

# SC-HCQU View

Facilitate-Educate-Communicate



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## Living In the Positive

Did you know that Centenarians (persons who live to be 100 yrs. of age or more) state that one of the factors contributing to their healthful longevity, is keeping a positive attitude? That's right! Okay, maybe you don't care to live to be 100, but what about living a better quality of life at least until you reach a "ripe old age?" Studies show that persons who have an optimistic attitude generally live longer and stay healthier than those who view life through 'gloomy' glasses. Let's examine optimism vs. pessimism more closely....

Optimistic persons are those who look at any given circumstance in life in light of hope (positivity) and are inclined to anticipate the best possible outcome of actions or events. Much research has been done with regards to how possessing a positive attitude can influence the mind's ability to heal the body, and in fact, optimists appear to recover faster from surgery, have less heart disease, experience less pain, and fewer physical limitations. Optimists are generally more energetic, socially active, and experience fewer problems with work or activities of daily living as a result of their emotional state. There are hormones released during stress that can wear on the heart and immune system which the feeling of optimism may override, thereby decreasing the physical toll that stress takes on the body. Optimists are more likely to seek medical care because they tend to feel as though they CAN improve their health problems. Optimists are simply more skilled at coping with troubling situations, and seem more able to stay calm and seek reasonable solutions. Is it any wonder that optimists tend to live longer and more comfortably than do pessimists?

Pessimistic persons are those who take the least favorable view of events (negativity) and expect the worst. The cartoon character of "Eeyore" (Winnie the Pooh's friend), is a perfect model of one who is filled with woe and lives a pessimistic life on a daily basis. Through studies, experts have observed that pessimistic persons believe they have no control over their given circumstances. Their lack of feeling empowered, renders them incapable of taking steps ("Why bother?" they may say) that could improve their own health or well-being. Pessimists are more likely to consider themselves victims, and feel helpless to correct problems. Remember the mind-body connection? It's no wonder then that negativity may breed MORE negativity!

The good news is that experts believe that being optimistic can be learned. Persons can be taught to recognize their negative thought patterns and beliefs. With that identification being made, their negativity can be challenged and eliminated. New perspectives for the pessimistic person on how to change their negative ways, may help them to resist the urge to blame themselves for all their problems. It is much healthier for the mind and body, to consider all the contributing factors of a problematic situation and look at ways to avoid them in the future.

*Start today in choosing a positive outlook, and look forward to many happier and healthier tomorrows!!*

~ Diane G. Schriver, RN

# December

## National Health Awareness Month



**National Aplastic Anemia Awareness Week (1-7)**  
[help@aamds.org](mailto:help@aamds.org)  
[www.aamds.org](http://www.aamds.org)

**World AIDS Day (1)**  
[unaids@unaids.org](mailto:unaids@unaids.org)  
[www.unaids.org/en/default.asp](http://www.unaids.org/en/default.asp)

**National Handwashing Awareness Week (3-9)**  
[dr.will@henrythehand.com](mailto:dr.will@henrythehand.com)  
[www.henrythehand.com](http://www.henrythehand.com)

**Safe Toys and Gifts Month**  
[info@preventblindness.org](mailto:info@preventblindness.org)  
[www.preventblindness.org](http://www.preventblindness.org)

## The Unspoken Ailment: Irritable Bowel Syndrome

What's second only to the common cold in causing lost work or school time?

Few people know the answer, because it's an ailment that is not readily discussed. Yet research shows that irritable bowel syndrome (IBS) affects more than 15 percent of people in the United States. IBS is prevalent worldwide.

People with IBS suffer from a decline in their quality of life, says Monica E. Jarrett, associate professor in biobehavioral nursing and health systems at the University of Washington School of Nursing.

"This can be explained by the unpredictability of their bowels and the discomfort. People manage by pulling back from social and work activities, Ms. Jarrett says. "Some say the pain gets so bad that they have gone to the emergency room thinking they had appendicitis."

IBS painful and embarrassing, and, depending on the severity of symptoms, it can also be disabling. The ailment is twice as common among women as men. This could partly be because women are more open about health problems.

Many people let IBS persist for several years before seeing a health care provider. It might be as early as childhood, or not until later in adulthood.

### Triggers for IBS

IBS tends to occur more often among people with stressful and emotionally distressing lives. But stress is probably only one of a number of factors that triggers IBS symptoms. Others include:

- **Infectious disorders** such as gastritis during a stressful period.
- **Hormonal influences.** Increased estrogen seems to influence the activity of the bowels. On average, women's symptoms worsen around menstruation.
- **Food intolerance.** Chocolate, milk products and caffeine are common triggers. Beans, cabbage and certain fruits – all foods that produce gas may trigger symptoms. Fats in any form (saturated or unsaturated) can trigger symptoms. Large amounts of alcohol often are a trigger.

The symptoms that define IBS include abdominal pain that is relieved by a bowel movement; diarrhea or constipation – sometimes both; a sense of urgency; incomplete passage of stool; and gas or bloating.

The symptoms usually occur from a few times a week to once a month. IBS might go away for years and suddenly return. What distinguishes it from other gastrointestinal upsets is the frequency and severity of symptoms.



