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Quarterly Newsletter | Winter 2019

HealthMatters

CCH Partners with Local Organizations to Strengthen Our Community



In this issue...

From all of us at Community Care Health, I'd like to wish each and every one of you a wonderful holiday season, full of family friends and community. As we take some time out to enjoy the season and get ready to greet a happy and healthy new year, we wanted to take this opportunity to share some of the ways CCH is committed to giving back to the very community of which we are a part. After all, both our mental and physical well being is enhanced when we take actions to do for others and for our communities.



Because we are a local company, we see firsthand the amazing strengths and qualities that make the area what it is. The sense of community, a passion for our neighbors and always being willing to step up to answer the call – no matter what that may be. We also recognize the need that some in our community face. By partnering with local organizations, including Catholic Charities, Fresno Diocese, we helped raise tens of thousands of dollars and, as importantly, were able to give families holiday meals to enjoy with their friends and loved ones.

And our commitment extends far from the holiday season. By sponsoring the Local Area College Night and other events around town, we hope to provide opportunities and pathways for future generations.

Of course, **HealthMatters** is also focused on the health and wellbeing of our members. Be sure to read about the mental health benefits that come with volunteering – during the holiday season and throughout the year. And don't miss out on our brand-new partnership with WW (Weight Watchers Re-imagined) designed to provide reduced-costs access to three powerful programs, including: the traditional WW plan, WW for Diabetics and WW for Teens and Adolescents.

We hope you enjoy this issue and we look forward to a wonderful 2020 to come.

Aldo De La Torre
President, CEO
Community Care Health



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HealthMatters is a quarterly newsletter brought to you from Community Care Health. Designed to keep members abreast of the latest information impacting their health, we hope you find this a valuable resource.

Giving Back to Our Community



As an active member of the communities in which we serve, Community Care Health is committed to providing more than just access to the area's leading healthcare providers. We are focused on helping our local neighbors whenever we can.

Community Care Health has supported the extraordinary efforts of the Adopt-A-Family program, which seeks to bring happiness and fill important needs during the holidays to Catholics and non-Catholics alike.

During this past holiday season, we were extraordinarily blessed to play a role in providing gifts to 18 local families, including new jackets and other supplies, allowing these families to have an even brighter Christmas.

We would like to thank the Adopt-A-Family Program and the wonderful families we had the pleasure to meet.



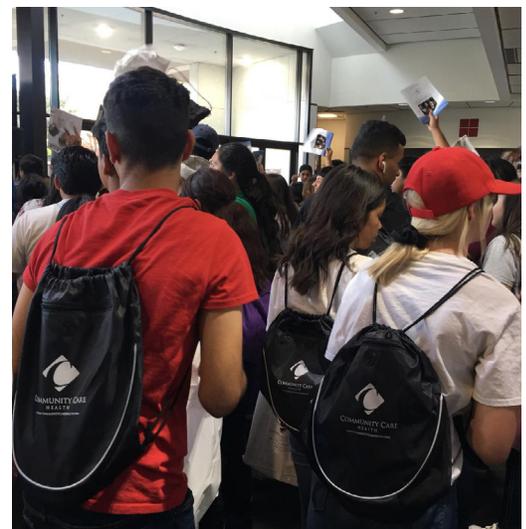


On September 11, CCH along with the Fresno County Superintendent of Schools, welcomed thousands of students to the Fresno Area College Night. Because of our opportunity to sponsor the event, more than 5,000 students were able to attend for free - many of whom will be the first generation in their families to attend college. This is yet another example of how CCH supports our community for better health and higher education. With colleges and universities from around the nation, along with breakout sessions designed to answer college planning questions, the Fresno Area College Night is "one-stop-shopping" for all of their higher education needs.

CCH President and CEO, Aldo De La Torre welcomed the sophomore, juniors and seniors to this important event. "For many of you, tonight is an essential first step toward an exciting, challenging and enlightening continuing education experience," he began. "Whether you're leaning toward college or technical training, I hope this evening will open up a world of possibilities for you and give you confidence in knowing that you have a host of community partners here in our region to support you and cheer you on."

Free to all students, the evening provides an important opportunity, especially for first-generation college-students-to-be, to learn about the variety of post-high school educational opportunities that exist, including the intricacies of admission and scholarship applications.

CCH could not have been more proud to be a sponsor of this event and looks forward to next year.





CCH Partners with Catholic Charities to Help Our Community



Giving is important throughout the year, and especially during the holiday season. This year, CCH, in partnership with KSEE24, helped organize a fund-raising effort in support of Catholic Charities' 10th Annual Turkey Drive.

