

MUCHA *Salud*

An informational magazine for  patients

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Staying Healthy!

We help you keep your health

Your Kidneys

Things to know of your hard working organs

High Blood Pressure?

No worries, we have tips that can help!



Welcome to Our Latest Edition!

Dear Member,

We are still in hurricane season, a time of year where we carefully plan to make sure each of you remain healthy and safe. Our Leon team of professionals are standing beside you, assuring your uninterrupted healthcare and personal attention, at all times.

During this season, as always, we take pride in our commitment to provide each of you with quality healthcare and excellence in service.

All of our centers are ready to open immediately after a hurricane avoiding any lapse in your health care. Each center is equipped with industrial generators and impact glass on all our windows and doors. You can always count on us to keep you healthy and safe, especially during this season. We are all ONE Leon and YOU will always be our #1 priority.

Please stay informed of our communications and up-to-date weather news updates.

We hope you enjoy this edition of the Mucha Salud newsletter which includes important information about hurricane season and many topics that are both informative and entertaining; it is designed to provide you with educational resources oriented to optimize a healthy and happy lifestyle.

Once again, all of us at Leon thank you for entrusting us with your health, and we always look forward to providing you with the Medical Excellence and Personal Attention that has become the foundation to our organization.

There is only ONE LEON!

Please contact our Member Services number toll free at **844-9-MY-LEON (1-844-969-5366)** or local at **305-541-LEON (305-541-5366)** for any questions. (TTY users should call 711). Hours are from 8 a.m. to 8 p.m., seven days a week from October 1st through March 31st and Monday through Friday from April 1st through September 30th.

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MUCHA *Salud*
An informational magazine for **LEON** patients

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8600 NW 41st Street
Doral, FL. 33166

305.642.LEON (5366)
Available 24 hours a day,
7 days a week

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ATTENTION MEDICARE BENEFICIARIES



At Leon Medical Centers, we are proud to guarantee the following services to our patients:



PRIMARY CARE

We guarantee that you can see your primary care doctor within 24 hours.



SPECIALISTS

We guarantee that you can see a specialist within a week and if necessary, immediately.



DIAGNOSTICS

We guarantee that if you need an appointment for a diagnostic exam such as a CT Scan or MRI, you will get one immediately.

THAT IS PEACE OF MIND. THAT IS MEDICAL EXCELLENCE. THAT IS THE

**LEON
GUARANTEE**

(305) 642-LEON
5 3 6 6



Benjamin León, Jr.

Leon Medical Centers in Homestead is HERE with MORE TO COME!

Our new Homestead 49,000 square-foot state-of-the-art supercenter located at 2250 NE 8th Street, Homestead, FL 33033 has opened its doors!

The former address of Homestead's infamous Flagship Cinema can now provide world class healthcare service by fully bilingual physicians and staff, to nearly 6,000 Medicare patients throughout the City of Homestead and South Dade area.

Operating 7 days a week and offering complimentary transportation, the Leon Medical Centers Homestead facility includes primary, specialty and urgent care services, in-house pharmacy, diagnostics, lab, dental, eyecare and even a healthy living center opening in the very near future!



Staying healthy with proper nutrition:

USDA MyPlate Nutrition Information for Older Adults

- Enjoy a variety of foods from each food group to help reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease.
- Choose foods with little to no added sugar, saturated fats, and sodium.
- Get enough protein during your day to maintain muscle mass.
- Focus on the nutrients you need, including potassium, calcium, vitamin D, dietary fiber, and vitamin B12.
- With age, you may lose some of your sense of thirst. Drink water often. Low- or fat-free milk, including lactose-free options or fortified soy beverage and 100% juice can also help you stay hydrated. Limit beverages that have lots of added sugars or salt.
- Maintain a healthy weight or prevent additional weight gain by following a healthy dietary pattern and adopting an active lifestyle.
- Learn how much to eat from all five food groups and find out how many calories you need each day to help you maintain energy using the MyPlate Plan.
- Try to prevent foodborne illness (food poisoning) by keeping food safe. Learn more about the four steps to safer food choices—Clean, Separate, Cook, and Chill—at

FoodSafety.gov.



Eating healthy has benefits that can help people ages 60 and up. As we age, healthy eating can make a difference in our health, to improve how we feel, and encourage a sense of well-being. **Unique Needs of People Ages 60+**

Nutrition Tips for Ages 60+

Eating habits change throughout the life span. Learn how the foods and drinks choose each day help you meet daily nutrient needs, maintain a healthy body weight, and reduce the risk of chronic disease.

- Eat seafood, dairy or fortified soy alternatives, beans, peas, and lentils to help maintain muscle mass.
- Add fruits and vegetables to your meals and snacks. If slicing and chopping is a challenge, choose frozen, canned, or ready-to-eat options.
- Turn eating into a social event. Meals are more enjoyable when you eat with others. Invite friends to join you or take part in a potluck at least twice a week. Some community centers and places of worship offer meals that are shared with others. There are many ways to make mealtimes pleasing.

- The body's ability to absorb vitamin B12 can decrease with age. Taking certain medicines can also lower absorption. Eating enough protein and fortified foods can help the body get the vitamin B12 it needs. Speak with your healthcare provider to learn if you should take supplements and what is right for you.
- If you use or are thinking about taking dietary supplements, talk about this with your healthcare provider to learn what is right for you. This includes nutrition supplement drinks, which can have added sugars. The My Dietary Supplement and Medicine Record can help you track your supplement and medicine use.

