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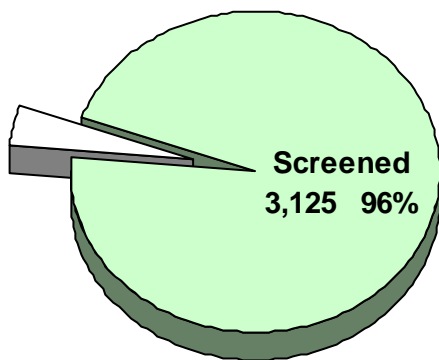
## TPA News

- All Fiscal Year 2007 (FY07) **original** claims must be to Health Advantage by December 31, 2007.  
Health Advantage, Inc  
BCCCP Claims  
P.O. Box 1511  
Flint, MI 48501-1511
- FY07 claims submitted after 12/31/2007 will be rejected.
- Resubmissions will be accepted until 3/7/2008. Resubmissions are claims that were received by the 12/31/2007 deadline.
- Claims submitted with EOBs must be submitted as PAPER claims.
- Please direct all Claim Inquiry phone calls to Tory or Sam at 866-930-6324.
- Please visit [www.michigancancer.org/bcccp](http://www.michigancancer.org/bcccp) for all the latest updates.
- **'PS' HOLD CODE:** A vast majority of the claims on the "Pending Claims List" are pending with 'PS'. LCAs **will not** see these claims on the claims tab in MBCIS.

If you see 'PS', one of three scenarios is possible:

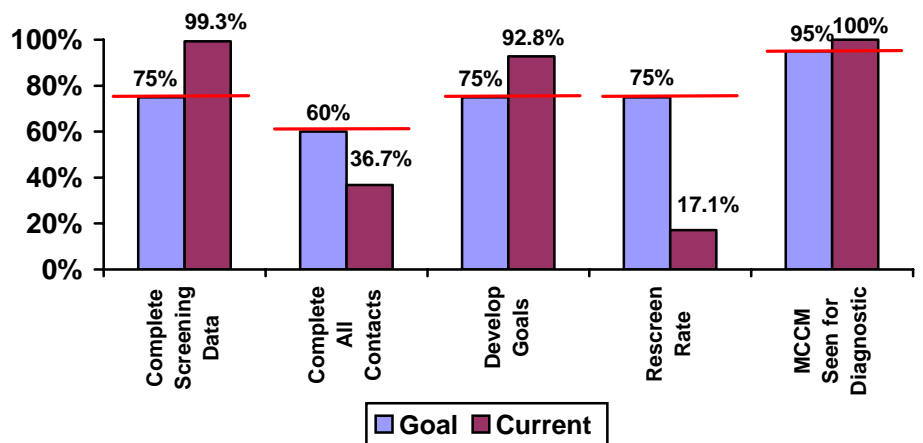
- 1) Date of service (DOS) in MBCIS does not match DOS on claim
- 2) There are no services entered/authorized in MBCIS
- 3) There is a service entered/authorized, but it does not match what is on the claim (i.e., Full Office Visit (99386) entered in MBCIS, Provider billing for Partial Office Visit (99201))

## Stats At-A-Glance



FY 07 Caseload Goal = 3,258

### WISEWOMAN Program Indicators



## Tips for Healthy Holiday Eating

The holiday season is a time to celebrate with family and friends. Unfortunately, for many it also becomes a time for over-eating and weight gain. According to the National Institutes of Health, holiday eating can result in an extra pound or two every year. Over a lifetime, holiday weight gain can really add up. The holidays don't have to mean weight gain. Focus on a healthy balance of food, activity, and fun. By implementing a few simple tips you can stay healthy through the holiday season.

