

FALL 2011

# Sunflower

A Lifestyles Magazine for Passport Advantage Members

5 Easy Fall Recipes

**10** LOCAL  
COMMUNITY  
RESOURCES

*Travel:*

*Spotlight On*  
**HARDIN COUNTY**

**Art With  
Apples**

Foods that  
**FIGHT PAIN**

# *Don't let* COPD Take Your Breath Away

*COPD is a lung disease that affects breathing. Having COPD makes it is hard to get air out of the lungs.*

## What does COPD stand for?

**Chronic:** means it will not go away.

**Obstructive:** means air cannot flow out of the lungs very well because the lungs are partly blocked.

**Pulmonary:** means it affects the lungs.

**Disease:** means illness or sickness.

COPD is caused by having chronic bronchitis, emphysema, or both. When you have COPD, you may feel:

- Short of breath and tired.
- A smothering feeling.
- Like you are running out of air.
- Like you cannot catch your breath.
- Like you are coughing more than usual.

## How do you know if you have COPD?

Your provider can give you a simple breathing test called spirometry (spir-rom-e-tre). A spirometry test tells you how well your lungs are working. It will tell you if you have COPD and how bad it is at that time.

If you think you have COPD, act now and set up a visit with your provider. You don't have to let COPD take your breath away. Act now so you can feel better soon!

To learn more about COPD,  
please call Care Coordination at  
**1-877-903-0082**  
or TTY/TDD 1-800-691-5566,  
Monday through Friday, 8 a.m. to 5 p.m.

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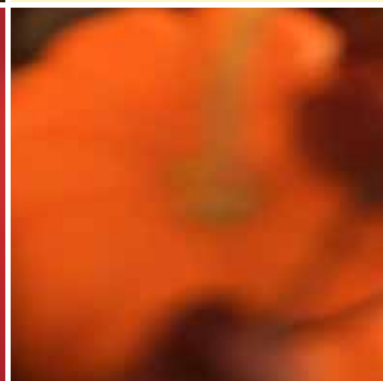
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**MAILING ADDRESS:**  
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1-800-578-0603, press 1  
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[www.passportadvantage.org](http://www.passportadvantage.org)  
8 a.m. – 8 p.m. 7 days a week



A Medicare Advantage Special Needs Plan Sponsored By University Health Care, Inc.

# Letter from the Editor

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Dear Friends –

When we made the decision to offer Medicare benefits through Passport Advantage a few years ago, we did so with our members in mind. Each of you means a great deal to us.

It's also with our members in mind that we made the decision to leave the Medicare business at the end of the year. Passport Advantage will stop providing your Medicare benefits on December 31, 2011.

This was one of the hardest decisions our company has ever had to make.

We will do all we can to make this change as easy as possible for you. We have sent information to let you know what your Medicare choices are for 2012. This information is also available on our web site, [www.passportadvantage.org](http://www.passportadvantage.org). And, we will be here to answer your questions for as long as you need us.

Call us anytime between 8 a.m. and 8 p.m., 7 days a week, at 1-800-578-0603, then press 1. TTY users please call 1-800-648-6056.

All of us at Passport Advantage wish you a safe and happy holiday season. Please know you are always in my thoughts and in my heart.

With fondness,



*Lucy J. Thornton*

Lucy Thornton

# Changes to Your Medicines Mean Fewer Copays For Passport Health Plan Members!

Passport Health Plan is changing the way you get your medicines. This change will only apply for some medicines and some members.

## What's changing?

If you take one of the medicines listed on this page, you will get a larger supply at one time. You will now get a 3-month supply instead of a 1-month supply. The good news is you will only pay the \$1 copay, even though you are getting more medicine.

## Who will the change apply to?

This change applies to Passport Health Plan members who are taking any of the medicines listed. You must have been taking the medicine for 90 days within the last 6 months. If you just started one of these medicines, you will get a 3-month supply once you have been taking it for 90 days.



## List of Medicines

\*You will get the generic medicines. Because we see the brand names more often, we have also listed them. Generics work just as well as brand names and have the same active ingredients.

