



BOREDOM BUSTERS



By HealthTeam Advantage

A monthly activity packet brought to you by Caregiver Connect and
HealthTeam Advantage Community Connections

HealthTeam Advantage, a product of Care N' Care Insurance Company of North Carolina, Inc., is a PPO and HMO Medicare Advantage plan with a Medicare contract. Enrollment in HealthTeam Advantage depends on contract renewal. MULTI-PLAN_25283_C

Community Connections

At HealthTeam Advantage, we take our “community connections” seriously. We’re proud to partner with local nonprofits to sponsor a wide variety of community events each year. Simply put, it’s part of our mission to improve the health and well-being of North Carolina communities. Scan the QR code to learn more.



Caregiver Connect, Inc.

Caregiver Connect is a nonprofit organization established to address the needs of family caregivers through training and education, resources, and support. The organization was founded by members, leaders, and staff of Mount Zion Baptist Church in 2016. Scan the QR code to learn more.

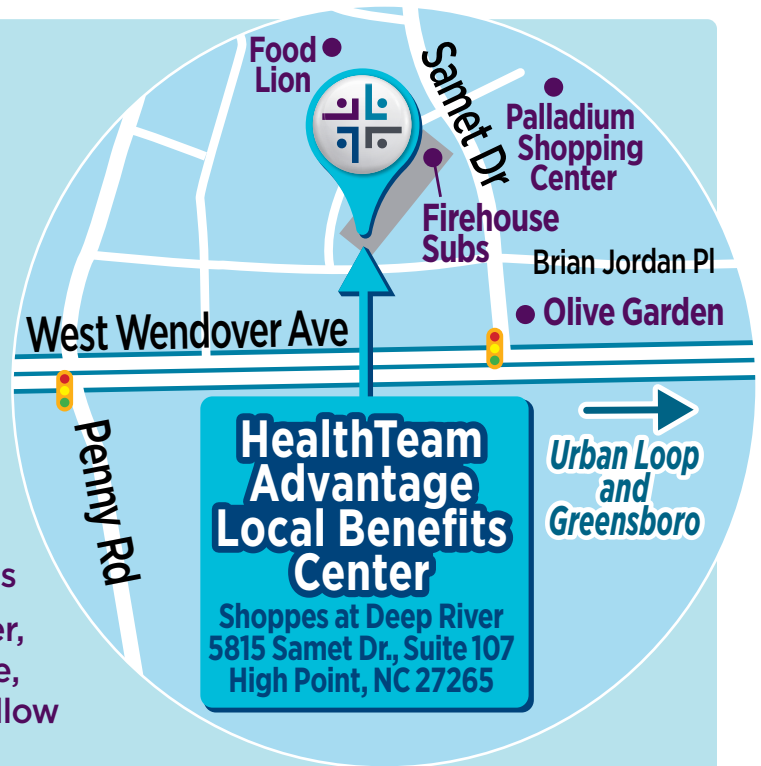


HealthTeam Advantage Local Benefit Center

If you have Medicare questions and live in the Triad, the Local Benefit Center (LBC) is the place to go! Located in High Point, the LBC makes it easy to:

- ◆ Take a class about Medicare
- ◆ Meet with a licensed agent who can help with Medicare plan comparisons
- ◆ Get information on HealthTeam Advantage’s Medicare Advantage plans

If you’re a HealthTeam Advantage member, you can meet with a Healthcare Concierge, pick up plan materials, and gather with fellow members for classes.



The Local Benefit Center is open Monday–Friday from 9 am to 4 pm.

Visit HealthTeam Advantage’s YouTube Channel for healthy recipes, exercise tips, and Medicare information.

 [@healthteamadvantage](https://www.youtube.com/@healthteamadvantage)



Here is your June **BOREDOM BUSTERS** packet



We hope you're enjoying the month of June! We're sharing lots of coloring sheets, puzzles, and other June-themed activities in this month's packet, plus information on health resources and events that may be of interest.

Colorectal Cancer Screening

Early detection of colorectal cancer is key, so it's important to get regular screenings. (If you're not sure when you're due for a screening, ask your provider.) This month's flyer explains screening options, risk factors, and what you can do to reduce your risk of colorectal cancer.

How to Sign Up . . .

Have a friend or loved one who would like to receive a monthly Boredom Busters packet? There are three easy ways to register:

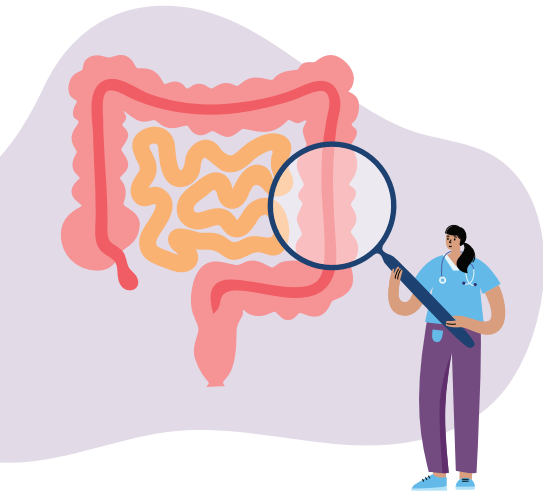
1. Scan QR Code and complete the online form
2. Email Shelby Kline at skline@htanc.com
3. Call Shelby Kline at 336-707-6285



. . . or Sign Off We hate to see you go, but if you no longer wish to receive the monthly packet, you may also use one of the methods above to have your name removed from the mailing list.



Screening for Colorectal Cancer



Colorectal cancer is the second leading cancer-related death in men and women in the United States. Colorectal cancer screenings can help detect abnormal growths or issues before they turn into cancer. Screenings can also detect cancers at any early stage, which can save lives with proper treatment.

It is recommended that patients between the ages of 45-75 be screened for colorectal cancer. If you're younger than 45 and think you may be at high risk of getting colorectal cancer, or if you're older than 75, talk to your doctor about screening.

Early detection is key!

- ◆ Get tested regularly (*see colorectal cancer screening options on back*).
- ◆ Be aware of risk factors, how to reduce your risk, and symptoms.
- ◆ Call your doctor to schedule an appointment for a colorectal cancer screening.

Risk Factors

- ◆ Most people with colorectal cancer are older than 50.
- ◆ Black people have a greater risk of colorectal cancer than people of other races.
- ◆ Personal or family history of colorectal cancer or polyps
- ◆ Inflammatory bowel disease, such as ulcerative colitis and Crohn's disease
- ◆ Inherited syndromes such as familial adenomatous polyposis and Lynch syndrome
- ◆ Low-fiber, high fat diet
- ◆ Not exercising regularly
- ◆ Diabetes
- ◆ Obesity
- ◆ Smoking
- ◆ Drinking alcohol
- ◆ Radiation therapy for cancer



How to Reduce Your Risk

- ◆ Eat a variety of fruits, vegetables, and whole grains.
- ◆ Drink alcohol in moderation.
- ◆ Stop smoking.
- ◆ Exercise regularly, preferably at least 30 minutes of exercise on most days.
- ◆ Maintain a healthy weight.
- ◆ Get regular screenings for colorectal cancer.

{ More helpful information continues on back }



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Symptoms

- ◆ The most common symptom of early colorectal cancer is **NO** symptom.
- ◆ Change in bowel habits, such as more frequent diarrhea or constipation
- ◆ Rectal bleeding or blood in the stool
- ◆ Ongoing discomfort in the belly area, such as cramps, gas, or pain
- ◆ A feeling that the bowel doesn't empty all the way during a bowel movement
- ◆ Weakness or tiredness
- ◆ Weight loss without trying



Colorectal Cancer Screening Tests

Studies show that some screening tests for colorectal cancer help find cancer at an early stage and may decrease the number of deaths from the disease.

