

## In This Issue

- 3 Do you pay a Medicare Part B penalty?
- 4 Get a Flu Shot... Not the Flu!
- 6 Osteoporosis and Your Emotional Health
- 7 How Your Part D Benefit Works
- 8 Talk About Your Health in the Comfort of Home
- 9 Remember Your Preventive Screenings
- 10 Talk to Your Doctor About Bladder Control
- 12 Come to a Member Orientation
- 13 **Living Well Programs**



**4.5 Star Rated**

*Out of 5 Stars  
Overall by Medicare  
2017*

Medicare evaluates plans based on a 5-Star Rating system. Star Ratings are calculated each year and may change from one year to the next.



## Have You Scheduled an Annual Wellness Visit?

It's the first step to earning your \$75 Wellness Reward incentive!

As an MVP Medicare Advantage plan member, you are encouraged to have an Annual Wellness Visit with your doctor. The Annual Wellness Visit is your time to talk with your doctor about your overall health, the medications you take, and any preventive screenings you may need.

It's also your chance to work with your doctor and develop a plan to maintain or improve your health. Ask your doctor about:

- **How to avoid falls**, such as improving your strength and balance, and fall-proofing your home.
- **The kind of physical activity that's right for you**—anything that keeps you moving, from joining an exercise class to walking around the living room during TV commercials.

Bring the Wellness Reward screening form to your visit, ask the doctor to complete it, then send it to MVP, and get your \$75 gift card reward!



## Contact MVP

Call the MVP Medicare  
Customer Care Center

**1-800-665-7924**

TTY: **1-800-662-1220**

Representatives are available

Monday–Friday

8 am–8 pm Eastern Time

October 1–February 14, call seven  
days a week, 8 am–8 pm

Web: **mvphealthcare.com**



## We Welcome Your Comments

### Write to us at:

MVP Health Care

Marketing & Communications

220 Alexander Street

Rochester, NY 14607

Email: **MedicareLivingWell@  
mvphealthcare.com**



To receive this newsletter  
and other general  
communications from

MVP by email instead of postal mail,  
*Sign In/Register* for an MVP online  
account at **mvphealthcare.com** and  
select *Communication Preferences*  
to opt in. You can update your  
preferences at any time via your  
online account. MVP will continue to  
send documents about your health  
plan contract and benefits by mail.

We are committed to protecting  
your personal information. Your  
email address will not be shared  
with anyone else.



MVPMCR0042 (08/2017)



**We'll be there,  
when and  
where you  
need us.**

At MVP Health Care®, we strive to  
have a positive impact on the health  
and wellness of our members.

In this issue of *Living Well*, you'll  
find important information about  
ways we support, guide, encourage,  
and empower you to take on life  
and live well.

You'll also find information and tips  
on how to get the most out of your  
Medicare Advantage membership.

We think health care should  
be about you. That's why we  
are always working to simplify  
your access to care, make the  
health care process more human,  
and build and strengthen our  
relationship with you.

Thank you for being part of the  
MVP Health Care family.

Denise V. Gonick

President & CEO, MVP Health Care

Material presented in this newsletter  
is not intended to replace medical  
advice, which should be obtained  
from a qualified physician. If any  
information in the *Living Well*  
newsletter conflicts with provisions  
of your Evidence of Coverage (your  
contract), the provisions of your  
contract take precedence over  
*Living Well* articles and information.

©2017 MVP Health Care, Inc.

# Do you pay a Medicare Part B penalty? You may qualify for a penalty waiver.

The federal Medicare program is allowing certain individuals who became Medicare-eligible since 2015 and were charged a Part B late enrollment penalty by Social Security, to have that penalty removed.

## You may be eligible if you:

- Switched to a Medicare Advantage plan from a New York State of Health™ or Vermont Health Connect Marketplace plan in 2015, 2016, or 2017,
- Had Medicare Part A while on a Marketplace plan, and
- Were assessed a late enrollment penalty when you first signed up for Part B.

## What To Do

Talk to Social Security about applying for “equitable relief” to have your Medicare Part B penalty removed. Call Social Security at **1-800-772-1213** (TTY: **1-800-325-0778**) or visit your local Social Security office. You will need to show proof of your Marketplace plan enrollment, such as a periodic data match (PDM) notice from Medicare or IRS Form 1095-A. Social Security can help with other documentation to meet this request.

**If you qualify, you have until September 30, 2017 to apply for equitable relief.** Please note: equitable relief does not apply to the Part D late enrollment penalty.