Be Active

Being physically active can help you stay strong and independent. For older adults, regular physical activity supports a number of health benefits, including brain function, balance, and bone strength.

TIPS TO AVOID FALLING



LIVING ROOM

Check the floor in each section of the house

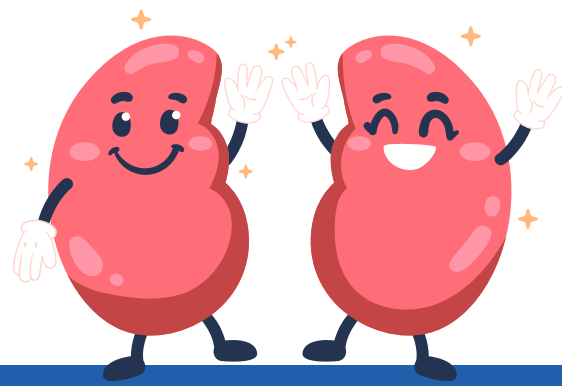
When you walk through a room; do you find that furniture obstructs your path?

Tell someone to clear the path you use to move around safely.

- Try to get at least 150 minutes (or two and a half hours) of moderate activity per week. Moderate means any activity that gets your heart beating faster.
- Do activities that make your muscles work harder than usual at least two days of the week.
- Learn more in the Move Your Way Fact Sheet for Older Adults.

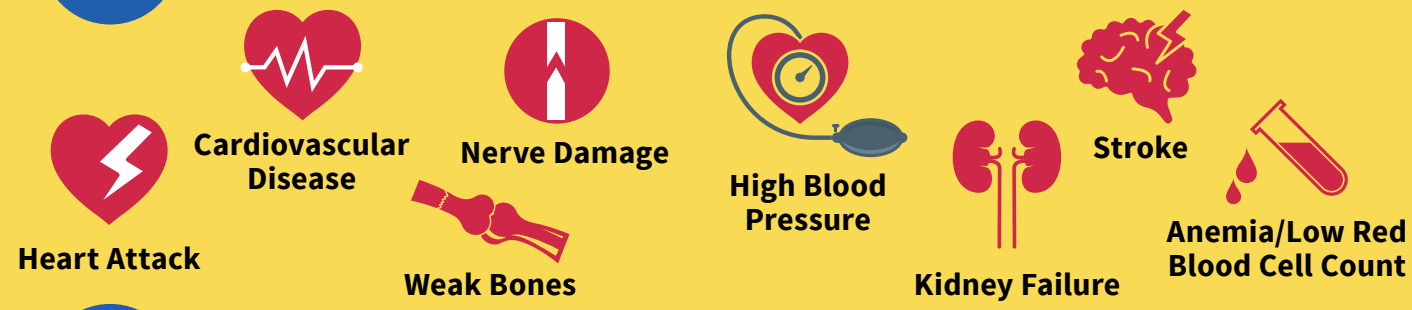
The Kidney

Get to know your hard working kidneys



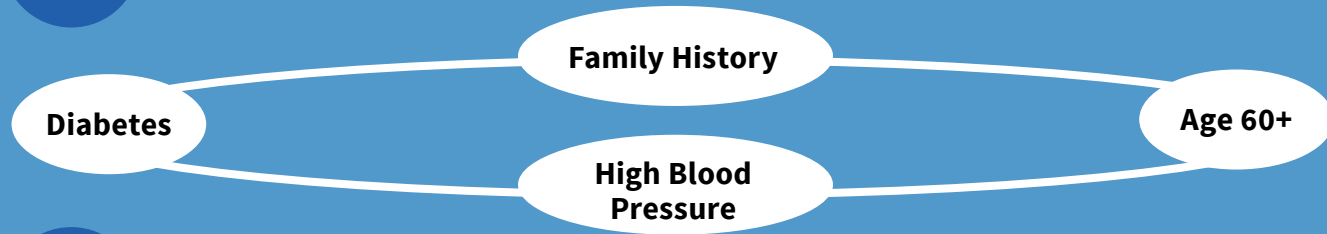
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PROBLEMS KIDNEY DISEASE CAN CAUSE



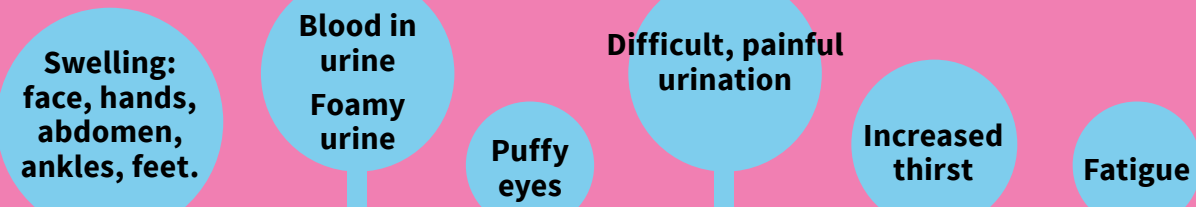
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RISK FACTORS



7

SYMPTOMS



2

TEST YOU CAN TAKE (BLOOD AND URINE)



Urine albumin-to-creatinine ratio estimates the amount of a type of protein estimates the amount of type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.

