

# Reader

For Members of AmeriBenefit Plan



## How You Can Help Find a Solution to COVID-19

*(Family Features) The human immune system holds important clues about how people naturally detect and defend against disease. For COVID-19, many people have been able to defeat the virus because of their natural defense systems.*

Now researchers are working to learn from these survivors' immune systems to inform the development of new tests.

If you've been affected by COVID-19, you can help. A leader in immune-driven medicine, Adaptive Biotechnologies – which specializes in developing products based on the body's immune response to disease – is working with Microsoft on the virtual clinical study ImmuneRACE. As part of the study, they are seeking 1,000 participants between the ages of 18-89 from major metropolitan cities in the United States who:

- Currently have COVID-19
- Have recently recovered from COVID-19
- Were exposed to someone diagnosed with COVID-19

Understanding testing options. There are currently two types of tests for COVID-19: PCR tests that indicate the presence of live virus from a nose or throat swab and serology tests that indicate exposure to and potential immunity against the virus by measuring antibodies in the blood.

A third type of test could help address current challenges with testing, resulting in these scenarios:

- Complementary or alternative testing for individuals who have had known exposures or symptoms
- Ability to triage patients and inform treatment strategies based on risk
- Confirmation that individuals have recovered and are no longer infectious

Such a test could also contribute key information as part of an immune scan.

How you can get involved. To participate in the study or learn about more ways to join in the fight against COVID-19, visit [ImmuneRACE.com](https://ImmuneRACE.com). If you decide to participate and qualify for the study, a trained technician will travel to you to collect a de-identified blood sample in the comfort and safety of your home.

The global race for solutions. Because COVID-19 is a disease affecting communities around the world, stopping its spread requires solutions from every angle. It is the belief of Adaptive Biotechnologies and Microsoft that the answers may lie within the immune systems of those who have been impacted by the coronavirus. The de-identified data collected through this study will also be made freely available to the global scientific community to help develop other solutions.



## You're Never Too Old Keep Active as You Age

(NIH News in Health) - We've all heard that exercise is good for you. Did you know that it's as true for older people as it is for any age group? You're never too old to get moving, get stronger, and improve your health.

Fitting exercise and physical activity into your day can enhance your life in so many ways. Regular physical activity can improve your balance and boost or maintain your strength and fitness. It may also improve your mood and help you manage or lessen the impact of conditions like diabetes, heart disease, osteoporosis, and depression.

Despite these proven benefits, exercise and physical activity rates among older people are surprisingly low. Only about 30% of people ages 45 to 64 say they engage in regular leisure-time physical activity. This falls to 15% of those between the ages of 65 and 74 and 5% of people age 85 and older.

Experts recommend four types of exercise for older adults: endurance, balance, strength, and flexibility. Brisk walking, dancing, and other endurance exercises improve the health of your heart,

lungs, and circulatory system. These exercises can make it easier for you to mow the lawn, climb stairs, and do other daily activities. Strength exercises include lifting weights or using resistance bands. They can increase muscle strength to help with activities such as carrying groceries or lifting grandchildren. Balance exercises can help prevent falls—a major health risk for older adults. Stretching, or flexibility exercises, can give you more freedom of movement for bending to tie your shoes or looking over your shoulder as you back out of the driveway.

"Even if you haven't been active previously, it's important to get started and stay active," says Dr. Richard J. Hodes, director of NIH's National Institute on Aging. "We know that people want to live independently for as long as they possibly can. By exercising regularly and including more physical activity in their daily routine, older people can preserve their physical function, which is key to doing the everyday things they want to do."

To help you get started and keep moving, NIH brought together some of the nation's leading

experts on aging, exercise, and motivation. They developed a guide to exercise for older adults. The guide serves as the basis for a national exercise and physical activity campaign for people ages 50 and older. It's called Go4Life.

"Older adults can exercise safely, even those who have physical limitations," Hodes says. "Go4Life is based on studies showing the benefits of exercise and physical activity for older people, including those with chronic health conditions."

Go4Life exercises are designed to be done safely at home without special equipment or clothing. The free book *Exercise & Physical Activity: Your Everyday Guide* from the National Institute on Aging is the core resource for the campaign. Other free materials, such as tip sheets, are also available. *Workout to Go*, a mini exercise guide, shows you how you can be active anytime, anywhere.