## Check Your Mailbox

Every fall, MVP mails you an “Annual Notice of Changes” that explains the changes to your health plan for the next year.

You don’t need to change plans each year. If you want to continue to be covered under your current plan, you don’t need to do anything—you will automatically stay enrolled in the same plan for the next year.

Please let us know if you do not receive this document by November 17. Call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**).



MVP Health Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-946-8010 (TTY: 1-800-662-1220).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-844-946-8010 (TTY: 1-800-662-1220)。

# Get a Flu Shot...Not the Flu!

When it comes to the flu, prevention is the best medicine. People of all ages should get a yearly flu shot.

- **See your doctor**—he or she can provide the vaccine at no charge (Note: a co-pay may apply if the shot is given during an office visit). If you get the vaccine somewhere other than your doctor's office, remember to let your doctor know to update your records.
- **Call your county Health Department** to check the availability of vaccines, and dates and locations of clinics (see department list on page 5).
- **Go to your pharmacy.**

The flu is a contagious illness that can cause mild to severe illness and in extreme cases lead to death. Getting a flu shot can prevent a trip to the hospital and lessens the chance of spreading the flu to others. It's especially important for people who are at high risk of developing pneumonia to get

their shot. This includes people who care for or have certain medical conditions such as asthma, diabetes, and chronic lung disease and people over the age of 65.

Flu shots are safe and they work. Check with your doctor to see if you can safely receive the flu vaccine. You may not be able to get a flu shot if you are severely allergic to eggs, have had a serious reaction to the flu vaccine in the past, or are sick. Note that the nasal spray vaccine FluMist is **not** recommended for people over the age of 49.

The Centers for Disease Control and Prevention reports that fewer African Americans and people with Latino/Hispanic backgrounds get a flu shot. MVP and the Department of Health and Human Services want to eliminate racial and ethnic gaps in flu and pneumococcal vaccination coverage for older adults and for people at highest risk for flu-related illness and pneumonia.



# My Flu Shot Reminder

MVP Health Care reminds you that it is important to get a yearly flu shot  
Talk to your doctor or call your local Health Department to find out how to  
get your shot.

I will get my flu shot on (DATE/TIME): \_\_\_\_\_

I got my flu shot and told my doctor on (DATE): \_\_\_\_\_



## New York County Health Departments

Albany	518-447-4580	Orange	845-291-2332
Broome	617-778-3930	Otsego	607-547-4230
Cayuga	315-253-1560	Oswego	315-349-3545
Chenango	607-337-1660	Putnam	845-808-1390
Columbia	518-828-3358	Rensselaer	518-270-2655
Cortland	607-753-5036	Saratoga	518-584-7460
Dutchess	845-486-3400	Schenectady	518-386-2824
Essex	518-873-3500	Schoharie	518-295-8365
Fulton	518-736-5720	Tioga	607-687-8600
Greene	518-719-3600	Tompkins	607-274-6600
Herkimer	315-867-1176	Ulster	845-340-3150
Madison	315-366-2361	Warren	518-761-6580
Montgomery	518-853-3531	Washington	518-746-2400
Oneida	315-798-5747	Westchester	914-813-5000
Onondaga	315-435-3252		

## Vermont County Health Departments

Addison	802-388-4644	Lamoille	802-888-7447
Bennington	802-447-3531	Rutland	802-786-5811
Chittenden	802-863-7200	Washington	802-479-4200

## October 20 is World Osteoporosis Day— “Love Your Bones” and improve your bone health!

Talk to your doctor about what you can do to keep your bones strong, including staying up to date on preventive services like a bone mineral density screening.

## Osteoporosis and Your Emotional Health

While caring for your physical health is an important part of living with osteoporosis, it is also important to care for your emotional health. Dealing with osteoporosis can impact your daily activities and how you feel.

Stay mentally positive by focusing on things that improve your mood and motivate you. Think about the healthy choices you are making every day to stay as well as possible, like caring for your bones through careful activities and eating healthy. Or focus on

your strengths, like strong social connections that keep you in touch with family, friends, and the greater community, and can be a source of help when you need it.

It's not uncommon for people living with osteoporosis to experience symptoms of depression. If you have feelings of worry or anxiety, lose interest in activities you once enjoyed or in taking care of yourself, or feel down, you should contact your doctor. If you ever have thoughts of suicide, get help right away.

**Physical activity can improve your bone density and strength—check out an upcoming *Living Well* physical activity class.**

### **In the Hudson Valley:**

Osteo Moves three-part series or the MVP Striders Walking Club at Poughkeepsie Galleria. See page 15 for details.