Learn More Kidney.com

AGING AND KIDNEY DISEASE:

Aging and Kidney Disease National Kidney Foundation

Kidney disease can develop at any time, but those over the age of 60 are more likely than not to develop kidney disease. As people age, so do their kidneys. According to recent estimates from researchers at Johns Hopkins University, more than 50 percent of seniors over the age of 75 are believed to have kidney disease. Kidney disease has also been found to be more prevalent in those over the age of 60 when compared to the rest of the general population.

“Many people don’t realize that, as we age, we lose kidney function,” said Beth Piraino, MD, National Kidney Foundation President. “Unfortunately, older Americans may not realize they are at increased risk until it is too late.”

The National Kidney Foundation (NKF) urges everyone over the age of 60 to be screened for kidney disease. NKF recommends

annual screening with a simple urine albumin test that checks for protein in the urine—the earliest sign of kidney damage—as well as a blood test for kidney function. In addition to seniors, NKF recommends that members of other high-risk groups, such as those with diabetes, high blood pressure, and/or a family history of kidney failure, also be screened annually.

Kidney disease often develops slowly with few symptoms, and many people don’t realize they have it until the disease is advanced. Awareness of kidney disease, especially for those at risk, is the first step to preventing, or slowing the progression of kidney disease. “Kidney damage can manifest as decreased kidney filtration or protein in the urine,” said Morgan Grams, MD, PhD, of Johns Hopkins Bloomberg School of Medicine. “If this is recognized and evaluated by both patients and their physicians, then the risk of complications can be managed.”

Kidney Disease Facts:

- Kidney disease kills more people each year than breast or prostate cancer.

TIPS TO AVOID FALLING



Do you have floor mats or rugs?

Remove the carpets or use double-sided tape to secure them to the floor. You can also use anti-slip mats.

Are there papers, books, towels, shoes, boxes, sheets or other objects on the floor?

Pick up things that are on the floor. Always keep the floor free of objects.

- The National Kidney Foundation recommends annual kidney disease screening for anyone over the age of 60.
- Risk factors for kidney disease include: high blood pressure, diabetes, kidney stones, a family history of kidney failure, prolonged use of over-the-counter pain medications, and being over the age of 60.
- More than 37 Million Americans - 1 in 7 adults - have chronic kidney disease and most don’t know it.
- Of the over 120,000 Americans on the national organ transplant waitlist, more than 98,000 await a life-saving kidney.

How Can I Reduce High Blood Pressure?

These are steps you can take now:

- Reach and maintain a healthy weight.
- Eat a heart-healthy diet that includes vegetables, fruits, whole grains, low-fat dairy products, poultry, fish, legumes, non-tropical vegetable oils and nuts. It should also limit sodium, sweets, saturated fats, sugar sweetened beverages and red meats.
- Be more physically active.
- Don't smoke and avoid secondhand smoke.
- Limit alcohol to no more than one drink per day for women or two drinks a day for men.
- Take your medication as prescribed.
- Know what your blood pressure should be and work to keep it at that level.

How can I lose weight?

In order to lose weight, you need to use up more calories than you eat and drink every day. Talk with

your health care professional about a healthy eating and physical activity plan that will help you reach your weight loss goals. When you lose weight, your blood pressure often goes down! An initial weight loss goal of at least 5% will help reduce your blood pressure.

How do I limit sodium?

Aim for an ideal limit of less than 1,500 milligrams (mg) per day of sodium. Even cutting back by 1,000 mg a day can help improve your blood pressure and heart health.

You can reduce your sodium intake by:

- Reading the Nutrition Facts label on foods so you know how much sodium is in food products. Foods with 140 mg or less sodium per serving are considered low in sodium.
- Avoiding prepackaged, processed and prepared foods, which tend to be higher sodium.
- Reducing salt in cooking and

at the table. Learn to use herbs and salt-free spices instead.

How do I limit alcohol?

Ask your health care professional if you're allowed to drink alcohol, and if so, how much.

If you drink more than two drinks a day if you're male or more than one drink a day if you're female, it may add to high blood pressure. One drink is equal to 12 ounces of beer, 5 ounces of wine, 1.5 ounces of 80-proof distilled spirits or 1 ounce of 100-proof spirits.

If cutting back on alcohol is hard for you to do on your own, ask about groups that can help.

How can I be more active?

Regular physical activity helps to reduce blood pressure, control weight and reduce stress. It's best to start slowly.

and do something you enjoy, like taking brisk walks or riding a bicycle.

Aim for at least 150 minutes

By treating high blood pressure, you can help reduce your risk for stroke, heart attack, heart failure and kidney failure.

of moderate-intensity or 75 minutes of vigorous-intensity aerobic physical activity (or a combination of both) per week. Talk to your health care professional about a good plan for you.

What should I know about medication?

Depending on your risk and blood pressure levels, you may need one or more types of medication to keep your blood pressure at a healthy level. You may need a trial period before your doctor finds the best medication, or combination of medications, for you.

What's most important is that you take your medication exactly as prescribed. Never stop treatment on your own. If you have problems or side effects from your medication, talk to your health care professional.



HOW CAN I LEARN MORE?

Call **1-800-AHA-USA1 (1-800-242-8721)**,

or visit heart.org to learn more about heart disease and stroke.

Sign up for our monthly Heart Insight e-news for heart patients and their families at HeartInsight.org.

Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at heart.org/SupportNetwork.

