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HEALTHYLIVING

Be Sure to Get a Flu Shot This Year

Getting your annual flu shot is always a smart move. But this year, it's especially important due to the COVID-19 pandemic.

"By getting the influenza (flu) vaccine, you'll help decrease the amount of flu virus in the community," says Kevin Whitlow, M.D., an internal medicine physician at Henry Ford Hospital. "There's less need for flu-related medical care. During COVID-19, that reduces the chance of overcrowding the health system."

Every year, the flu goes around — and so do misconceptions about it. Here are the facts about how flu shots help protect your health.

MYTH: A flu shot will make you sick.

FACT: "The flu vaccine doesn't cause flu illness," says Dr. Whitlow. "In some people, it may cause a little discomfort at the injection site or a mild headache. But the side effects are minor."

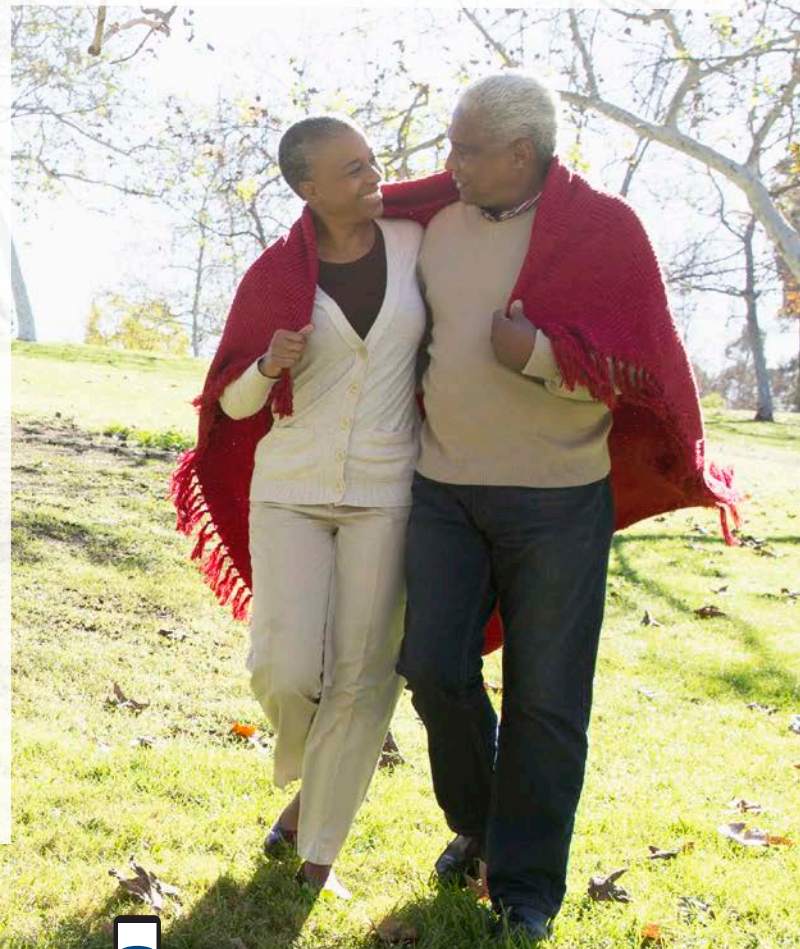
MYTH: The flu vaccine doesn't work.

FACT: "Getting a flu shot decreases the risk for flu infection," Dr. Whitlow says. "If you do get sick, it reduces the risk for serious complications and hospitalization in people over age 65."

MYTH: Choosing to get a flu shot affects only you.

FACT: "It also helps protect those around you," says Dr. Whitlow. "Your whole community benefits when you make this choice."

Get your flu shot wherever it's most convenient for you. To assure social distancing at Henry Ford facilities, walk-in flu shots are not being offered at our sites this flu season. Instead, we ask that you make an appointment online at any participating Henry Ford location. You can also ask your provider for a flu shot during any of your upcoming scheduled primary care or specialty doctor appointments.



Kevin D. Whitlow, M.D.
Internal Medicine
Henry Ford Hospital



Get Your Flu Shot To schedule an appointment for your flu shot at a Henry Ford location, go to [HenryFord.com/Flu](https://www.henryford.com/Flu).

How to Stay Connected with

Family and Friends

You might have noticed recently that a long conversation with a good friend (whether via phone, FaceTime, Zoom or Skype) left you feeling relaxed and happy. It's not a coincidence: Developing and strengthening genuine connections with others is essential to our physical and mental well-being. Adults without close relationships are more likely to have depression and physiological problems.

We need close bonds to sustain ourselves. They energize us, elevate our mood, encourage activity, boost the immune system and increase longevity. Our physical and mental health are intertwined — when one goes down, it affects the other. The more stressed we are, the more our immune systems are depressed and the more likely we are to get illnesses and diseases.