### **In the Capital District:**

MVP Gentle Yoga Moves, MVP Chair Moves, or the MVP Striders Walking Club at Colonie Center. See page 21 for details.

## Updates Coming Soon to [mvphealthcare.com](http://mvphealthcare.com)!



Look for improvements to the *Medicare member* section of our website in the coming months. The goal is to give you useful information that you can easily find to help make the most of your health plan. Stay tuned!

# How Your Part D Benefit Works

The Medicare Part D prescription drug benefit has different payment stages. What you pay for your prescriptions depends on the payment stage you are in when a prescription is filled. You may move through these stages as you fill prescriptions during the year.

Note: What you pay during these payment stages will vary based on the plan you choose, if you qualify for Low Income Subsidy or Extra Help, have EPIC or V-Pharm, or if your coverage is through a former employer or union group.



## Part D Drug Benefit Payment Stages and What You Pay

<b>Stage 1</b>	<b>Yearly Deductible</b> You will pay your tier co-pay for Tier 1 drugs, \$0 for Tier 6 drugs, and the full cost of Tiers 2–5 drugs until you reach the plan’s deductible amount. This payment stage applies to BasiCare with Part D (PPO) plan members only.
<b>Stage 2</b>	<b>Initial Coverage</b> Most MVP Medicare plan members start the year in this payment stage. You pay your tier co-pay or co-insurance for covered prescription drugs. MVP also pays a portion of your drug costs in this stage.
<b>Stage 3</b>	<b>Coverage Gap</b> When the total of what you and MVP both pay reaches \$3,700, you pay 51% of the cost of generic drugs and 40% of the cost of brand name drugs. For some plans, Tier 1 and Tier 6 drugs will continue to be the same cost in the Coverage Gap Stage.
<b>Stage 4</b>	<b>Catastrophic Coverage</b> When the total out-of-pocket costs reach \$4,950, you pay the greater of \$3.30 for generic drugs, \$8.25 for brand-name drugs, or 5% co-insurance of the cost of the drug. You will remain in this payment stage for the rest of the calendar year.



If the pharmacy’s cost for a drug is less than your co-pay, you pay the lesser pharmacy cost for your prescription.

# Talk About Your Health in the Comfort of Home

Preventive care is important to your overall good health. That's why MVP has partnered with Matrix Medical Network to provide you with a convenient in-home health visit. This visit can help you and your doctor get the most complete picture of your health—at no additional cost to you and in the comfort of your own home.

## Why does MVP offer an in-home health visit?

The in-home health visit is part of MVP's commitment to providing services that help you improve your health and stay well. Meeting with a nurse practitioner can enhance your overall health care to help you feel more informed and in charge of your health.

## I see my doctor regularly. Why should I have an in-home health visit?

Your in-home health visit does not take the place of your regular doctor appointments. The information discussed is shared with your doctors to better coordinate your care.

This visit is a dedicated hour with a licensed nurse practitioner for

you to take the time you need to ask questions about your prescriptions, any conditions, and overall health—in a relaxed setting. You will also review your health history, talk about recommended screenings or other tests, and discuss if there are resources and community services to help you continue to live independently.

## I'm healthy. How would an in-home health visit help me?

Taking the time to focus on your health now can help prevent problems later. Meeting with a nurse practitioner can help you identify what's important to your health today and what you need to do to stay healthy in the future, like keeping up with important preventive screenings and questions to ask your doctor.

If you receive an invitation in the mail from Matrix to schedule an in-home health visit, MVP encourages you to say yes! You can call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**) to confirm our partnership with Matrix Medical Network.



Matrix professionals have performed more than one million in-home visits across the U.S. Ninety-eight percent of MVP Medicare members who have had a visit say they would do it again, and 100% were satisfied with the experience.



## Maintaining a Healthy Blood Pressure

High blood pressure, or hypertension, is a major risk factor for heart disease—the number one cause of death in the U.S. High blood pressure is often preventable and treatable through good daily decisions that can be the foundation of your overall wellness:

- Eat a healthy, low-sodium diet.
- Be physically active and maintain a healthy weight.
- Don't smoke.
- Limit your alcohol use.
- Keep your stress levels low.
- Take any medications as prescribed by your doctor.

Healthy blood pressure is below 120/80. Talk to your doctor about your risk for heart disease and how often you should have your blood pressure checked. **Remember, this test is one of the preventive services included in your Annual Wellness Visit and counts toward your \$75 Wellness Rewards incentive!**

## Remember Your Preventive Screenings

Prevention is the best medicine to detect health problems early or manage your risk of developing specific health problems. Many preventive screenings are covered in full as part of your MVP Medicare Advantage plan.