Do you have questions for your doctor or nurse?

Take a few minutes to write down your questions for the next time you see your health care professional.

TIPS TO AVOID FALLING



Is the carpet on the stairs properly attached to the steps?

Make sure the carpet is firmly attached to each step or remove the carpet. You can fix non-slip rubber tracks on the stairs.

For example:

Can I drink any alcohol?

How often should I check my blood pressure?

We have many other fact sheets to help you make healthier choices to reduce your risk for heart disease, manage your condition or care for a loved one. Visit heart.org/AnswersByHeart to learn more.

Heart Attack, Stroke and Cardiac Arrest Symptoms

If these warning signs are present **CALL 911**

HEART ATTACK SYMPTOMS

CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH

With or without chest discomfort.

OTHER SIGNS

May include breaking out in a cold sweat, nausea or lightheadedness.

STROKE SYMPTOMS SPOT A STROKE F.A.S.T.

FACE DROOPING

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

ARM WEAKNESS

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

TIME TO CALL 911

If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

CARDIAC ARREST SYMPTOMS

SUDDEN LOSS OF RESPONSIVENESS

No response to tapping on shoulders.

NO NORMAL BREATHING

The victim does not take a normal breath when you tilt the head up and check for at least five seconds.

Source: <https://www.heart.org/en/about-us/heart-attack-and-stroke-symptoms>

Parkinson's Disease

Parkinson's is the second most common neurodegenerative disease, after Alzheimer's, and its symptoms appear progressively, affecting some areas of the body such as the hands, arms, legs, and face. It then spreads to the entire body, causing motor stiffness, tremors, balance, and coordination problems.

Parkinson's disease does not represent an impediment to reaching personal goals and achievements. John Paul II, Muhammad Ali, Michael J. Fox, Salvador Dalí, Ozzy Osbourne, and Katharine Hepburn, among other well-known people, are an example of this.

Mental Gymnastics for Adults

Mental gymnastics are exercises to exercise the brain and thus maintain memory, knowledge, and recollection active. If we follow a brain exercise routine, we will keep our mind active as we age.

Some of the recommended exercises to maintain memory are:

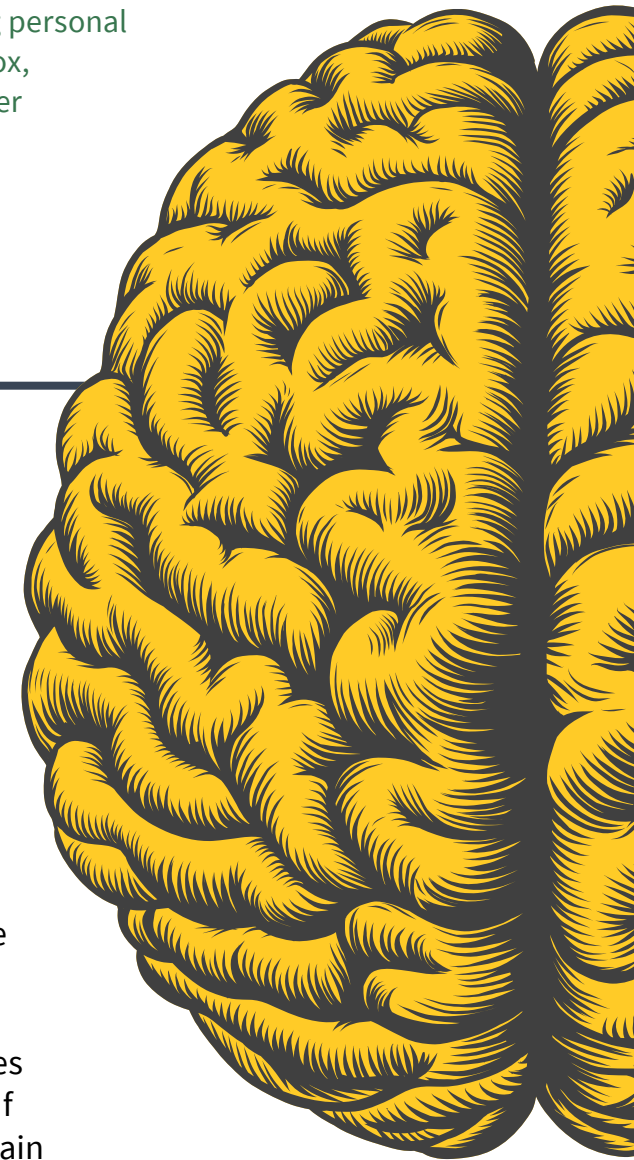
- **Carry out routine** entertainment activities such as solving puzzles, crosswords, word searches, or sudoku.
- **Remember simple things** like the shopping list or remember activities that we must perform such as going to the doctor, a meeting, or any common task.

- **Remember complicated words** or those that we do not usually use.

- **If we write down everything we do, it is better retained in the brain.** For example, we can write down our daily activities in a journal and try to remember them the next day.

- **Reading.** Reading provides information to the brain. If we read aloud, we will retain the information better, and we will remember it more easily.

Mental gymnastics exercises for adults can be practiced at any time of the day, but it is best first thing in the morning, since that way we will activate



the brain and it will react better to situations that may arise throughout the day.

The main goal is to have a more active mind, because as the saying goes, "life's potential is determined by the power of the mind."

How to Prepare for Hurricane Season?



