



# LOFTON BENEFIT NEWS



2020/2021 PLAN YEAR

July 2021

KEEPING YOU INFORMED ON THE LATEST NEWS CONCERNING YOUR LOFTON BENEFITS.

Be sure to watch your mail, email and social media for other announcements from Lofton.

Open enrollment dates will be announced soon, so be on the lookout. Remember, open enrollment information is communicated primarily via email and text.

Please make sure your contact information on file with Lofton is correct.

## CANCER CARE

The CancerCARE Program is an additional benefit provided to members and their family members participating on the health plan.

The CancerCARE medical team will passionately oversee cancer treatment and ensure the optimal treatment path with proven results are followed. Cancer advocates will strive to lead you and your dependents to survivorship!

### Day One Help

Advocates are available to help from the day of diagnosis and beyond. Registration into the program can take place at any point in the cancer journey to take advantage of resources and support. Registration is available via the website [www.cancercareprogram.net](http://www.cancercareprogram.net) or telephone 877-640-9610.



### Personalized Care

Once you are a part of the program, a dedicated nurse will be with you every step of the way and will be available to answer any questions you may have as well as make sure you are receiving the ideal treatment for your diagnosis.

### National Resources

Access to the best doctors, hospitals and technology nationwide. CancerCARE will work with your oncologist to make sure all treatment options are considered, not just local ones.

### Expert Medical Team

The medical staff has decades of experience treating cancer and pride themselves on staying up to date with the latest cancer treatments and technology. Each medical staffer has a unique cancer expertise and background.

## CHICKEN + KALE ALFREDO BAKE

### INGREDIENTS:

- 6 ounces uncooked whole-wheat penne pasta
- 2 cups stemmed chopped kale (about 2 oz.)
- 1 1/2 tablespoons olive oil
- 2 (6-oz.) skinless, boneless chicken breasts, cut into bite-size pieces
- 1/2 teaspoon black pepper
- 1/4 teaspoon kosher salt
- 2 cups fat-free milk
- 2 tablespoons all-purpose flour
- 2 ounces Parmesan cheese, grated and divided (about 1/2 cup)
- 1/2 cup chopped shallot
- 1 teaspoon grated lemon rind
- 1 tablespoon fresh lemon juice
- Cooking spray
- 2 ounces preshredded part-skim mozzarella cheese (about 3/4 cup)
- 1 1/2 tablespoons whole-wheat panko (Japanese breadcrumbs)

### PREPARATION:

- Preheat oven to 400°F.
- Bring a large saucepan filled with water to a boil. Add pasta; cook 6 minutes. Add kale; cook 2 minutes or until pasta is al dente. Drain. Place pasta mixture in a large bowl.
- Heat oil in a large nonstick skillet over medium-high. Sprinkle chicken with pepper and salt. Add to pan; cook 8 minutes or until done. Add chicken to pasta mixture (do not wipe out pan).
- Combine milk, flour, and 1/4 cup Parmesan cheese in a bowl. Heat pan over medium. Add shallot to drippings in pan; cook 2 minutes. Stir in rind and juice; cook 1 minute. Add milk mixture; bring to a boil. Cook 2 minutes or until thickened. Add milk mixture to pasta mixture; toss to coat.
- Spoon pasta mixture into a 2-quart glass or ceramic baking dish coated with cooking spray. Sprinkle with remaining 1/4 cup Parmesan, mozzarella, and panko. Bake at 400°F for 10 minutes or until browned.

Still have questions? Contact Mary Dixon, Benefits Coordinator at [benefits@loftonstaffing.com](mailto:benefits@loftonstaffing.com) or 225-924-0200.

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