



WELLNESS MAGAZINE

FEBRUARY 2023

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STAYING IN SHAPE
DOESN'T HAVE TO BE
A BURDEN TO
YOUR WALLET

XBB.1.5

THE LATEST COVID
VARIANT

THE IMPORTANCE OF EATING FRUITS & VEGETABLES



THE GREATEST SCIENTISTS *Barbara McClintock*

TIPS FOR THE CARE
OF THE ELDERLY

WELCOME

to the Floridacare Family

Prevention rather than cure should be the watchword of each person for their health care, in order to avoid risk factors that can lead us to suffer from a disease. We must promote a healthy physical and mental lifestyle, and that is the objective of this magazine, that whoever reads it, can know the importance of preventive health. You can start using your plan right away, but please note that you must present your membership card and photo ID at the time of service to verify your eligibility. For general questions, appointment assistance, or customer service, call 305-294-9292, between 8:30 am to 5:00 pm. We encourage our new members to take a moment and familiarize themselves with this booklet so that you can better understand how Floridacare works. The more informed you are about the excellent services and exclusive prices that Floridacare offers you, the better your experience will be. Remember that your health is the most precious gift you have. Thank you for trusting Floridacare to protect your family's health.



Why is Wellness Important?

Over the past year, we have all experienced new challenges that have affected our physical, mental, and social well-being. Many of us have felt tired and stressed, which is why wellness and self-care are more important than ever. Below, we share some new ideas to achieve your well-being in all its dimensions and you can nourish your mind and body.

1. Do exercises
2. Drink water regularly.
3. Track your fitness.
4. Take multivitamins.
5. At the office, stand up every 30 minutes
6. Go outside
7. Get enough sleep.
8. Eat organic food if possible.
9. Practice gratitude.
10. Read books.
11. Eat more fruits and vegetables.
12. Correct your posture.
13. Take a daily probiotic.
14. Get vaccinated.
15. Minimize sugar intake.
16. Meditate.
17. Listen to music.
18. Share with friends and family.
19. Do not abuse electronic equipment.
20. Organize your days.



What you should know about **XBB.1.5** the latest Covid 19 variant.

Public health experts are keeping a close eye on a new variant of the coronavirus that is spreading rapidly. It is known as XBB.1.5, and the latest data from the Centers for Disease Control and Prevention (CDC) shows that this omicron subvariant is responsible for approximately 30% of COVID-19 cases in United States, an increase compared to 4% a few weeks ago. In the Northeast, it is causing around 70% of infections. Here's what we know so far about XBB.1.5 and the impact it could have this winter.

It's more transmissible

Like its relatives, this omicron spinoff is highly transmissible, meaning it spreads quickly and easily from person to person. And in many areas of the country, it's outcompeting other prominent omicron strains like BQ.1 and BA.5, which usually implies that it has some sort of transmission advantage over the others. World Health Organization (WHO) officials confirmed on Jan. 4 that XBB.1.5 is, indeed, "the most transmissible subvariant that has been detected yet," thanks to certain mutations that allow the virus to easily bind to cells and replicate. Cases of COVID-19 caused by XBB.1.5, a hybrid of two omicron BA.2 sublineages, are also on the rise in Europe, and the subvariant has been detected in 29 countries and counting.

It may be better able to bypass immunity

What's more, XBB.1.5 seems to be even better at evading antibody protection from vaccines or a prior infection. That's not to say the vaccines can't stand up to XBB.1.5. There are parts of the immune system other than antibodies, and it still seems that there is a reduction in severity of illness and reduction in risk of hospitalization and death.

Studies to determine just how well the vaccines can neutralize XBB.1.5 are ongoing. In the meantime, doctors and health officials are urging everyone who is eligible to get the updated bivalent booster, which targets some of the more recently circulating omicron strains. "The new bivalent shot is your best protection against both infection and serious illness [from XBB.1.5]," White House COVID-19 Response Coordinator Ashish Jha, M.D., said in a tweet. As of Jan. 4, nearly 40 percent of adults 65 and older have received the booster.

Tests and treatments? So far, so good

It's still unclear if XBB.1.5 causes more severe illness — there's no indication that it does, WHO officials have said — but what it's known is that the three antiviral medications used to treat COVID-19 seem to have a high degree of efficacy against the subvariant. So we're hardly without treatment options for it. (Monoclonal antibodies are no longer being used to treat COVID-19 caused by the latest omicron strains, which have essentially rendered the medications ineffective. The evidence so far also points to our COVID-19 tests working "just fine" with XBB.1.5 in the mix, Jha said. If you experience symptoms that align with COVID — cough, sore throat and fatigue are among the more common signs — test right away, Jha advises. And if you're positive for the virus, talk to your doctor immediately about treatment options that can help keep an infection from progressing into severe illness.

