

## Should You Get the Measles/Mumps/Rubella Vaccine?

### What is Measles?

According to the [Florida Department of Health –Pinellas](#) (DOH), measles is an acute, highly contagious viral disease. The symptoms of measles generally begin approximately seven to 14 days after a person is exposed to someone with measles.

Symptoms include fever, runny nose, cough and rash. Measles is spread through the air by breathing, coughing or sneezing.

Although it is usually considered a childhood disease, it can be contracted at any age. Generally, preschool children, adolescents, young adults and inadequately immunized individuals comprise the majority of measles cases in the United States.



### Talk to Your Doctor

The DOH says, “Anyone older than 12 months of age should receive the MMR (measles, mumps, rubella) vaccine for protection.” Ask your doctor if you need the shot.

## Shingles Vaccine Update

Shingrix manufacturer, GlaxoSmithKline, advises that delays and back orders are expected to continue in 2019. See what Consumer Reports says about the [Shingles Vaccine Shortage](#).

## REPCO News

The next REPCO lunch meeting will be **June 10** meeting beginning at 11:30 a.m. at Applebee’s Restaurant, 5110 East Bay Drive. The subject will be hurricane preparedness.

If you have questions, contact Rudy Garcia at (813) 855-3466 or [rdgarcia@verizon.net](mailto:rdgarcia@verizon.net).

## Social Connection, Loneliness and Your Health

Relationships are crucial to both physical and psychological well-being. Through research, we now know that there is a connection between social isolation, loneliness and both physical and mental health. Individuals lacking in strong relationships, both individual and community, are at a higher risk for developing arthritis, Type 2 diabetes, and heart disease among others. There may also be a connection to cognitive decline, dementia and Alzheimer’s.



Interaction with others and supportive networks increase the quality of life because they fill a fundamental human need. They reduce emotional stress, and thus reduce the constant release of stress hormones, which lead to an inflammatory response and increased risk for disease.

[In a 2018 study](#), Cigna found that loneliness is an epidemic in the United States. The survey of more than 20,000 U.S. adults ages 18 years and older revealed some alarming findings:

- **Nearly half** of Americans report sometimes or always feeling alone (46 percent) or left out (47 percent).
- **One in four** Americans (27 percent) rarely or never feel as though there are people who really understand them.
- **Two in five** Americans sometimes or always feel that their relationships are not meaningful (43 percent) and that they are isolated from others (43 percent).
- **One in five** people report they rarely or never feel close to people (20 percent) or feel like there are people they can talk to (18 percent).

*Continued on page 2.*

## Use **F.A.S.T.** to Remember the Warning Signs of a Stroke

**Face:** Ask the person to smile. Does one side of the face droop or is it numb?

**Arms:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**Speech:** Is speech slurred? Ask the person to repeat a simple sentence. Is the person unable to speak or hard to understand?

**Time** to call 9-1-1: If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

The [American Stroke Association](#) is solely focused on reducing disability and death from stroke.

## How to Spot Skin Cancer What You Can Do

Anyone can get skin cancer, regardless of skin color. It is estimated that one in five Americans will be diagnosed with skin cancer in their lifetime. When caught early, skin cancer is highly treatable.



- ◆ Check your skin on a regular basis as a first step to spotting potential problems.
- ◆ Have your doctor check your skin during routine check-ups.
- ◆ Your best defense is to prevent skin cancer is to seek shade, cover up and wear sunscreen.
- ◆ Read UnitedHealthcare’s article [Look Here – to Help Spot Skin Cancer](#) to learn what to look for.
- ◆ See the article [Skin Protection](#) to learn how to protect yourself.

- **Americans who live with others** are less likely to be lonely (average loneliness score of 43.5) compared to those who live alone (46.4). However, this does not apply to single parents/guardians (average loneliness score of 48.2) – even though they live with children, they are more likely to be lonely.
- **Only around half of Americans** (53 percent) have meaningful in-person social interactions, such as having an extended conversation with a friend or spending quality time with family on a daily basis.
- **Generation Z (adults ages 18-22) is the loneliest generation** and claims to be in worse health than older generations.
- **Social media use alone is not a predictor of loneliness:** Respondents defined as very heavy users of social media have a loneliness score (43.5) that is not markedly different from the score of those who never use social media.

