are eligible and apply, visit <http://www.fns.usda.gov/snap/apply>

Intended only as a list for informational use.

Mall Walking

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a week of jogging or running. A brisk walk through the mall once or twice a week is a great way to meet the recommended guidelines.

For most adults, it's never too late to start a walking program. Walking is an activity that requires little or no specialized skills or training. All you need is a pair of comfortable walking shoes and a place to walk. Check in with your local mall for details about their walking program.

Additional Walking Resources:

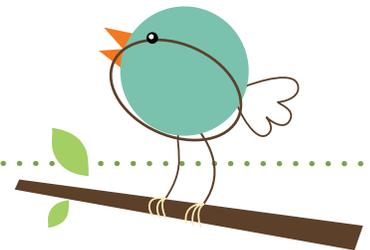
America Walks <http://americawalks.org/>

National resource that fosters walkable communities by engaging, educating, and connecting walking advocates.

Every Body Walk! Collaborative <http://www.everybodywalk.org/collaborative>
Partnership of national, state, and local organizations, federal agencies, businesses, and professional associations that are committed to developing and implementing collective approaches that can return walking to a valued, cultural norm for all Americans.

Start Walking Now <http://www.startwalkingnow.org>

American Heart Association information about walking clubs provides an additional rationale to start a mall walking program.



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- ✓ If calling about mail you received, have it available so we can address your specific question or concern.
- ✓ If your spouse, friend or family member calls on your behalf, we must have your permission to release your protected health information.

Did You Know?

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Customer Service: 1-888-299-5970
M–F, 5:00 am–5:00 pm PT

**How can
we help
you?**

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