### Generic Names

Alendronate  
Amlodipine  
Aspirin  
Atenolol  
Calcium 500+ D Tablet  
Cetirizine 10 mg Tab  
Clonidine  
Diphenhydramine 50 mg  
Enalapril  
Famotidine  
Ferrous Sulfate  
Fluoride Tab Chew  
Folic Acid  
Furosemide  
Glimepiride  
Glipizide  
Glyburide

### Common Brand Names\*

Fosamax  
Norvasc  
There are many names  
Tenormin  
Oscal  
Zyrtec  
Catapres  
Benadryl  
Vasotec  
Pepcid  
There are many names  
There are many names  
There are many names  
Lasix  
Amaryl  
Glucotrol, Glucotrol XL  
Diabeta, Micronase

### Generic Names

Hydrochlorothiazide  
Levothyroxine  
Lisinopril  
Lisinopril-Hctz  
Loratadine  
Losartan  
Losartan-Hctz  
Lovastatin  
Meloxicam  
Metformin  
Omeprazole  
Pantoprazole  
Pravastatin  
Prenatal Vitamins  
Ranitidine  
Simvastatin

### Common Brand Names\*

There are many names  
Synthroid, Levoxyl  
Prinivil, Zestril  
Prinzide, Zestoretic  
Claritin  
Cozaar  
Hyzaar  
Mevacor  
Mobic  
Glucophage, Glucophage XR  
Prilosec  
Protonix  
Pravachol  
There are many names  
Zantac  
Zocor



If you have any questions, please call 1-877-903-0082.



# Easy Fall Recipes

It's getting colder outside each day, so make sure you warm up with some of these easy-to-make recipes this Fall. They are sure to please!

## Chicken and Biscuit Pot-Pie

This classic comfort food is easy to make using store-bought biscuits. We made it healthier using skim milk and lots of fresh veggies.

### Ingredients

- 4 tablespoons butter
- 1 cup finely chopped onion
- 1 rib celery, finely chopped
- 1/3 cup flour
- 1 1/2 cups fat-free chicken broth
- 1 1/2 cups skim milk
- 1/2 teaspoon dried sage
- 1/2 teaspoon dried thyme
- 2 1/2 cups diced cooked chicken
- 2 cups fresh vegetables of your choice (such as broccoli, carrots, green beans, etc.)
- Salt and pepper, to taste
- 1 container refrigerated biscuits

### Instructions

1. Heat oven to 375 F.
2. In a deep skillet, melt the butter over medium heat. Stir in the onion and celery, then cover the pan and cook for 7 to 8 minutes, stirring occasionally. Add the flour, stirring for 1 to 2 minutes to lightly brown it.
3. Whisk the chicken broth into the pan. When it starts to thicken, whisk in the milk. Add the sage, thyme, chicken, and vegetables, continuing to stir until the mixture is heated through, about 5 to 7 minutes. Add salt and pepper to taste.
4. Remove the pan from the stovetop and place as many biscuits as will fit, barely touching, on top of the filling. (You can bake any extras separately, on a lightly greased pie plate, for about 15 minutes.)
5. Bake the potpie until the biscuits are golden brown and the filling is bubbly, about 20 to 30 minutes. Then let it cool for 5 to 10 minutes before serving it. Makes 6 to 8 servings.

Calories: 381

Fat: 15.5g

## Asian Pulled Pork Sandwiches

Summer may be ending, but that doesn't mean you can't still have some good BBQ! You don't even have to stand outside for this one, just put everything in your crock pot and let it do all the work.