**Older adults are also particularly susceptible to social isolation** as they become less mobile and must rely on others for transportation and visits. They have fewer friends and family members as they age. Living in a care or rehabilitation facility can also feel isolating.

### What should you do?

A researcher who has done extensive research on the subject suggests using four steps to combat loneliness: **EASE (Extend, Action Plan, Selection, Expect)**. Read about it at [www.nami.org/Blogs/NAMI-Blog/June-2018/Combating-Loneliness-with-EASE](http://www.nami.org/Blogs/NAMI-Blog/June-2018/Combating-Loneliness-with-EASE).

### What does EASE stand for?

<b>Extend</b>	Try to put yourself out there, even if it’s for one hour.
<b>Action Plan</b>	Think about things you might enjoy doing.
<b>Select</b>	Once your action plan is in place, look for others who may share your interests and places where you may find those people.
<b>Expect</b>	Expect good things, and what happens may surprise you.

## Exercise for Arthritis

If you suffer from arthritis, exercise can make you feel better. Physical activity reduces joint stiffness and swelling and is a great non-drug treatment for managing pain. Arthritis sufferers who exercise regularly have less pain, more energy, improved sleep and mood, and better overall quality of life.

When you have stiff joints and arthritis pain, it can be difficult to start or continue an exercise plan. But being active can delay the onset of arthritis and slow the progression of the condition. It also helps to manage other chronic conditions such as diabetes, heart disease, and obesity.

### What type of activities are good for arthritis?

**Flexibility and range of motion exercises** are important to retain movement and even improve rotation in the joints. Daily stretching and yoga are good choices.

**Strength training** supports and protects joints and improves muscle strength.

**Balance exercises** such as walking backwards, standing on one foot, and tai chi help reduce the risk of falling and improve walking.

**Low impact aerobic and aquatic exercises** keep your heart healthy, increase your stamina and prevent fatigue without stressing your joints.

### Pinellas County Benefits

400 S. Fort Harrison Ave.

Clearwater, FL 33756

(727) 464-4570 | Fax 464-5291

[employee.benefits@pinellascounty.org](mailto:employee.benefits@pinellascounty.org)

If you're new to exercise, use common sense and start slowly.

### What if you have pain during or after exercising?

It's normal to have some pain, stiffness, and even some swelling when beginning or increasing an exercise regimen. It takes around 6 to 8 weeks for your body to become adjusted to your new activity level but stick with it, as being physically active will help with long-term pain relief.

Several things to keep in mind if you are experiencing pain: modify your exercises, decrease time and frequency, try different types of workouts that use different muscles (you may be sore in many places if you are doing different types of workouts each day), warm up properly and cool down, move at a comfortable pace, and make sure you have solid comfortable shoes.

If pain is sharp or stabbing, causes you to limp, lasts more than two hours, pain or swelling does not go away with hot or cold compress, or swelling increases and your joints feel "hot," talk to your doctor.

Everyone is different, so if you're not sure whether you should start exercising, check with your doctor.



## Retiree Resources

### Medicare Health Plan:

◇ UnitedHealthcare MAPPO  
(800) 457-8506  
(includes Rx and mental health)  
[UHCRetiree.com](http://UHCRetiree.com)

◇ Davis Vision (800) 999-5431  
[DavisVision.com](http://DavisVision.com)

**Human Resources**  
*Helping U Succeed*

### Non-Medicare and Traditional Medicare Health Plan:

◇ UnitedHealthcare  
(888) 478-4752 [myuhc.com](http://myuhc.com)

◇ Express Scripts (866) 544-9221  
[Express-Scripts.com](http://Express-Scripts.com)

◇ ComPsych (866) 615-3047  
[GuidanceResources.com](http://GuidanceResources.com)

◇ Davis Vision (800) 999-5431  
[DavisVision.com](http://DavisVision.com)

### Dental Plans:

Cigna (800) 244-6224  
[myCigna.com](http://myCigna.com)

**Florida Retirement System (FRS):** (866) 446-9377  
[myfrs.com](http://myfrs.com)

### Pinellas County Retirement Information:

[www.pinellascounty.org/hr/retiree](http://www.pinellascounty.org/hr/retiree)