



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.

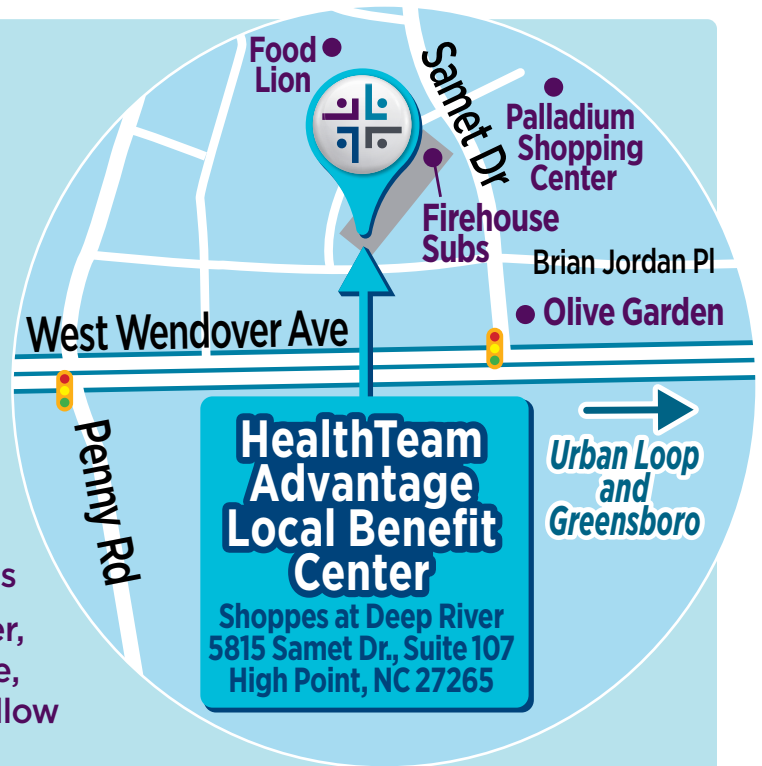


HealthTeam Advantage Local Benefit Center

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 September **BOREDOM BUSTERS** packet



Are you ready for autumn? We're sharing lots of coloring sheets, puzzles, and other fall-themed activities in this month's packet, plus information on health resources and events that may be of interest.

Preventing Falls (Part 3)

Falling is something people usually don't like to think about — but it's important to be aware of the risks and how to minimize them. This month, we're sharing more steps you can take to reduce the risk of falling.

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.



Why Fall Prevention Matters

Falls can lead to serious injuries, such as fractures or head trauma, and may result in a loss of independence. Taking preventive measures can help you stay active and avoid unnecessary hospital visits.



Step 3:

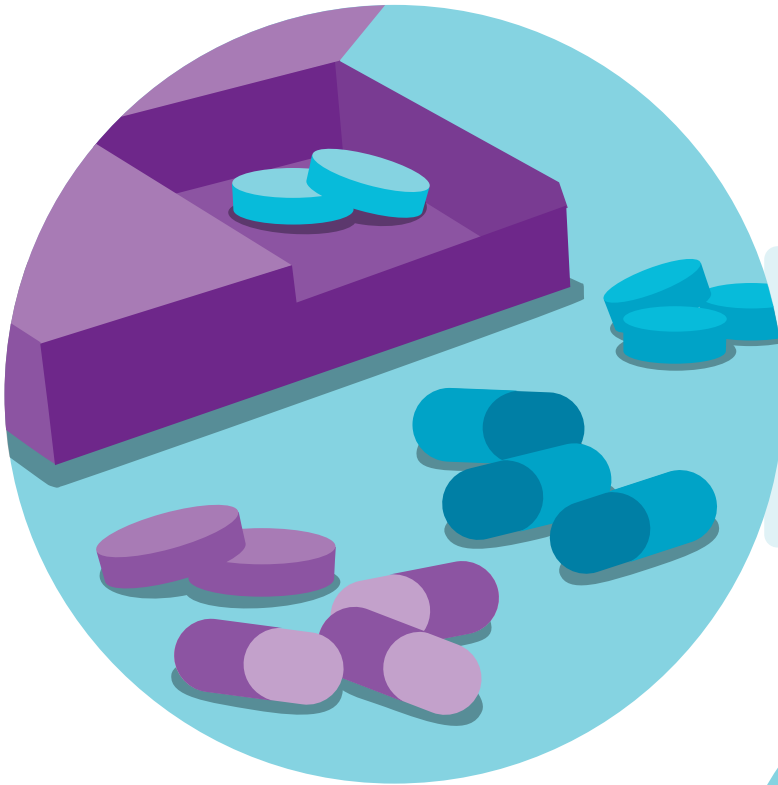
Manage Your Health

Your overall health plays a significant role in preventing falls.