### Ingredients

- 1/2 cup low-sodium soy sauce
- 1/2 cup hoisin sauce
- 3 tablespoons ketchup
- 3 tablespoons rice vinegar
- 1/4 cup honey
- 3 cloves garlic, minced
- 1 1/2 tablespoons peeled and grated fresh ginger
- 2 teaspoons dark sesame oil
- 1 1/2 teaspoons Chinese five-spice powder
- 4 pounds boneless Boston butt pork roast, trimmed of fat and cut into 2 inch chunks (OR you can substitute beef brisket)
- 10 buns

### Instructions

1. Add everything but the meat and buns to the slow cooker and whisk to combine. Add the pork and toss it to coat. Cover and cook the meat on low for 8 hours.
2. When the pork is done, remove it from the slow cooker with a slotted spoon and place it on a cutting board. Shred the pork by pulling the pieces apart with two forks.
3. Return the meat to the cooker, stir it into the remaining sauce, and then serve it on the buns. If you like, make the dish up to 2 days ahead and store it covered in the refrigerator.
4. Simply skim off any accumulated fat and reheat the meat in a saucepan over low heat before serving. Serves 10.

Calories: 470

Fat: 15g

## Quick One-Dish Lasagna

This delicious and easy casserole is much faster to make than traditional lasagna, and also sneaks in some healthy green veggies. Serve with a fresh salad and garlic bread for a wonderful Italian dinner!

### Ingredients

- 1 1/4 cups low-fat ricotta
- 1/4 cup water
- 1/2 teaspoon salt
- 1/4 cup grated low-fat Parmesan
- 1 1/2 cups shredded 2% mozzarella cheese
- 1 pound lean ground beef
- 1 medium zucchini, diced (about 1 cup)
- 1 (26-ounce) jar pasta sauce
- 6 oven-ready lasagna noodles

### Instructions

1. In a medium bowl, mix together the ricotta, water, salt, Parmesan, and 1/2 cup of the mozzarella. Set the mixture aside.
2. Brown the beef in a large skillet set over medium-high heat until it's no longer pink, about 5 minutes, breaking up any clumps with a wooden spoon. Drain any fat, if needed. Add the zucchini. Stir in 2 cups of the pasta sauce. Reduce the heat to medium-low.
3. Top the mixture with 2 lasagna noodles, set in the center. Break 2 more noodles into medium-size pieces and fill in the edges. Gently spread the cheese mixture over the noodles. (The noodles may begin to curl in the skillet, but the cheeses will hold them down.) Lay on the 2 remaining noodles. Pour the rest of the sauce into the skillet and spread it evenly, then sprinkle on the remaining cup of mozzarella.
4. Cover the skillet and simmer the lasagna over medium-low heat until the noodles are tender, about 20 minutes. Remove the skillet from the heat and let the lasagna cool for 5 minutes. Cut the lasagna into squares and serve. Makes 6 servings.

Calories: 300  
Fat: 7

## Healthifried Fish Fillet

These flaky, golden fish fillets are made healthier by pan-frying in a small amount of oil instead of deep-frying. You can serve them plain with macaroni and cheese or coleslaw, or turn into a yummy sandwich with a hamburger bun, lettuce, tomato, American cheese, and tartar sauce!

### Ingredients

- 3/4 pound white fish (such as grouper or cod)
- 3/4 cup flour
- 1/2 cup low-fat buttermilk
- 3/4 cup crumbs from wheat crackers, ground in a food processor or crushed with a rolling pin
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1 tablespoon finely chopped fresh parsley
- 1 1/2 tablespoons vegetable or olive oil

### Instructions

1. Cut the filets into 4 squares, each about 3 1/2 by 3 1/2 inches, rinse them, and dry well.
2. In a small bowl, add the flour. Pour the buttermilk in another small bowl. Combine the wheat cracker crumbs, salt, pepper, garlic powder, and fresh parsley in a medium, shallow bowl and blend well with a whisk.
3. Dip each fish square into the flour, then the buttermilk, then the cracker crumb mixture. Set the pieces aside and heat a medium nonstick frying pan over medium-high heat.
4. Spread 1 1/2 tablespoons of oil in the frying pan, then place in all 4 fish squares.

Fry the fish until the bottoms are golden brown (about 4 minutes), then flip over the fish to brown the other side (about 3 minutes more). If you're making sandwiches, turn off the heat, lay the cheese slices over the hot fish squares, and cover the pan for a minute to melt the cheese.

