



### June is Alzheimer's & Brain Awareness Month

The number of Americans living with Alzheimer's disease is growing – and growing fast. Currently there are more than 5 million Americans living with Alzheimer's – 85,000 of those people live in Louisiana – and because of the increasing number of people age 65 and older, the number of new cases of Alzheimer's and other dementias is projected to soar.

Everyone is at risk to develop Alzheimer's, a disease that is often misunderstood. Did you know:

- Alzheimer's is fatal. It kills more people than breast and prostate cancer combined.
- Alzheimer's is not normal aging. It's a progressive brain disease without any cure.
- Alzheimer's is more than memory loss. It appears through a variety of [signs and symptoms](#).

Learn more about Alzheimer's and how you can support the search for a cure by visiting [www.alz.org](http://www.alz.org).

### Live Better Louisiana Health Capsule

Summer is here and Blue Cross Blue Shield of Louisiana wants to make sure you are ready for everything summer can bring. Take a few minutes to learn what you can do to protect yourself and your loved ones in the coming months!



### Live Better Louisiana Clinics

Catapult Health clinics are currently being scheduled. All participants who earned the premium discount for 2017, will need to complete the following requirements **by August 31, 2017** to earn the discount again in **2018**:

- Participate in a **Catapult Health clinic** or submit a **Primary Care Provider** (PCP) form.
- Complete the **Personal Health Assessment** (PHA) on the Blue Cross Blue Shield website at [www.bcbsla.com/MYPHA](http://www.bcbsla.com/MYPHA). Members must have a Blue Cross online account to complete the PHA. An account can be created at [www.bcbsla.com/Activate](http://www.bcbsla.com/Activate).
  - If assistance is needed setting up an account, please contact Blue Cross at (800) 821-2753.
  - Assistance with completing the Online PHA will be available and some clinics.

*The Live Better Louisiana wellness program is for OGB members who are enrolled in a Blue Cross health plan only. Members enrolled in the Vantage Medical Home HMO plan may click [here](#) for more information on Vantage Health Plan's wellness programs.*

Upcoming Clinics

| Live Better Louisiana Clinics |   |
|-------------------------------|---|
| Date                          | Location  |
| <b>06/05-09/ 2017</b>         | St. Bernard Parish School Board - Admin Building (Chalmette)<br>Bienville Building (Baton Rouge)<br>University of Louisiana Lafayette (Lafayette)<br>Probation and Parole (Alexandria)<br>DCFS (Covington)<br>Claiborne Building (Baton Rouge)<br>Pinecrest Supports and Services Center (Pineville)<br>Jefferson Parish School Board Emenes Building (Harahan)<br>Office of Attorney General (Baton Rouge)<br>LaSalle Building (Baton Rouge)<br>LA Delta Community College (West Monroe)<br>DCFS (LaPlace)<br>DCFS (Houma)<br>State Treasurer's Office (Baton Rouge)   |
| <b>06/12 - 16/2017</b>        | Central Office - Jefferson Parish School Board (Harvey)<br>Avoyelles PSB - Marksville HS (Marksville)<br>Evangeline PSB - Ville Platte High School (Ville Platte)<br>Claiborne Building (Baton Rouge)<br>University of New Orleans (New Orleans)<br>Louisiana State Penitentiary (Angola)<br>Department of Wildlife and Fisheries (Baton Rouge)<br>Lallie Kemp Charity Hospital (Independence)<br>Metropolitan Human Services District (New Orleans)<br>Court of Appeals 2nd Circuit (Shreveport)<br>Northeast LA War Veterans Home (Monroe)<br>Department of Wildlife and Fisheries (New Iberia)<br>DEQ - Southeast Regional Office (New Orleans)<br>Department of Wildlife and Fisheries (Pineville)<br>Office of Public Health (Lafayette) |
| <b>06/19 -23/2017</b>         | Central Louisiana State Hospital (Pineville)<br>Central Office - Jefferson Parish School Board (Harvey)<br>Evangeline PSB - Ville Platte High School (Ville Platte)<br>DOTD District 08 (Alexandria)<br>Claiborne Building (Baton Rouge)<br>Louisiana State Penitentiary (Angola)<br>Bogalusa City School System - Central Office (Bogalusa)<br>DOTD District 08 (Alexandria)<br>DOTD District 07 (Lake Charles)<br>DOTD District 61 East Baton Rouge (Baton Rouge)<br>DOTD Headquarters (Baton Rouge)<br>DEQ - Southeast Regional Office (New Orleans)<br>Northeast LA War Veterans Home (Monroe)<br>Office of Public Health (Lafayette)   |
| <b>06/24 - 30/2017</b>        | Pointe Coupee PSB Central Office (New Roads)<br>DOTD District 62 (Hammond)<br>St. Landry Parish School Board - Resource Center (Opelousas)<br>Office of Public Health (Alexandria)<br>DCFS (Amite)<br>Claiborne Building (Baton Rouge)<br>Rayburn Correctional Center (Angie)<br>Eastern Louisiana Mental Health System (Jackson)   |

## Beef, Okra, and Potato kebabs

Throw these on the grill for a smoky, low-cal meal. Okra may seem like an odd veggie to put on a kebab, but it is rich in vitamin A and absorbs the savory grilled flavor perfectly.

### Ingredients

- 8 fingerling potatoes, each cut in half lengthwise
  - 2 tablespoons chopped fresh parsley
  - 1 ½ tablespoons prepared horseradish
  - 1 ½ tablespoons whole-grain Dijon mustard
  - 1 tablespoon Worcestershire sauce
  - 1 ½ teaspoons sugar
  - 2 teaspoons olive oil
  - ¼ teaspoon freshly ground black pepper
  - ½ teaspoon salt, divided
  - 1 cup (1-inch-square) cut red bell pepper
  - 16 small okra pods
  - 8 shallots, peeled and halved
  - 1 pound boneless sirloin steak, trimmed and cut into 1-inch cubes
  - 1 medium yellow squash, halved lengthwise and cut into ½-inch slices
  - Cooking spray
1. Place potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain and cool.
  2. Combine parsley and the next 6 ingredients (through black pepper) in a large bowl, stirring well; stir in ¼ teaspoon salt. Add potatoes, bell pepper, okra, shallots, beef, and squash; toss well to coat. Cover and chill 1 hour.
  3. Prepare grill.
  4. Thread vegetables and beef alternately onto each of 8 (10-inch) skewers. Sprinkle kebabs evenly with remaining ¼ teaspoon of salt. Place kebabs on grill rack coated with cooking spray; grill 10 minutes or until desired degree of doneness, turning occasionally.

\*\*\*Makes approximately 4 servings (serving size: 2 kebabs)\*\*\*

For more information, visit us at [www.bcbsla.com/ogb](http://www.bcbsla.com/ogb)  
Follow us on Twitter [@LiveBetterLA](https://twitter.com/LiveBetterLA)