More than 1,200 families received a holiday meal box and turkey for the Thanksgiving holiday. "People waited in line for hours and some even spent the night on our doorstep to receive this precious gift," explained Ashlee Wolf, Development Director, Catholic Charities, Diocese of Fresno. "If you multiply the number of families served by four people per family (and oftentimes it's more than just four per family), that's over 4,800 people that you helped create a holiday memory for. You've impacted 4,800 lives this holiday

season through your kindness and by opening your hearts to serve those in need."

In total, almost 1,400 turkeys and more than \$57,000 in much-needed aid was collected thanks to generous donations from around the country. Those donations will be distributed during Christmas and the money raised will help purchase much-needed supplies for additional meal boxes.

"At the heart of CCH is a commitment to our local community," explained Deidre Berman, Vice President, Business Development & Consumer Experience Community Care Health. "After all, this is our community as well. We live here, we work here and we are dedicated to helping each and every one we can – especially during the holidays."



New Year's Resolutions Come in All Shapes & Sizes

Now that Community Care Health has partnered with WW (Weight Watchers Re-imagined), you have an array of programs available to help you improve your overall health as we head into the new year.

All CCH members can join the WW program at a special discounted price. CCH will subsidize at least 50% of the membership costs for members, and for some programs CCH subsidizes 100%, so they are completely free for you!

myWW

When you join WW, you can lose weight and build healthy habits with a science-backed program that fits your life. For the WW signature program – myWW – members have the option to participate completely online with a wide array of tools or utilize all those online tools and pair it with attending weekly WW workshops. The easy to use app has tools you need, including food and activity tracking, thousands of recipes, even 24/7 Chat with a WW Coach and so much more.

On-site weekly workshops: For employer groups that enroll a minimum of 15 members at a specific site, WW will have a WW Coach come to that site and hold the weekly workshop! Imagine being able to attend your WW weekly workshops in your break room or cafeteria! So it helps to get your co-workers enrolled too!

Discount Program Pricing:

myWW Program:

Digital: \$8.05 per month

myWW Program:

Digital & Workshops: \$18.25 per month

To enroll, please visit <https://communitycarehealth.ww.com>



CCH & WW: Breakthrough Program for Diabetics

WW for Diabetes combines the proven WW approach with confidential, unlimited, and one to one email and phone support from a Certified Diabetes Educator (CDE). In close consultation with you and after better understanding your needs and goals, your CDE will develop a personalized food plan, provide unlimited coaching, craft tailored materials to address weight loss and to maintain healthy blood sugar levels – and more.

Discount Program Pricing: \$19.11 per month

To enroll, please visit <https://communitycarehealth.ww.com>



New WW Program for Adolescents & Teens - *Absolutely Free*

CCH will also be offering Kurbo by WW, a proven program that helps kids and teens to build healthy habits for life. Using their phones to track their progress, the fun app keeps them on track so that parents don't have to play food cop. Videos and games encourage physical activity, and in-app meditations help kids and teens manage stress. This program will be available for dependents under the age of 18, free of charge! (CCH subsidizes 100% of the cost)

Discount Program Pricing: \$0 for 3-month membership

To enroll in Kurbo, please visit <https://kurbo.com/communitycarehealth>



How Volunteering Can Help Your Mental & Physical Health

By Barbara R. Edwards, MD, MPH

Many recent studies on volunteer work show how it's connected to better health. Physical effects on the body, such as lowered blood pressure can be measured and impacted through helping others.

Though some of us are introverts, humans need social connection in order to survive and thrive. Helping others not only makes you feel good about yourself, but your actions have lasting effects on those you serve, which can be just as rewarding as knowing you're contributing to your own self-improvement.

Here's how volunteering can be beneficial for your health:

Improved self-confidence:

Feeling needed and appreciated for your work can boost your confidence. Volunteering on a regular basis can give you a sense of purpose, fulfillment and accomplishment.

Studies show that people who feel less lonely have a lower propensity to become depressed

Helping improve the lives of others through direct action can help you see how valuable you are, and why community is so important. The reward of volunteering can make you feel better about yourself, and improve your self-confidence. Often, people can have trouble with social interaction, and volunteering is a great way of meeting new people and building meaningful connections.

Lower stress:

Stress and high blood pressure is inextricably related, so lowering your stress levels can also aid in lowering your blood pressure. A study from Carnegie Mellon University showed that those over the age of 50 who volunteered regularly on average had lower blood pressure than those who did not.

