



Hope. Resilience. Possibilities.

Managed Care and Non-emergency Medical Transportation

MCO Organizations Amerigroup, Amerihealth Caritas, and United Health have published new contact number for transportation to medical and psych appointments for those who have signed up with their MCO memberships. To make arrangements for your rides with your MCO you will need to have ready your member ID number, pick up and drop off times, addresses and dates.

Amerigroup (Logistic Care) hours are 7:30a-6p and they require 24 hours notice to set up rides. Call 844-544-1389. They will give you a courtesy call to you en-route or at your door but desire you to be waiting for them at the estimated time. For the return trip call, set a return time, call when you are ready to go or advise them if the appointment is running late. Amerigroup has a gas mileage reimbursement plan that if you have someone driving you to the appointments they may be eligible for this reimbursement.

Amerihealth Caritas (Access to Care/TMS) hours are 8a-6p and they require 48 hours notice for transportation arrangements. Call 855-346-9760. They will give a courtesy call while enroute or upon arrival at the estimated time. For the return trip they will expect you to call when your appointment is completed unless you make some arrangements with the driver when you depart for an estimated return time. Amerihealth also has a mileage reimbursement program.

United Health (MTM) hours are 7:30a-6p and they are using their member services phone number listed on your member ID card 800-464-9484. This number is not a direct number to transportation and you will need to request it after you have made your medical appointment. It does take several voice prompts to get your correct prompt. You will need to have on hand your pick up address, your doctors' PHONE number and address of where you are going and appointment time in 48 hours in advance. They will confirm with you the travel arrangements ahead of time. They will in time have a direct line to their transportation program.

If you have any questions about transportation do not hesitate to call them or to contact your ISC or CA ahead of any needs you have.

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Crochet Club!



“ When faced with two choices, simply toss a coin., it works not because it settles the question for you, but because in that brief moment when the coin is in the air, you suddenly know what you are hoping for.

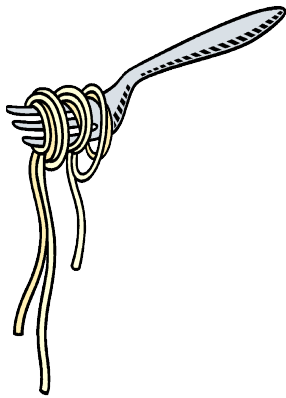
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Would you like to learn how to crochet? Come join us for the Crochet Club.

When: Monday June 27th

Where: Sage Office

Time: 10:00 a.m. to 12:00



Healthy Pasta Recipe

Instructions:

Boil whole wheat pasta. Take a little olive oil heat sauté fresh garlic and purple onions, or shallots, add cherry tomatoes preferred yellow, but if not red, what I really like to do is used mixed tomatoes and pesto or if you prefer, add a couple of Bay leaves, and basil, mushrooms when tomatoes pop add whole wheat pasta and fresh spinach. When spinach welts take off heat. I top off the dish with Feta cheese and a little parmesan cheese. The cheese is optional. You could also add a little olive oil. But if you want to be a hit at dinner party or just dinner make this recipe is very good:)

From: John S.

Art Access Opportunities

Do you enjoy art? Do you want to learn more about art? CSA is hosting “Art on a Budget” on May 10th at 10am the CSA office. The first 10 people to sign up through our website will be able to come. On May 25th at 1pm, CSA is hosting “Emotion in Motion” a workshop focused on guided drawing. This is open to first 15 people to sign up through the CSA website. Come prepared to participate and learn! If you need assistance with the online registration process your team can help.



Ask Rupert

Dear Rupert,

I am feeling stressed due to the changes in health care, do you have any suggestions of how I can deal with my stress?

Signed, Overwhelmed in Iowa

Dear Overwhelmed in Iowa,

I am sorry you are struggling with the changes in your life; I have several suggestions that might help you.

Physical activity can help you remove stress and burn away anger, tension and frustration.

Why not put on some music and dance, or take your dog for a walk? Why not find a friend to work out with?

Making connections with others can calm your nervous system down, reach out to others that make you feel safe and understood.

Give an old friend a call or email them, have coffee or a meal with people that make you feel safe and understood.

Try to see the positive outcome rather than focusing on the negatives.

Each time you think a negative thought your body reacts and becomes filled with tension.

Accept the things you can't change.

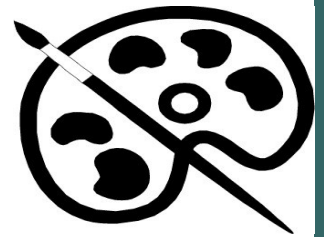
Take steps to accept the things they way they are. If you don't like a change, that will not stop the change from taking place.

Develop a “stress relief tool box”

Think of ways to relax and recharge such as: take a long bath, play with a pet, read a favorite book or listen to music.

Signed, Rupert

“When everything feels like an uphill struggle, just think of the view from the top”.



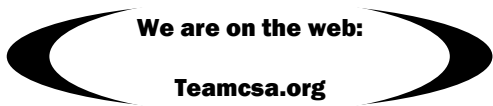
“Doubt kills more dreams than failure ever will.”





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Our Mission

Partnering for Growth and Resiliency



UPCOMING EVENTS:

Like Baseball? Join us for an I-Cubs Game on May 11th at 12:08.

Join us for Adventureland on June 21st at 10am

Look for details on an alternative activity to Adventureland coming soon!