Now is not the time to abandon preventive measures

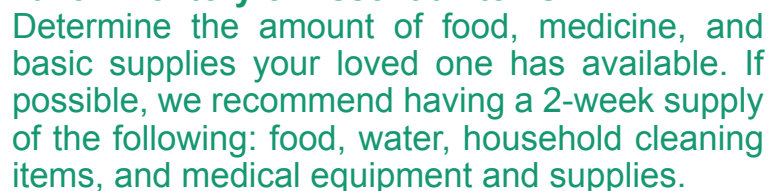
The situation with XBB.1.5 is no doubt one to watch. But there's no need for panic, says Pavitra Roychoudhury, a virus expert at the University of Washington and a research associate in the Vaccine and Infectious Disease Division at the Fred Hutchinson Cancer Center. "It's definitely good to be aware that there's this highly transmissible variant out there, and that it's only adding to the existing circulation of other respiratory viruses that we've been hearing about," Roychoudhury says. The U.S. has already been hit hard with a wave of flu and RSV (respiratory syncytial virus) this fall and winter.

In addition to staying up to date with your vaccines, Roychoudhury's advice is to keep your risk top of mind. If you're going to be around others in an indoor setting, consider wearing a mask, which, she says, "still works against all [COVID] variants and multiple respiratory viruses."

Also, avoid poorly ventilated spaces and stay away from others if you're feeling sick, to help break the chain of transmission if you do have COVID. "The more this virus circulates, the more opportunities it will have to change," WHO's Maria Van Kerkhove said.

TIPS FOR THE CAREGIVER OF THE ELDERLY

Find out if meal delivery services like Meals on Wheels can deliver food to the home of the person you care for, or if there are other local alternatives that can assist with food or medication delivery.



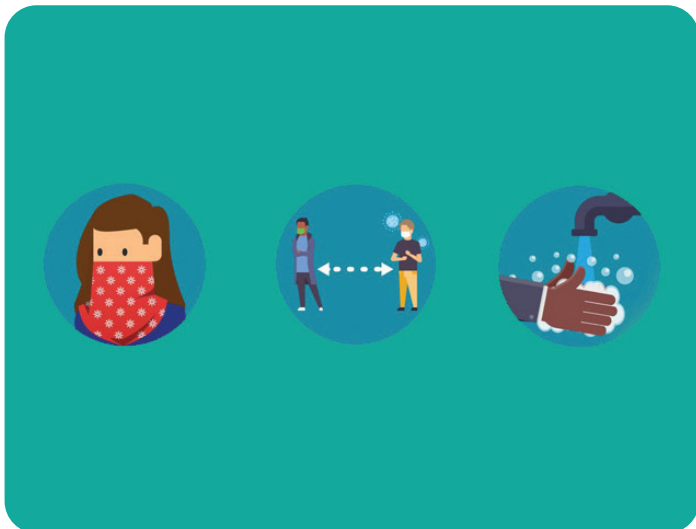
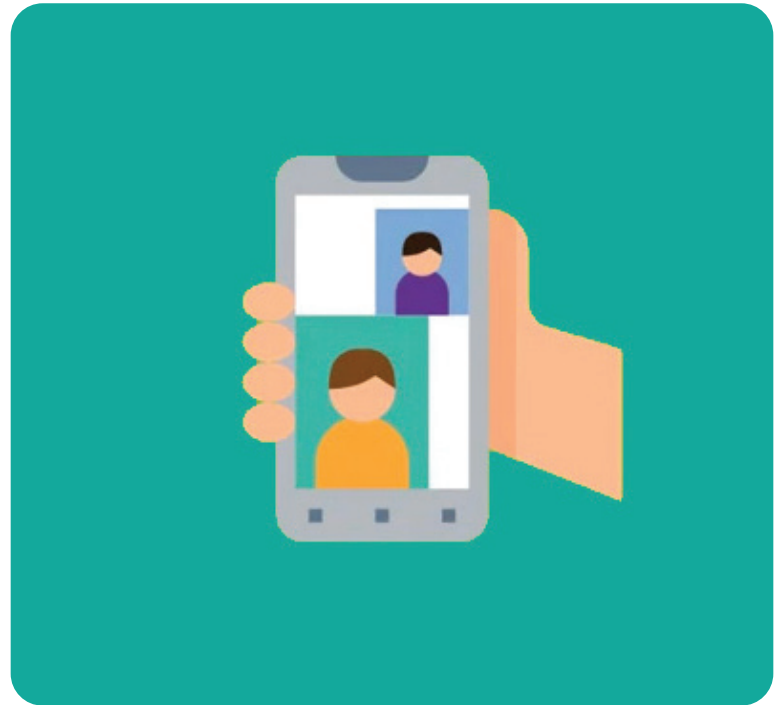