- **Be realistic.** Don't try to lose pounds during the holidays, instead try to maintain your current weight.
- **Plan time for exercise.** Exercise helps relieve holiday stress and prevent weight gain. A moderate and daily increase in exercise can help partially offset increased holiday eating. Try 10- or 15-minute brisk walks twice a day.
- **Don't skip meals.** Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite. You will be less tempted to over-indulge.
- **Survey party buffets before filling your plate.** Choose your favorite foods and skip your least favorite. Include vegetables and fruits to keep your plate balanced.
- **Eat until you are satisfied, not stuffed.** Savor your favorite holiday treats while eating small portions. Sit down, get comfortable, and enjoy.
- **Be careful with beverages.** Alcohol can lessen inhibitions and induce overeating; non-alcoholic beverages can be full of calories and sugar.
- **If you overeat at one meal, go light on the next.** It takes 500 calories per day (or 3,500 calories per week) above your normal/maintenance consumption to gain one pound. It is impossible to gain weight from one piece of pie.
- **Take the focus off of food.** Turn candy and cookie making time into non-edible projects like making wreaths, dough art decorations, or a gingerbread house. Plan group activities with family and friends that aren't all about food. Try serving a holiday meal to the community, playing games, or going on a walking tour of decorated homes.
- **Bring your own healthy dish to a holiday gathering.**

Remember...Enjoy the holidays, plan a time for activity, incorporate healthy recipes into your holiday meals, and don't restrict yourself from eating your favorite holiday foods. In the long run, your mind and body will thank you.

## Practice Healthy Holiday Cooking

Preparing favorite dishes lower in fat and calories will help promote healthy holiday eating. Incorporate some of these simple-cooking tips in traditional holiday recipes to make them healthier.

- **Gravy** – Refrigerate the gravy to harden fat. Skim the fat off. This will save a whopping 56 grams of fat per cup.
- **Dressing** – Use a little bread and add more onions, garlic, celery, and vegetables. Add fruits such as cranberries or apples. Moisten or flavor with low fat, low sodium chicken or vegetable broth and applesauce.
- **Turkey** – Enjoy delicious, roasted turkey breast without the skin and save 11 grams of saturated fat per 3 ounce serving.
- **Green Bean Casserole** – Cook fresh green beans with chunks of potatoes instead of cream soup. Top with almonds instead of fried onion rings.
- **Mashed Potato** – Use skim milk, chicken broth, garlic or garlic powder, and Parmesan cheese instead of whole milk and butter.
- **Desserts** – Make a crustless pumpkin pie. Substitute two egg whites for each whole egg in baked recipes. Replace heavy cream with evaporated skim milk in cheesecakes and cream pies. Top cakes with fresh fruit, fruit sauce, or a sprinkle of powdered sugar instead of fattening frosting.



### Quick Holiday Nog

4 bananas  
1 ½ cup skim milk or soymilk  
1 ½ cup plain nonfat yogurt  
¼ tsp. rum extract  
Ground nutmeg

Blend all ingredients except nutmeg.  
Puree until smooth. Top with nutmeg.

## Trigger Points of Holiday Stress and Depression

Holiday Stress and depression are often the result of three main trigger points. Understanding these trigger points can help you plan ahead on how to accommodate them.

The three main trigger points of holiday stress or depression:

1. **Relationships.** Relationships can cause turmoil, conflict, or stress at any time. But tensions are often heightened during the holidays. Family misunderstandings and conflicts can intensify – especially if you're all thrust together for several days. Conflicts are bound to arise with so many different personalities, needs, and interests. On the other hand, if you're facing the holidays without a loved one, you may find yourself especially lonely or sad.
2. **Finances.** Like your relationships, your financial situation can cause stress at any time of the year. But overspending during the holidays on gifts, travel, food, and entertainment can increase stress as you try to make ends meet while ensuring that everyone on your gift list is happy. You may find yourself in a financial spiral that leaves you with depression symptoms such as hopelessness, sadness, and helplessness.
3. **Physical demands.** The strain of shopping, attending social gatherings, and preparing for holiday meals can wipe you out. Feeling exhausted increases your stress, creating a vicious cycle. Exercise and sleep – good antidotes to stress and fatigue – may take a back seat to chores and errands. High demands, stress, lack of exercise, and overindulgence in food and drink – all are ingredients for holiday illness.

## 12 Tips to Prevent Holiday Stress and Depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if you know the holidays have taken an emotional toll in previous years.

