Be Well

Fall 2026

Researching your family tree can be a fun and fulfilling journey to embark on during retirement. But starting your family history research can be daunting, to say the least. For starters, here are some tips to help you on your journey into the past.

Finding Your Roots

How to start your ancestry research

Start with Home and Family Sources – Start with yourself and work backwards. Look through old photo albums, letters, and diaries for full names (including maiden names) and dates (birth, death, marriage). Talk to family members for their stories, noting hometowns and big life events.

Use Digital and Public Tools – If possible, build an online family tree through ancestry sites, such as **Ancestry.com** or **FamilySearch.org** to organize generations. Make use of public records by searching federal census data, military files, and immigration passenger lists via the National Archives. Your local library or historical society can offer free access to major genealogy databases and local vital records.

Refine Your Search Strategy – As your research continues, make sure to account for name changes – look for common nicknames, initials, and alternate spellings of surnames. You will also want to filter database searches by specific counties or towns to limit overwhelming results.

Verify Your Sources – When researching historical documents, be careful to distinguish primary sources – recorded at the time of or shortly after the event in question by people who were closely involved or from secondary sources – recorded long after the event or by people only distantly involved.

Consider the Investment – Due to the inaccessibility of older or more geographically remote records, genealogy can get more expensive the further you pursue your research. You'll have to decide which resources are worth paying for to find the information you're seeking.

For additional tips and free resources, see "Navigating Your Ancestry" below.

Navigating Your Ancestry

Links to tips and free resources to help your research

- Nine Tips to Start Your Family History
- Research Tips and Hints
- How to Build a Family Tree
- Free Charts and Templates
- 18 Free Websites for Genealogy Research

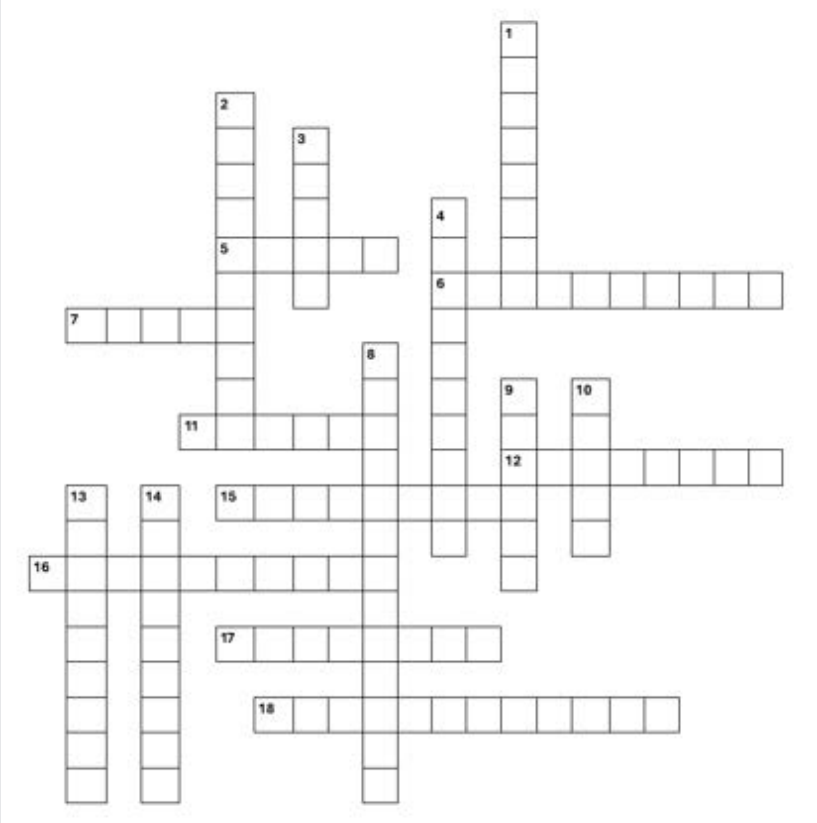
Source: ngsgenealogy.org

CHECK YOUR MAIL

Important information about changes to your 2027 ATRIO plan will be mailed to you in September. Your **Annual Notice of Change (ANOC)** will note changes in your plan costs, benefits and coverage for next year. ANOCs will also be available on **atriohp.com** starting October 1.

A Walk Through History

Celebrate these big moments and people throughout time.