Fecal Occult Blood Test (FOBT) or Fecal Immunochemical Test (FIT)

- ◆ Checks for blood in the stool
- ◆ Stool collection can be done at home
- ◆ Recommendation is to repeat every year*

DNA Stool Test

- ◆ Checks DNA in stool cells for genetic changes that may be a sign of colorectal cancer
- ◆ Stool collection can be done at home
- ◆ Recommendation is to repeat every 3 years*

Flexible Sigmoidoscopy

- ◆ Procedure to view inside the rectum and sigmoid (lower section) colon for polyps, abnormal areas, or cancer
- ◆ Recommendation is to repeat every 5 years*

Colonoscopy

- ◆ Procedure to view inside the rectum and colon for polyps, abnormal areas, or cancer
- ◆ May also remove polyps or tissue samples during the procedure, which are checked under a microscope for signs of cancer
- ◆ Recommendation is to repeat every 10 years*

Virtual Colonoscopy (CT colonography)

- ◆ Procedure that uses CT scan produces images of the abdominal organs, allowing the doctor to detect changes or abnormalities in the colon and rectum
- ◆ Recommendation is to repeat every 5 years*

** If test is abnormal, you have a family history, or a history of polyps, please follow your doctor's clinical recommendations.*

Steps You Can Take Now

- ◆ Call your doctor and ask about the best option for you.
- ◆ Call HealthTeam Advantage and order an FOBT test kit.
- ◆ Whether you receive a test kit from your doctor's office or HealthTeam Advantage, **be sure to complete the kit and return it.**

References:

- www.cancer.gov/types/colorectal
- www.mayoclinic.org/diseases-conditions/colon-cancer/in-depth/colon-cancer-screening/art-20046825
- NCQA (National Committee for Quality Assurance) HEDIS® Technical Specifications MY2025



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CAREGIVER CONNECTIONS EXPO:



Cruising into **SUMMER**

FRIDAY, JUNE 20TH 10AM

THE LUSK CENTER

2501 SUMMIT AVENUE, GREENSBORO

***community resources *FREE lunch**

***hands on engaging workshops *door prizes *connect with other caregivers**

***on-site respite available**

*must be confirmed with Jodi by June 13th
using the contact info below*

***To register: Scan QR
code, or contact Jodi at
jkolada@well-spring.org or
336-545-4245**



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CONNECT

Modern Jeopardy Trivia

(Questions with Answers)

Saturday Night Fever

1. (\$100) He plays the lead, Tony, in 1977's *Saturday Night Fever*.

Answer: Who is John Travolta? He practiced rigorously for the film's iconic dance scenes and personally oversaw the editing of his solo dance sequence.

2. (\$200) This is the type of club where Tony, Stephanie, and others dance on Saturday nights.

Answer: What is a disco club? The disco dancing competition is at the center of this music-heavy film.

3. (\$400) This rhyming band performs many of the soundtrack's hits, including "Staying Alive."

Answer: Who are the Bee Gees? Other tracks include "Open Sesame," performed by Kool & the Gang, and "Boogie Shoes" by KC and the Sunshine Band.

4. (\$600) The movie's soundtrack became one of the best-selling albums ever until this Michael Jackson album eclipsed it six years later.

Answer: What is *Thriller*? According to Travolta, the Bee Gees' music wasn't added to the movie until post-production. It's hard to imagine *Saturday Night Fever* without the Bee Gees!

5. (\$800) He is the director of this iconic disco film.

Answer: Who is John Badham? John Travolta personally showed the director around Manhattan and Brooklyn.

6. (\$1,000) *Saturday Night Fever* was one of the first films to use this camera-stabilizing device created by Garrett Brown.

Answer: What is a Steadicam? Brown won a technical Oscar in 1978 for this innovation, which was also used extensively in filming *Rocky*.

Stephen King

7. (\$100) King was born in 1947 in this chilly state.

Answer: What is Maine? The Portland, Maine, native often writes books that feature his home state as the setting.

8. (\$200) King published this debut novel about a troubled teen in 1973.

Answer: What is *Carrie*? The novel was adapted to film a year later and stars Sissy Spacek.

9. (\$400) This horror novel about a friendly Saint Bernard who turned vicious was turned into a 1983 film.

Answer: What is *Cujo*? The canine character was inspired by an aggressive dog King encountered at an auto body shop.

10. (\$600) With multiple Oscar nominations, this film based on King's work is one of his most popular and stars Tim Robbins and Morgan Freeman.

Answer: What is *The Shawshank Redemption*? The film received seven Academy Award nominations, including for Best Sound, Best Writing, and Best Actor in a Leading Role (Freeman) but amazingly did not win any.

11. (\$800) This was his day job when King began his writing career.

Answer: What is a teacher? He taught English at a high school in Hampden, Maine.

12. (\$1,000) King also publishes under this pen name.

Answer: What is Richard Bachman? He began using a pseudonym because he thought fans wouldn't accept more than one book per year from an author.

Scientific Advancements

13. (\$100) In 1994, scientists witnessed the Shoemaker-Levy 9, one of these celestial objects, impact Jupiter.

Answer: What is a comet? This was the first time scientific technology allowed astronomers to predict a planetary impact.

14. (\$200) An ophthalmological advancement in 1983 saw the invention of a bifocal type of this eyesight-enhancing device.

Answer: What is a contact lens? Bifocal glasses had been around for many years, having been invented by Benjamin Franklin.

15. (\$400) This famous physicist advanced science throughout the 1970s, with theories about black holes and a new understanding of the big bang theory.

Answer: Who is Stephen Hawking? Famous for his contributions to the big bang theory, Hawking also cameoed in the television series *The Big Bang Theory*.

16. (\$600) The pocket version of this number-crunching device became popular and mass-marketed during the 1970s.

Answer: What is a calculator? The rise in pocket calculators helped pave the way for computers by advancing circuit development.

17. (\$800) In the 1980s, meteorologists began to use this weather technology, based on the 19th-century work by Christian Andreas Doppler.

Answer: What is Doppler radar? The technology uses energy pulses and helps predict storm movement and weather patterns.

18. (\$1,000) In 1997, Pathfinder landed here in an event sometimes called the "Big Bounce."

Answer: What is Mars? The Pathfinder probe set a precedent for other Mars rovers that would be launched in the early 2000s.

Fashion Fads

19. (\$100) The 1970s are sometimes known as this decade, referring to a synthetic fabric used in many fashion items.

Answer: What is "The Polyester Decade"? Bold colors, slick leisure suits, and the desire for affordable clothing all led to the popularity of polyester.

20. (\$200) Working women in the '80s were sporting this type of suit, often with shoulder pads and bold accessories.

Answer: What is a power suit? The style was popularized by Princess Diana, Nancy Reagan, and Margaret Thatcher.

21. (\$400) In 1971, Diane von Furstenberg released her timeless signature look, this dress style.

Answer: What is a wrap dress? Fashion critics point to the growing number of women in the workforce as one reason for this versatile dress's immense popularity.

22. (\$600) Designers like Perry Ellis and Ralph Lauren are synonymous with this style, influenced by Ivy League tradition.

Answer: What is preppy? The style was also influenced by British aristocracy and the Seven Sisters style.