Check Your Vision and Hearing

Get regular eye and hearing exams. Poor vision or hearing can affect balance.





Review Medications Some medications can cause dizziness or drowsiness. Talk to your doctor about possible side effects.

Eat a Healthy Diet

A balanced diet with enough vitamin D and calcium supports bone health.



Stay Hydrated

Dehydration can cause dizziness and weakness, increasing the risk of falling.





#onemoremission



★ ★ ★ ★ ★ Join us ★ ★ ★ ★ ★

TRIAD HONOR FLIGHT WELCOME HOME CELEBRATION

WEDNESDAY, OCTOBER 1ST
PARADE ON UPPER LEVEL DEPARTURE
PIEDMONT TRIAD INTERNATIONAL AIRPORT - AMERICAN AIRLINES
Arrive before or by 7:30 for the 8:15 Flight Arrival

*Park in economy lots. Parking is free.
Shuttles will be available.*



Please join us as we welcome our heroes home. Our Triad Honor Flight veterans will have visited Washington, DC and their memorials for the day, This evening will be a moving tribute to our Veterans that you will never forget.



Vistors are encouraged to wear red, white and blue. Bring your flags and welcome home banners to cheer on our Veterans.

www.triadhonorflight.org

Almond Macadamia Nut Cookies

Makes 18–20 servings | A Diabetic-Friendly Recipe

Ingredients:

- 1 1/2 cups almond flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup unsalted butter, room temperature
- 1/4 cup granulated erythritol (or preferred sugar-free sweetener)
- 1 large egg
- 1 teaspoon vanilla extract
- 1/2 cup chopped macadamia nuts
- (Optional) 1/3 cup sugar-free white chocolate chips



Directions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a medium bowl, whisk together the almond flour, baking soda, and salt.
3. In a separate bowl, cream together the softened butter and erythritol until light and fluffy.
4. Beat in the egg and vanilla extract until fully combined.
5. Add the dry ingredients to the wet mixture and stir until a dough forms.
6. Fold in the chopped macadamia nuts and white chocolate chips, if using.
7. Scoop tablespoon-sized amounts of dough and roll into balls. Place them on the prepared baking sheet and gently flatten each one.
8. Bake 10–12 minutes, or until the edges are lightly golden.
9. Allow cookies to cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Cooking Tidbit

For the best texture, chill the dough in the refrigerator for 20–30 minutes before baking. This helps prevent spreading and keeps the cookies thick and chewy.

Cannoli Delight

Makes 6–8 servings | A Diabetic-Friendly Recipe

Ingredients:

- 1 cup part-skim ricotta cheese
- 1/2 cup plain or vanilla Greek yogurt (nonfat or low-fat)
- 1/4 cup powdered erythritol (or preferred sugar-free sweetener to taste)
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 cup mini sugar-free dark chocolate chips



Directions

1. In a medium mixing bowl, combine the ricotta cheese and yogurt. Mix until smooth using a hand mixer or whisk.
2. Add the powdered erythritol, vanilla, and cinnamon. Stir until well incorporated and creamy. Fold in the chocolate chips.
3. Cover and refrigerate for at least 30 minutes to let the flavors meld and the texture thicken slightly.
4. Serve chilled with low-carb dippers such as sliced strawberries, apple slices, or almond flour crackers.

Food Fun Fact:

Traditional cannoli dessert is a crisp, tube-shaped pastry shell filled with a sweet cream filling. Originally made for Carnival, it was meant to symbolize fertility and abundance. This dip echoes the classic version without the need for deep-frying or extra sugars.