Organize medications and request more quantity

Make sure you have a list of medications and medical contacts, and know where to find health documents such as advance directives. If your loved one has routine medical appointments scheduled, reschedule or switch to virtual or telehealth appointments. Medicare has temporarily expanded its coverage of telehealth services. Call your loved one's health insurance company to find out what is covered. • We recommend having an extra 30-day supply of essential drugs on hand. Also, don't forget over-the-counter (non-prescription) medications, such as acetaminophen for coughs and fevers.

Make a plan so you can stay connected

By following the Centers for Disease Control and Prevention (CDC) guidelines for social distancing, isolation becomes a much more serious problem. Connect with your loved one and your team through a variety of technologies like FaceTime, WhatsApp, Skype, smart speakers, or just your phone and text. • If your loved one lives in a nursing home or nursing home, check to see if they are arranging virtual visits using technology, and how they plan to facilitate communication with families. • An alternative is to send cards, letters, magazines, puzzles, or other items that you know your loved one would like to receive. Talk to center administration about the safest way to get items to your loved one.



Keep your personal safety and take care of yourself

To stay safe and stay healthy, limit contact with visitors, stay home, and follow CDC guidelines. Although most of us focus on the loved one we are caring for, it is very important that you also take care of yourself. For high-risk individuals, such as those with dementia or underlying health conditions, consider having the caregiver self-isolate along with the care recipient. Make sure you have a backup plan in case the primary caregiver gets sick.

5 GREAT WAYS TO SAVE ON FITNESS PLANS AND GEAR

Gym memberships can be expensive and may lock you into long-term contracts. Some at-home equipment on the market can carry big price tags and, sometimes, monthly subscription charges, too. But keeping fit doesn't need to be a workout for your wallet. Here are some ways to save:

1. Stream workout videos for free

Whether you prefer gentle yoga, heart-pounding cardio or sensible strengthening routines, you can find thousands of workout videos—available for free—online, or through some cable providers and streaming services. You don't need much for most of these workouts—just a yoga mat for floor exercise and enough space for a few steps (or lunges) in all directions around you.



2. Buy studio classes in bulk

If you prefer the community of in-person classes, most studios offer a free or highly discounted trial class or two. Once you've found one you love, consider buying a package of classes up front—as long as you're certain you'll use all the classes in the allotted time limit. "If you pay for six months' worth of classes at once, it's cheaper than paying for the classes as you go," says Julie Ramhold, a consumer analyst with DealNews, a comparison-shopping website.



3. Wait for discounted gym memberships

High demand for memberships from New Year's resolution-makers means that gyms tend to charge higher prices in January. You'll get a better deal in February, Ramhold says. Pay even less by taking advantage of discounts offered through your workplace benefits or programs such as Silver Sneakers, available through some Medicare Advantage plans.



4. Be thoughtful about gear purchases

Looking to strength-train without spending hundreds of dollars on dumbbells? Purchasing a set of resistance bands is a cheap alternative and will still provide a full-body workout. If you're interested in larger equipment, like a treadmill or stationary bike, check out sites such as Craigslist, OfferUp or Facebook Marketplace, where your neighbors may be selling barely used equipment for much less than you'd pay at retail. "There are a lot of people who buy exercise equipment and don't use it," says certified yoga instructor and over-50 fitness influencer Lorraine C. Ladish. "Often it's secondhand, but it's in pristine condition."



5. Join your favorite fitness retailer's loyalty club

While it's rarely necessary to purchase purpose-made workout clothing, new threads can give you some added motivation. The rewards programs at athletic apparel stores may give you access to exclusive deals and discounts on merchandise. Some stores, such as Athleta, Reebok and Nike, may also provide access to community fitness events and classes.



4 WELLNESS DESTINATIONS



Plan a trip to one of these places to recharge and reboot year-round

Thermal baths, peaceful nature trails and energy vortexes are a few of the highlights at these destinations that invite you to relax, rejuvenate and reconnect with your surroundings and yourself.



Mendocino County, California.

In northern California's Mendocino County, 90-plus miles of pristine coastline, state and national parks, and some of the world's tallest and oldest trees converge about two hours north of San Francisco. Start with a leisure walk through a towering redwood grove in Montgomery Woods State Reserve. Tide pooling is as peaceful as it is metaphorical at MacKerricher State Park, where the tide's ebb and flow reveals pleasant sea surprises (starfish, anemones, crabs) in its rocky nooks. Learn to kayak while exploring the remarkable sea caves of Van Damme State Park (guided tours are available year-round). Stay in the beautifully preserved clifftop village of Mendocino at the Sweetwater Inn & Spa, where outdoor redwood hot tubs are complimentary for guests.