23. (\$800) In the '90s, big names in fashion included Cindy Crawford and Naomi Campbell, who had this profession.

Answer: What is a supermodel? Along with Linda Evangelista and Christy Turlington, they are considered the original supermodels.

24. (\$1,000) In the '70s, this wide-legged pants style was popular with both men and women.

Answer: What are bell-bottoms? The flared-out style was perfect for showing off another fashion fad, platform shoes.

Songs by First Line

25. (\$100) Released in 1983, this Michael Jackson tune begins, "She was more like a beauty queen from a movie scene..."

Answer: What is "Billie Jean"? The song's unique sound is due to innovative choices, including Jackson singing some parts through a six-foot cardboard tube.

26. (\$200) A timeless Beatles favorite, it begins, "When I find myself in times of trouble / Mother Mary comes to me..."

Answer: What is "Let It Be"? Paul McCartney references his late mother in the song, as a dream of her inspired him.

27. (\$400) It's the Pink Floyd tune that begins with an echoing "Hello? Is there anybody in there?"

Answer: What is "Comfortably Numb"? First released on their 1979 album *The Wall*, the tune developed from guitarist David Gilmour's concept and melody.

28. (\$600) In this 1977 tune, the Eagles found themselves "On a dark desert highway, cool wind in my hair."

Answer: What is "Hotel California"? The song is written about driving into Los Angeles for the first time.

29. (\$800) In 1978, Gloria Gaynor told us, "At first I was afraid, I was petrified" in this tune.

Answer: What is "I Will Survive"? This No. 1 hit became an anthem for women's empowerment.

30. (\$1,000) This 1970 song by Three Dog Night begins with the somewhat silly line, "Jeremiah was a bullfrog."

Answer: What is "Joy to the World"? Written by Hoyt Axton, a folk musician, the tune topped the *Billboard* chart in 1971.

Famous Families

31. (\$100) Actor Rip Torn is cousins with this actress, who is known for her roles in *Carrie* and *Coal Miner's Daughter*.

Answer: Who is Sissy Spacek? Spacek said Rip Torn got her into acting and convinced her to keep her name.

32. (\$200) Actress Emma Roberts shares her surname with this aunt and *Pretty Woman* actress.

Answer: Who is Julia Roberts? The two even appear together in a 2010 romantic comedy called *Valentine's Day*.

33. (\$400) His famous relatives include his daughter Sofia, a film director like her dad, and nephew Nicolas Cage.

Answer: Who is Francis Ford Coppola? The Coppola family tree also includes famous names like actor Jason Schwartzman and actress/director Talia Shire.

34. (\$600) Current-day singer Miley Cyrus has a famous father, and this country music star is her godmother.

Answer: Who is Dolly Parton? Parton and Billy Ray Cyrus are lifelong friends.

35. (\$800) He is Shirley MacLaine's also-famous younger brother, known for playing Clyde in 1967's *Bonnie and Clyde*.

Answer: Who is Warren Beatty? MacLaine thanked him in her 2012 acceptance speech for the AFI Lifetime Achievement Award.

36. (\$1,000) Like mother, like daughter: she is the daughter of *Psycho* actress Janet Leigh and is known for another horror franchise.

Answer: Who is Jamie Lee Curtis? Curtis is known for her iconic role in the *Halloween* movies.

Final Jeopardy

Characters in this children's chapter book include the magical title girl, teacher Miss Honey, and classmate Bruce Bogtrotter.

Answer: What is *Matilda*? Roald Dahl published this children's classic in 1988.

Cheesy Garlic Pull-Apart Loaf

Makes 6 servings



Ingredients:

- 1 round or oval loaf of sourdough or Italian bread
- 1/2 cup unsalted butter, melted
- 2 cloves garlic, minced
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1 1/2 cups shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- (Optional) 1 tablespoon chopped fresh parsley

Directions

1. Preheat oven to 375°F and line a baking sheet with foil.
2. Using a serrated knife, cut a grid pattern into the bread, making slices about 1 inch apart, but do not cut all the way through—leave the base intact.
3. In a small bowl, mix the melted butter, minced garlic, garlic powder, and salt.
4. Gently pull apart the bread sections and drizzle the garlic butter mixture into the cuts.
5. Stuff the shredded mozzarella and sprinkle Parmesan cheese evenly into the crevices.
6. Wrap the loaf loosely in foil and place it on the baking sheet. Bake for 15 minutes.
7. Unwrap the top and bake for an additional 5–7 minutes, or until the cheese is melted and slightly golden.
8. Remove from the oven, sprinkle with fresh parsley if desired, and serve warm by pulling apart pieces.

Cooking Tidbit

For extra crispiness, broil the loaf for the last 1–2 minutes after unwrapping. Serve with marinara or ranch for dipping.

Cucumber Tea Sandwiches

Makes 12 sandwiches

Ingredients:

- 4 ounces cream cheese, softened
- 2 tablespoons mayonnaise
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 8 slices white or whole wheat bread
- 1/2 English cucumber, thinly sliced
- 2 tablespoons chopped fresh dill



Directions

1. In a small bowl, mix together the cream cheese, mayonnaise, lemon juice, garlic powder, salt, and black pepper until smooth.
2. Spread a thin layer of the cream cheese mixture onto each slice of bread.
3. Arrange cucumber slices evenly over half of the bread slices, then sprinkle with fresh dill.
4. Top with the remaining bread slices and gently press down.
5. Trim the crusts from each sandwich and cut into triangles or rectangles.
6. Serve immediately or cover with a damp paper towel and refrigerate until ready to serve.

Cooking Tidbit

For extra crunch, lightly salt the cucumber slices and let them sit for 10 minutes before patting dry and assembling the sandwiches.

Sugar-Free Chocolate Pudding Cake

Makes 8 servings

Ingredients:

- 1 (1-ounce) box sugar-free instant chocolate pudding mix
- 1 1/2 cups almond flour
- 1/3 cup unsweetened cocoa powder
- 1/2 cup granulated sugar substitute (such as erythritol or monk fruit sweetener)
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 2 large eggs
- 1/3 cup unsweetened almond milk (or preferred milk)
- 1/4 cup melted unsalted butter (or coconut oil)
- 1 teaspoon vanilla extract



Directions

1. Preheat oven to 350°F and grease an 8-inch round or square baking pan.
2. In a large bowl, whisk together the pudding mix, almond flour, cocoa powder, sugar substitute, baking powder, and salt.
3. In a separate bowl, whisk the eggs, almond milk, melted butter, and vanilla extract.
4. Add the wet ingredients to the dry ingredients and mix until combined.
5. Pour the batter into the prepared baking pan and spread evenly.
6. Bake for 20–25 minutes, or until a toothpick inserted in the center comes out clean.
7. Allow it to cool before slicing and serving.

Cooking Tidbit

For extra indulgence, serve with sugar-free whipped cream or a drizzle of melted sugar-free chocolate.