Tortilla Apple Dumplings

Makes 6–8 servings | A Diabetic-Friendly Recipe

Ingredients:

- 2 medium apples, peeled and finely chopped
- 1 tablespoon lemon juice
- 1/2 teaspoon ground cinnamon
- 3 tablespoons sugar-free maple syrup
- 1/2 cup light cream cheese, softened
- 6–8 (6-inch) low-carb tortillas



Directions

1. In a bowl, mix chopped apples with lemon juice, cinnamon, and syrup. Stir to combine.
2. Spread about 1 tablespoon of softened cream cheese onto each tortilla.
3. Add a spoonful of the apple mixture in the center.
4. Fold in the sides and roll up like a burrito.
5. Chill in the refrigerator for at least 30 minutes before serving.

Cooking Tidbit:

Apples are naturally sweet and full of fiber, making them a great fruit choice for people managing blood sugar. Their crisp texture and mild tartness also pair perfectly with creamy fillings.

Intergenerational Trivia

(Questions with Answers)

1. What artist was born Anna Mary Robertson but is better known by a nickname given when she began to paint at age 78?

Answer: Grandma Moses. She began painting when her arthritis prevented her from quilting.

2. Known for his role in the new *Star Trek* films, Ethan Peck is the grandson of what other famous actor?

Answer: Gregory Peck. His famous grandfather is known for roles in films like *Roman Holiday*.

3. Which Beatle is the grandfather of musician Tatia Starkey?

Answer: Ringo Starr. She is noted for her striking resemblance to her grandfather and for pursuing a similar career.

4. What is the nickname for the generation born between 1946 and 1964?

Answer: Baby boomers. The boomer generation has been responsible for many technological advances in the last 50 years.

5. What is the relationship between Tippi Hedren and Melanie Griffith?

Answer: Mother-daughter. Griffith's daughter, Stella Banderas, is also an actress.

6. By what name is the current youngest generation, born between 2013 and 2025, known?

Answer: Gen Alpha. These are considered the first generation born to parents who grew up with the internet, cell phones, and other modern tech.

7. What is the most popular name for *grandmother* in Texas, Arizona, California, and Florida?

Answer: Abuela. *Abuela* is the Spanish word for *grandmother*. The data was compiled by Preply, and *Nana* is the most popular overall grandma name.

8. During what decades were the Silent Generation born?

Answer: The '20s, '30s, and '40s. This generation consists of those born between 1928 and 1945 and is the smallest of the modern generations.

9. What Yiddish word is the most popular name for a grandma in New Jersey, according to Preply's survey?
- Answer:** Bubbe. **Fun fact:** This is what celebrity Kathie Lee Gifford's grandkids call her.
10. How old was Grandma Moses when she stopped painting?
- Answer:** 101. She exhibited her work across the globe into her 90s.
11. What is the term for the generation that supports both a parent and a child?
- Answer:** Sandwich generation. Studies have shown that almost half of adults aged 40 to 59 fall into this category.
12. What actress, known for starring in *Overboard*, goes by the nickname *Gogo* instead of *Grandma*?
- Answer:** Goldie Hawn. A growing trend in grandparent names are fun, silly, and unique nicknames instead of traditional.
13. What is the name of the generation born between 1901 and 1927?
- Answer:** The Greatest Generation. Also called the GI Generation, they popularized jazz and the swing movement, lived through the Great Depression, and fought in World War II.
14. What TV show that aired from 1969 to 1974 centers around a blended family?
- Answer:** *The Brady Bunch*. Generational relationships and family dynamics take center stage in this beloved sitcom.
15. What are the names of King Charles' five grandchildren?
- Answer:** George, Charlotte, Louis, Archie, and Lilibet. They are the children of Princes William (George, Charlotte, and Louis) and Harry (Archie and Lilibet).
16. Who is Queen Elizabeth II's oldest grandchild?
- Answer:** Peter Phillips. He is the son of Princess Anne and Captain Mark Phillips.