- **Colorectal cancer screening** is recommended to start at age 50 (or younger if you are at high risk). The screening tests for colorectal cancer are colonoscopy (done every 10 years), flexible sigmoidoscopy (done every five years), or home stool tests (done annually).
- **Breast cancer screening** is recommended every two years, starting at age 50 (or younger if you are at high risk). The screening tests for breast cancer are mammogram, digital breast tomosynthesis (3-D mammogram), or clinical breast exam (CBE).

These tests can catch problems before symptoms appear, making the cancer easier to treat. The exact causes of colorectal cancer and breast cancer are unknown, but certain factors increase your risk, including smoking, excess weight, alcohol consumption, your age, and your family history.

Don't wait for symptoms to appear. Talk to your doctor about the screening tests that are right for you.

Maintaining and improving your health now can help you prevent problems later. You may receive a call from MVP to remind you of important tests needed to help you manage an ongoing condition, like diabetes or osteoporosis, or to visit your doctor for a preventive screening. This is part of our commitment and support to help you live well!

# Talk to Your Doctor About Bladder Control

Millions of Americans suffer from bladder control problems, including urinary incontinence, or the accidental loss of urine. It can happen when you cough, laugh, sneeze, or jog. Or you may have a sudden need to go to the bathroom, but can't get there in time. Many people may feel embarrassed about their condition and don't want to mention it to their doctors.

While bladder problems do become more common with aging, they are not a normal part of growing older. Unchecked bladder control problems can lead to other health issues, such as skin rashes, sores, pressure ulcers, urinary tract infections, falls with fractures, and sleep deprivation. Incontinence is more than just a medical problem—it also affects emotional, psychological, and social well-being.

## Talk to Your Doctor

Urinary incontinence can be hard to discuss, but it's important that you do. Many bladder control problems can be improved with exercise, medication, or simple lifestyle changes.

### Ask your doctor:

1. What could be causing my loss of bladder control—my medications? Other health conditions?
2. What are my treatment options? Are there exercises, medications, or other treatments or products that can help?
3. What else can I do to improve bladder control?

## Take Note

A few days before your doctor's appointment, write down notes about your bladder control problems for your doctor to review.

### Keep track of:

- Drinks: what kind, how many ounces, and how many times per day.
- Trips to the bathroom: how many times per day and how much urine.
- Accidental leaks: How many times, how much urine, and what you were doing at the time (for example, coughing, sneezing, straining).

Follow your doctor's instructions closely and take any recommended medications. For more information on urinary incontinence, visit the MVP Healthwise® Health Encyclopedia at [healthwise.net/mvp](https://www.healthwise.net/mvp).

## Financial Incentives Relating to Utilization Management

It is the policy of all of the operating subsidiaries of MVP Health Care, Inc. (MVP) to facilitate the delivery of appropriate health care to our members, and to monitor the impact of the plan's Utilization Management Program to ensure appropriate use of services.

MVP's Utilization Management Program does not provide financial incentives to employees, providers, or practitioners who make utilization management decisions that would encourage carriers to deny care and services.

MVP's utilization management decisions are based only on appropriateness of care and the benefits provisions of the member's coverage. MVP does not specifically reward practitioners, providers, or staff, including Medical Directors and Utilization Management staff, for issuing denials of requested care. MVP does not offer financial incentives, such as annual salary reviews and/or incentive payments to encourage inappropriate utilization.

## MVP HIPAA Privacy Notice

"HIPAA" refers to the Health Insurance Portability and Accountability Act of 1996. The HIPAA Privacy Notice describes how MVP uses, discloses, and safeguards your health information. It also explains your rights with regards to your health information.

Visit [mvphealthcare.com](http://mvphealthcare.com) and select *Notice of Privacy Practices & Compliance* at the bottom of the page, and then *Privacy Notices*. You can also call the MVP Medicare Customer Care Center at **1-800-665-7924** to request a copy of these documents (TTY: **1-800-662-1220**).



## Save the Date The Daily Gazette's 50+ Living Expo

MVP is a proud sponsor of this popular annual event. Meet your MVP Medicare Community Health Promotion and Sales staff, learn about MVP *Living Well* programs at many locations throughout the Capital Region, and bring your questions about Medicare.