Down:

1. First to circumnavigate the globe
2. Southernmost continent
3. 1836: "Remember the _____"
4. Not-so-"great" time from 1929-1940
8. Gutenberg's publishing invention (2 words)
9. Siblings first in flight in 1903 (last name)
10. Mexico's big civilization, circa 1300-1500 AD
13. China's ancient country barrier (2 words)
14. Waterway linking Red and Mediterranean seas (2 words)

Across:

5. Ancient Italian empire
6. Alexander Fleming's life-saving antibiotic
7. Land of the Pharoahs
11. India's nonviolent and spiritual leader (last name)
12. Global network of connected computers
15. 1st astronaut to walk on the moon (last name)
16. The "small screen"
17. World's biggest sports competitions, every 4 years
18. Slab key to reading Egyptian hieroglyphs (2 words)

(Crossword solution on page 3)

Enjoy Healthy Rewards

Earn rewards* on your Flex Card for completing these preventive screenings and measures:

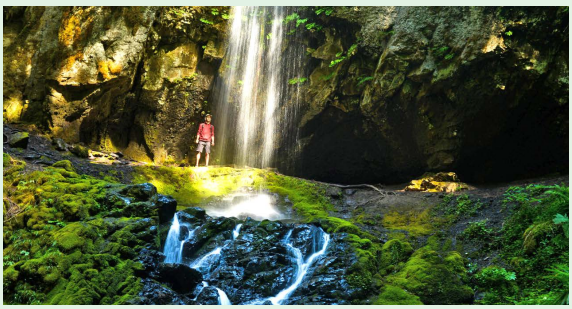
$25 REWARD

- Breast Cancer Screening
- Colorectal Cancer Screening
- A1C test
- Hypertension Management
- Statin Use in Cardiovascular Disease
- Flu Immunization
- Diabetic Eye Exam
- Osteoporosis Management in Women (who have had a qualifying fracture)

$50 REWARD

- Annual Wellness Visit (AWV) or in-Home Health Assessment

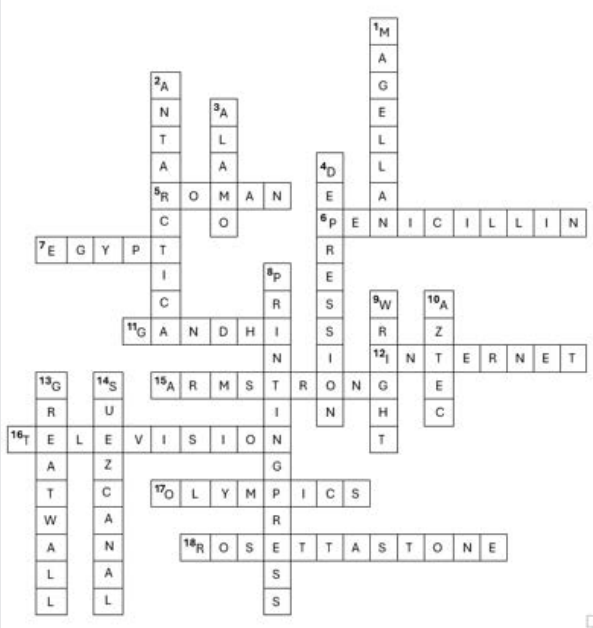
Rewards will be added to the Flex Card as a separate balance upon completion of the attestation. Log into the **andmore app to complete your Healthy Rewards Attestation.*



Exploring Oregon

Located along the Willamette River, Eugene has a dynamic mix of arts, shopping, dining, sports, and entertainment. Enjoy a hike at Spencer Butte or explore the McKenzie River for water activities. For culture, visit the Hult Center for the Performing Arts and the Museum of Natural & Cultural History. For local shops and restaurants, visit the 5th Street Public Market.

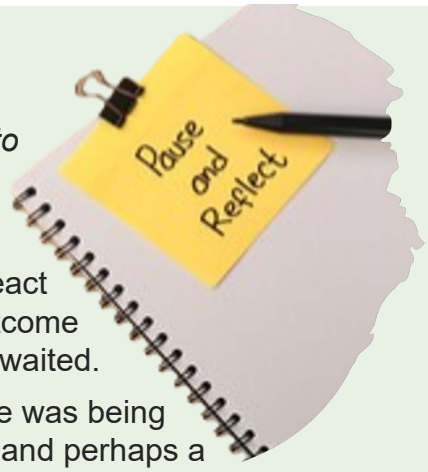
Crossword Solution



Bladder Health Awareness Month is a great reminder that bladder issues, such as leakage, urgency, or frequent urination, are common and treatable. Here are some tips to keep your bladder healthy:

- Stay hydrated (ideally with water) by drinking at least 6-8 glasses of fluid a day.
- Avoid problematic food and drinks, especially caffeine if you have bladder problems.
- Give the pelvic floor muscles a good workout regularly.
- Maintain a healthy weight to minimize undue pressure on the bladder.
- Avoid smoking to help reduce chronic cough and strain on the bladder.
- Be proactive and seek early professional guidance when problems arise.