Bonding with Loved Ones from a Distance

Being connected doesn't mean we need to attend huge social gatherings or have a wide circle of friends to reap the mental and physical benefits — just a few genuine relationships is all it takes. Here are ways to grow emotionally closer with others while social distancing:

- **Have a virtual game night.** A good old-fashioned telephone call works like a charm. (A virtual call via FaceTime, Skype or Zoom is even better!) But if you want to switch it up, having a virtual game night may be just as fun as having a game night in person. Try apps and websites such as Psych!, Codewords or ones that offer card games, like euchre, to gather a group of friends together.



Jay Weiss, M.A., L.L.P.
Therapist, Employee
Assistance Program
Henry Ford Health System



- **Celebrate birthdays.** Whether you participate in drive-by birthday parades, Zoom calls or both, some have said that birthdays in quarantine have been their most memorable yet.
- **Talk with passersby (from a safe distance) while on a walk.** Friendly interactions with strangers have been shown to raise spirits.

And one thing not to do? Avoid relying on static forms of social media. Playing virtual games is one thing, but posting photos on Instagram and waiting for likes is quite another — the latter won't increase your happiness.

Show Some Love

There is one aspect of connection we are not getting as much of while social distancing: physical touch. If you live with people, hug each other often. If you live alone, try self-care. Do something that will give you a sense of comfort: take a hot bath, snuggle in a blanket, hold a stuffed animal or get a pet.



Get Help To make an appointment with a Henry Ford doctor or therapist, call **1-800-436-7936**.

Grocery Shopping in the Age of COVID-19

First, the bad news: There isn't a special food or nutrient cure-all for COVID-19. The good news? Regularly following a healthy eating plan can help you maintain a strong immune system.

Here's what to focus on when mapping out your weekly menu, as well as tips for navigating the shopping experience in times of crisis.

Staples for a Well-Stocked Pantry

While it's important to include fresh foods in your diet, pantry goods can also provide nutrients. They're especially valuable when you're trying to limit community outings and shelves aren't consistently stocked.

Use the list below to help guide your pantry purchases (and remember to opt for the no-salt or low-sodium versions):

- Brown rice
- Canned chicken, tuna, salmon and sardines
- Canned fruits and veggies (or dried fruit)
- Canned soup and broth
- Dried peas, beans and lentils
- Jars of pasta sauce
- Peanut butter
- Shelf-stable milk
- Whole-grain cereal and pasta
- Canola oil
- Herbs and spices
- Nonstick cooking spray



Include foods that contain vitamin C (oranges, red peppers, potatoes), vitamin A (carrots, sweet potatoes), zinc (kidney beans, lima beans, pumpkin seeds) and protein (fish, chicken, beans). All four play a role in supporting your immune system.

SHOPPING TIPS: In Store Versus Online

When grocery shopping at the store:

- Check the hours before you go. Some locations have limited hours and others have shopping times specifically for older adults.
- Bring your own wipes or use what's provided at the store to clean the handles of your shopping cart.

- Wear a face covering or mask in the store; stay six feet away from other shoppers and employees.

When grocery shopping online:

- Do your research and figure out which service is right for you (the supermarket delivering to your home, Instacart, Amazon Fresh, etc.). Don't forget to double-check delivery fees!
- Order well ahead of when you need the groceries.
- Ask the home delivery company to leave groceries by your front door instead of handing them to you in person.

NO NEED TO HOARD

Your supermarket may be temporarily out of certain products, but there isn't a nationwide shortage of food. Buying more food than you can use means you may waste food and contribute to decreased availability of those items for your neighbors. Build your pantry stock slowly and stay mindful of any item limits at the store.



Bethany Thayer, M.S., R.D.N.
Director, Center for Health
Promotion & Disease Prevention
Henry Ford Health System

YOUR SYMPTOM GUIDE:

Flu, Coronavirus, Cold



Whether you're sneezing, coughing or feeling achy, sometimes it's difficult to know what's causing your symptoms. Is it a cold? Are your allergies acting up? Or could it be something else?

Now that the novel coronavirus is in our communities, sorting through symptoms can be even more confusing — and stressful. Here's what you should know to set your mind at ease and return you to feeling your best.

Fighting the Flu

Influenza and COVID-19 can cause similar symptoms ranging from mild to severe, so it may be difficult to tell them apart.

