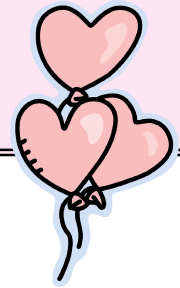


SC-HCQU View



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Therapeutic Music

- Kathleen Jaczynski, RN

**Medications cannot nourish the heart,
body, mind and soul...
but music can.**

Music Therapy is an established healthcare profession since 1950 and uses melody and rhythm to elicit specific responses from individuals and help them meet therapeutic goals. These goals are set to improve the quality of life of the individual by managing stress, help express their feelings, alleviate physical or emotional pain, improve communication and promote mental and physical wellness.

For most of us music is associated with an emotional memory. Do you remember a tune from your childhood that was used to soothe you? The songs that were popular when you were dating? The hymns that were sung in church at a wedding or funeral? Life without music would be dull. But have you ever stopped to think of how powerful melody and rhythm can be?

Melody and rhythm can take you back in time or motivate you in the present. Music is a form of sensory stimulation and provokes a response due to familiarity and security associated with a place and time. Memory can be enhanced by music and is frequently used as a therapeutic tool for clients with dementia and Alzheimer's disease.

Music may provide a non-verbal link of communication in a non-threatening way. Some clients, who seldom express themselves, may join in with words or rhythm actions, and allows them to be part of a group. This expression increases self esteem and is an outlet for motor skills.

Some of the people who benefit from APPROPRIATE music are those who have behavior disorders, anxiety, post traumatic stress disorder, dementia, delirium, amnesia, depression, as well as elderly and clients with developmental disabilities. Music may reach into the memory of the currently non-verbal person to produce words they are able to sing.

APPROPRIATE music must be chosen according to the person's age, background and preference. Instrumental vs. vocal and the tempo of the music are major considerations according to the client tolerance. The Music Therapist takes a thorough history and evaluates current problems and goals – both emotional and physical. The Music Therapist usually works as part of the inter-disciplinary team to best meet the needs of the client and enhance life experiences.

To learn more about Music Therapy visit www.musictherapy.org or contact your HCQU nurse.



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February

National Health Awareness Month

PCOA (Polycystic Ovarian Syndrome)

Awareness Month

info@pcoscampaign.com

www.pcoscampaign.com/pcosmonth.html

AMD/Low Vision Awareness Month

info@preventblindness.org

www.preventblindness.org

Heart Month

inquire@americanheart.org

www.americanheart.org

Cardiac Rehabilitation Week (11-18)

aacvpr@smithbucklin.com

www.aacvpr.org

Duchenne MD Awareness Week (13-17)

Kimberly@parentprojectmd.org

www.parentprojectmd.org

National Porphyria Week (18-25)

porphyrus@aol.com

www.porphyrifoundation.com

Kids E.N.T. (Ear, Nose, Throat) Health Month

Kids@entnet.org

www.entnet.org/KidsENT

National Eating Disorders Awareness Week

(26-March 4)

info@nationaleatingdisorders.org

www.nationaleatingdisorders.org

National Children's Dental Health Month

publicinfo@ada.org

www.ada.org

National Wear Red Day 2006 (3)

nhlbiinfo@nhlbi.nih.gov

www.nhlbi.nih.gov/health/hearttruth

Congenital Heart Defect Awareness Week (7-14)

mb@tchin.org

www.tchin.org/aware

Children of Alcoholics Week (12-18)

nacoa@nacoa.org

www.nacoa.org

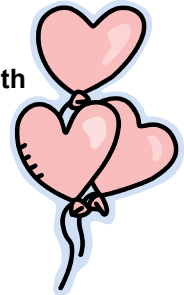
National Women's Heart Day (17)

info@sistertosister.org

www.womansheartday.org

National Burn Awareness Week (5-11)

www.shrinershq.org



– Attention –

Local Mental Health Support Process Team Meeting

March 20, 2006 ~ 10am-3pm

Pennsylvania Protection and Advocacy, Inc.

1414 N. Cameron St.

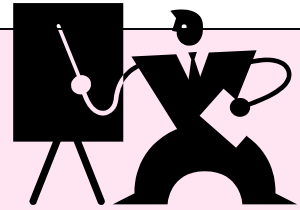
Harrisburg, PA

717-236-8110

You are invited:

Self advocates, family, direct support professionals, provider representatives, supports coordinators, county and regional MH/MR Dual diagnosis coordinators, state center staff, OMR Central staff, and all other individuals interested in a positive approach to support people with a dual-diagnosis of MH/MR. Any questions contact the local HCQU or the Statewide MHSP contact Courtney Coover at ccover@state.pa.us

South Central HCQU Regional Trainings



Trainings are free, but registration is required.