Calories: 240  
Fat: 7 g



# BONUS RECIPE: Pumpkin Bread Pudding

Make an easy and cheap bread pudding recipe into something fantastic this Fall by adding pumpkin and seasonal spices. Delicious!

## Ingredients

- 1 (1-pound) day-old white bread or loaf of Italian bread
- 1/2 cup golden raisins
- 3 large eggs
- 3/4 cup canned solid-packed pumpkin or fresh-cooked pumpkin puree
- 1/2 cup whole milk
- 3/4 cup packed light brown sugar
- 1 cup whipping cream
- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin pie spice
- Whipped cream for serving (optional)

## Instructions

1. Generously coat an 8-inch square baking dish with butter. Remove the crust from the loaf of bread and slice the loaf into 1-inch cubes. Place the cubes in the dish and sprinkle the raisins on top.
2. Whisk the eggs in a large bowl. Add the pumpkin, milk, brown sugar, whipping cream, vanilla extract, and pumpkin pie spice. Whisk again until the mixture is well blended.
3. Heat the oven to 350 degrees. Pour the egg mixture over the bread and raisins. Let the ingredients stand for 15 to 20 minutes to allow the bread to absorb the custard. Use a spoon to occasionally push down the bread cubes as they soak.
4. Sprinkle the remaining 2 tablespoons of sugar over the pudding, then place the baking dish in a larger baking or roasting pan. Put the combined pans on the middle rack of the oven, then pour hot water into the larger pan until it reaches halfway up the sides of the smaller dish.
5. Bake the pudding until it's puffed and golden brown on top and a toothpick inserted into the center comes out clean, 45 to 50 minutes. Remove the pudding from its water bath and set it on a wire rack. Let the dessert cool for 15 minutes before serving, with a dollop of whipped cream if you like.

Calories: 290

Fat: 12 g

# You Bring The World to Passport Health Plan

Hello! My name is Paige Kolok and I am your new Cultural and Linguistic Service Coordinator. It's a long title, I know! My job is to help non-English speaking members get equal health care services. I also help providers learn how to take care of their diverse patients.



## What Can I Do for You?

1. **I can teach you about your rights as a non-English speaking member.**

**For example:** Mohammed goes to the doctor and was told he must get an interpreter to be seen again. Mohammed calls me at 1-800-875-0603, press 0, then press 7303. Mohammed tells me what happened and then I say:

“Mohammed, I want you to know that you have rights under the law. The law says you have the right to a free interpreter or translator. You can also get any health information in your language. You can get these services when you visit a doctor, hospital, pharmacy or specialist. If you are denied one of these rights, you may file a complaint. If you need to file a complaint, I can help you.”

2. **I can send you health plan materials such as brochures or booklets in your language.**

**For example:** Rico has diabetes and he speaks Spanish. He calls me at 1-800-578-0603, press 0, then press 7303 and asks for the Basic Diabetes Care booklet in Spanish. Now, Rico can learn about his disease and how to take care of himself at home in a language he can read and understand.



# Paige's Story

In life, we all have a personal story. It is what makes us unique and special. I want to share my story with you, so you will come to know the person who is working to help you.

In 2007, I moved from Owensboro, KY to Rigal Koel, Niger. I was a Peace Corps volunteer. Little did I know the change that was about to take place in my life. I was renamed Na'ima as I moved into the African village of Rigal Koel.

Within 6 months, I was speaking Hausa only. I bantered and bargained in the marketplace like a real Hausa woman. I haggled over the smallest item! I learned to carry water on my head, and live without a toilet and electricity. Instead of driving a car, I rode a horse.

My African life became very simple. While I deeply loved my new life, it took a lot of work to survive. In Niger, it was very hot. The temperature never got below 90 degrees even at night! I walked many miles just to get water everyday. For cooking, I gathered and pounded my own food.

In the midst of all this, I learned important lessons such as how to slow down. I learned to enjoy the peace of getting to know my neighbor. I was happy and so were the people of my village.

