

# W.I.S.E. Newsletter

[http://www.abhct.com/resources\\_wise.asp](http://www.abhct.com/resources_wise.asp)



**September and October 2011**

**Active Participants  
83**

## Claim Resubmission Form

For any claim appeals please use the Claim Resubmission form located on the ABH website.

Here is the direct link to the form:

<https://www.abhct.com/downloads/CLAIM%20RESUBMISSION%20FORM%20VERSION%202.PDF>

## New Providers

Please join us in welcoming the new providers to the WISE Program!

- Help at Home – RA
- River Valley Svcs. – CSP & TCM
- SeniorBridge – RA

## Upcoming RA Trainings

**November 2nd & 4th**

Lee Auditorium in Merritt Hall  
CVH Campus - Middletown, CT.

**February 1st & 3rd**

Lee Auditorium in Merritt Hall  
CVH Campus - Middletown, CT.

## Reminder

Claims can be faxed to ABH  
**ATTN: WISE 860-638-5302**

Please **FAX ONE TIME ONLY** to avoid  
double billing.

## Client Satisfaction Survey Results

Average score is 4.38 out of 5 (87.61%) which is  
great for a subjective response.

### Did you know...



**Jane Pauley**, Television journalist made her network debut on NBC's *The Today Show* at the age of 25. At the age of 50 Pauley began experiencing episodes of depression and mania. It is thought that steroids used to treat hives kick-started her symptoms, which were diagnosed as bipolar disorder. She describes her experiences in her bestselling memoir, *Skywriting: A Life Out of the Blue*. "If we're lucky the next generation won't drag around that personal stigma," she told *bp Magazine*. "They also are going to grow up with a wider array of medications that addresses whatever causes this malady of ours."

Source: [www.nami.org](http://www.nami.org)

Please share with your clients:  
**Super Snacks with 100 Calories or Less**



**1/2 Cup Slow-Churned Ice Cream**

Surprise! Ice cream tops our list of low-calorie snacks. The key is to look for slow-churned or double-churned varieties. This refers to a process that reduces fat and calories while retaining the creamy texture of full-fat varieties, so 1/2 cup has just 100 calories. As a bonus, you'll get some protein and calcium.



**6 Cups Microwave Popcorn**

When you want a large snack with a small calorie count, popcorn delivers. Some microwave brands have just 100 calories in 6 cups. "You have to chew it, so it's satisfying," says Joan Salge Blake, RD, a spokesperson for the American Dietetic Association. It's also high in fiber, which can help you stay full longer.



**Mini Quesadilla**

You may not expect cheese quesadillas to make a list of low-calorie snacks, but try this recipe: sprinkle an ounce of grated low-fat cheddar cheese over a corn tortilla. Fold in half and microwave for 20 seconds. This quick and tasty snack has only 100 calories and 1.3 g of saturated fat.



**Apple Slices with Peanut Butter**

Mixing sweet with salty is a tried and true way to satisfy the munchies. Measure 3/4 cup of apple slices and spread a thin layer of unsalted peanut butter on each slice. To stay near the 90-calorie mark, don't use more than 2 teaspoons of peanut butter in all.



**Fourteen Almonds**

When the munchies strike while you're on the go, there are few things more convenient than nuts. You can eat 14 almonds without hitting the 100-calorie mark. Plus, they're rich in fiber and protein, which help keep hunger at bay. "They're a great snack when you're stuck in traffic," Blake adds.