**We look forward to seeing you there!**

**Saturday, October 14 12 – 4 pm**

Saratoga City Center, 522 Broadway, Saratoga Springs

# New SilverSneakers® Fitness Centers



For a complete listing of SilverSneakers fitness locations near your home, visit [silversneakers.com](http://silversneakers.com) and select *Find a Location* under *Join In*, or call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY: 1-800-662-1220).

**Binghamton**  
Chenango Fitness  
703-350-1107

**Monroe**  
Retro Fitness  
845-637-3216

**Syracuse**  
SouthSide Fitness  
315-928-4616

---

New to MVP? Have questions about how your MVP Medicare plan benefits work?

## Come to a Member Orientation!

### Hudson Valley Region

**Tuesday, September 12 10 am**

MVP at Hudson Valley Mall (Near Macy's), 1300 Ulster Ave., Kingston

**Thursday, September 21 10 am**

Poughkeepsie Galleria Community Room, Route 9, Poughkeepsie

### Capital District Region

**Friday, September 8 2 pm**

Pine Hill Public Library, 517 Western Ave., Albany

**Wednesday, September 13 10 am**

Saratoga Springs Public Library, 49 Henry St., Saratoga Springs

**Thursday, September 14 10 am**

Crosswinds at Hudson, 15 Rogers Ln., Hudson

**Thursday, September 14 10 am**

East Greenbush Library, 10 Community Way, East Greenbush

Bring your own questions for an interactive Q&A.

**Reserve a seat today!**



Call 1-800-665-7924 Monday–Friday 8 am–8 pm Eastern Time  
(TTY: 1-800-662-1220)

# Living Well Programs

Our *Living Well* programs are designed to educate and empower adults to live well. Gain awareness, motivation, and skills—choose one or more of these opportunities to improve your health.

Most programs are free, compliments of MVP Health Care. Programs with fees are discounted for MVP members. **All are welcome!**

For more information about MVP Medicare *Living Well* programs, call MVP Medicare Community Health Promotion at 518-386-7936.

Hudson Valley *Living Well* Programs

Page 13–15

Capital District *Living Well* Programs

Pages 16–23

## New! Hudson Valley Region *Living Well* Programs

MVP Community Health Promotion is excited to offer *Living Well* programs in the Hudson Valley, New York area. Check future issues of your *Living Well* newsletter for more health education and fitness classes in the community.

There are **no fees** for these programs, compliments of MVP! Space is limited and registration is required.



Call MVP Community Health Promotion at 845-897-6037 (TTY: 1-800-662-1220).

---

## Outdoor *Living Well* Programs

**Love autumn in the Hudson Valley?** Join MVP Medicare Community Health Promotion in collaboration with the Town of Poughkeepsie for outdoor activities that celebrate the season!

### Apple Picking and Cider Making

#### Peach Hill Park

32 Edgewood Drive, Poughkeepsie

**Saturday, September 30 9:30–11:30 am**

**Program Code: 4689**

Take in extraordinary views of the Catskills, Hudson Highlands, and Taconics, leaf peep, and pick apples that we'll turn into cider. Led in collaboration with The Friends of Peach Hill.

**Hike distance:** 3.5 miles; Intensity level: Moderate—you may be walking on a mix of paths and trails.

# New! Hudson Valley Region

## Living Well Programs

(Outdoor *Living Well* Programs continued from page 13)

### MVP Nature Walks

#### Wappinger Greenway Trail Nature Walk

34 Main Street, New Hamburg

Thursday, October 12 11:00 am–12:30 pm

Program Code: 4701

This hike encircles Wappinger Creek, with captivating views of natural beauty and historic sites. Led in collaboration with the friends of Wappinger Greenway Trail.

**Hike distance:** 4 miles; Intensity level: Moderate—you may be walking on a mix of paths and trails.

#### William R. Steinhaus Dutchess Rail Trail Nature Walk

LaGrange Trail Head—Meet at Gold's Gym, 258 Titusville Road, Poughkeepsie

Thursday, October 26 10:30 am–12:00 pm

Program Code: 4695

This rail trail is a local Hudson Valley treasure. Led by an MVP Community Health Educator, you'll start the walk with a series of strength and balance exercises to warm-up, then head out into the crisp fall air.

**Hike distance:** 2.5 miles; Intensity level: Easy—you will be walking on a flat, paved trail.

---

## Living Well Presentations

### Caring for a Person with Alzheimer's Disease

#### Jewish Family Services

280 Wall Street, Kingston

Friday, November 3 10:15–11:30 am

Program Code: 4669

This program gives an overview of the stages of Alzheimer's disease as well as how to deal with challenging symptoms and behaviors. It also provides information for caregivers on support, resources, inspiration, and how to find balance in your life.