Treatment aims to relieve symptoms and help the individual understand the relationship between stress and the illness. Supportive treatment, such as rest, heat, medications and avoidance of known irritating foods often relieve symptoms. Regular checkups with the physician are important, as there is a higher-than-normal incidence of diverticulitis and colon cancer.

<http://www.mercksource.com>

# South Central HCQU Regional Trainings

Trainings are **free**, but registration is required.



- **Sexuality & Social Skills** – January 5 from 10:00 am – 12:00 noon @ Franklin/Fulton MH/MR Building, 425 Franklin Farm Lane, Chambersburg – **Registration Deadline: December 27 before 4:00 pm**
- **Intermittent Explosive Disorder & Impulse Control Disorder** – February 2 from 10:00 am - 12:00 noon @ Franklin/Fulton MH/MR Building, 425 Franklin Fulton Lane, Chambersburg – **Registration Deadline: January 26 before 4:00 pm**
- **Substitute Health Care Decision Making** – February 22 from 9:00 am – 3:30 pm @ St. Mark's United Church of Christ, 426 N. 8<sup>th</sup> St., Lebanon – **Registration Deadline: February 8 before 4:00 pm**

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The following trainings are co-sponsored by the  
**York/Adams Training Network**



- **Obesity & Stress Management** – January 23 from 1:00 pm – 3:00 pm @ Bell Socialization Services, 160 S. George St., York – **Registration Deadline: January 16 before 4:00 pm**
- **Psychotropic Meds & EPS** – February 8 from 10:00 am – 12:00 noon @ Typical Life Corp., North East Plaza, North George St., Manchester – **Registration Deadline: February 1 before 4:00 pm**



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The following trainings are co-sponsored by the  
**Lebanon Education Network (LEN)**  
(LEN Providers Only)

- **Respiratory Complications** – January 11 from 9:00 am – 12:00 noon @ St. Mark's United Church of Christ, 426 N. 8<sup>th</sup> St., Lebanon – **Registration Deadline: January 4 before 4:00 pm**
- **EPS & AIMS Test... What Is That?** – February 8 from 1:00 pm – 3:00 pm @ Lebanon Community Library, 125 N. 7<sup>th</sup> St., Lebanon – **Registration Deadline: February 1 before 4:00 pm**

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The following trainings are co-sponsored by the  
**Lancaster County Training Network**  
(Lancaster County Providers Only)



- **Respiratory Complications** – January 11 from 9:30 am – 12:30 pm @ Lancaster County Public Safety Training Center, 101 Champ Blvd., Manheim – **Registration Deadline: January 4 before 4:00 pm**
- **Communicating with Non-Verbal Individuals** – February 15 from 10:00 am – 12:00 noon @ Lancaster County Public Safety Training Center, 101 Champ Blvd., Manheim – **Registration Deadline: February 8 before 4:00 pm**

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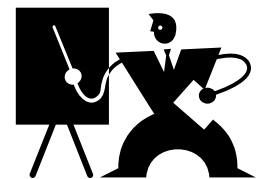
**Unfortunately, we are unable to accommodate registrations after the deadline.**

For more information call Cherie Adkins at 717-909-3858 and  
leave a message re: registration, questions, etc.

Listen to prompts on this phone line regarding trainings that are full,  
as well as cancellations due to weather.

**Remember!**

- Sign-in on your agency's sheet.
- Be on time; training credit may not be given to those who come in late.
- Silence or turn off all cell phones, beepers, etc.
- Do not eat during a training (participants may bring beverages into trainings)
- Do not bring children to trainings.
- Do not bring consumers to trainings (unless the training is specifically aimed at consumers).
- Avoid walking in front of the speaker when entering/exiting the training room.
- Fill out the evaluation at the conclusion of the training.
- Sign-out on your agency's sheet.



Thank you!



# Holiday Season Safety

The National Safety Council offers these suggestions to help make your holiday season merry and safe.

## Decorations

Wear gloves while decorating with “angel hair.” It can irritate your eyes and skin. When spraying artificial snow on windows or other surfaces, be sure to follow directions carefully. These sprays can irritate your lungs if you inhale them.



## Fireplaces

Do not dispose your evergreens or wreaths in a fireplace or wood stove. They can flare out of control and send flames and smoke into the room. Do not burn wrapping paper as it often contains metallic materials which can be toxic if burned.

## Candles

Never use lighted candles near trees, curtains or drapes, or with a potentially flammable item.



## Toys and Gifts

Be sure when choosing gifts for children, to avoid toys with small parts that can be pulled or broken off. If there is more than one child in the family, consider the ages of all the children and the chances that younger children will want to play with older children’s toys. Be sure anything you give them is too big to get caught in the throat, nose or ears.

## Older Adults

Select gifts that are not awkward or too heavy to handle. For people with arthritis, make sure the gift can easily be opened and closed. Choose books with large type for anyone with vision impairment.