When I came home to the USA, I returned to "Paige." I once again become my American self. However, what I came back with was more than I ever brought to Niger. It greatly changed my life, shaped me into who I am today and is the reason I took this job at Passport Health Plan.



## I am Here to Help!

If are a Non-English speaking member and have any questions, please call me Monday through Friday, 8 a.m. to 4:30 p.m. at

**1-800-578-0603**, press 0, then press 7303.

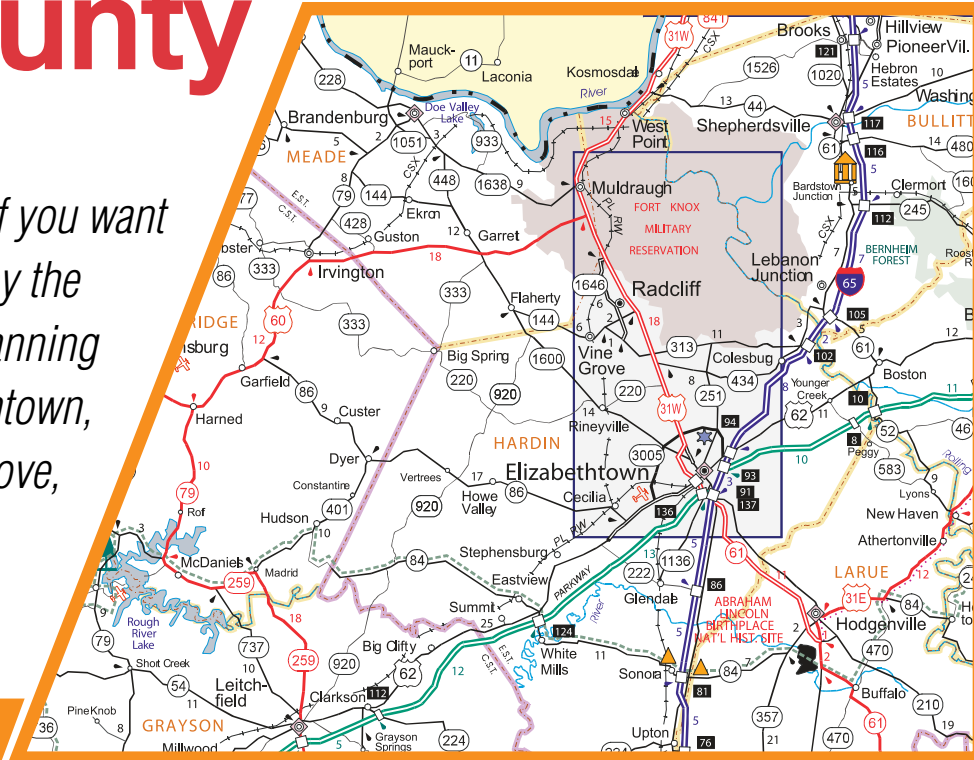
TTY/TDD users may call

**1-800-691-5566**. I am here to work with you and help you get the care you need!



# Spotlight on Hardin County

*Fall is in the air at Hardin County! If you want something fun to do while you enjoy the beautiful colors of autumn, start planning your visit today to explore Elizabethtown, Glendale, Radcliff, Sonora, Vine Grove, West Point, or Fort Knox.*



## Lodging

Here are some places to stay overnight in Hardin County:

### Exit 94 off I-65

Baymont Inn & Suites, Best Western/Atrium Gardens Inn, Comfort Inn, Days Inn, Hampton Inn, Holiday Inn Express Hotel & Suites, Howard Johnson, LaQuinta Inn, Motel 6, Pine Valley Golf Course & Resort, Ramada Limited, Super 8, Homegate Inn.

### Exit 91 off I-65

Bluegrass Inn, Budget Holiday Motel, Commonwealth Lodge, E-town Motel, Kentucky Cardinal Inn, Roadside Inn.