Searching for June

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

C	A	N	C	E	R	Y	A	T	J	T	S	U	P	U
X	L	K	K	R	O	Z	A	U	U	E	W	A	E	O
C	O	T	T	A	G	E	N	D	I	O	M	Q	A	S
V	X	R	Q	B	R	E	C	L	G	O	K	S	R	A
G	C	F	R	U	T	D	F	L	L	A	R	O	L	N
F	E	E	Q	E	O	E	P	P	S	C	L	I	O	D
B	A	M	E	J	R	L	I	E	H	T	C	F	Q	C
K	H	N	I	I	E	D	S	N	A	J	D	B	B	A
D	T	P	F	N	C	A	L	R	V	E	L	G	A	S
H	W	E	D	D	I	N	G	S	U	J	I	P	C	T
Z	P	M	V	Y	T	I	F	M	O	W	U	Y	R	L
Z	D	Y	A	D	S	R	E	H	T	A	F	O	R	E
M	L	R	Y	K	L	X	L	I	O	H	S	T	Y	S
Y	N	N	U	S	O	A	F	E	G	E	J	Y	W	V
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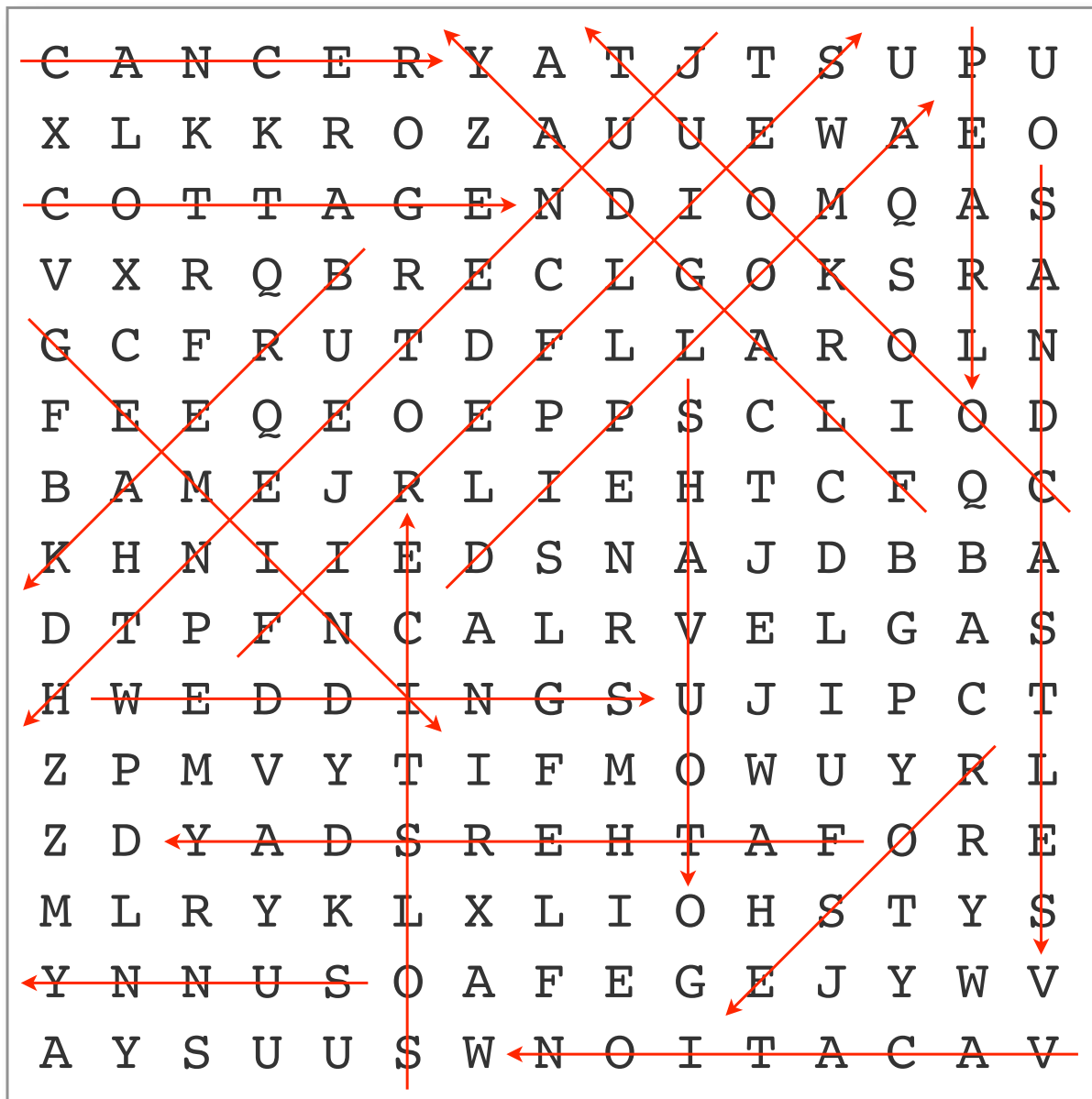
BREAK
CANCER
COOKOUT
COTTAGE
DIPLOMA
FATHER'S DAY

FIREFLIES
FLAG DAY
GEMINI
JUNETEENTH
PEARL
ROSE

SANDCASTLES
SHAVUOT
SOLSTICE
SUNNY
VACATION
WEDDINGS

Searching for June

(solution)





Famous June Birthdays

The following people were born in June. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Morgan **FREEMAN**
- B. Judy **GARLAND**
- C. Nathan **HALE**
- D. Waylon **JENNINGS**
- E. Heidi **KLUM**
- F. Vince **LOMBARDI**
- G. George **MALLORY**
- H. Dean **MARTIN**
- I. Cole **PORTER**
- J. Joan **RIVERS**
- K. Kathleen **TURNER**
- L. Brian **WILSON**

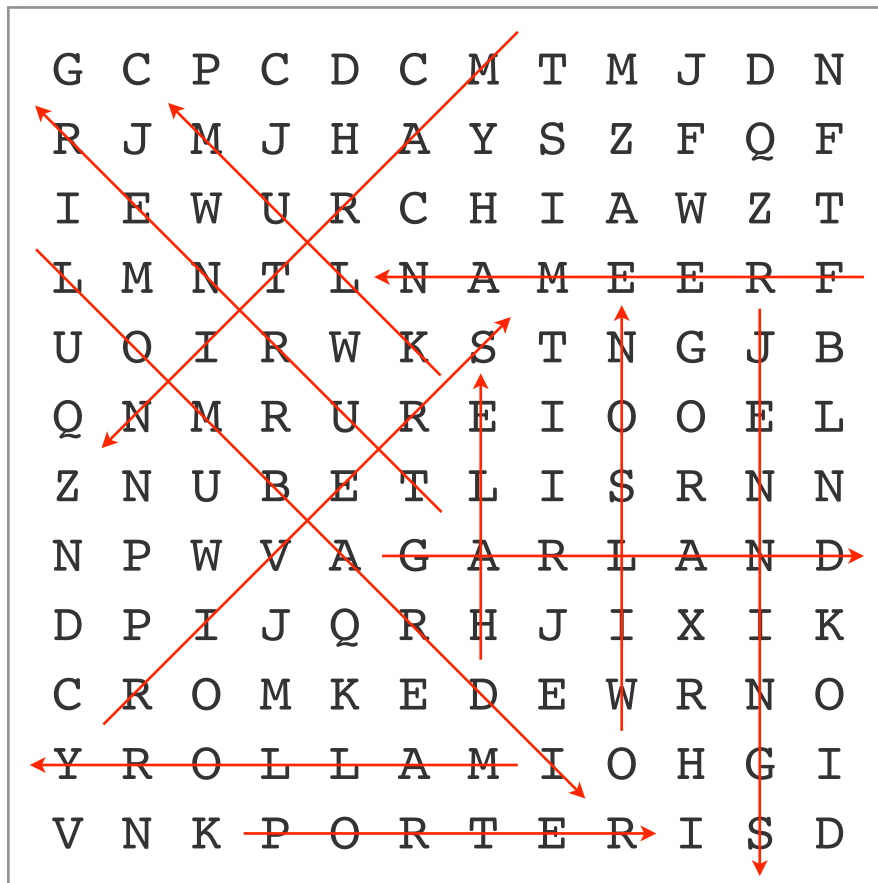


Bonus: Match the person to the correct clue.