17. Silent film star Dolores Costello is the grandmother of which Hollywood actress?
- Answer:** Drew Barrymore. Barrymore has said that she loves to watch her family's movies and has since the age of three.
18. Which showbiz family includes members Kirk, Michael, and Cameron?
- Answer:** The Douglas family. The three generations star together in the 2003 dramedy *It Runs in the Family*.
19. Who is the famous mother of actress Carrie Fisher?
- Answer:** Debbie Reynolds. Fisher's daughter, Billie Lourd, is an actress who has appeared in *Star Wars* (her mother's famous franchise) and *Will & Grace* (on which her grandmother played Bobbi Adler for seven seasons).
20. Did Grandma Moses enjoy painting industrial scenes, such as tractors and other modern technology?
- Answer:** No. Her work is appreciated for its nostalgic quality, deliberately leaving out elements of industrialization.
21. Which royal grandchild, daughter of Prince Andrew and Sarah Ferguson, is an artist?
- Answer:** Princess Eugenie. She works outside of royal life and is also a mother of two.
22. How many grandchildren did Queen Elizabeth II have in total?
- Answer:** Eight. These include Princes Harry and William, Zara Tindall, Princess Beatrice, and more.
23. In what 1980 horror film do mother-daughter team Janet Leigh and Jamie Lee Curtis star?
- Answer:** *The Fog*. Both actresses are considered horror icons in their own right.
24. By 2030, what percentage of baby boomers will be at least 65 years of age?
- Answer:** 100 percent. Baby boomers account for around 20 percent of the country's population.

25. Who is Ryan O’Neal’s costar in 1973’s *Paper Moon*?

Answer: Tatum O’Neal. Many critics credit the father-daughter pairing for the film’s great emotional impact.

26. Who is the famous father of Miley Cyrus and has a career in the same field?

Answer: Billy Ray Cyrus. The “Achy Breaky Heart” singer passed on his musical genes to his daughter.