# Entertainment

## Historic Sites

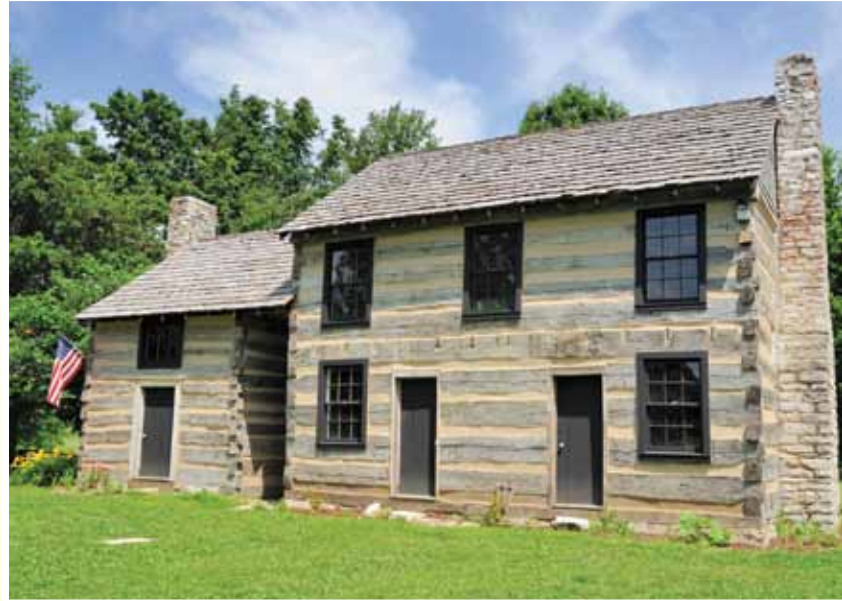
Elizabethtown offers quite a few Lincoln memorial sites (including the Lincoln Heritage House, Sarah Bush Johnston Lincoln Memorial Cabin, Lincoln Museum in Hodgenville, Abraham Lincoln's Birthplace, and Abraham Lincoln Boyhood Home), and Civil War and other military attractions (including the Cannonball, Fort Duffield, and the General George Patton Museum).

## Parks

This time of year is great for a beautiful hike at Freeman Lake Park, Greenbelt Park, Tioga Falls, Saunders Springs Nature Preserve, and Bridges to the Past Walking Trail.

## Performing Arts

See some wonderful shows at the Historic State Theater, the "PAC" (Performing Arts Center) or the Hardin County Playhouse.



# Dining

In and around Elizabethtown, there are over 100 restaurants to choose from! To view all the options, check out their website, [www.touretown.com/Visitors/Eat.aspx](http://www.touretown.com/Visitors/Eat.aspx), or call the number below.



# To Find Out More

For more information about Hardin County, visit [www.touretown.com](http://www.touretown.com), or call 1-800-437-0092.

Winter is almost here. Are you worried about paying for heat, or where to find your next meal?  
Here are some of the best places to go or call in our 16-county service area.

