

MEMBER PROFILE

An ocean chemist's work is never done

Dr. Peter Brewer, a renowned ocean chemist, has come a long way from the small town in northern England where he grew up. And he's taken some fascinating detours along the way.

At sea

As a graduate student in ocean chemistry, he heard rumors around campus of a program looking for help with research in the Indian Ocean, "to essentially be student slave labor," Brewer jokes.

In the early 1960s, he headed out on an expedition. He took two 9-month cruises around the Indian Ocean, East Africa, the Arabian Peninsula, India, Pakistan, and various islands, exploring the deep ocean and its mysteries. "I saw all kinds of things," he says, "and gradually learned the difference between good scientists and bad scientists. On the way home we found amazing hot fluids on the floor of the Red Sea and that became my thesis work." *continued inside*



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Coming to America

In the late 1960s, Brewer was offered a job at Woods Hole Oceanographic Institution in Massachusetts. The chair of the chemistry department flew to the United Kingdom to recruit him. “When the department chair flies across the Atlantic to offer you a job, what do you say? I said, ‘OK,’” Brewer says. He asked his then-girlfriend, Hilary, to come with him. “That’s how we got married,” he says. “She didn’t really know what she was getting into.”

Eventually, he was asked to teach a class for MIT-Woods Hole Joint graduate school. “I’d never taught a class in my life,” he says, “But again I thought, ‘Okay.’” He began teaching, and more opportunities arose. He found himself in Washington, DC, at the National Science Foundation. “That was interesting. I probably learned things I shouldn’t have,” he jokes.

Heading West

In 1990, he received a call from David Packard, whom Brewer remembers as “a wonderful man.” Packard was forming the Monterey Bay Aquarium Research Institute (MBARI) in California and wanted Brewer to be its President and CEO. Brewer accepted and has been with MBARI since.

From 1991 to 1996, Brewer worked closely with Packard to build MBARI. “It was a nightmarishly busy time,” he remembers. In 1996, Packard died and Brewer decided it was time to leave the administrative side of MBARI and dive back into his passion — science.

“I could see then that ocean chemistry was very stale. I couldn’t understand why everyone wanted to do the same old thing. I wanted to do something new,” he says.

A high honor

His research led him to build a laser Raman spectrometer for studying the deep ocean. Scientists in China took notice, and Brewer was recently given the China International Science and Technology Cooperation Award, the highest honor the Chinese government bestows on a foreign scientist. He and Hilary flew to Beijing in January 2019 for the award ceremony convened by President Xi Jinping. “It was an impressive event,” he says.

Always more to discover

At 78 years old, Brewer could easily retire. He has stopped the long expeditions and is “off the payroll” at MBARI, but he’s still active in the scientific community. He is Editor-in-Chief of *Journal of Geophysical Research: Oceans* and serves on the board of the Gulf of Mexico Research Institute and on panels for the Hong Kong Research Grants Council.

What does he love about ocean chemistry? “The excitement. The seeing of new things,” he says. “My favorite paper is always the next one.” His love of science and the thrill of discovery keep him engaged. “I travel around the world and make scientific discoveries. It’s great fun.”



Plant slant

We know, we know. Could everyone just stop already with the “Eat your veggies” mantra? Fair enough. We’ve grown a tad weary, too. So, how about a compromise?

A slant toward plants. A leaning toward the cruciferous. Two vegetables at each meal. Totally doable, right?

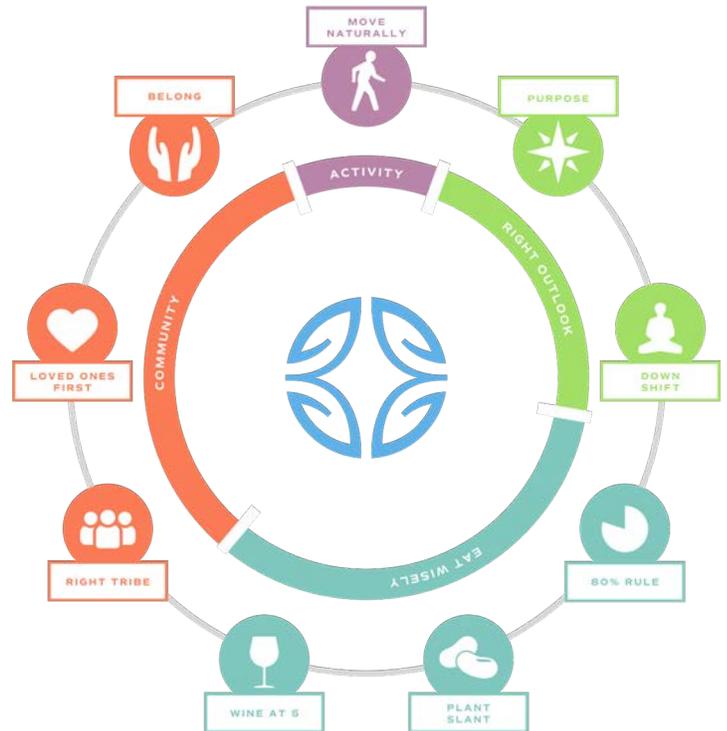
If you need validation, that is what’s on the plates of those in the world’s Blue Zones — Sardinia, Italy;