Tips you can try to head off holiday stress and depression:

1. **Acknowledge your feelings.** If a loved one has recently died or you aren't able to be with your loved ones, realize that it's normal to feel sadness or grief. It's OK now and then to take time just to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
2. **Seek support.** If you feel isolated or down, seek out family members and friends, or community, religious, or social services. They can offer support and companionship. Consider volunteering at a community or religious function. Getting involved and helping others can lift your spirits and broaden your friendships. Also, enlist support for organizing holiday gatherings, as well as meal preparation and cleanup. You don't have to do it alone. Don't be a martyr.
3. **Be realistic.** As families change and grow, traditions and rituals often change as well. Hold on to those you can and want to. But accept that you may have to let go of others. For example, if your adult children and grandchildren can't all gather at your house as usual, find new ways to celebrate together from afar, such as sharing pictures, emails, or videotapes.
4. **Set differences aside.** Try to accept family members and friends as they are, even if they don't live up to all your expectations. Practice forgiveness. Set aside grievances until a more appropriate time for discussion. With stress and activity levels high, the holidays might not be conducive to making quality time for relationships. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.
5. **Stick to a budget.** Before you go shopping, decide how much money you can afford to spend on gifts and other items. Then be sure to stick to your budget. If you don't, you could feel anxious and tense for months afterward as you struggle to pay the bills. Don't try to buy happiness with an avalanche of gifts. Donate to charity in someone's name, give homemade gifts, or start a family gift exchange.

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## 12 Tips to Prevent Holiday Stress and Depression cont.

6. **Plan ahead.** Set aside specific days for shopping, baking, visiting friends, and other activities. Plan your menus and then make one big food-shopping trip. That'll help prevent a last minute scramble to buy forgotten ingredients – and you'll have time to make another pie, if the first one is a flop. Expect travel delays, especially if you're flying.
7. **Learn to say no.** Believe it or not, people will understand if you can't do certain projects or activities. If you say yes only to what you really want to do, you'll avoid feeling resentful, bitter, and overwhelmed. If it's really not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for lost time.
8. **Don't abandon healthy habits.** Don't let the holidays become a dietary free-for-all. Some indulgence is OK, but overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese, or drinks. Continue to get plenty of sleep and schedule time for physical activity. (See Tips for Healthy Holiday Eating on page 2)
9. **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Steal away to quiet place, even if it's the bathroom for a few minutes of solitude. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing, restoring inner calm.
10. **Rethink resolutions.** Resolutions can set you up for failure if they're unrealistic. Don't resolve to change your whole life to make up for past excess. Instead, try to return to basic, healthy lifestyle routines. Set smaller, more specific goals with a reasonable time frame. Choose only those resolutions that help you feel valuable and that provide more than only fleeting moments of happiness.
11. **Forget about perfection.** Holiday TV specials are filled with happy endings. But in real life, people don't usually resolve problems within an hour or two. Something always comes up. You may get stuck late at the office and miss your daughter's school play, your sister may dredge up an old argument, your partner may burn the cookies, and your mother may criticize how you're raising the kids. All in the same day. Accept imperfections in yourself and in others.
12. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for several weeks, talk to your doctor or a mental health professional. You may have depression.

## Stress-Free Holiday Etiquette

The upcoming holiday season is a wonderful time to celebrate. But it can also be a stressful time, especially when trying to make sure you follow the proper etiquette for certain situations. Here are a few etiquette guidelines to help keep your stress level low:

- If you receive a gift from someone who is not on your list, kindly thank them but don't feel compelled to run out and buy them something. Stress about blowing your holiday budget can certainly affect your health.
- Be respectful of your reader's lifestyle, traditions, and interests when selecting a holiday card and greeting. Many cards offer messages appropriate for any holiday or religious denomination. If you decide to write a holiday letter, keep it brief and uplifting.
- If you are invited to a party or celebration, RSVP promptly and bring a small thank-you gift for the host or hostess. If you have multiple invitations for one day, it is acceptable to attend all the parties and stay for a short while at each location – but remember not to over-schedule yourself.

Following these guidelines – and making time to get exercise and eat right – can make your holidays happier and more stress-free.



## Take Back Control of Holiday Stress and Depression

One key to minimizing holiday stress and depression is knowing that the holidays can trigger stress and depression. Accept that things aren't always going to go as planned. Then take active steps to manage stress and depression during the holidays. You may actually enjoy the holidays this year more than you thought you could.