Have a plan:

- Write down emergency phone numbers and have them stuck on the fridge or near every phone in the home.
- Prepare an emergency supply kit.
- Locate the nearest shelter and the different routes you can take to get there from your home.
- If you own pets: identify in advance a shelter or a hotel that accepts animals, or a friend or relative.



Gather emergency supplies:

During and after a hurricane, you may need supplies to keep your family safe. Remember, that a hurricane can interrupt the supply of water and electricity.

Be sure to prepare the following:

- A reserve of food and emergency water.
- A stock of medicines.
- Power sources for emergency, such as flashlights (don't forget to have additional batteries).
- Safety items and personal items.
- Important documents, including medical documents, wills, passports and personal identification.
- A fire extinguisher.

Watch for alerts from the National Weather Service on television, radio, or search the Internet for information.

Prepare a vehicle:

Make sure your car is ready before the storm hits.

- Fill up the gas tank.
- Keep cars inside the garage or under a rooftop.
- Always have an emergency kit in your car.

If you don't have a car, consider making plans with friends or family, or calling authorities to pick you up in case the area needs to be evacuated.

Hurricane season began June 1st and ends November 30th. Whether you live along the coast, or inland, you should know how to be prepared.

Prepare your home:

- Clear the yard, be sure that there is nothing that can fly away during the storm and damage the house.
- Cover doors and windows. Close the blinds or put plywood on the outer frames of the windows to protect them.
- Be prepared to cut the electricity. If your home floods and you see power lines down near your house, turn off the electricity.
- Fill clean containers with drinkable water. You can also fill sinks and bathtubs with water to wash.
- Check the battery of the carbon monoxide detectors (CO) to prevent carbon monoxide poisoning.



In case you have to evacuate:

- Bring your emergency supply kit and only what you really need like your cell phone, charger, documents (eg, passport or driver's license), your medicines, and cash.
- Unplug home appliances. If you have time, cut the gas, the electricity, and water.
- Follow routes that emergency workers recommend, even if there's traffic. The other routes could be blocked or flooded.

If you need to stay home:

- Keep your emergency supply kit in a place of easy access.
- Stay informed about the hurricane.

TIPS TO AVOID FALLING



Is the floor of the shower or bathtub slippery?

Place a secure non-slip bathroom mat on the shower or bathtub.

BEDROOMS

Is your night light or lamp within reach?

Place a lamp near the bed where it is easy to reach.

Is the way from your bed to the bathroom very dark?

Put a night lamp so that your path is illuminated. Some night lamps turn on by themselves after dark.

- Stay inside. Although it may look calm, don't go outside. Wait for an official message saying that the hurricane has passed.
- Stay away from windows to avoid being injured with pieces of broken glass or debris the wind may lift during the storm.
- Stay in a room that has no windows or get into a closet.
- Be prepared to go: If the authorities order you to leave, or if there's damage to your home, you may need to go to a shelter or a neighbor's home.

Get Moving

Physical activities, including cardio, are key to improving the functioning of the heart, lungs, and circulatory system.

Specialists recommend that older adults perform a minimum of 30 minutes of cardiovascular activity with moderate intensity, preferably seven days a week.

Medical studies have also shown that short periods of physical exercise, totaling 30 minutes per day, are as beneficial to health as 30 minutes of continuous exercise.

With so many benefits, it is very difficult to refuse to get moving!

If you want to stay healthy, visit the Leon Health Living Centers to receive information and guidance on our personalized exercise programs.



Some of the main benefits of staying active include:

1. Strengthens the heart
2. Reduces the risk of heart attack
3. Improves lung function
4. Reduces risk factors for ischemic cardiomyopathy
5. Benefits mental health
6. Reduces blood pressure and triglycerides
7. Reduces excessive weight and obesity
8. Potentially helps quit smoking
9. Releases tensions
10. Stimulates memory
11. Improves flexibility
12. Strengthens bones
13. Increases self-esteem
14. Tones the body
15. Improves coordination

1 Register!

MyLEON

Be part of the latest electronic health record system and stay connected to our medical staff from wherever you are.

2, 3.

- During your first medical visit, you will receive an activation code to enroll in **MyLeon**.
 - If you forget or lose your code, you can still enroll by visiting the website and answering some personalized security questions about yourself.
 - If you want to give a trusted caregiver, family member, or friend access to your **MyLeon** account, just fill out a form indicating that you want someone else to view your electronic health record.
- Remember that we are available **24/7** to help you sign up and to answer all your questions.

Before closing this magazine dedicated to you, sign up for **MyLeon** right now.

Don't forget to call us at **305.642.5366** for more information and help from our trained staff on using our digital platform.

MTM Program

The Leon Health plan offers a free Medication Therapy Management (MTM) Program for select members with multiple health conditions and medications. Qualified members will receive a letter indicating they have been selected to participate in the program. If you receive this letter, please feel free to call our pharmacists at (305) 541-5366 to take

advantage of this free program. Leon Health will provide you with a complete medication review which helps lower the risks of medication-related problems and gives you helpful tips on your medication therapies and medical conditions. Our team looks forward to working with you to help you manage your care.



Opting-Out of Plan Business Notice

The Centers for Medicare & Medicaid Services (CMS) regulations have specific rules Medicare Advantage (MA) organizations and

Part D plans must follow regarding members' or former members' opting-out option for phone calls for plan business.