---

### Secrets to Successful Aging

#### LaGrange Library

488 Freedom Plains Road (Route 55) Suite 109, Poughkeepsie

Thursday, November 9 12:30–1:30 pm

Program Code: 4690

Discover tips for aging with resilience and independence.

# New! Hudson Valley Region Living Well Programs

## Arthritis Overview and Adaptations

### LaGrange Library

488 Freedom Plains Road (Route 55) Suite 109, Poughkeepsie

Thursday, December 14 12:30–1:30 pm

Program Code: 4691

Learn everyday adaptations you can make to manage and ease arthritic pain.

---

## Living Well Ongoing Fitness Programs

### MVP Striders Walking Club

#### Poughkeepsie Galleria

2001 South Road, Poughkeepsie Meet at Galleria Food Court



#### Striders Walking Club Kick-Off

Thursday, September 21 8:30–9:30 am

Program Code: 4668

Then every Thursday through December 14 8:30–9:30 am

(No walking club November 23)

**Make a date with fitness and walk your way to wellness!** As an MVP Strider you will stretch, gain strength with dynaband exercises led by the MVP Medicare Community Health Promotion team, and reap the many benefits of walking, all while connecting with a great group of people. Receive an MVP Striders Walking kit to help you on the road to success!

---

## Osteo Moves

Three-part series, plan to attend all three classes

### Poughkeepsie Galleria Community Room

2001 South Road, Poughkeepsie

Wednesdays, September 27, October 4, and October 11

9:45–11:15 am

Program Code: 4704

A gentle fitness class designed for people with osteoarthritis and/or osteoporosis. You may want to consult with your doctor before attending to discuss any possible limitations. Wear comfortable clothes and sneakers. You will receive fitness equipment and handouts so that you can continue to do the exercises at home.

# Capital Region *Living Well* Programs

Most programs are free, compliments of MVP Health Care.

Programs with fees are discounted for MVP members.

Space is limited and registration is required.



Call the MVP Medicare Customer Care Center at **1-800-665-7924**  
(TTY: **1-800-662-1220**).

## **MVP Talk n' Treks Outdoor Programs**

MVP Medicare Community Health Promotion, in partnership with the Friends of Five Rivers, brings outdoor physical activity and recreation opportunities to our *Living Well* programs.

### **Five Rivers Environmental Education Center**

56 Game Farm Road, Delmar

Join us for a leisurely guided walk in a living museum made up of more than 450 acres of fields, forests, and wetlands. Learn more about the flora, insects, and trees that are indigenous to our region.

Led by Friends of Five Rivers instructors.

Dress in layers and wear comfortable, durable shoes. Bring your binoculars and a bottle of water, sunscreen, hat, or insect repellent as needed. No pets are allowed. Programs held outdoors will take place rain or shine, but will be stopped in the event of thunder and lightning. Five Rivers is a carry-in, carry-out facility.

Hikes: 1–1.5 miles; Intensity level: Easy—you will be walking on trails.

### **Insects and Flora**

Thursday, September 7 1:00–2:30 pm

Program Code: 4665

### **Tree Identification**

Thursday, October 26 1:00–2:30 pm

Program Code: 4666



# Capital Region Living Well Programs

## *New Program!*

### **MVP Creative Arts—Hands on Painting**

#### **Art in Mind Creative Wellness Studio**

272 Saratoga Road (Hannaford Plaza, behind Midas), Glenville

Reap the benefits of creativity and wellness in a positive, relaxed environment. Explore your creativity and expressive freedom during this hands-on painting class, regardless of your artistic abilities. You will leave the session with an 11" x 14" finished canvas of your creation.

#### **Moonlight View**

**Thursday, November 2 1:00–2:30 pm**

**Program Code: 4667**

*To register*, call Stacie Hebert at **518-388-2596**.

MVP Member: **\$10**; Non-Member: **\$18**

Checks are payable to MVP Health Care and should be sent at the time of registration to hold your place. Mail check/money order to:

ATTN: STACIE HEBERT, MEDICARE COMMUNITY HEALTH PROMOTION  
MVP HEALTH CARE  
625 STATE ST  
SCHENECTADY, NY 12305

---

### **Seasonal Flavors of Fall Cooking Demonstration**

#### **Hannaford**

900 Central Avenue, Albany

Discover healthy dishes featuring seasonal fruits and vegetables. Get tips on how to choose the best produce, as well as how to store and use it properly. Join a store tour after class to find the ingredients used and recreate the featured recipes at home.