# Local Community Resources

- **Community Action Kentucky** provides emergency food and shelter, children's programs, and assistance with heat. To find the phone number and address of the Community Action Office in your county, call toll-free (800) 456-3452 or visit [www.kaca.org](http://www.kaca.org) online.
- **Helping Hand Kentucky** - provides housing, transportation, food, and clothing to Meade county families in need. Call (270) 769-3092, go to [www.helpinghandky.org](http://www.helpinghandky.org), or visit 141 East Dixie Ave., Elizabethtown, KY 42701.
- **Marion County Community Services Center** – offers food, clothing, and rental assistance and referral services. Call (270) 692-4748 or go to 114 E. Main St., Louisville KY 40033.
- **Baptist Fellowship Center** – offers emergency assistance, school supplies, and food baskets and toys during the holidays. Call (502) 774-2734, go to 1351 Catalpa St., Louisville, KY 40211 or visit [www.bfcenter.org](http://www.bfcenter.org) online.
- **Community Winterhelp** – provides emergency heating assistance to low-income households in crisis. Call (502) 561-6836, go to 1535 W. Broadway, Louisville KY 40203, or visit [www.communitywinterhelp.org](http://www.communitywinterhelp.org) online.
- **Elder Care Solutions** – arranges transportation and physician appointments, helps manage monthly bills, and offers other assistance to adults. Call (502) 452-9644, or go to 1220 Bardstown Rd., Louisville, KY 40204.
- **ElderServe, Inc.** – Provides social services, senior companions, home care, adult daycare, telephone reassurance, crime victims advocacy and other services for seniors throughout Jefferson County. Call (502) 587-8673, go to 411 E. Muhammad, Louisville, KY 40202, or visit [www.elderserveinc.org](http://www.elderserveinc.org) online.
- **Association of Community Ministries** – Provides emergency assistance, food pantry, Latino outreach services, family services, meals on wheels, and more.
  - ▷ **HELP Ministries:** Call (502) 587-1999 or go to 1031 S. 4<sup>th</sup> St., Louisville, KY 40203.
  - ▷ **Fern Creek/Highview United Ministries** - Call (502) 762-9608, go to 9300 Beulah Church Rd., Louisville, KY 40291, or visit [www.fchum.org](http://www.fchum.org).
  - ▷ **Shively Area Ministries** – Call (502) 447-4330, go to 4415 Dixie Highway, Louisville, KY 40216, or visit [www.shivelyareaministries.com](http://www.shivelyareaministries.com) online.
  - ▷ **West Louisville Community Ministries** – Call (502) 778-2815 or go to 3146 West Broadway, Louisville, KY 40211.
  - ▷ **South Louisville Ministries** – Call (502) 367-6445 or go to 801 Southside Dr., Louisville, KY 40214.
- **Project WARM** – provides free weatherization and energy education for low-income, elderly and disabled individuals. Call (502) 636-9276, go to 1252 S. Shelby St., Louisville, KY 40203, or visit [www.projectwarm.org](http://www.projectwarm.org) online.
- **North Hardin Hope – Radcliff** – provides emergency assistance with clothing, education, food, furniture, gas vouchers, prescriptions, rentals, and transportation. Call (270) 351-4673, go to 520 S. Wilson Rd., Radcliff, KY, 40160, or visit [www.northhardinhope.org](http://www.northhardinhope.org) online.





# trivia quiz

## CATEGORY 1

### Country Songwriters and their Songs

Match the songwriters with their songs:

1. Hank Cochran and Harlan Howard (team)
2. Bill Anderson
3. Eddie Rabbitt
4. Leon Payne
5. Hank Williams

- \_\_\_ *Kentucky Rain*
- \_\_\_ *Think I'll Go Somewhere and Cry Myself to Sleep*
- \_\_\_ *I Love You Because*
- \_\_\_ *I Fall to Pieces*
- \_\_\_ *Your Cheatin' Heart*

## CATEGORY 5

### Media Advice Columnists/ Talk Show Hosts

1. What is a SAHM?
2. What were the true names of advice columnists Ann Landers and Abigail Van Buren?
3. What subject does Dr. Ruth give advice about?
4. What Talk Show psychologist wrote, *Emotions, Can You Trust Them?*
5. Who is Miss Manners?

## CATEGORY 2

### Local TV ... Then and Now

1. Who was known as "The Weekend Gardener" on WHAS TV- Channel 11, and who took his place after he passed away?
2. Who now gives gardening advice on WDRB TV, Channel 41?
3. In the early '70s there was a clown who did a children's show on channel 41. What was his name?
4. Who is the meteorologist on the Fox Morning News on WDRB TV?
5. Who was the lady weather reporter with a noticeable southern accent on WLKY, channel 32, in the late '60s and early '70s?
6. What channel broadcast ABC network programming before Channel 11?

## CATEGORY 3

### CB Radio Lingo

1. What is the "on air" name known as?
2. What number signifies that you are signing off?
3. What common name is used to indicate that a transmission has been received clearly?
4. What is the meaning of "Catch you on the flip flop"?
5. What channel is the emergency channel?
6. What channel is Trucker's Channel?