- **Onset:** Symptoms develop abruptly.
- **Duration:** Less than two weeks.
- **Symptoms:** High fever, headaches, and muscle or body aches are the most characteristic symptoms. The flu can also cause cough, sore throat, runny or stuffy nose, and sometimes vomiting and diarrhea.
- **CARE TIPS:** Rest in bed, drink a lot of fluids and avoid interacting with other people. Take over-the-counter

medications to bring your temperature down and help with your aches. Your health care provider may also prescribe an antiviral medication to help you recover faster. It's important to know that if you do need antiviral medication, the sooner you start, the more effective it will be. In fact, antiviral drugs have not been shown to work in people who start them after they've been sick for two days or more. So you should contact your doctor as soon as you realize you might have the flu.

Coping with the Coronavirus

Suspecting you have COVID-19 can be scary. And while there is cause for concern, remember that most cases are mild and don't require special treatment.

- **Onset:** Symptoms may appear two to 14 days after exposure to the virus.
- **Duration:** A few days up to two weeks (for most people).
- **Symptoms:** Cough, shortness of breath or difficulty breathing, fever or chills, body or muscle aches, headaches, sore throat, and new loss of taste or smell.

or Allergies?

- **CARE TIPS:** Contact your provider right away if you think you were exposed to the novel coronavirus. If you have mild symptoms, stay home in a room or area away from other people. Get plenty of rest and drink lots of fluids. See whether an over-the-counter medicine like acetaminophen helps you feel better.

Catching a Cold

Compared with the flu and COVID-19, the common cold usually causes milder symptoms.

- **Onset:** Symptoms tend to develop more gradually.
- **Duration:** About seven to 10 days.
- **Symptoms:** Sneezing, watery eyes, runny or stuffy nose, sore throat, cough, mild body aches, mild headaches, and no fever or low-grade fever.
- **CARE TIPS:** Stay hydrated and get plenty of rest. Taking over-the-counter medicine can help manage your symptoms, too.

Surviving Seasonal Allergies

Symptoms for seasonal allergies don't include body aches, in contrast to the flu, the coronavirus and the common cold. Another clue that your allergies are acting up? You won't have a fever.

- **Onset:** Symptoms come and go with the seasons (usually appearing in spring, late summer and fall).
- **Duration:** Several weeks.
- **Symptoms:** Runny or stuffy nose; itchy eyes, nose, mouth or throat; sneezing; headaches or pressure in the nose and cheeks; and difficulty smelling.
- **CARE TIPS:** The best way to cope is by avoiding the allergens that trigger your symptoms. If needed, you can purchase over-the-counter nasal sprays and other allergy medicines.

Unsure about your symptoms? Contact your doctor to determine the best course of treatment for you.



Find the Right Medicare Plan for You

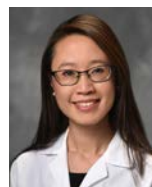
Henry Ford Health System is partnering with the Medicare experts at Advise to help our patients understand the details of Medicare. Advise is a licensed Medicare agency that helps people select, understand and use their Medicare health insurance.

Advise offers a number of ways for you to learn about your Medicare options through in-person or virtual seminars. Go to HenryFord.AscendEventHub.com/Event to register for an upcoming seminar.

For more information about how Advise can help you find the right Medicare plan, go to AdviseInsurance.com/HenryFord or call 1-855-700-7444.



Not Feeling Well? Call 1-800-436-7936 or visit HenryFord.com to schedule an appointment with a Henry Ford doctor.



Leticia X. Huynh, M.D.

Family Medicine

Henry Ford Medical Center – Harbortown

Don't Delay

– Get the Care You Need

Even though COVID-19 has changed the way we live right now, Henry Ford Health System is still here for all your health care needs.

Medical Concern	Where to Go/Who to Call	Notes About Service
Emergency situation	Call 911 or go to the nearest emergency room	Henry Ford's emergency rooms have separate care areas for those with COVID-19 symptoms.
Medical condition that needs same-day care (nonemergency)	Walk-In or Urgent Care Clinic	Our clinics are open seven days a week and on holidays. Visit HenryFord.com/SkipTheWait for locations.
Routine medical care, illness or injury	Primary care physician or specialist; call 1-800-436-7936 to schedule an appointment	Please call our MyCare Advice Line at 1-844-262-1949 before scheduling if: <ul style="list-style-type: none"> • You currently have a temperature greater than 100.4 degrees. • You have a new loss of taste and/or sense of smell. • In the past 21 days, you have been diagnosed with COVID-19. • In the past 14 days, you had contact with anyone diagnosed with COVID-19. • You have experienced two or more of the following symptoms in the past three days: fever, chills, drenching sweats, new cough, shortness of breath, body aches, headache, sore throat, runny nose, nasal congestion, nausea, vomiting, or diarrhea.
	Scheduled Video Visit	Make an appointment for a video visit with your primary care doctor or a Henry Ford specialist. Open to new and existing patients.
	Video Visit On Demand	Video chat with a Henry Ford doctor when you need care right away. Available 24/7.
To see all our convenient same-day care options, visit HenryFord.com/SameDay or call 1-800-436-7936 .		