- **Nurses' Training Day** – April 5, 2006 from 10:00 am - 2:30 pm @ Hershey Church of the Nazarene, 986 E. Governor Road, Hershey
- **Substitute Health Care Decision Making** with Linda and Bob Derr – April 6, 2006 from 9:00 am – 3:30 pm @ Typical Life Corp., North East Plaza, North George Street, Manchester – **Registration Deadline: March 23 before 4:00 pm**
- **Consumer Health Fair** – May 19, 2006 @ Chambersburg Recreation Department, 235 South 3rd Street, Chambersburg – look for more information in future editions of *The HCQU View*

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

- **Bowel Management & Hypertension** – February 9, 2006 from 10:00 am – 12:00 pm @ Typical Life Corp., North East Plaza, North George Street, Manchester – **Registration Deadline: February 2 before 4:00 pm**
- **Osteoporosis & Wellness** – February 28, 2006 from 1:00 pm – 3:00 pm @ Bell Socialization Services, 160 South George Street, York – **Registration Deadline: February 21 before 4:00 pm**
- **Schizophrenia** – March 9, 2006 from 10:00 am – 12:00 pm @ Typical Life Corp., North East Plaza, North George Street, Manchester – **Registration Deadline: March 2 before 4:00 pm**
- **Diabetes Mellitus** – March 28, 2006 from 1:00 pm – 3:00 pm @ Bell Socialization Services, 160 South George Street, York – **Registration Deadline: March 21 before 4:00 pm**
- **Communicating with Non-Speaking Individuals** – April 18, 2006 from 1:00 pm – 3:00 pm @ Bell Socialization Services, 160 South George Street, York – **Registration Deadline: April 11 before 4:00 pm**
- **Anatomy and Physiology** – April 27, 2006 from 10:00 am – 12:30 pm @ Bell Socialization Services, 160 South George Street, York – **Registration Deadline: April 20 before 4:00 pm**

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.*

WRITTEN CONFIRMATION

Please be aware that you are not truly registered for a Regional Training unless you have received WRITTEN CONFIRMATION. Do not assume your registration is complete until you have received a written (fax or e-mail) response from Cherie Adkins, our Training Coordinator.

PLEASE, BE CONSIDERATE!

If you have signed up for a training, please BE THERE or CANCEL. A seat has been reserved for you, and if you choose to just skip the training, your seat has gone to waste when it could have been assigned to someone on the waiting list.

Who's Who In The View

What is The Arc of Dauphin and Lebanon Counties?

Established in 1953 by parents wanting to create opportunities for their children with mental retardation and developmental disabilities, The Arc opens doors and unlocks potential for consumers of all ages. Providing advocacy in all community arenas and access to educational, vocational, recreational and critical life skills programs, The Arc is an essential resource for consumers, their families and the community.

The Arc's services are built around giving opportunities, experiences, and appropriate supports, to help people with mental retardation become vital and vibrant members of our community. Our programs emphasize:

- advocacy in the community to help consumers and families assert their rights and find appropriate services



Swimming at Camp Sentona

The Arc's camping programs enable consumers to grow and learn in a fun environment while providing respite for their families.

- educational, social and employment opportunities, including a supported independent living program and an employment training program that includes job skills training, assistance with placement and continuing support to maintain employment
- and providing breaks to the families of our consumers from the 24/7 demands of caregiving via residential/day camps and traveling get-aways.



Arc Green House

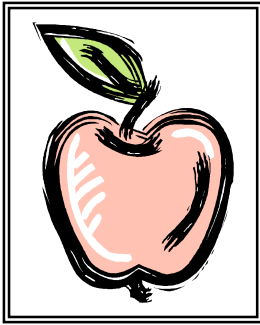
In The Arc's Greenhouse consumers learn basic horticulture skills while building friendships, taking pride in their work, and seeing tangible results. They also learn lessons in cooperation, patience and perseverance.

For more information, contact:



Harsco Center
2569 Walnut Street
Harrisburg, PA 17103
717-920-ARCS (2727)
www.arcofdlc.org

The Arc staff provide intensive vocational training and coaching to help individuals acquire and maintain employment.



AN APPLE A DAY . . .

There is truth in the old adage, "An apple a day keeps the doctor away," as we understand more clearly, the important role having each food group plays in overall general health.

Fruits are part of the food pyramid, which guide us to eat certain daily requirements from each food group. An average portion of fruit for adults would be 2 servings a day for men, and 2 servings for women 19-30 years of age, and 1 ½ servings for ages 31 and older.