27. What 1955 film stars James Dean in a generational clash with his parents, who just don’t understand being a teenager?

Answer: *Rebel Without a Cause*. Dean’s Jim Stark arrives in a new town and is faced with classic teen angst.

28. Which British royal has competed in the Olympics?

Answer: Princess Anne. The daughter of Queen Elizabeth II competed in the equestrian category in 1976.

29. Which of these is *not* a generational nickname since 1900: Generation X, millennials, or the Smallest Generation?

Answer: The Smallest Generation. Gen X and millennials are real generations, born in the latter half of the 20th century.

30. What famous TV family was at the center of the drama *Dallas*?

Answer: The Ewings. With constant family drama, the show kept viewers hooked with some of TV’s most-watched episodes.

September IQ

How much do you know about September? Test your September IQ.

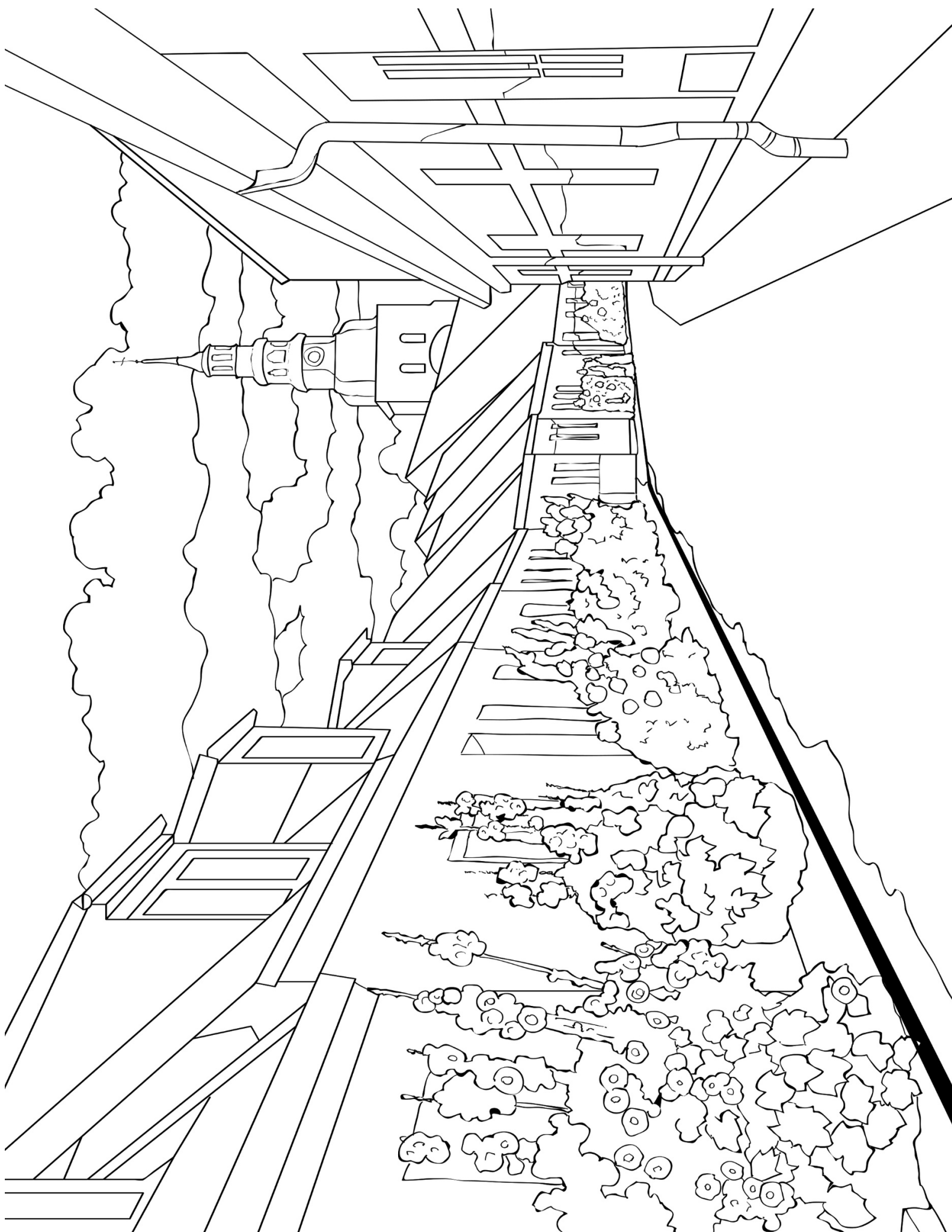
- Which of the following is a false statement about September?
 - It has always had 30 days.
 - It was one of the original months in the Roman calendar.
 - It always was the ninth month in the calendar.
 - It's the seasonal equivalent of March in the southern hemisphere.
 - True or false? The full moon in September is called the wolf moon.
 - Which is one of the birth flowers for September?
 - Daffodil
 - Marigold
 - Lily of the valley
 - Aster
 - Of Lou Gehrig, Babe Ruth, and Joe DiMaggio, which one played their last game as a New York Yankee on September 24, 1934?
-
- What classic musical set in Russia opened on Broadway on September 22, 1964?
 - Brigadoon*
 - Fiddler on the Roof*
 - The King and I*
 - Silk Stockings*
 - True or false? The solstice occurs in September in the northern hemisphere.
 - Entertainer Maurice Chevalier was born on September 12, 1888. What was his native country?
-
- Which zodiac sign spans the first 22 days of September?
 - Gemini
 - Virgo
 - Libra
 - Scorpio