BLUE ZONES PROJECT by sharecare

Blue Zones Project is being brought to Monterey County through the collaboration of Salinas Valley Memorial Healthcare System, Taylor Farms, and Montage Health, in partnership with Sharecare, Inc. and Blue Zones LLC. Monterey County is the first Blue Zones Project demonstration site in Northern California. **Blue Zones is designed to improve the community well-being by making healthy choices and activities easier through changes to the area's buildings and space, policy, and social network.**

The project will begin in Salinas before expanding to other areas of Monterey County and uses the nine common characteristics at left to help communities improve their overall well-being, something that can potentially lead to an additional 12 years of healthy life.



POWER 9

- | | |
|----------------|------------------|
| Move Naturally | Belong |
| Purpose | Wine at 5 |
| Downshift | Loved Ones First |
| 80% Rule | Right Tribe |
| Plant Slant | |

We will be sharing more detail about each of these in this newsletter over the next several months. In this edition, we focus on Plant Slant.

Okinawa, Japan; Nicoya, Costa Rica; Ikaria, Greece; and Loma Linda, California. And they routinely live to be at least 100. They also do a couple of other things when it comes to long-life eating, things you can incorporate into your daily routine.

- **Limit your intake of meat.** Once or twice a week. No bigger than a deck of cards.
- **Lead with beans.** Use beans — or tofu — as the foundation of lunch and dinner.
- **Eat nuts everyday.** It doesn't matter what kind, just be careful with the calories. They can add up quickly.

- **Avoid processed foods.** Shop the perimeter, as they say.

Sometimes, the key to this is making these foods convenient and accessible and visible. Try putting a bowl of fruit on your kitchen island. Or move the fruits and vegetables from hidden produce drawers to refrigerator shelves. Keep nuts all around — at home, at work, on the go.

And, always, slant toward plants.



Introducing Aspire *Member Ambassadors*



Pictured above: Frances Baczuk, Ellen Gannon, Sigrid Schuman, Anne Pauly, Gary Alfonso, Adrienne Shimoda, and Dwight Shimoda. Not pictured: Carmen Alfonso, Jeannie Rueter, and Kathryn Haines.

Do you recognize any of these community-minded people? We are excited to launch the Aspire Member Ambassador program, and pleased to introduce the Aspire Health Plan members above as ambassadors .

What better way for our community to get to know Aspire Health Plan, than through actual members? And who can our members trust best with their valuable feedback and suggestions? That's where your ambassador comes in.



Who are they?

They are your friends and neighbors. They are active in the county, and represent the spirit and voice of the community. They provide valuable feedback to us, based on their own experiences with the plan, and the feedback they receive from you.



What will these ambassadors do?

Aspire Ambassadors will assist the Aspire team at community and Aspire sponsored events. You may see them helping us set up for events, handing out Aspire material, and meeting community members. They will greet members at our annual events, point you to resources, and solicit your thoughts, experiences, and suggestions.



Why create an ambassador program?

At Aspire we believe that our members are a great source of information, and having an ambassador program enables us to reach more people to help them understand Medicare, Medicare Advantage plans, and Aspire Health Plan.



New scam alert

BEWARE OF SCAMMERS PRETENDING TO BE THE SOCIAL SECURITY ADMINISTRATION

Fraudulent calls from Social Security imposters are skyrocketing across the country, including Monterey County. In fact, several of Aspire's employees have repeatedly received these types of scam calls in recent months. We were concerned, and wanted to be sure that you have the information you need.

Recently these calls have been coming with an 831 area code displayed, and if answered the prerecorded message will identify the call as coming from Social Security. You will be asked to press 1 to speak with someone about your "case." Often, the caller ID may even show a government agency name.

What you need to know

In general, no government agency or reputable company will call or email you unexpectedly and request your personal information. If you do speak with one of these scammers, be cautious and say you will respond through the entity's customer service channels. If anyone pressures you to provide information or money over the phone, it's a scam and you should just hang up.

If this article raises any questions or concerns you have about Aspire Health Plan or how we communicate with you, help is a phone call away. Please reach out to Member Services at (855) 570-1600, Monday-Friday, 8 a.m.-8 p.m.

What to do

If you receive a suspicious call from someone alleging to be from SSA or the Office of the Inspector General (OIG), **DO NOT follow any instructions** (such as pressing 1 to speak to an agent), and do not give them your personal information.