What are plan business calls?
Calls related to helping a beneficiary choose a Medicare advantage plan.

Plan business calls include:

- Calling to promote non-Medicare products about aging into Medicare from commercial products offered by the same Medicare Advantage (MA) plan.
- Calling members in a Part D plan to discuss other Medicare products or plan benefits.
- Calling to an organization's existing Medicaid/MMP plan enrollees to talk about its Medicare products.
- Agents of Brokers calling clients about other plans they sell, such as auto or home insurance.

- Medicare Advantage plans making unsolicited calls about other services as a way to generate leads.

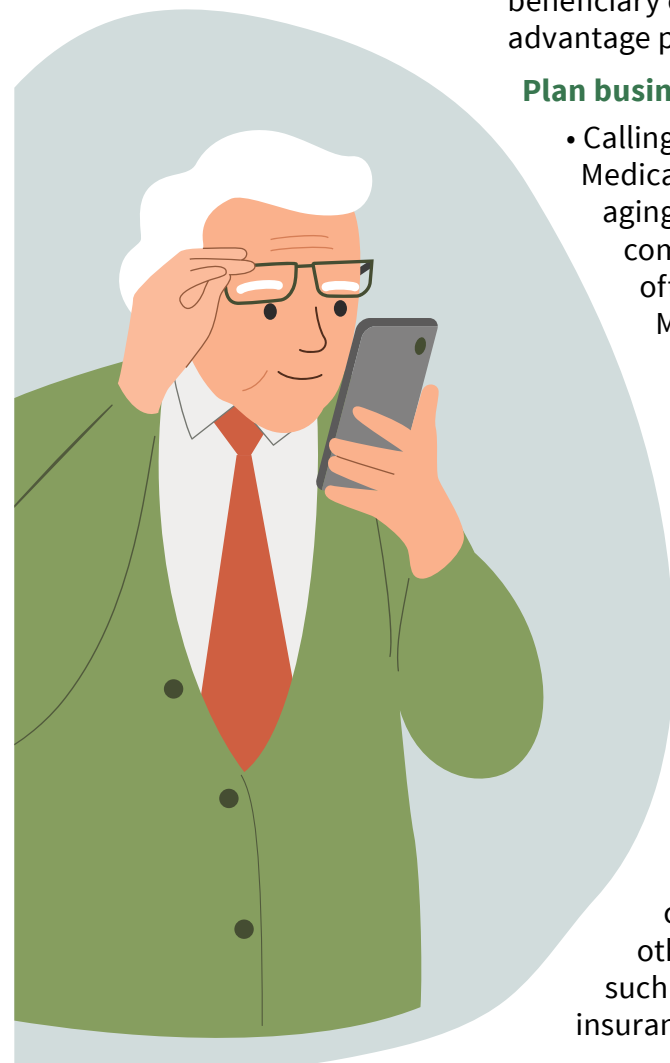
Will I still receive calls that are intended for my care and services?

Yes. This does not remove you from being called from Leon Health, Inc. for calls that are intended for managed care, coordinate your coverage for services, or any other member needs.

How do I opt-out of business calls?

Please contact our member services department at toll free **844-9-MY-LEON (1-844-969-5366)** or local at **305-541-LEON (305-541-5366)** to opt-out. (TTY users should call 711). Hours of operation are from 8 a.m. to 8 p.m., seven days a week from October 1st through March 31st and Monday through Friday from April 1st - September 30th.

We thank you for your continued trust and we look forward to assisting you at all times.



LEON *licious*

FOOD IS A LOVE LANGUAGE...
and cooking healthy foods feeds happiness!

That is why today we will share a healthy recipe, because poor nutrition after the age of 65 can lead to diseases such as hypertension, osteoporosis, cancer, cardiovascular disorders, weight gain and joint problems.