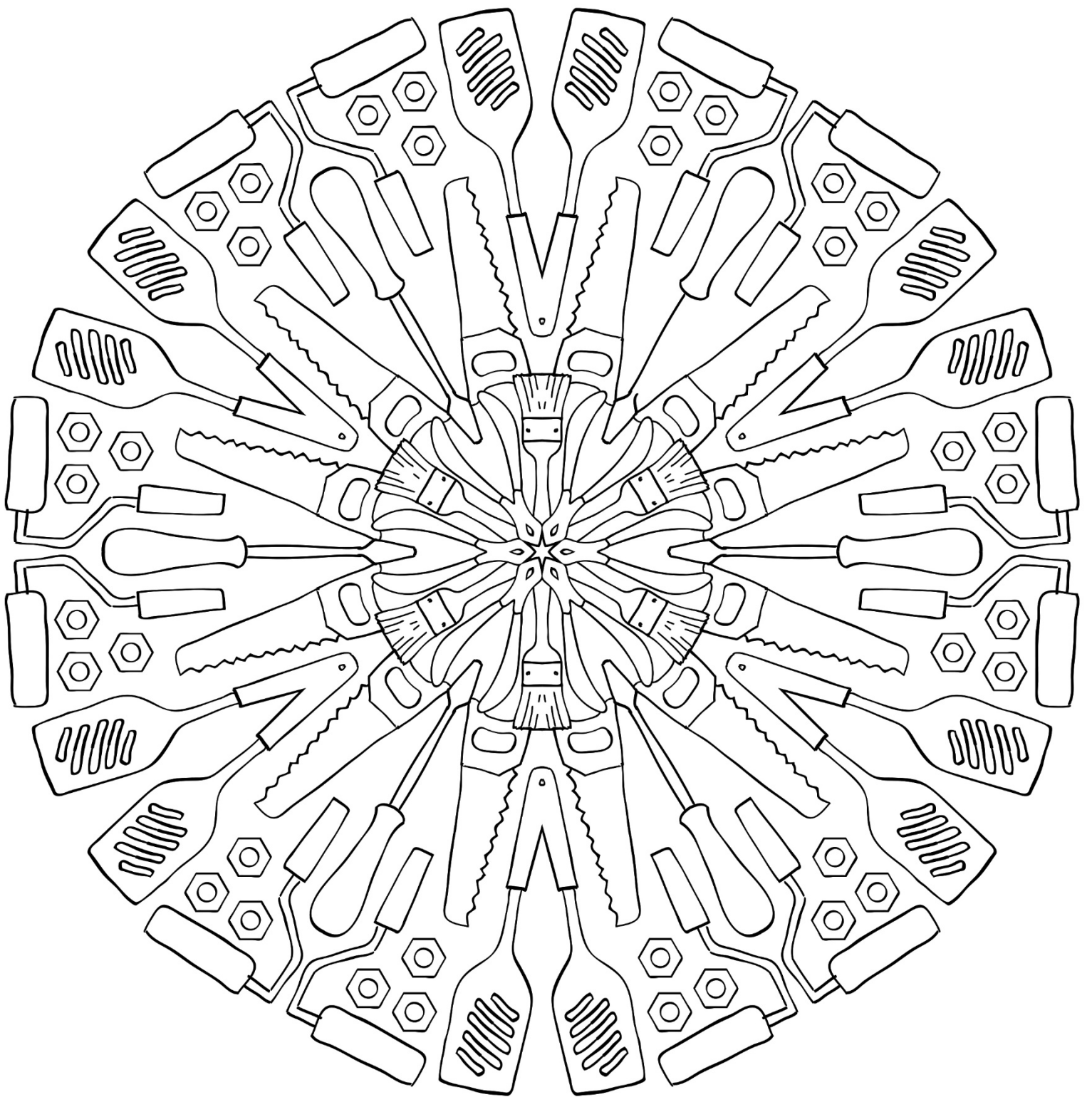
9. Author Agatha Christie was born on September 15, 1890. Which was **NOT** one of her novels?
- A. *The Hound of the Baskervilles*
 - B. *Murder on the Orient Express*
 - C. *And Then There Were None*
 - D. *Death on the Nile*
10. What *Rebel Without a Cause* actor died in a car accident on September 30, 1955?
-
11. Ivan Pavlov was born in September. What animal was the subject of his most famous classical conditioning experiment?
- A. Gorilla
 - B. Cat
 - C. Parrot
 - D. Dog
12. September has 30 days. If you add up the days of all the months that have 30 days only, what is the total number of days?
-
13. True or false? The sapphire is the birthstone for September.
14. Which of the following does **NOT** occur in September?
- A. Grandparents Day
 - B. NCAA basketball tournament
 - C. Labor Day
 - D. Oktoberfest
15. James Fenimore Cooper and Edgar Rice Burroughs were both born in September. What was their profession?
-