Aside from the physical activity performed while volunteering, being a volunteer helps you find a newfound sense of purpose, which can help you cope with stress in your personal life. Shifting your focus from your life to others can even help you forget about your stress. Being able to focus on helping those in your community and escape the

everyday hustle can also help lower stress levels. Shifting your perspective and moving your attention to another's situation can put your own problems into perspective. Having the feeling of making a difference for someone else might also make you feel like you can make changes in your own life.

Helps with depression:

Studies show that people who feel less lonely have a lower propensity to become depressed. The empathetic response felt while spending time with others in a volunteer capacity was shown to increase happiness through the study.

Volunteering with others who all work toward the same goal increases social interaction, thus diminishing the lonely feeling that so many face from living along — especially in old age. Surrounding yourself with people who share the same interests can help you build a support system, and having a strong support system has been shown to decrease depression, despite vulnerability as a result of genetic and environmental factors. By volunteering you also commit to being available to a person or an organization for a specific period of time. They count on you to show up at a certain time for a couple hours a week, making you accountable. When you have to get out of bed and show up knowing these people depend on you, it can be a great tool to cope with depression.

Longevity:

A study from 2012 shows the life expectancy of volunteers to be longer than those who don't volunteer. It is believed that the main reason those who volunteer live longer than those who don't is because of lowered feelings of loneliness, as well as lowered levels of stress, as mentioned before. However, the results of this study apply only to those who volunteer for genuine selfless reasons, rather than those who volunteer for their own self-interests, like resume building. In fact, the data show that people who volunteer

to help themselves have the same mortality rate as those who don't volunteer at all. Volunteering for the right reasons on a regular basis can reduce early mortality rates by 22%, according to a review of the health effects of volunteering.

Once you start volunteering, you'll know in your heart that the scientific evidence supports the positive outlook you have after leaving the soup kitchen, animal shelter or nursing home. Whatever reasons you start your volunteering journey, you will be surprised at the impact it has on your life forever.

Edwards, Barbara R., MD, MPH. How Volunteering Can Help Your Mental & Physical Health 01 Jan 2020. PsychCentral blog <https://psychcentral.com/blog/how-volunteering-can-help-your-mental-physical-health/>. Retrieved from <https://psychcentral.com/blog/how-volunteering-can-help-your-mental-physical-health/>





Language Assistance Program

Get the interpreter services you need.

If you need help talking to your doctor, understanding medical information or obtaining care, please call our customer service department. We have representatives who speak English, Spanish and Hmong and access to interpreter services in over 100 other languages. You may also be able to get written materials in your preferred language.

Call us at 1 (855) 343-2247. Let us know your preferred language when you call. We're glad to help.

Food Drive

**Donate to your
local food drive.**

<https://ccfoodbank.org/food-locator/>



Disclaimer: Please call food distribution location ahead of visit at the number provided to confirm their hours of operation.

Valley Animal Center



More Ways to Give

There are a variety of ways to help support the dogs and cats of the Valley Animal Center. From in-kind donations off our Wish List to permanent memorial and tribute opportunities to matching employer donations and so much more. Any support of our no-kill organization goes so far to help all the homeless animals in the greater Central Valley.

<https://valleyanimal.org>

What's Happening

... around town and at Community Medical Centers

Get Involved & Volunteer Today!



The Fresno Rescue Mission is a vital community organization dedicated to serving the less fortunate. See how you can help by visiting <https://fresnorm.org/get-involved/>



Bring a dog home this holiday!

Whoever said "good friends are hard to come by" didn't come looking for one at the CCSPCA!

Our adoption center has a large selection of puppies and dogs ranging in ages to choose from – many of them pure breeds. Let us assist you in finding your new best friend!

Please visit the CCSPCA Adoption Center at:
103 S. Hughes Ave., Fresno, CA 93706
<https://www.ccspca.com/adopt-a-dog/>



Poverello House welcomes anyone with a heart to serve. Because of our dedicated volunteers we are able to serve more than 1,200 meals a day. Poverello House would not be able to offer the wide variety of services it provides without the daily assistance of our wonderful volunteers.

<https://poverellohouse.org/get-involved/volunteer>



COMMUNITY CARE
HEALTH

Community Care Health
P.O. Box 45020
Fresno, CA 93718
1 (855) 343-2247
communitycarehealth.org

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Committed to Providing Quality Healthcare Services for the Central Valley



**Your Voice
Matters**

Have a story to share, questions or comments?
Please contact our staff at
CustomerService@communitycarehealth.org