Report the call to the OIG:
oig.ssa.gov/report
(800) 269-0271

Monday-Friday, 7 a.m. to 1 p.m. PT

You can also report these scams to the Federal Trade Commission through a new site specific to Social Security scams: identitytheft.gov/ssa

If you suspect you have been the victim of a scam, don't be afraid or embarrassed to talk about it with someone you trust. You are not alone, and there are people who can help. Legal Services for Seniors is an excellent resource here in Monterey County and offers free services to seniors who fall prey to undue influence, fraud and scams. Visit them on the web at www.lssmc.net





Summer vacation pharmacy tips

Sunscreen? Check.
Novel? Check.
Comfortable walking shoes? Check.

All ready for summer vacation?

Taking a few steps to prepare for upcoming travel can minimize potential stress. Let us help with a few tips for traveling with medication.



PLAN AHEAD

- We recommend that you contact your pharmacy one or two weeks before leaving on vacation (2-3 weeks if you use mail order) to request a refill.
- If you are not eligible for a refill until after you are supposed to leave on vacation, request a vacation override. Your pharmacist simply contacts the pharmacy help desk number that is printed on your Aspire Health Plan ID card. The help desk can work with your pharmacy to determine if a vacation override is appropriate for you.



BRING A LIST

- Have a complete list of all your medications and your doctors' contact information.
- The list should include the dosage and frequency of each medication.
- Leave your medications in the original prescription bottle that they came in. This will help in case there is a question about which medications you are supposed to be traveling with.
- If you use a weekly pill planner, you can bring it along, but keep your medications in the prescription bottles until you get to your destination.



CARRY ON

It's always a good idea to pack your medications in a carry-on bag rather than a checked bag to avoid missed doses resulting from lost luggage.



INTERNATIONAL TRAVEL

- Research what medications can be brought into the country you are traveling to, and how much of a medication they will allow you to travel with.
- Some medications that are allowed in the United States are banned in other countries. You can contact the embassy of the country you are traveling to or you can check the U.S. State Department's website for specific country embassy website information.
- The U.S. State Department recommends traveling with a letter from your doctor that describes your condition and the names of all your medications that you take. This list of medications should include the generic name of the medication because some countries use different brand names for some medications.

Finally, we hope you have a wonderful vacation.



Upcoming events

High tides and carnival rides

Thursday, August 29
Monterey County Fair
11 a.m.-3 p.m.

Aspire is sponsoring Senior Day at the Fair. Seniors get free admission AND receive early admittance to enjoy the Senior Fair in the Seaside Room.

Walk to End Alzheimer's

Saturday, October 12
Customer House Plaza
Monterey
Registration 8 a.m.
Walk 9:30 a.m.

Donate or join the Aspire team and walk with us at www.aspirehealthplan.org/walk2019

Community Connections

Classes are open to the public. Bring a friend.

Wednesday, July 17
10-11:30 a.m.

FUEL YOUR BODY

Learn how to use nutrition to fuel your body for energy.

Montage Medical Group
2 Upper Ragsdale Drive, Monterey

Wednesday, July 24
5:30-6:30 p.m.

HIP AND KNEE REPLACEMENT

presented by Orthopedic Surgeon
Stephen Gregorius, MD

SVMC Diabetes & Endocrine Center
355 Abbott Street, Suite 200
Salinas

Thursday, July 25
10-11 a.m.

LINE DANCING

Dance like nobody is watching.

Active Seniors, Inc.
100 Harvest Street, Salinas

Thursday, August 22
11 a.m.-Noon

MEDITERRANEAN DIET

Find out what makes this diet so healthy, and so tasty.

Montage Wellness Center
2920 2nd Avenue, Marina

Wednesday, August 28
5-6:30 p.m.

SUPERMARKET SMARTS

Learn to navigate the supermarket to benefit your health, avoid temptation, and out-smart false claims, and advertising.

Montage Wellness Center
1910 N. Davis Road, Salinas

REGISTER:

www.aspirehealthplan.org/connections2019
or (877) 663-7651 (TTY 711)

www.aspirehealthplan.org/members-newsletters
Share your thoughts: feedback@aspirehealthplan.org



Like us on Facebook:
facebook.com/aspirehealthplan

Aspire Health Plan is a Medicare Advantage HMO plan sponsor with a Medicare contract. Enrollment in Aspire Health Plan depends on contract renewal. Aspire Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-570-1600 (TTY: 711) 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電1-855-570-1600 (TTY: 711) Other providers are available in our network. We are open 8 a.m.-8 p.m PT Monday through Friday from April 1 through September 30 and 8 a.m.-8 p.m. seven days a week from October 1 through March 31 (except certain holidays).

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Health and Wellness Information



ASPIRE ADVOCATE



ASPIREHEALTHPLAN

In collaboration with



Community Hospital
of the Monterey Peninsula
Montage Health



Salinas Valley
Memorial
Healthcare System

**Grow
with us**

We love referrals. The greatest compliment you can give Aspire is a referral to your friends and family. Thank you for your membership in Aspire Health Plan. Help us grow by sharing Aspire with the people you care about.