Instructor: Fran Weiss, MS,RDN CDN, Hannaford dietitian

**Friday, October 20 2:00–3:30 pm**

**Program Code: 4476**

# Living Well Presentations

## William K. Sanford Town Library (Colonie)

629 Albany Shaker Rd. Loudonville

### Fall Prevention

Thursday, October 5 1–2 pm

Program Code: 4700

As we age, our risk for falling increases dramatically due to health-related concerns that can impact our ability to live independently. This class discusses many factors that can contribute to falls and will give you strategies you can use every day to overcome them.

### Top 10 Choices for a Healthier You

Thursday, November 9 1–2 pm

Program Code: 4711

Discuss the lifestyle choices you can make to be a healthier you, including staying active, eating mindfully, and connecting with your community. Prepare for the upcoming New Year with a SMART goal plan!

# Living Well Ongoing Fitness Classes

There are **no fees** for these classes, compliments of MVP. **All are welcome!** **Join anytime during the session.** Registration is requested but not required. Call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**).



## Step Out With the MVP Striders Walking Club at Colonie Center

**Make a date with fitness and walk your way to wellness!** As an MVP Strider you will stretch, gain strength with dynaband exercises led by the MVP Medicare Community Health Promotion team, and reap the many benefits of walking, all while connecting with a great group of people. Receive an MVP Striders Walking kit to help you on the road to success!

**Colonie Center, 131 Colonie Center, Albany**

### Striders Walking Club Kick-Off

**Wednesday, October 4 9–10 am**

**Program Code: 4663**

**Then every Wednesday through December 6 9–10 am**

**Meeting place:** Lower level in the center court in front of Boscov's

---

### *New Class!*

### MVP Gentle Yoga Moves

Experience the benefits of increased balance, flexibility, and muscle strength. Gentle Yoga combines simple breathing exercises with stretches and yoga postures (asanas), that can be done seated, standing, or on the floor, with modifications as needed. Each class ends with a guided, deep relaxation exercise. Bring your own yoga mat or a towel.

### Sunnyview Wellness Center

First Floor Conference Room

1270 Belmont Ave, Schenectady

**Fridays, September 22–December 1 (No class November 10 and 24)**

**10:00-10:45 am**

**Program Code: 4686**

# Fall *Living Well* Ongoing Fitness Programs

MVP's Community Health Educators provide health education and physical activity programs for active adults at many locations throughout our service area. **All are welcome! Join anytime during the session.** There are **no fees** for these programs, compliments of MVP Health Care.

Don't see an ongoing fitness class near you? Check out the SilverSneakers® Fitness program—see page 12 for details.



For more information, call MVP Medicare Community Health Promotion at **518-386-7936** (TTY: **1-800-662-1220**).



**Due to the popularity of these classes, registration is recommended. Call the phone numbers listed to register. Type of ongoing fitness class may be subject to change.**

## Class Descriptions

### MVP Aqua Moves

**Improve your agility, strength, and core support in the water!** This shallow water class teaches core exercises to improve balance and posture. Water resistance effectively sculpts and tones muscles. A cardio component makes burning calories easy and fun. Water shoes are recommended.

### **New!** MVP Beginner Tai Chi Moves

**Join us for an introduction to Sun Style Tai Chi!** Described as “meditation in motion,” the benefits of Tai Chi can include improved balance, flexibility, and muscle strength. Wear flat-soled shoes and loose comfortable clothing.

### MVP Bokwa®

**Bokwa is dance, fitness, and fun!** This energizing cardio routine uses the shape of alphabet letters and numbers for dance steps. It is also good for keeping your brain healthy and sharp. Bokwa is an easy fitness program for all ages!

### MVP Chair Moves

**Stay as mobile and strong as possible!** This chair-based class emphasizes strengthening, limbering, and stretching exercises for upper and lower limbs.

### MVP Chair Yoga

**A great way to stay strong, limber, balanced, and healthy!** Classic yoga poses, breathing, and meditation are adapted for the chair. This class is for anyone interested in the benefits of yoga without having to sit on the floor.

### MVP Drums Alive®

**Feel the beat of Drums Alive!** This unique fitness class captures the essence of movement and rhythm utilizing drumsticks and large stability balls.