STAY SAFE AND HEALTHY THIS SEASON

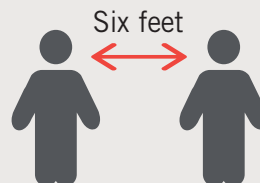
Remember to . . .



Wear a mask in public.



Wash your hands frequently.



Practice social distancing.



Get your flu shot.

Sweet Potato Pancakes

INGREDIENTS

3 cups peeled and grated sweet potatoes (approximately 2 to 3 medium)
1 onion, chopped
3 egg whites
1/3 cup breadcrumbs
1/2 teaspoon salt
1/4 teaspoon ground black pepper
2 Tablespoons canola oil
Nonfat sour cream or unsweetened applesauce (optional)



DIRECTIONS

1. Preheat oven to 350 degrees.
2. Line baking sheets with parchment paper.
3. In a large bowl, combine grated potatoes and chopped onion.
4. Add egg whites, bread crumbs, salt and pepper; stir to combine.
5. Place a large skillet over medium heat, and add 1 Tablespoon of canola oil.
6. To make pancakes, form patties using 1/3 cup of mixture and drop into oil. Use additional oil for additional batches.
7. Allow patties to lightly brown on one side, then turn over.
8. Once both sides of pancake are lightly browned, transfer to baking sheet in a single layer.
9. Bake pancakes for 15 minutes, turn over, then return to oven for an additional 10 minutes.
10. Transfer pancakes to serving platter and serve with nonfat sour cream or unsweetened applesauce.

Makes 12 pancakes (1 pancake each). Each serving contains about 60 calories, 2.5 grams fat, 0 grams saturated fat, 0 mg cholesterol, 150 mg sodium, 9 grams carbohydrates, 1 gram fiber, 2 grams protein, 80% daily recommended vitamin A.

Visit HenryFord.com/Blog/2016/12/Sweet-Potato-Pancakes-Recipe for a demo of this LiveWell recipe and for more wellness information.

HEALTHY LIVING Program for Seniors

WEB: HenryFord.com/HealthyLiving

OR MAIL: Henry Ford Healthy Living Program
1 Ford Place, 3B
Detroit, MI 48202
(with completed form to the right)

OR CALL: Leave a message at 313-874-5455 to become a member or if you have questions.

You do not need to complete this form if you're already a member or have enrolled by phone or online.

Join for FREE

✂ CUT ALONG THE LINE

Lifetime membership (for those 55+) offers great advantages and discounts throughout Henry Ford Health System. Members are invited to senior Lunch & Learn programs.

NAME

DATE

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CITY

STATE

ZIP CODE

HOME PHONE

CELLPHONE

DATE OF BIRTH

EMAIL

Are you a Henry Ford Health System employee? Y N

Are you a current Healthy Living member reporting a change of address? Y N

Please allow four to six weeks for delivery of your Healthy Living membership packet.



HEALTHYLIVING

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Supporting Family Caregivers and the Community

To help navigate these challenging times, the Henry Ford C.A.R.E. Program now provides virtual support for family caregivers and the community. The C.A.R.E. Program offers a variety of FREE classes to help you — the caregiver — and the person you care for.

Using Webex, participants may join by calling in from a phone or connecting with a tablet, iPad, laptop or desktop computer.

Here's the lineup of classes and schedule through December 2020:

Caregiver Support Groups

Tuesdays (thru December 22)

11 a.m. to noon, and
6 to 7 p.m.

Creative Mindfulness with Art

Wednesdays (thru December 16),

10 to 11 a.m., and

Thursdays (thru December 17),

6 to 7 p.m.

Designed for adults of any age, this class is led by an art therapist and features a new project each week. Join one or all sessions.

Self-Care and Stress Management: Resources and Tools to Enhance Self-Care

Wednesday, November 18,

5 to 6 p.m., and

Thursday, November 19,

11 a.m. to noon

Led by a licensed professional counselor and health educator.

Advance Care Planning 101

Monday, November 16,

11 a.m. to noon, and

Wednesday, November 18,

6 to 7 p.m.



Henry Ford LiveWell Blog

Get tips on maintaining physical and mental well-being through the coronavirus pandemic, plus nutritious recipes, fitness advice, health trends and more. Check out our health and wellness blog and subscribe today. Visit [HenryFord.com/Blog](https://www.henryford.com/Blog)

To sign up for a virtual C.A.R.E. class, visit [HenryFord.com/CaregiverWellness](https://www.henryford.com/CaregiverWellness).

Once you register, you will receive an email with a link to join your class.

For questions, call (313) 874-4838 or email CaregiverResources@hfhs.org.

Please note: Lunch & Learns are currently on hold due to the COVID-19 pandemic.

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on Social Media



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