- | | |
|---|--|
| 1. Rat Pack member ____ | 7. Beach Boys member ____ |
| 2. Mountain climber ____ | 8. <i>Romancing the Stone</i> actress ____ |
| 3. German supermodel ____ | 9. Comedian/actress ____ |
| 4. <i>The Wizard of Oz</i> actress ____ | 10. Football coach ____ |
| 5. Actor ____ | 11. Revolutionary war hero ____ |
| 6. Country singer ____ | 12. Composer/lyricist ____ |

Famous June Birthdays

(solution)



Bonus: Match the person to the correct clue.

- | | |
|--|---|
| 1. Rat Pack member – H | 7. Beach Boys member – L |
| 2. Mountain climber – G | 8. <i>Romancing the Stone</i> actress – K |
| 3. German supermodel – E | 9. Comedian/actress – J |
| 4. <i>The Wizard of Oz</i> actress – B | 10. Football coach – F |
| 5. Actor – A | 11. Revolutionary war hero – C |
| 6. Country singer – D | 12. Composer/lyricist – I |

Iced Tea

Use the clues to fill in the crossword.

ACROSS

3. Sugary southern beverage (two words)
4. Frozen water
6. Tea leaf sachet, tea _____
7. Small red fruit
9. Fuzzy fruit; popular iced tea flavor
10. Fortune-telling tool, tea _____
12. Warm season
15. Fun tea container, Mason _____
16. British tea brand