# Living Well Ongoing Fitness Classes

## New! MVP Gentle Yoga Moves

Experience the benefits of increased balance, flexibility, and muscle strength. Gentle Yoga combines simple breathing exercises with stretches and yoga postures (asanas), that can be done seated, standing, or on the floor, with modifications as needed. Each class ends with a guided deep relaxation exercise. Bring your own yoga mat or a towel.

## MVP Latin Moves and Zumba Gold®

A fun, friendly aerobic workout anyone can do, including beginners! This class combines fast and slow, low-impact exercise set to Latin rhythms.

## MVP Line Dance Moves

Come learn the basic steps of line dancing! This class is a “brain gym” that will exercise both mind and body. No previous dance experience or partner required! Flat leather soled shoes are recommended.

## MVP Striders Walking Club

Walk your way to wellness! As an MVP Strider you will stretch, gain strength with dynaband exercises, and reap the many benefits of walking, all while connecting with a great group of people.

## Class Schedule

**Mondays, September 18–December 4** (or as noted)

Class Name	Time and Location	Call to Register
MVP Chair Moves Program Code: 4661	<b>New Day and Time!</b> 9:30–10:15 am <b>No class October 9</b> Village of Colonie Senior Center 2 Thunder Rd., Albany	518-869-7172
MVP Latin Moves Program Code: 4677	<b>New Time!</b> 9:30–10:15 am <b>No class October 9</b> Saratoga Senior Center 5 Williams St., Saratoga Springs	518-584-1621
MVP Aqua Moves Program Code: 4678	12:00–12:45 pm <b>Classes held September 25– December 4</b> Sunnyview Wellness Center Therapeutic Pool 1270 Belmont Ave., Schenectady <b>No walk-ins. Must register for the entire session.</b>	518-386-7936

# Living Well Ongoing Fitness Classes

(Mondays continued)

Class Name	Time and Location	Call to Register
MVP Beginner Tai Chi Moves <b>New Class!</b> Program Code: 4679	1:15–2:00 pm <b>No class October 9</b> <b>New Location!</b> Guilderland Senior Center 141 Bavarian Way, Altamont	518-280-7607

## Tuesdays, September 19–December 5

Class Name	Time and Location	Call to Register
MVP Zumba Gold® Program Code: 4680	11:00–11:45 am National Museum of Dance 99 S. Broadway, Saratoga Springs	1-800-665-7924
MVP Zumba Gold® Program Code: 4681	1:00–1:45 pm Clifton Park Senior Center 6 Clifton Common Court, Clifton Park	518-383-1343
MVP Chair Moves Program Code: 4662	1:00–1:45 pm Niskayuna Senior Center 2682 Aqueduct Rd., Schenectady	1-800-665-7924

## Wednesdays, September 20–December 6 (or as noted)

Class Name	Time and Location	Call to Register
MVP Striders Walking Club Program Code: 4663	9–10 am <b>Classes held October 4–December 6</b> Colonie Center Mall, lower level, center court in front of Bovcov's 131 Colonie Center, Albany	1-800-665-7924
MVP Bokwa® Program Code: 4682	11:00–11:45am <b>New Day and Time!</b> Alpin Haus Fitness Center 4852 NY-30, Amsterdam	1-800-665-7924
MVP Latin Moves Program Code: 4683	1:00–1:45 pm Fraternal Eagles Club/Moreau 80 Main St., South Glens Falls	518-792-6007
MVP Drums Alive Program Code: 4684	2:00–2:45 pm JCC of Schenectady Aerobics Studio 2565 Balltown Rd., Niskayuna	1-800-665-7924

# Living Well Ongoing Fitness Classes

## Thursdays, September 21–December 7

Class Name	Time and Location	Call to Register
MVP Chair Yoga Program Code: 4685	10:30–11:15 am Glens Falls Senior Center 380 Glens St., Glens Falls	518-793-2189

## Fridays, September 22–December 8 (or as noted)

Class Name	Time and Location	Call to Register
MVP Gentle Yoga Moves <b>New Class!</b> Program Code: 4686	10:00–10:45 am <b>No class November 10 and 24, and December 8</b> Sunnyview Wellness Center First Floor Conference Room 1270 Belmont Ave., Schenectady	1-800-665-7924
MVP Zumba Gold® Program Code: 4687	1:00–1:45 pm <b>Classes held September 22– October 27</b> Beltrone Senior Center 6 Winners Circle, Albany	1-800-665-7924
MVP Line Dance Moves Program Code: 4688	1:00–1:45 pm <b>Classes held November 3– December 8, no class November 24</b> Beltrone Senior Center 6 Winners Circle, Albany	1-800-665-7924