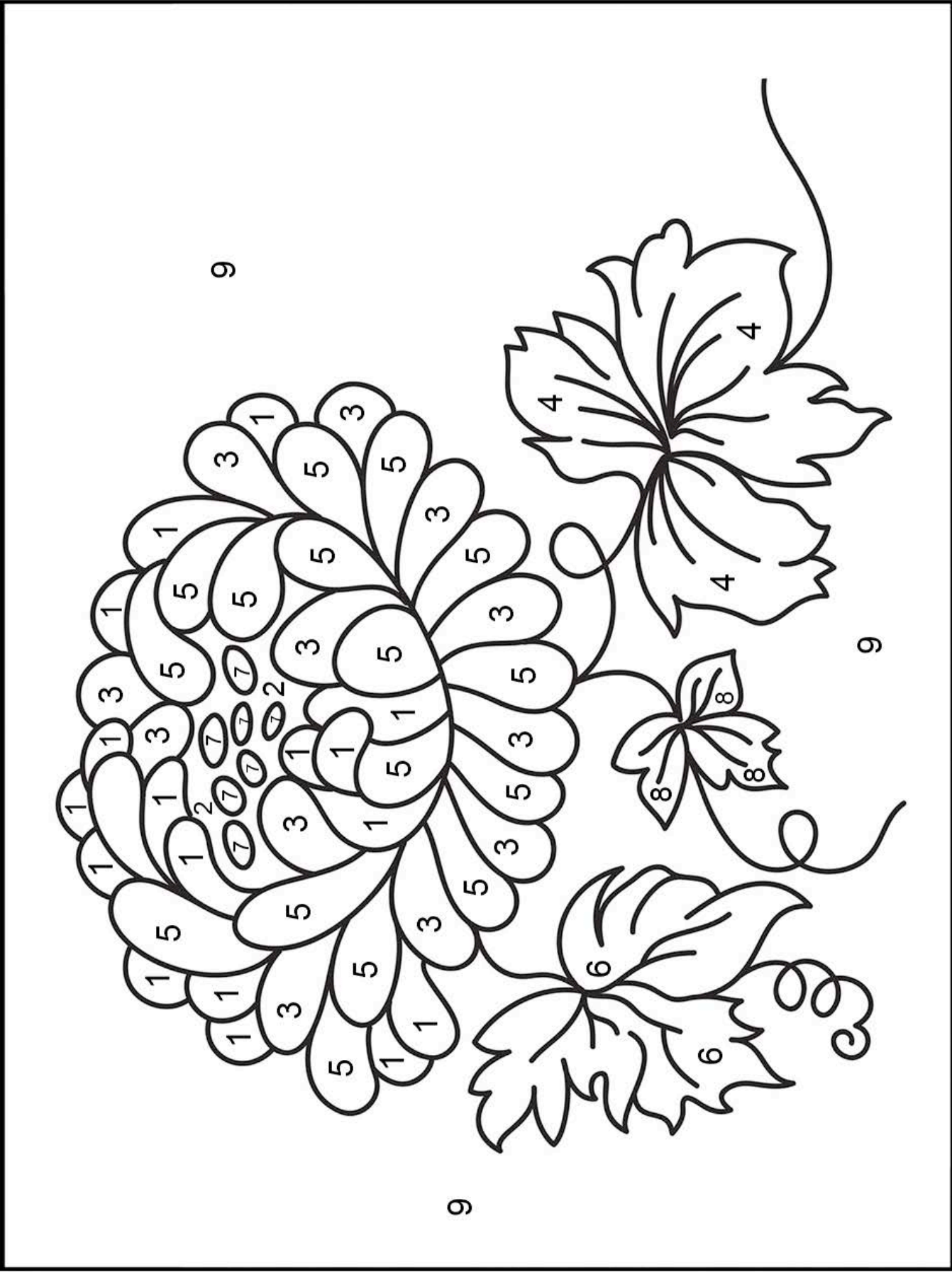
Answers

1. (C) It always was the ninth month in the calendar. It used to be the seventh month in the original Roman calendar.
2. False. The full moon in September is either the corn moon or the harvest moon.
3. (D) Aster. Their blooms come in a variety of colors: pink, white, red, lilac, and mauve. The other September flower is the morning glory.
4. Babe Ruth. He was traded to the Boston Braves the following year. Lou Gehrig retired in 1939. DiMaggio didn't begin playing in the "Big Leagues" until 1936.
5. (B) *Fiddler on the Roof*. The musical was the first Broadway show to run for more than 3,000 performances.
6. False. The autumnal equinox in the northern hemisphere occurs on September 22 or 23 each year. It is the first day of autumn.
7. France. Maurice Chevalier was born in Paris.
8. (B) Virgo is represented by a virgin. Its dates span from August 23 to September 22.
9. (A) *The Hound of the Baskervilles*. The crime novel featuring Sherlock Holmes was written by Sir Arthur Conan Doyle.
10. James Dean. The heartthrob made only three films: *Giant*, *Rebel Without a Cause*, and *East of Eden*. *Giant* was released after the young actor's death.
11. (D) Dog. Pavlov's experiments proved that dogs would salivate when a stimulus (a bell) associated with food was introduced after repeated conditioning.
12. (A) 120. April, June, September, and November all have 30 days.
13. True. The sapphire is best known for its vibrant blue color. However, it also comes in pink, green, and yellow.
14. (B) NCAA basketball tournament. It is known as "March Madness" because it takes place in March.
15. Author. James Fenimore Cooper's most famous novel was *The Last of the Mohicans*. Edgar Rice Burroughs is most famous for the *Tarzan* series of books.