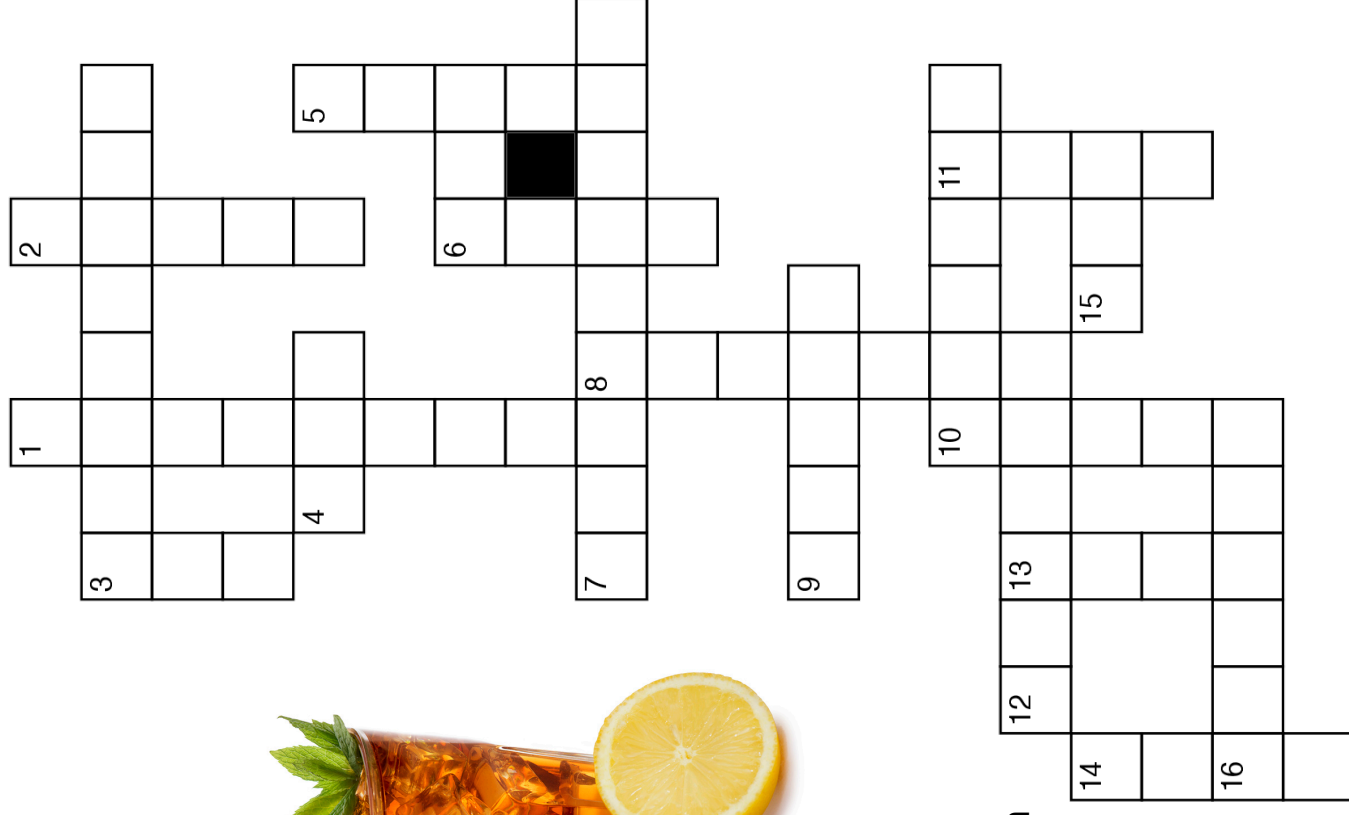


DOWN

1. Very tasty
2. Drinking tool
3. Drink brewed outside, _____ tea
5. Tea sweetener
6. Prepare tea

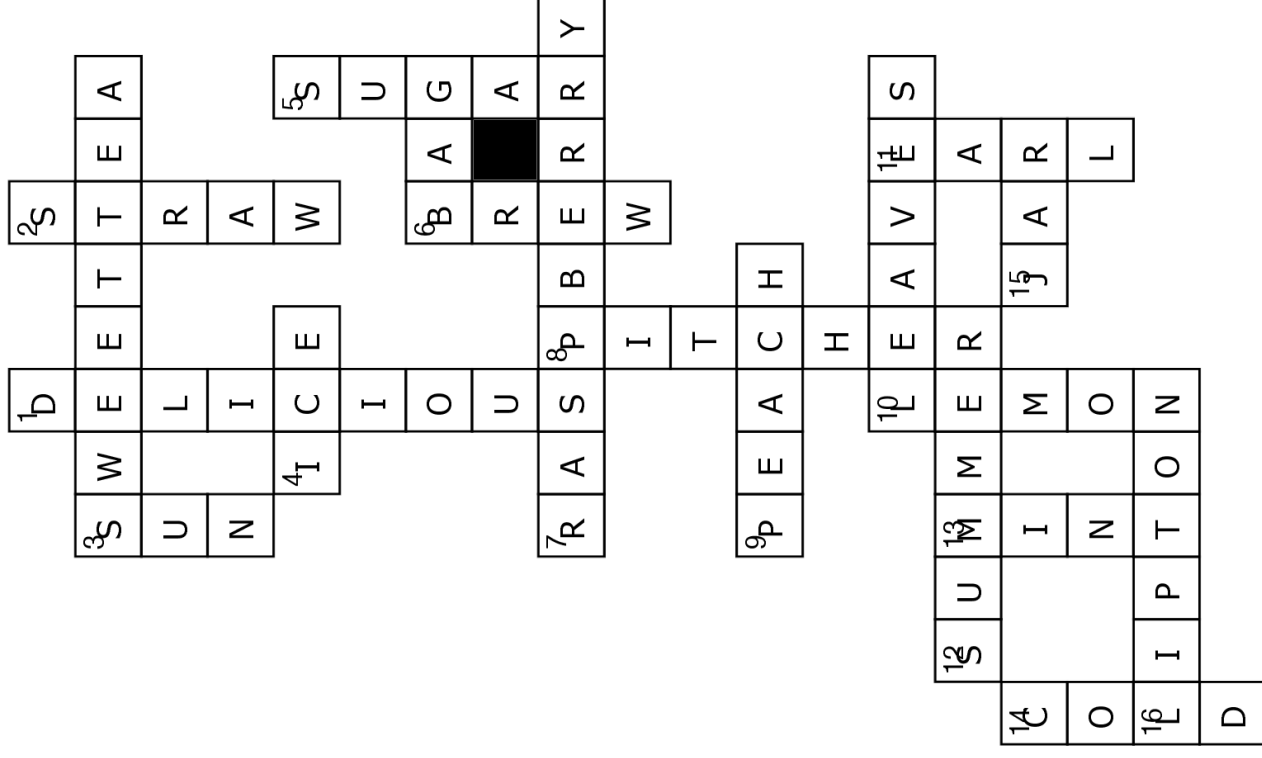
DOWN

8. Large jug
10. Common iced tea garnish
11. Type of black tea, _____ Grey
13. Aromatic herb
14. Not hot



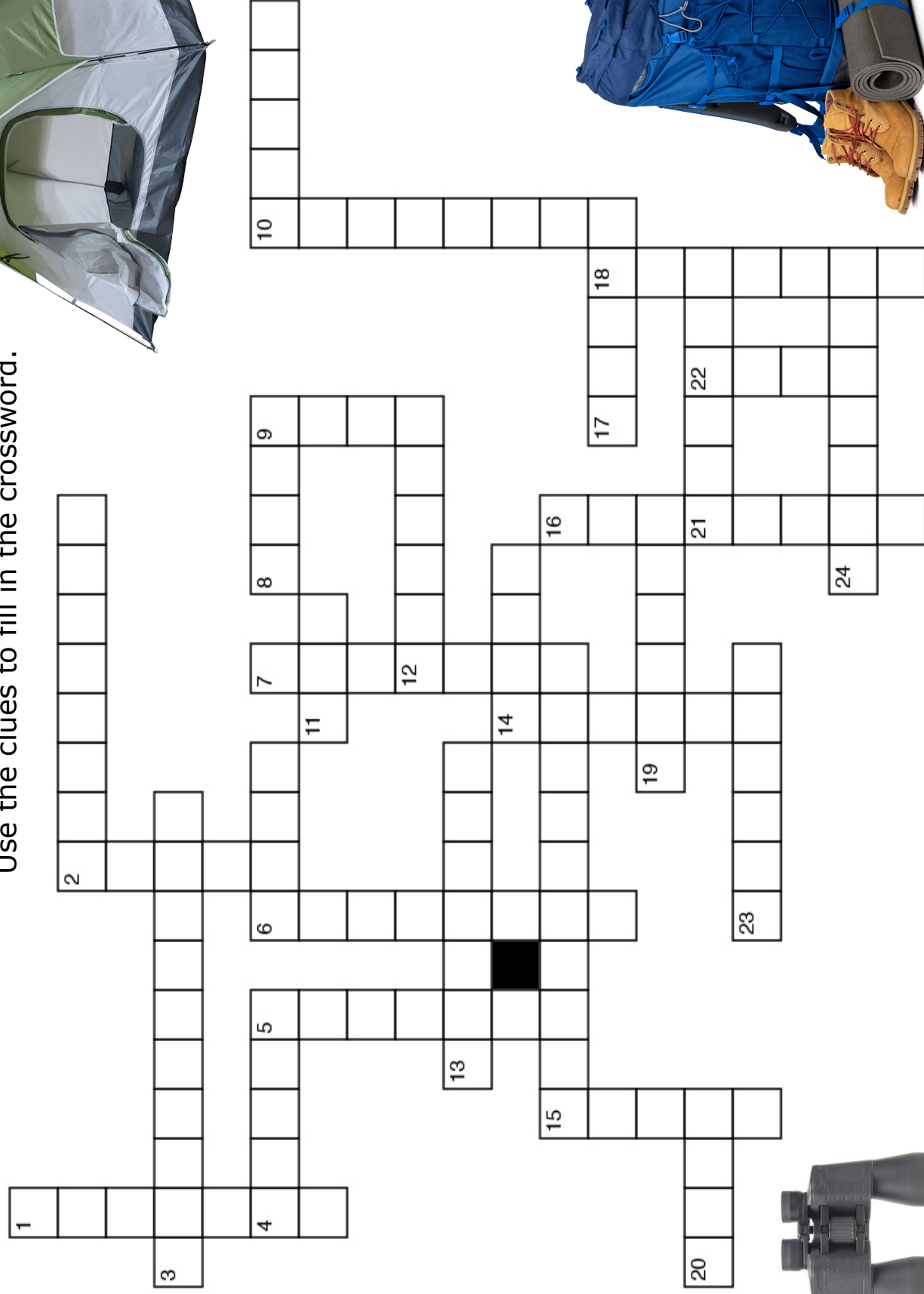
Iced Tea

(solution)



Camping Trip

Use the clues to fill in the crossword.



Camping Trip

(clues)

