

American Central Insurance

NEWSLETTER



Changes to MACRA
in 2020 will only affect
new enrollees after

**JAN. 1ST,
2020**

Anyone currently on **plan F** will be able to keep that plan in 2020 and beyond. You'll even be able to **shop coverage**, which will keep insurance companies **competing for your Plan F business!**

SIGNS, SYMPTOMS AND WAYS TO HELP PREVENT HEAT STROKE

Heatstroke, most common in the summer months, is overheating of the body as a result of prolonged exposure in high temperatures. The most serious form can occur if your body temperature rises to 104 degrees or higher. Heatstroke requires emergency treatment and can quickly damage your brain, heart, and kidneys if left untreated.

SIGNS & SYMPTOMS

- Core body temperature of 104 or higher
- Altered mental state or behavior, irritability, delirium, seizures, and coma
- Heatstroke brought on by strenuous exercise, skin may feel dry or moist
- Nausea and vomiting
- Skin turning red
- Rapid and shallow breathing
- Increasing pulse
- Headache

EMERGENCY PROCEDURES

- Call 911 or local emergency services
- Immediately cool overheated person while waiting for treatment
- Get person into shade or indoors
- Remove excess clothing
- Cool person with whatever means available such as putting in a cool tub of water, fan while misting with cool water, or place ice packs

RISK FACTORS

- Age
- Exertion in hot weather
- Lack of air conditioning
- Certain medications
- Certain health conditions

PREVENTION

- Wear loose fit, lightweight clothes
- Protect against sunburn with sunscreen, wide-brimmed hats and sunglasses
- Drink plenty of fluids
- Never leave anyone in a hot car
- Avoid strenuous activity in hot weather
- Be cautious if you're at increased risk, take medication, and know your limits

****If you or someone else may be experiencing heatstroke, seek immediate medical help.***

Source: [mayoclinic.org/diseases-conditions/heat-stroke/symptoms-causes](https://www.mayoclinic.org/diseases-conditions/heat-stroke/symptoms-causes)

CLASSIC AMBROSIA SALAD

Refreshingly light and sweet, and surprisingly fast and simple, it's the perfect addition to any special occasion. Remember to have a few recipe cards on hand because people are going to ask!

Ingredients

- 1 Cup flaked coconut
- 1 Cup mini marshmallows
- 1 Cup crushed pineapple (drained)
- 1 Cup Mandarin oranges
- 1 Cup sour cream

Directions

1. In a large bowl combine coconut, marshmallows, pineapple, oranges, nuts and cherries (optional).
2. Using a rubber spatula, gently fold in the Cool Whip and sour cream until all ingredients are evenly distributed.
3. Cover and refrigerate until ready to serve. Enjoy!

Note: Ambrosia salad can be stored in the refrigerator for up to 3 days.

TRY THESE MIX-INS

.....
Chopped Pecans
Maraschino Cherries
Vanilla Pudding

SAVE THE DATE

- JUNE** 16 FATHER'S DAY
21 SUMMER BEGINS
.....
JULY 04 INDEPENDENCE DAY
.....
SEPTEMBER 02 LABOR DAY
08 GRANDPARENTS DAY



THE COSTS OF CANCER: WHAT MEDICARE WON'T PAY FOR

- Room and board in assisted living facilities
- Adult day care
- Long-term nursing home care
- Medical food/nutritional supplements
- Services that help with activities of daily living that don't require skilled care (bathing & eating)

CONTACT US

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DID YOU KNOW?

Medicare Part D covers most prescription drugs including those used to treat high blood pressure, high cholesterol, arthritis, depression, and other health conditions.