Just like people, fruits come in a variety of colors, sizes, and shapes. There are green, yellow, and red apples; blue, purple, black berries; lime green, dark green, mint green fruits; tiny, round, elliptical, oversized, and cone-shaped fruits. What an array of choices are at our disposal. How can anyone not like fruits?

Some commonly eaten fruits are:

Apples	Grapefruit	Nectarines	Prunes
Apricots	Grapes	Oranges	Raspberries
Avocado	Honeydew	Papaya	Raisins
Bananas	Kiwi	Peaches	Strawberries
Blueberries	Lemons	Pears	Tangerines
Cantaloupes	Limes	Pineapple	Watermelon
Cherries	Mangoes	Plums	

There are many health benefits when including fruits in your daily diet. Adding fruit in your diet may reduce a risk for **stroke**, **heart disease**, **type 2 diabetes**, offer protection against certain **cancers**, help decrease **bone loss**, and replace other higher-caloric food intake that may lead to **obesity**.

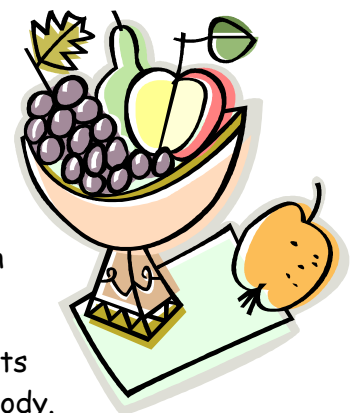
Vary your food choices to get the most nutrients. Remember: Before cutting your fruit with a knife or eating fruit, be sure to wash the outer area briskly with your hands under clean, running water.

Some simple tips to effortlessly include fruits into your diet every day may be to:

- ~ choose a fruit for snack
- ~ top off cereal with fruit
- ~ try raisins and dried fruit instead of candy
- ~ add fruit to salads and coleslaw
- ~ enjoy a fruit smoothie by blending milk/yogurt with fresh fruit
- ~ keep a bowl of fruit on the table or counter, and
- ~ substitute applesauce as a fat-free substitute for some of the oil when baking cakes

Do yourself a favor, and enjoy a healthy "sweet" treat each day. Include fruits to provide nutrients vital for health and maintenance of a strong, energetic body.

www.mypyramid.gov



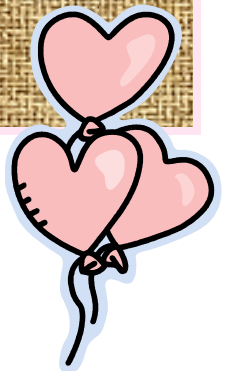
Bulletin Boar

📌 Don't Forget

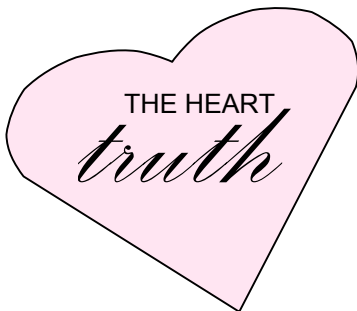
South Central HCQU continues to collect used cell phones. These phones will be recycled or resold and a portion of the proceeds will benefit the *National Organization On Disability (NOD)*. Just drop off old/unwanted cell phones at the HCQU office or hand them to your regional nurse.

Remember –

*Forget love... I'd rather fall
in chocolate!*
~Author Unknown



February – “Heart Month”



FACE THE HEART TRUTH
ABOUT YOUR RISKS FOR
HEART DISEASE

Did you know:

- ♥ One in three American women dies of heart disease.
- ♥ It's the #1 killer of women, regardless of race.
- ♥ It strikes at younger ages than most people think, and the risk rises in middle age.
- ♥ Heart disease can diminish health and the ability to do even simple activities like climbing stairs. It can decrease your entire quality of life.
- ♥ Two-thirds of women who have heart attacks never fully recover.
- ♥ If you have a heart attack, your risk of having another increases.

Risk Factors:

Know the risk factors for heart disease: high blood pressure, high cholesterol, diabetes, smoking, being overweight, being physically inactive, age (55 or older for women), and having a family history of early heart disease. Talk to your doctor. Find out your risk.. And take action to lower it.

Heart disease can affect everyone, both men *and* women, young and old. No one should assume they are safe. Know the facts about heart disease and act now to protect your heart.

What Can I Do to Protect My Heart?

1. Eat a healthy, low-fat diet and maintain a healthy weight.
2. Exercise!
3. Don't smoke. If you do smoke... quit!
4. Control blood pressure and diabetes.

www.nhlbi.nih.gov/health/hearttruth