ACROSS

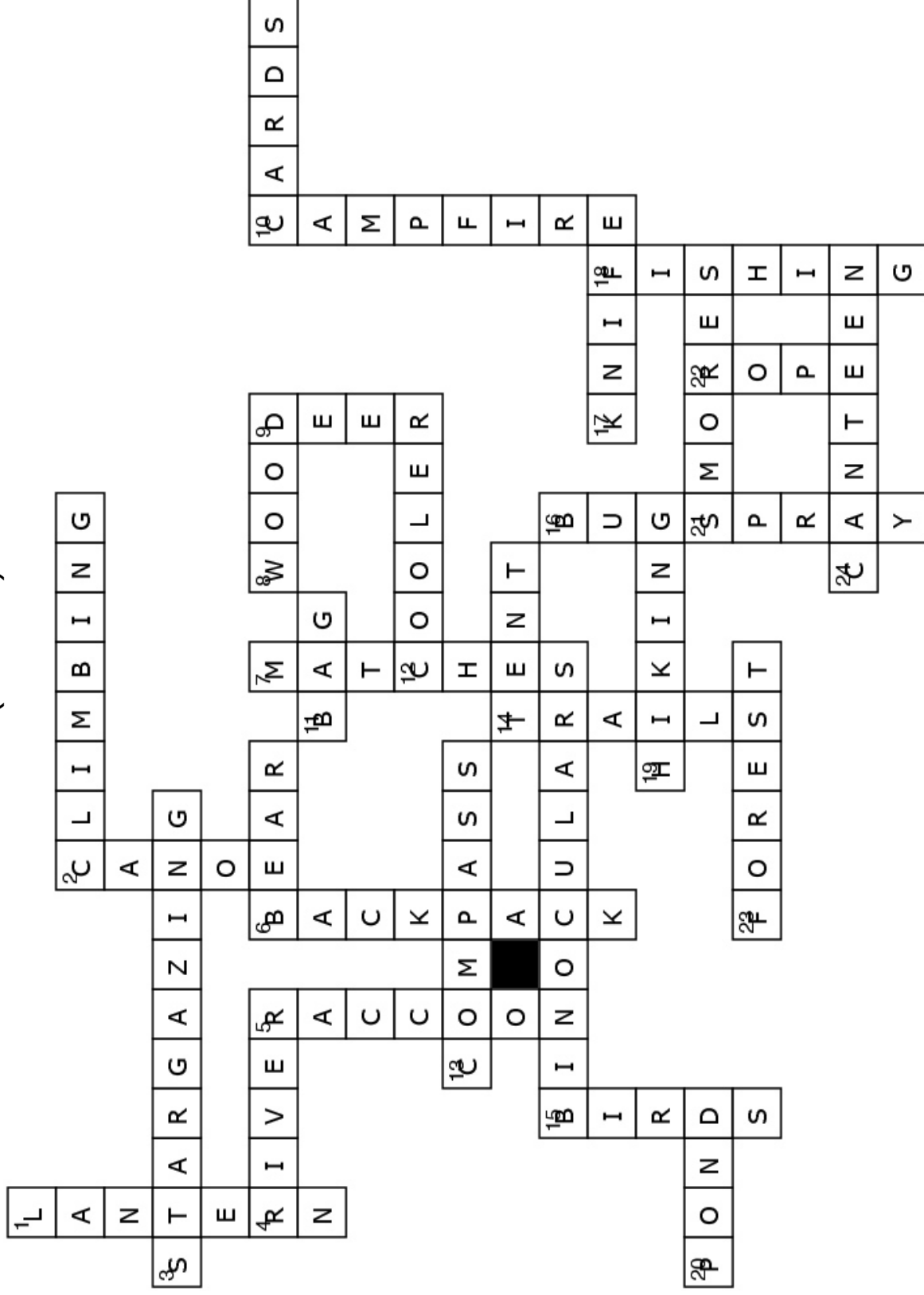
2. Ascending; rock _____
3. Looking for constellations in the night sky
4. Stream
6. Grizzly, for one
8. Campfire fuel
10. Deck of _____
11. Camper's bedding, sleeping _____
12. Drink and ice container
13. Direction finder that points north
14. Camper's shelter
15. Used to view faraway objects
17. Camper's cutter, pocket _____
19. Traveling on trails
20. Small lake
21. Campfire treats
23. Large wooded area
24. Water flask

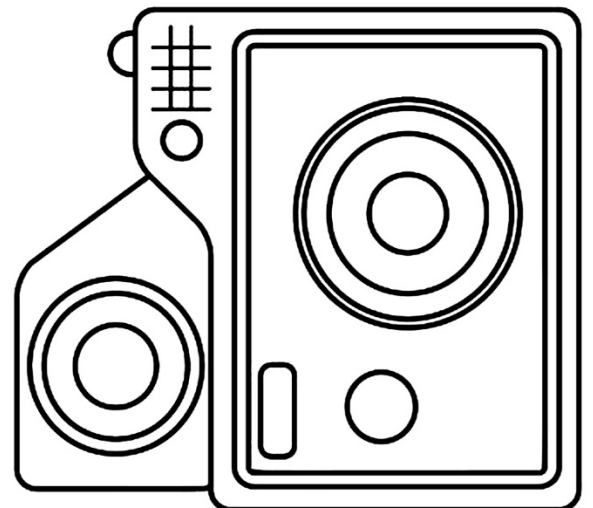
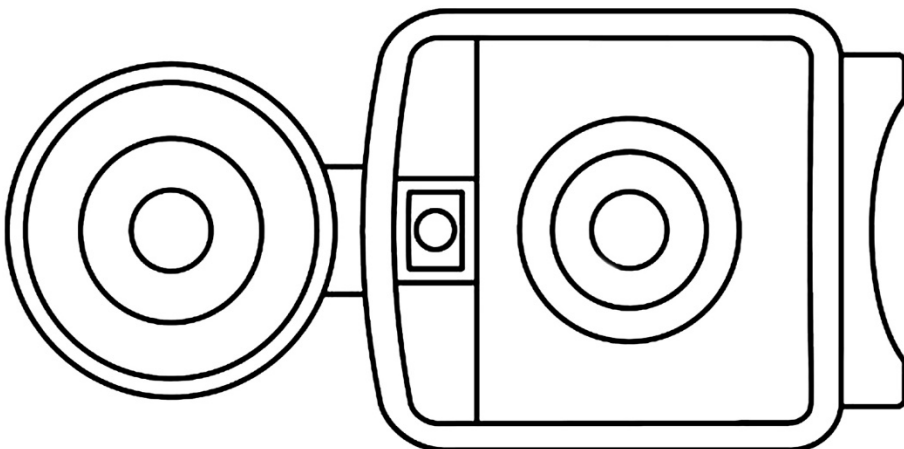
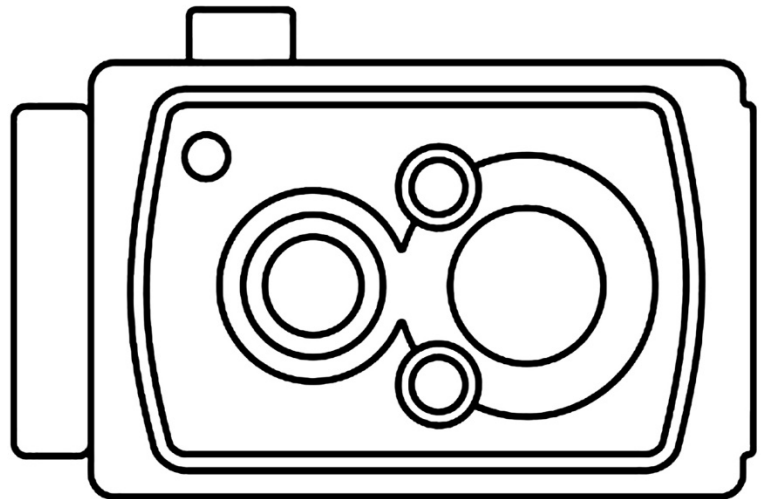
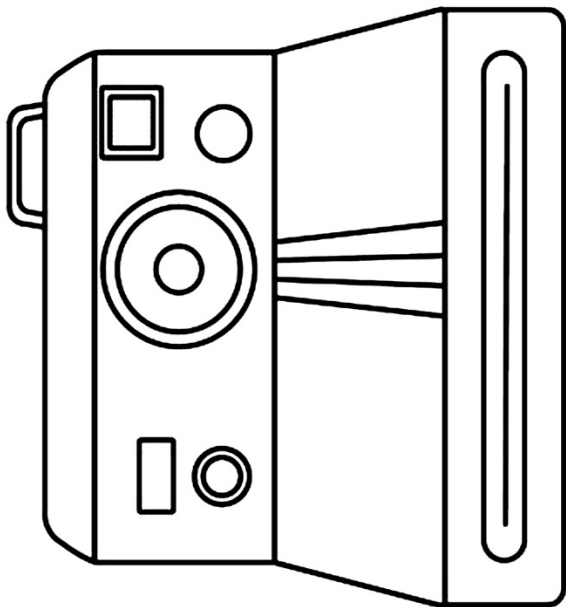
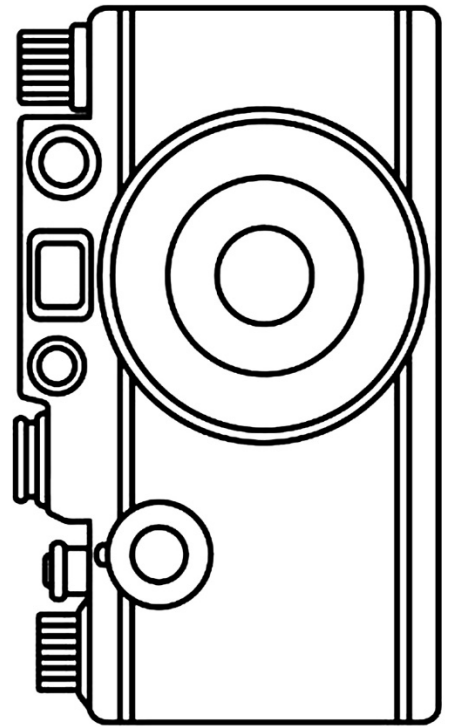
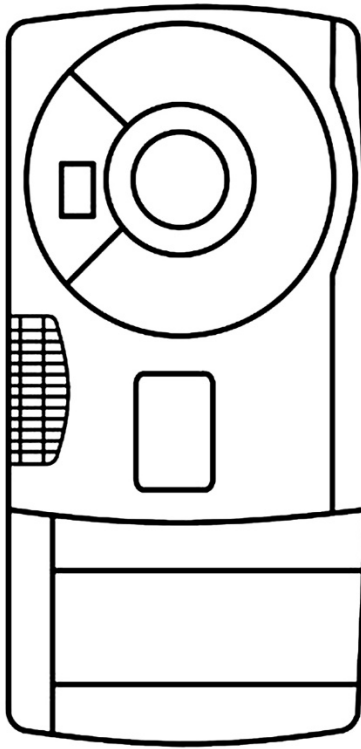
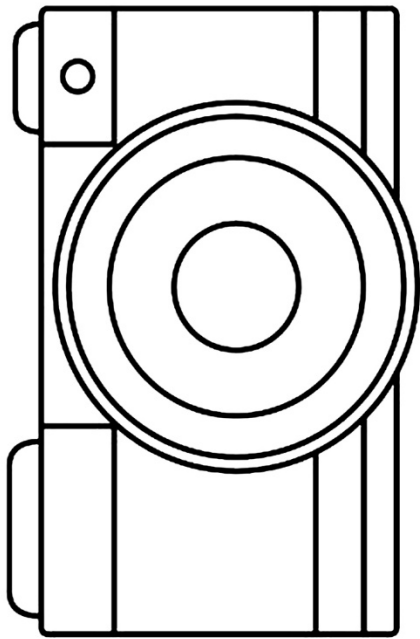
DOWN