Sedona, Arizona.

Sedona's mammoth red rock formations and renowned vortexes (areas of swirling energy) draw travelers from around the world to the city and the surrounding landscape. It's common to see locals and visitors meditating or practicing yoga moves amid the red rocks. Join a tour to learn more about the vortexes or explore the sites solo (download the map and directions before you go). At night, there's more cosmic enchantment: Sedona is one of only 38 Dark Sky Communities in the world, which means the stargazing is — literally — out of this world. The best spots for viewing are along Dry Creek Road, at Beaverhead Flat Scenic Overlook, and the Two Trees Observation Area.



Hot Springs, Arkansas

With a name like Hot Springs, the activity du jour is easy to guess. This western Arkansas town in the Ouachita Mountains is known for the thermal springs, 47 to be exact, that bubble up in the adjacent Hot Springs National Park. Hot water has long been a method of treating fatigue and boosting wellness, so head to Bathhouse Row, the conga line of eight historic bathhouse buildings constructed between 1892 and 1923. These days, only two let you soak in spring-fed communal and private baths. The Buckstaff Bathhouse, operating since 1912, also offers massages, facials and body scrubs. The Quapaw Bathhouse opened in 1922 and has similar spa services as well as day packages for individuals and couples.

St. Tammany Parish, Louisiana

St. Tammany Parish is an under-the-radar gem with winding bayous, relaxed rivers and plenty of Southern charm just 40 minutes from New Orleans. Explore the area via the Tammany Trace trail — Louisiana's first and only rails-to-trails conversion. The 31-mile, car-free path connects five towns (Covington, Abita Springs, Mandeville, Lacombe and Slidell) and winds past independent coffee shops, a brewery, farmers markets and lush green parks. Or rent canoes, kayaks and stand-up paddleboards in Covington, and enjoy the meditative meander to swimming holes along the Bogue Falaya River.



FRUTAS Y VERDURAS

POR QUE ES IMPORTANTE CONSUMIRLAS

Consuming fruits and vegetables daily helps prevent diabetes, overweight, high blood pressure, cardiovascular disease and cancer. Its daily intake provides vitamins, mineral salts, antioxidants and fiber; It is also low in calories and favors the elimination of toxins from the body. Fruits and vegetables especially provide vitamin A and C, they are essential for disease prevention.

For example, Vitamin A (in the form of beta-carotene) strengthens the immune system, as well as being an excellent antioxidant, preventing cell aging and the appearance of cancer.

Beta-carotene can be found in carrots, pumpkins, dark green leafy vegetables (spinach and chard) and fruits such as papaya, mango and banana from the island.



On the other hand, vitamin C is involved in the formation and repair of body tissues, wound healing and is an antioxidant. Among the fruits and vegetables rich in vitamin C are orange, tangerine, lemon, grapefruit, passion fruit, tomato, pepper and cucumber.

We must remember that fruits and vegetables are low in calories, so they help to maintain the ideal weight, they are also a source of fiber, important for regulating intestinal function and helping to avoid constipation. Finally, fruits and natural fruit juices contain water, potassium and natural sugars, being a healthy option to replenish fluids and mineral salts.

Keep in mind:

- To have a good supply of vitamins, mineral salts, antioxidants, fiber and water; eat half a plate of vegetables and three fruits a day.
- For the best use of fiber; prefer to consume vegetables and fruits naturally.
- Wash fruits and vegetables with safe water before eating.





THE 6 BEST VITAMINS FOR EYE HEALTH

1. Vitamin A (and beta-carotene)

Vitamin A is absolutely essential for vision. A deficiency can cause night blindness, particularly among the elderly, and if it progresses, it can result in permanent blindness. Beta-carotene is thought to be important because it is a precursor to vitamin A. Liver, as well as dairy products such as milk, are excellent natural sources of vitamin A. To get beta-carotene (which is converted to vitamin A) in the body, look for any orange-colored vegetables, such as carrots, winter squash, or sweet potatoes.



2. Vitamin E

Vitamin E is also essential for eye health. You find it in the eye, which adds biological plausibility that it's important.

Like other antioxidants, vitamin E helps prevent free radical damage and eye disease.

There is some evidence that consuming high levels of vitamin E through the diet may protect against the formation of age-related cataracts, which cloud vision, but research does not show any significant benefit from taking a supplement. So be sure to include plant-based oils, nuts, sunflower seeds, and avocado on the menu.