## CATEGORY 4

### Whatever

1. Why is the little finger on the hand called the "pinky" and when did this term originate?
2. Why is it not advisable to walk on soil in which you plan to plant vegetables?
3. Who played Erica Kane on *All My Children*?
4. How many years does it take for the calendar to complete a cycle? (In other words, how many years for a given day of the month fall on the same day of the week?)
5. What movie star is famous for raising funds for muscular dystrophy?
6. What movie star is famous for raising funds for St. Jude Children's Research Hospital?

**ANSWERS**  
on page 14

# trivia quiz answers

## CATEGORY 1

1. Hank Cochran and Harlan Howard (team) – *I Fall to Pieces*
2. Bill Anderson – *Think I'll Go Somewhere and Cry Myself to Sleep*
3. Eddie Rabbitt – *Kentucky Rain*
4. Leon Payne – *I Love You Because*
5. Hank Williams – *Your Cheatin' Heart*

## CATEGORY 2

1. Fred Wiche and his widow, Jeanine Wiche
2. Keith Kaiser
3. Presto the Clown
4. Jude Redfield
5. Angie Humphrey
6. Channel 32

## CATEGORY 3

1. Your "handle"
2. 73
3. Roger
4. "I'll talk to you later."
5. Channel 9
6. Channel 19, in most areas of the country.

## CATEGORY 4

1. From the 16th century, the adjective pink meant "small," and described the half-shut eye of a person with "pink eye."
2. Walking on it packs it, and keeps air from getting in it. Soil needs air as well as water and nutrients.
3. Susan Lucci
4. Sometimes 5 years, sometimes 6 years and sometimes 11 years
5. Jerry Lewis
6. Danny Thomas

## CATEGORY 5

1. Dr. Laura Schlessinger's acronym for Stay-At-Home-Mom.
2. Ann was born Esther Pauline Friedman. Her identical twin, Abby, was Pauline Esther. Ann became Esther Pauline Lederer and Abby became Pauline Esther Phillips.
3. Sex
4. Dr. James Dobson
5. Judith Martin

# Furry Friends



Jack



Sassy & Muffin

To have your pet featured in future editions, send your pictures and favorite stories to [editor@sunflowermag.com](mailto:editor@sunflowermag.com) or mail to:

**Lucy Thornton**  
**5100 Commerce Crossings Drive**  
**Louisville, KY 40229**

Please include information on how we can reach you in case we have questions or need more information.

# Craft Corner:

## Artwork with Apples

This time of year, Kentucky produces some of the most delicious apples across the country. But not all apples were meant for eating.. some of these bright fruits can also make beautiful artwork! So if you're looking for something fun to do with your friends or grandkids, go to your local orchard or grocery store and pick up some crisp, fresh apples.

### Apple Candlesticks

#### Materials

- Large apples (that will stand straight on the table)
- Candles
- Waxed paper
- Potato peeler
- Lemon juice

#### Instructions

1. Using an apple corer, make a hole about halfway through the middle of an apple. Make the hole as straight as possible and remove the core piece.
2. Insert a candle into the hole. It should fit tightly; if the hole is too large, wrap waxed paper around the candle's end.
3. Older kids can decorate the apples by carefully carving designs in the skins with the tip of a potato peeler (to prevent the designs from turning brown, rub them with lemon juice).
4. Arrange the candleholders in a circle on a plate or cutting board.

### Apple Stamp Bag

#### Materials

- Fabric bag (cloth grocery sacks work well) , or brown paper lunch bags
- Newspaper
- Fabric paint (green, red and brown)
- Paintbrush
- Apple

#### Instructions

1. Fold over some newspaper and insert it into the fabric bag, laying it flat so that the paint will not seep through. With a brush, use brown paint to fashion a tree trunk and let dry.
2. Then use a horizontally cut apple to make leaves by brushing a thin layer of green fabric paint onto the apple and pressing it around the top of the trunk. Repeat several times (make sure to look for the star in the print).
3. After the green paint dries, cut an apple in half vertically. Pick the side that still has the stem and brush with red fabric paint. Then "hang" juicy apples on the tree.





# Passport Advantage HMO SNP

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