Mindful Minute



"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."
– Viktor Frankl, neurologist and psychiatrist

Recently, I learned about a decision that affected me. My first instinct was to react immediately. I wanted the decision-makers to know I was unhappy with the outcome and to dictate how similar decisions should be handled in the future. Instead, I waited.

Not because the issue wasn't important, but because I knew my initial response was being driven by emotion. Giving myself 24 hours created space for those emotions – and perhaps a bit of my ego – to settle. It gave me the opportunity to think through what I really wanted to accomplish.

As I considered different responses, I realized that some of them were more about demonstrating power than fostering connection. And that's not a place from which I want to lead, collaborate, or parent. In that pause, I began to understand the deeper meaning of growth and freedom.

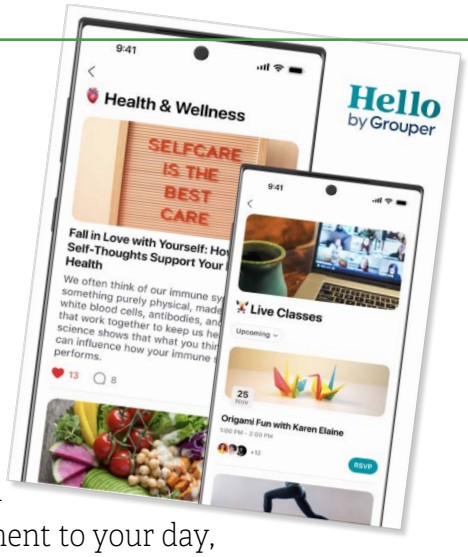
Growth occurred because those involved were given the opportunity to learn rather than simply be corrected. Freedom emerged because I realized I do not need to be involved in every decision. My role is not to control every step of the process. Rather, it is to ensure that I'm informed, that there is alignment around our goals, and that I can provide guidance when needed.

We all have influence – over our families, our friends, our colleagues, or our teams. There is an inherent power that comes with that influence. We can use it to control, or we can use it to create the conditions for others to learn, grow, and contribute.

The pause between stimulus and response often determines which path we take.

Krystal Revai, MD, MPH
Chief Medical Officer, ATRIO Health Plans

Learn more about the risks of opioid use at atriohp.com



Say "Hello!" to a New Member Benefit

Are you curious about Tai Chi? Want to dig into composting, find prompts for guided journaling, or test your trivia skills? A new benefit for ATRIO members lets you do all that, and more.

We're excited to introduce **Hello by Grouper** as a fun new way to stay active, connected, and engaged. Available to you at no additional cost, this online healthy-living community brings wellness, learning, activities, and connection together in one easy-to-use place. Whether you're looking to add more movement to your day, keep your mind active, explore a favorite hobby, or try something new, there are plenty of ways to participate.

Inside Hello's portal, you can join live and on-demand fitness, strength, balance, and mobility classes, play brain games, attend educational talks and special events, and explore interests such as gardening, cooking, crafts, walking, and pets. You'll also find wellness resources and simple tools to help build healthy habits and track your progress over time.

And, because staying healthy is about more than what we do on our own, Hello offers opportunities to connect with others, share experiences, and be part of a community. There's no set schedule or right way to participate. Join a live class, do a quick puzzle, explore a new topic, or check in whenever something catches your interest.

Create your account today at **join.hellogrouper.com/atrio** and start exploring everything available to you.

Baked Avocado Fries

INGREDIENTS:

- 2 large avocados, firm but ripe
- 1/2 cup all-purpose flour
- 2 large eggs
- 1 tbsp water
- 1 cup panko beadcrumbs
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- Salt & pepper, to taste
- Olive oil spray
- Lime wedges, for serving

INSTRUCTIONS:

1) Preheat oven to 425°F; line a baking sheet with parchment paper and lightly spray it with olive oil.
2) Cut each avocado in half, remove the pit, and slice the avocado into wedges (4-6 slices per half).
3) Set up three bowls -- one with flour, one with beaten eggs and water, and one with panko breadcrumbs mixed with paprika, garlic powder, salt, and pepper.
4) Dredge each avocado slice in the flour, shaking off excess. Dip into the egg mixture, then coat with the panko breadcrumb mixture, pressing gently to ensure the coating sticks.
5) Place the coated avocado slices on the prepared baking sheet in a single layer. Lightly spray the tops with olive oil to help them crisp up. Bake for 12-15 minutes, or until golden brown and crispy, flipping halfway through.
6) Remove from the oven and let cool for a couple of minutes. Serve warm with lime wedges and your favorite dipping sauce, like chipotle mayo or ranch.

ATRIO Health Plans is a PPO, HMO, PPO C-SNP, and HMO D-SNP with Medicare and Oregon Health Plan contracts.
Enrollment in ATRIO Health Plans depends on contract renewal.

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