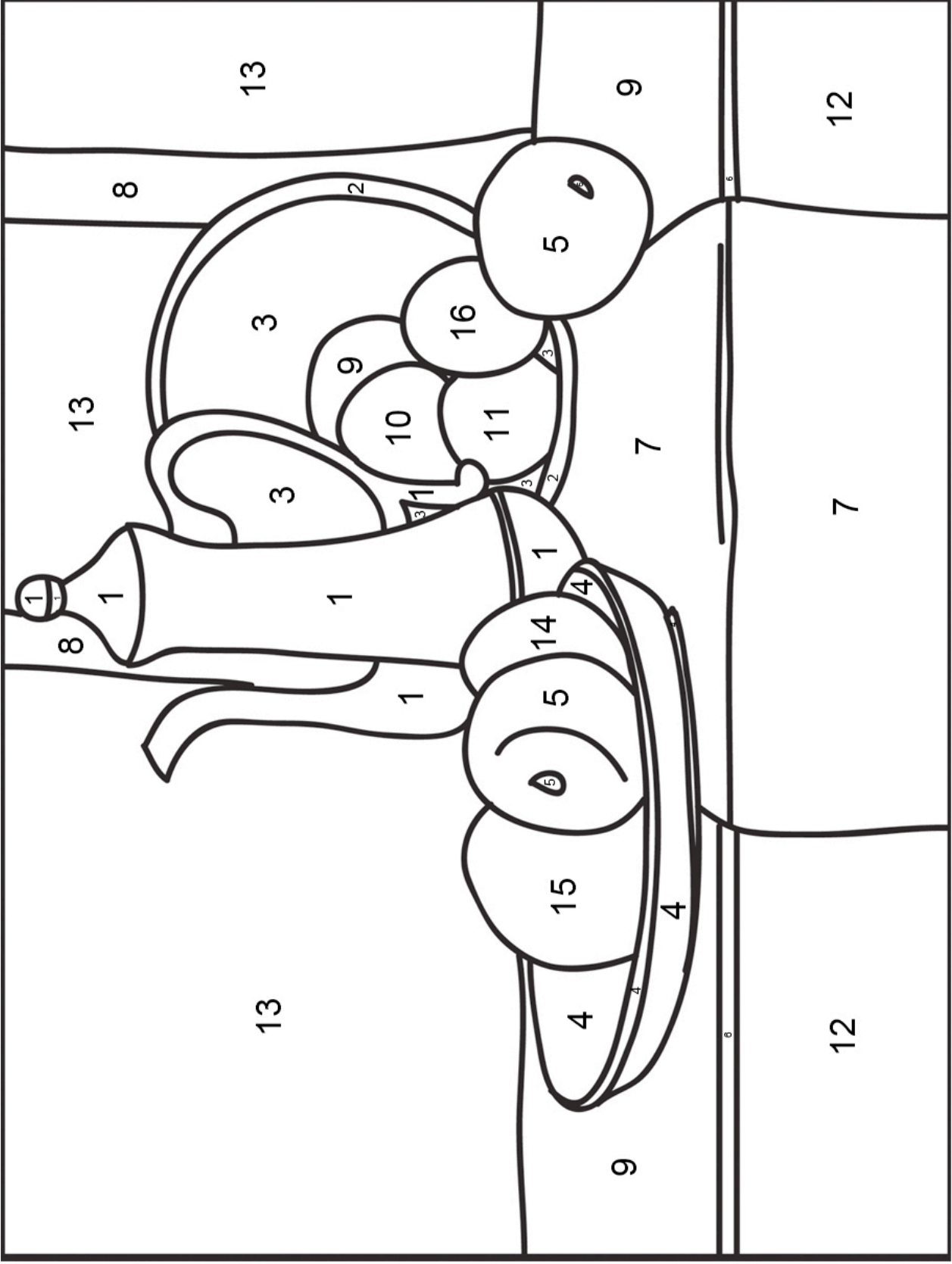






1 = Red 2 = Rust 3 = Light Orange 4 = Dark Green

5 = Melon 6 = Green 7 = Dark Brown 8 = Yellow-Green 9 = Light Blue



- 1 = Gray 2 = Pumpkin 3 = Rust 4 = Mauve 5 = Lemon Yellow 6 = Medium Brown
- 7 = Gold 8 = Dark Purple 9 = Dark Brown 10 = Red 11 = Olive 12 = Light Brown
- 13 = Purple 14 = Red-Orange 15 = Lime 16 = Burgundy