1. Portable light
2. Light boat
5. Masked food bandit
6. Hiker's carryall
7. Instead of a lighter, sticks in a box
9. Antlered animal
10. Place to roast marshmallows
14. Hiker's paths
15. Hawks and robins
16. Aerosol that repels mosquitoes
18. Gone _____
22. Strong cord

Camping Trip

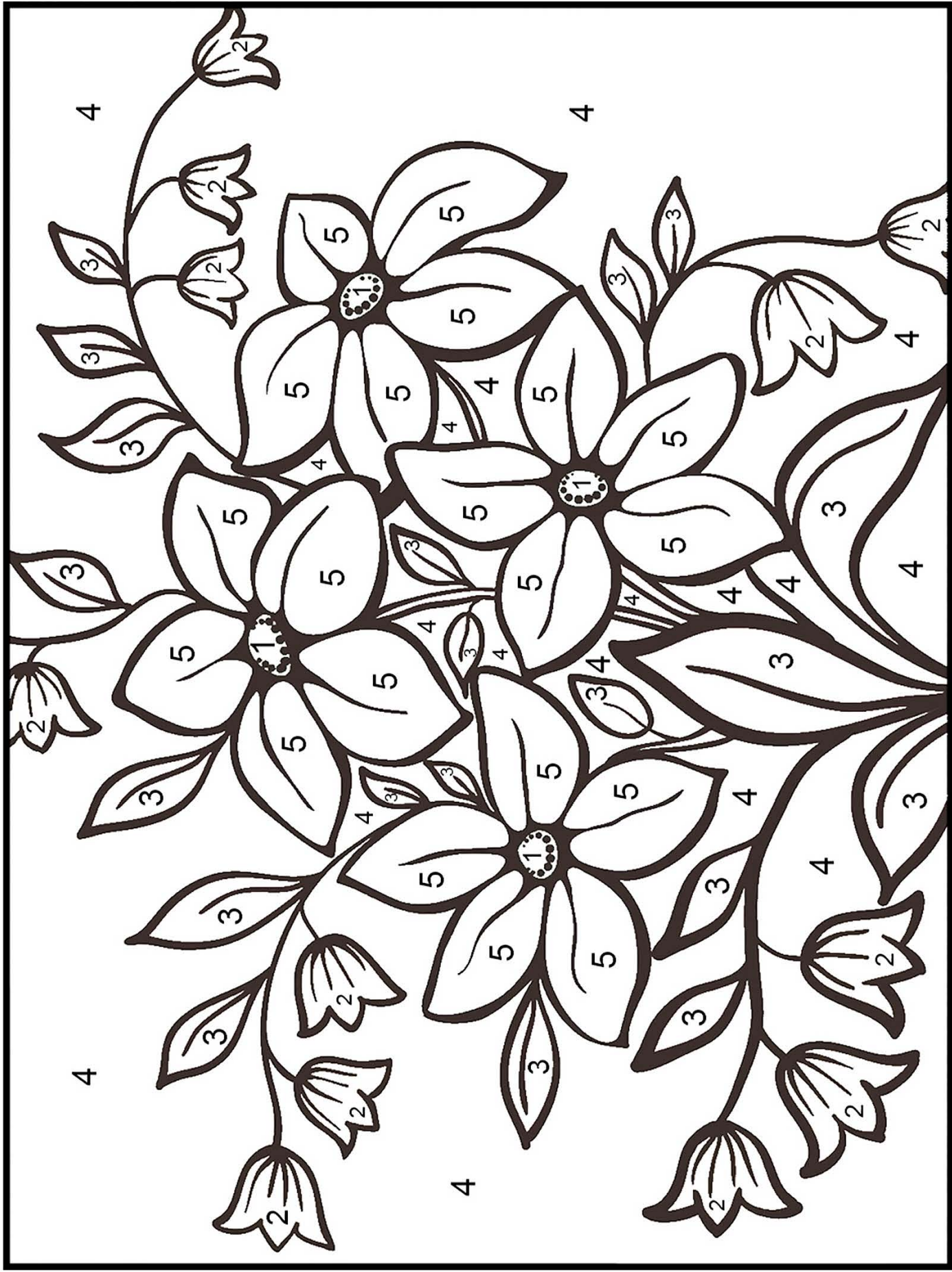
(solution)



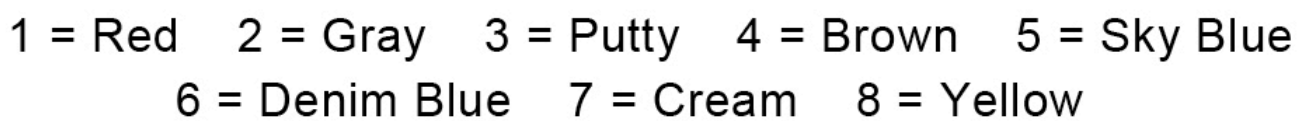








1 = Bright Pink 2 = Periwinkle Blue 3 = Green 4 = Pale Blue 5 = Yellow



1 = Red 2 = Gray 3 = Putty 4 = Brown 5 = Sky Blue
6 = Denim Blue 7 = Cream 8 = Yellow