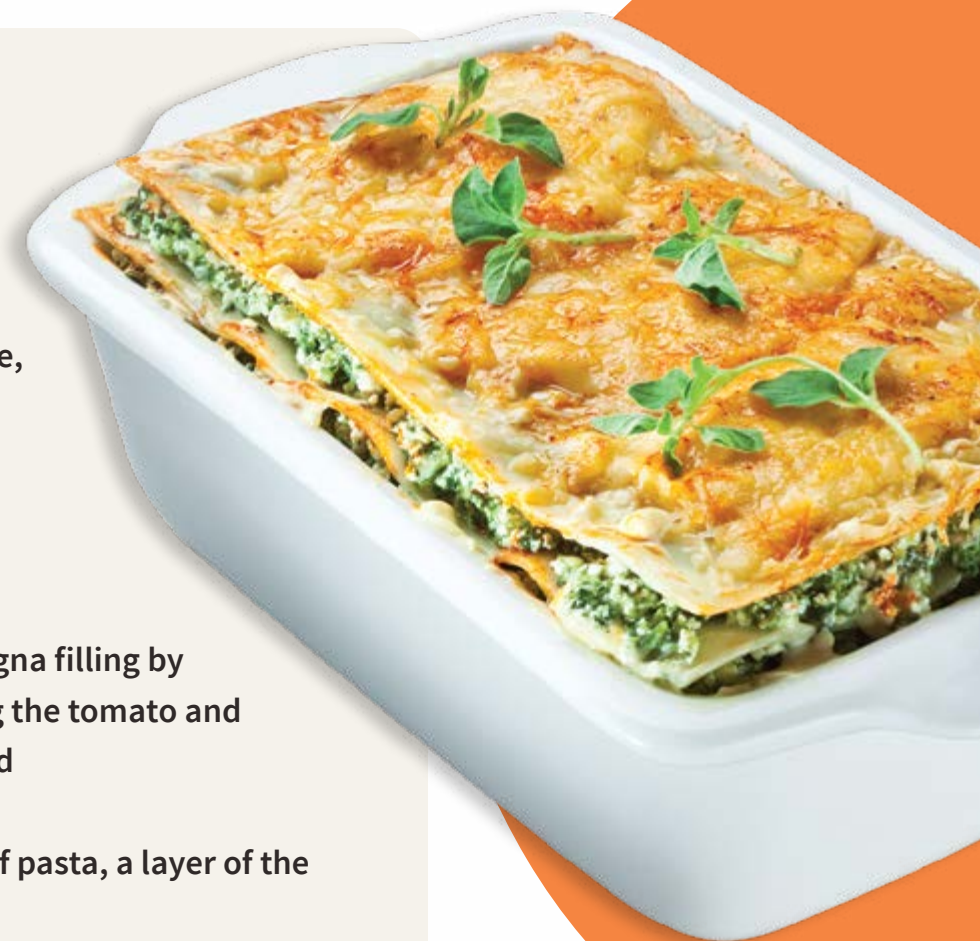
SPINACH LASAGNA

INGREDIENTS FOR 6 SERVINGS

- 6 sheets of lasagna pasta
- 750g spinach
- 150g of tomato
- 50g of walnuts
- 100g of grated mozzarella cheese, which is considered among the lowest in calories

INSTRUCTIONS

- Wash the spinach
- In a frying pan, prepare the lasagna filling by sautéing the spinach and adding the tomato and walnuts until everything is mixed
- Cook the pasta sheets in water
- On a baking tray, place a sheet of pasta, a layer of the filling and a layer of skim milk
- Continue alternating the sheets with the filling and skim milk until all the sheets are used
- Spread the cheese on top and bake the lasagna for 45 minutes at medium temperature



Because this recipe is so rich in fiber, it helps prevent constipation and balances excess cholesterol, in addition to providing iron, calcium and zinc.

TRAVEL *let's go*

PERU

Well, since they say March is among the months recommended to visit **Machu Picchu** in Perú, this time we will visit this wonder of the world that is usually covered in fog and clouds, which makes it even more mysterious and charming.

2 hours we will see the main archaeological sites. We will visit the **Guardian House**, the **Cultivation Terraces**, the **Temple of the Sun**, the **Temple of Water**, the **Main Temple**, the **Sundial**, the **Temple of the Condor**, as well as the urban and industrial



about 15 minutes to access the thermal baths, also known as **“Aguas Calientes”**.

Did you like this experience? Well, don't unpack your suitcases because in the next edition of “Mucha Salud” we will visit another charming place.



This citadel is located in the Andes mountain range and was built by the Incas in the 15th century. Despite the passing of time, we can imagine how the inhabitants of the Inca empire lived, and of course, contemplate what is possibly one of the most impressive sights in the world.

There are 5 established circuits and each one has its own charm, but today we will take circuit 2 where in about

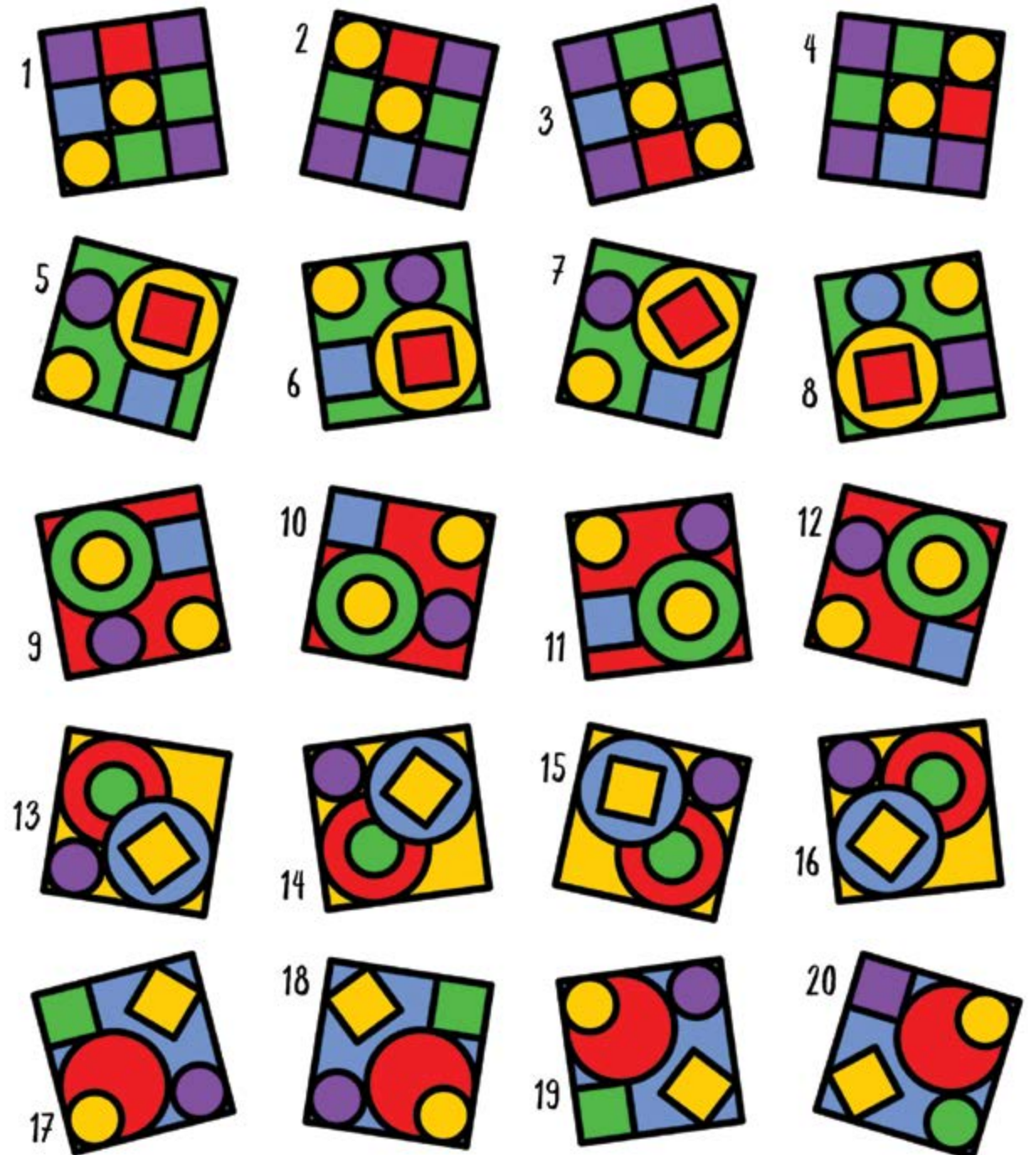
area. Of course, on our trip we will always see llamas which will be spread out throughout the archaeological complex. Can we take pictures with them? Well, of course, but we must do it responsibly to not cause them stress. When we finish this circuit, we will walk