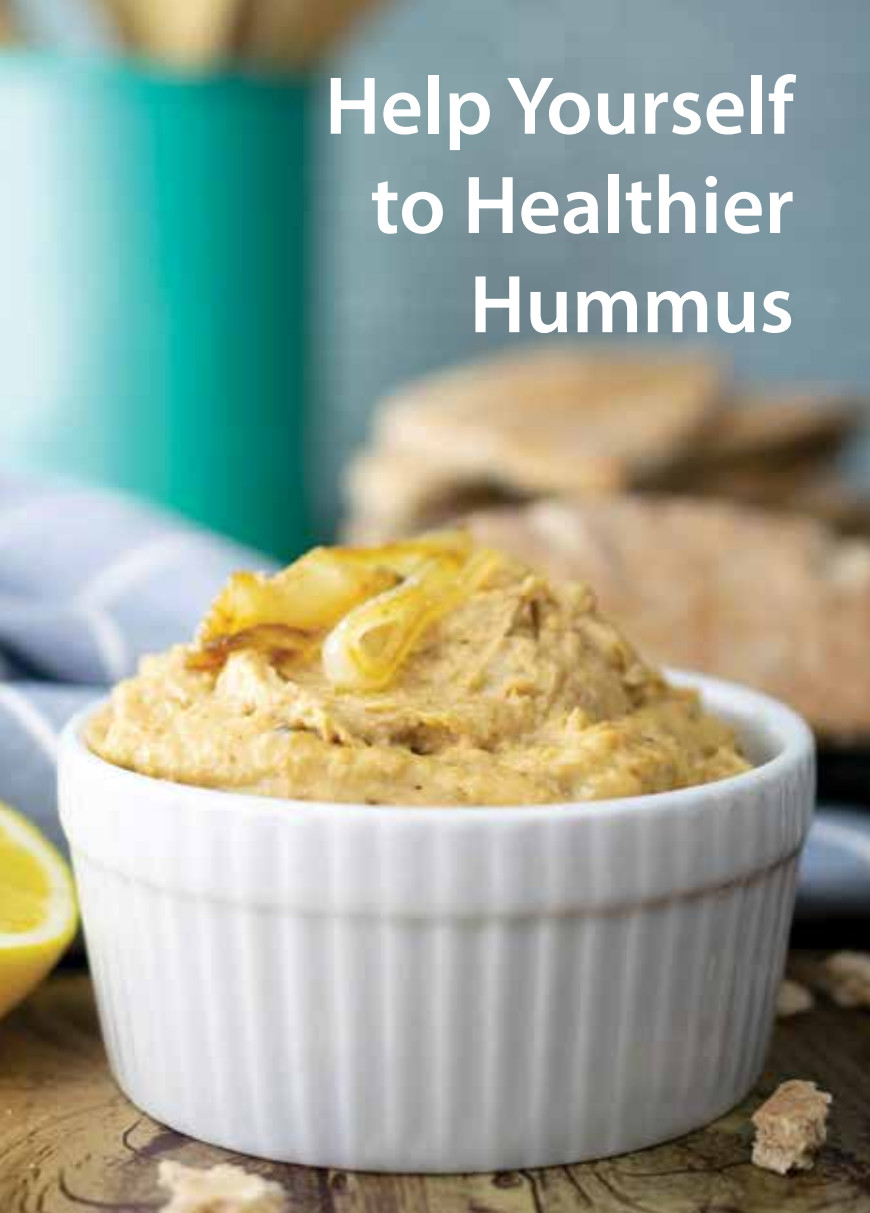
To learn more, visit the Go4Life website at [go4life.nia.nih.gov](http://go4life.nia.nih.gov). You'll find exercises, success stories, and tips to help you stay motivated. Or call 1-800-222-2225, or e-mail [niaic@nia.nih.gov](mailto:niaic@nia.nih.gov).

# Help Yourself to Healthier Hummus

(Family Features) Whether you're hosting a houseful of guests or simply keeping your family's hunger at bay before dinner, appetizers can be a home chef's best friend. Simple options like dips allow for personalization while keeping cook time to a minimum.

The next time you're looking for a quick fix, consider this Caramelized Sweet Onion Hummus recipe that's ideal for pairing with pita bread, veggies or crackers. With the layered flavor, color and texture of onions serving as a key ingredient, it's a nutritious substitute for less health-conscious appetizers and snacks.

In fact, onions can be called nature's ninja because of their many "skills." Onions add abundant flavor to a wide variety of foods with just 45 calories per serving as a source of dietary fiber, vitamin C, vitamin B6, potassium and other key nutrients such as folate, calcium and iron. They are also rich in heart-healthy nutrients and have been shown to help prevent some cancers.



## Caramelized Sweet Onion Hummus

*Recipe courtesy of the National Onion Association*

- 1 whole garlic head
- 4 tablespoons, plus 1 teaspoon, extra-virgin olive oil, divided
- 1 large sweet onion, thinly sliced
- 1 can (15 ounces) chickpeas
- 1 tablespoon lemon juice (about 1/2 lemon)
- 1/2 cup tahini (toasted ground sesame seeds)
- 1 teaspoon salt

Heat oven to 350 F.

Cut top of garlic head off and place cut-side down on pan; drizzle with 1 teaspoon olive oil. Bake 20-30 minutes, or until garlic is soft. Once cool, squeeze garlic from each clove.

In large skillet over medium-high heat, cook onion in 1 tablespoon olive oil. Stir onion frequently until slices begin to brown. Reduce heat to low and continue cooking until onions are soft and reach medium brown color.

Rinse and drain chickpeas; reserve 3 tablespoons liquid.

In food processor, blend chickpeas, reserved liquid, lemon juice, tahini, garlic, salt, remaining olive oil and onions until combined and smooth. Serve with pita bread, veggies or crackers.

# NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of AmeriBenefit Plan will be held at 16476 Wild Horse Creek Road, Chesterfield, MO 63017, on Thursday, August 27, 2020 at 11:00 a.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

## **PROXY** **AmeriBenefit Plan** **August 27, 2020 Annual Meeting of Members** **THIS PROXY IS SOLICITED ON BEHALF OF** **AMERIBENEFIT PLAN**

The undersigned member of AmeriBenefit Plan does hereby constitute and appoint the President of AmeriBenefit Plan, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of AmeriBenefit Plan and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [     ], or to [     ] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors:  
Jeff Crippen, Jerry Talamantes, and Kevin Sneddon
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: \_\_\_\_\_, 2020

Signature \_\_\_\_\_

Name (please print) \_\_\_\_\_

Please date and sign and return promptly to 16476 Wild Horse Creek Road, Chesterfield, Missouri 63017 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

Chesterfield, Missouri  
August , 2020  
Date

The Advisor Newsletter is published by:

**AmeriBenefit Plan**

For information regarding your membership  
and association services, call or write:

**Membership Services Office  
AmeriBenefit Plan  
16476 Wild Horse Creek Road  
Chesterfield, MO 63017**

**1-800-992-8044 or (636) 530-7200**

Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment.

Consult your doctor before starting any exercise program.