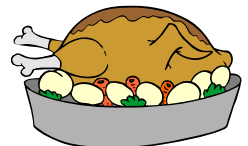


## Plants

Small children and pets may think holiday plants look good enough to eat, though many will cause severe stomach problems. Watch out for mistletoe, holly berries, Jerusalem cherry, and amaryllis.

## Food and Cooking

Wash hands, utensils, sink, and anything else that has come in contact with raw poultry. For questions concerning holiday turkey preparation call the USDA Hotline at 1-800-535-4555. Refrigerate leftovers within two hours after cooking.



## Alcohol, Parties and Driving

Be sensible about alcohol. Use designated drivers, who do not drink, to drive other guests home after a holiday party.

## Stress

You can’t avoid stress completely, but you can give yourself some relief. Allow enough time to shop and plan to do a reasonable number of errands. Make several trips to the car to drop off packages rather than trying to carry too many items. **Take time for yourself. Relax, read, or enjoy your favorite hobby at your own pace.**





# Tea Time



**Tea** is the most widely consumed beverage in the world, other than water. Over 6.6 billion pounds of tea are produced each year. Teas contain perhaps thousands of powerful, protective antioxidants called polyphenols that help to keep you healthy. A recent study published in the Journal of the American Medical Association followed more than 40,000 Japanese men and women over a seven- to eleven- year period. They found that green tea consumption was associated with a reduced mortality due to all causes except cancer.

Interestingly, the effects of tea reduced the risk of cardiovascular disease not only by reducing the risk factors of cholesterol and blood pressure, but the polyphenols acted as scavengers to rid the body of free radicals that otherwise could damage your cells. They beneficially affect atherosclerosis, dilate the arteries, and reduce the formation of blood clots.

There are hundreds of varieties of white, green, oolong, black, and puerh tea, each with their own taste and aroma. Add to that all the herbal teas and your choices are endless. There is considerably less caffeine in white tea than the other varieties (15 mg per serving, compared to 40mg for black tea, and 20 mg. for green). Some studies, according to Oregon State University researchers, have shown that white tea contains more active cancer-fighting antioxidants than green tea.

White teas have made their recent appearance in the U.S., while Chinese tea drinkers have enjoyed their benefits since the Ming Dynasty. All teas come from the same source—the Camilla Sinensis tea bush. So how it is there is white, black, green, and other teas? How the tea winds up in the tea cup, is dependent upon the processing. Black tea is processed by exposing crushed tea leaves to the air for a defined number of minutes. Green tea is a result of the leaves withered in hot air and quickly steamed or pan-fried, with a final rolling and heating to stabilize the tea’s flavors. Oolong tea processing falls somewhere in the middle, giving it a distinctive reddish color and a flowery flavor. Tea leaves sold as white tea undergo less processing than green tea leaves, as the unwithered leaves are merely steamed.

With so many choices, it’s easy to see that tea doesn’t have to be boring. There are a lot of simple recipes to try. Have fun with tea; it’s good for your health!

## Capputano

- 2 c. milk
- 2 tea bags, black
- 3 T. Brown Sugar

Heat milk and sugar together in a sauce pan, almost to boiling. Remove from heat and add tea bags. Steep for 5 minutes. Remove tea bags and serve. Serves 2.



## Fruit Tea Recipe

- |                            |                                    |
|----------------------------|------------------------------------|
| Tea Bags for 2 gallons tea | 1 (48 oz.) can pineapple juice     |
| 1½ quarts boiling water    | 1 (12 oz.) can frozen orange juice |
| 2 c. sugar                 | 1 (12 oz.) can frozen lemonade     |

Place tea bags in bowl or pitcher. Pour boiling water over tea bags. Add sugar, stirring to dissolve. Let tea bags steep in sugar water several hours or overnight. Discard tea bags. Pour tea into a large bowl. Add juices, stirring well. Pour equal amounts into two one-gallon jugs. Add water to each to fill jug. Refrigerate. Shake well before serving. Makes 2 gallons.

# Bulletin Board



**Happy Holidays!**

from all of us at SC-HCQU

Star Long  
Cherie Adkins  
Leanna Gingrich  
Melissa Erdman

Kim Cahill  
Valerie Copenhaver  
Kathy Jaczynski  
Wanda Nikolaus  
Diane Schriver

## Take note!

To receive our newsletters just send your e-mail address to [mmerdman@geisinger.edu](mailto:mmerdman@geisinger.edu)

You will be placed on our e-mail list and automatically receive *The HCQU View* each month.

## Remember –

*Feeling gratitude and not expressing it is like wrapping a present and not giving it.*  
~ Arthur Ward

**Congratulations!**



Congratulations to

**Valerie Copenhaver RN,**  
SC-HCQU Regional Nurse  
to Cumberland and Perry Counties.

She recently co-authored an article with Kathleen Fisher PhD, CRNP entitled



*"Assessing the Mental Health of Rural Older Adults in Public Housing Facilities"*  
in the Journal for Gerontologic Nursing Vol. 32, #9 September 2006.

# WELCOME!

SC-HCQU welcomes  
**Kimberly Cahill, RN**  
as our regional nurse to York and Adams Counties.  
[kacahill@geisinger.edu](mailto:kacahill@geisinger.edu)