Let's *PLAY!*

TWIN IMAGES

Can you find twin images in each row?



Solution on page 19

It's good to be prepared

Advance Directives

Find out your options for end-of-life health care.

- Communicate your decisions.
- Read about the Advance Directives and what its components represent.
- Clarify any concerns you may have.
- Build confidence in that your family knows your wishes.
- Express your desired medical care.

Keep communication open:

As we get older, we expect life to be longer while we enjoy more opportunities with our loved ones. Preparing Advance Directives just in case something happens to us is another way of keeping communication open and enjoying the time we have without worrying that those who love us won't know what to do or how to fulfill our wishes.

What are Advance Directives?

Advance Directives are a written statement that describes your personal wishes regarding the medical care that you may or may not want, if you become unable to make your own decisions.

How can Advance Directives be helpful?

Advance Directives make difficult decisions easier for your family and loved ones. By planning with them and letting them know your personal decisions, they are better prepared to make tough calls and carry out your wishes.

Where can I find the Advance Directive Forms?

Your healthcare provider or attorney are available to help you with the forms or any questions you may have. Call **LEON MEDICAL CENTERS** patient services at **305.642.5366** or talk to your doctor about your options.



ADVANCE DIRECTIVES - POCKET CARD Please fill out and bring the card below. Present it to your health professionals. Keep it in your wallet or purse, and indicate that you have already prepared your Advance Directives and where you keep them.

<p>NOTICE TO HEALTH PROFESSIONAL: I ALREADY PREPARED MY ADVANCE DIRECTIVES</p> <p>My name _____</p> <p>My date of birth _____</p> <p>My phone _____</p> <p>My doctor _____</p> <p>Doctor's phone _____</p>	<p>A copy of my Advance Directives can be found: _____</p> <p>Other copies are with:</p> <p>Name _____</p> <p>Phone _____</p> <p>Name _____</p> <p>Phone _____</p>
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SOCIAL SERVICES AND ECONOMICAL ASSISTANCE

Leon Medical Centers through its Leon Access program is an Office of Economic Self-Sufficiency partner, which helps families in need apply for benefits and services through the Department of Children and Families (DCF). As a long standing community partner with seven (7) locations throughout Miami Dade County, our mission along with that of the Department of Children & Families (DCF), is to be accountable for changing lives and strengthening communities.

The mission is to protect the most vulnerable citizens of our society and accomplish that by administering different programs and services,

such as but not limited too; Medicaid, Food Stamps, Temporary Cash Assistance, Lifeline Free phone program, Medicare savings program, Long Term Care assistance, Citizen Application, and much more.

The benefit in establishing this, is to assist our patients and community in obtaining access to much needed resources and programs, and to work closely with our clinical providers to ensure that both clinical and service excellence is at the heart of everything we do.

ASK US TO SEE IF YOU QUALIFY
305.642.5366

Your opinion is very important to us, share in our social media or call us at 305.642.5366

Stay tuned and informed on our social media. And, if you have any questions about the Flu vaccine or others, contact your primary care physicians or specialists.



GAME ANSWERS:

TWIN IMAGES SOLUTION

Can you find twin images in each row?

3&4	13&16
5&6	10&12
	18&19



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Doral, FL 33166

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Health and wellness or prevention information.

Leon Health is an HMO plan with a Medicare contract. Enrollment in Leon Health, Inc. depends on contract renewal.

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