3. Vitamine C

Vitamin C is another antioxidant that fights disease and protects against AMD, and like vitamin E, you probably don't need to take a supplement to get benefits. You'll get an added bonus if you also eat foods rich in vitamin E. The two vitamins protect each other from being depleted or oxidized. And there are other advantages. In a 2013 Spanish study looking at diet and cataract risk, researchers found that the higher the intake of vitamins C and E from food, the lower the risk of cataracts.

Citrus fruits are the classic choices for vitamin C, but kiwi, strawberries, broccoli, kale, and bell peppers are also abundant sources. Try this combination that benefits eye health with a spinach and strawberry salad, with an olive oil and vinegar dressing, and sunflower seeds. Spinach and strawberries have vitamin C—along with other healthy nutrients—and olive oil and sunflower seeds contain vitamin E.

4. Zinc

Zinc is found in many enzymes that are needed for good vision and the integrity of eye tissue. It is part of the AREDS2 AMD supplement formulation and should be part of an overall eye-healthy diet. You can find it in beans, lentils, seeds, meat, shellfish, eggs, and dairy products.

5. Lutein and zeaxanthin

These nutrients, part of the carotenoid family of plant pigments, are found naturally in eye tissue. They are in both the lens and the macula, which is practically in the center of the retina. The macula takes a direct hit from light and is therefore vulnerable. That makes them particularly important for AMD prevention because lutein and zeaxanthin act like sunglasses, shielding the retina from ultraviolet ray damage. That makes them particularly important for the prevention of AMD.

Lutein and zeaxanthin are often found together in foods. They are abundant in berries, broccoli, papaya, peaches, mangoes, and green leafy vegetables (such as chard and spinach).

6. Omega-3 fatty acids

The healthy fats in fish can be as good for your eyes as it is for your heart. According to research, consuming omega-3 fatty acids through food or supplements may relieve symptoms of dry eye disease, which occurs when the eye doesn't produce enough tears to lubricate it. This produces symptoms such as burning, stinging, and a gritty sensation. Some studies also show that people who consume higher amounts of omega-3s through their diet may have a lower risk of AMD. Fatty fish, such as salmon, mackerel, and sardines, are the main sources of these healthy fats. Some plant sources include flaxseed, walnuts, and chia seeds, as well as flaxseed, soybean, and canola oil.



Healthy Food

WINTER RAINBOW PANZANELLA

YIELDS: 4 servings / PREP TIME: 10 mins / TOTAL TIME: 25 mins

INGREDIENTS

4 cups / 100g shredded kale and kohlrabi leaves (or any hearty winter green)
1 Tbsp. cold-pressed olive oil
1 Tbsp. freshly squeezed lemon juice
a couple pinches sea salt

A variety of winter vegetables suitable for roasting. I chose:

- sweet potato
- golden & red beets
- kohlrabi
- parsnip
- Brussels sprouts

DIRECTIONS

1. Preheat oven to 400°F/200°C.
2. Scrub veggies well, chop into similar sized pieces (no need to peel!) and place on a baking sheet with a few knobs of coconut oil or ghee. Place in the oven and when the oil has melted, remove pan from oven, toss to coat veggies and return to the middle rack. Bake for 25-35 minutes, depending on the size of your veggies. Remove from oven, season with salt and pepper, and a drizzle of olive oil.
3. While the veggies are roasting, prepare the kale and /or other greens. Wash and dry then well and chop into small pieces. Place in a large bowl and dress with olive oil, lemon juice and sea salt. Vigorously massage the oil and juice into the greens for two whole minutes until they are tender and dark green. Season to taste.
4. To assemble salad, Top the greens with the roasted veggies, add as many pickled carrots as you like, drizzle the dressing over and toss. Top with garlic croutons and serve.

GRANDES DE LA CIENCIA

Barbara McClintock



- Nace: June 16, 1902, Connecticut, USA
- Muere: September 2, 1992, Huntington, New York

She demonstrated the phenomenon of chromosomal crossover, which increases genetic variation in species. She also discovered transposition ñ genes moving about within chromosomes ñ often described as jumping genes, and showed that genes are responsible for switching the physical traits of an organism on or off.

Her discovery of transposition was rejected for years by other scientists, but eventually they realized she was right all along. At age 81, she was awarded the Nobel Prize in Physiology or Medicine.

Although she abandoned her life as a loner when she started college, McClintock never made close friends. She regarded herself as a free spirit; coming too close to anyone might have robbed her of some of that precious freedom. She enjoyed her privacy. She did not marry and had no children.

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