



# SC-HCQU View

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## Healthy Guidelines for Those in Grief

Just what does the word “grief” mean? Grief is an emotional reaction (distress) to the perception of loss. A loss can be classified under different categories: death of a spouse or loved one, divorce or the end of a relationship, a change in one’s job, being re-located, the loss of a body part, etc.

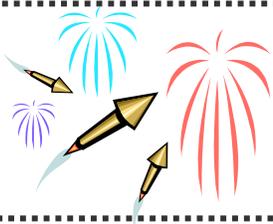


Truly, grief is a natural reaction and a process which involves many changes. How one deals with thoughts and feelings after suffering a loss is something that varies from person to person. How can one cope with loss in the healthiest way possible? It starts by giving oneself permission to grieve, to feel free to ride the depth and breadth of emotion that accompanies loss. It is okay to cry and yes, that goes for men, too. Although people tend to differ in how they grieve, one approach is not “right” and the other “wrong”; they are simply different.

Talking about and sharing one’s grief with family or friends can be very therapeutic. Keeping busy with purposeful work that will occupy the mind is a good next step. Since suffering a loss can be a risk factor for endangering one’s health, taking care of oneself is very important. This is easier said than done. Initially after a loss, one may lose interest in everything and everybody, even to the point of neglecting oneself. Fortunately, this too will change during the evolution of the grieving process. Over time, one will regain the conviction that life IS valuable and each person (including oneself) is important.

What are some other things that may help one deal with the grieving process? Eating well and getting some kind of physical exercise may help one sleep better. Forgiving oneself for what may be perceived as past mistakes connected to a loss will help to banish feelings of guilt. Joining a support group of those who have suffered a similar loss can also be helpful. Some people find that writing down thoughts and feelings in a journal is cathartic...it provides an opportunity to direct one’s words to God and/or the person(s) associated with a loss. Others find that attending religious services provides support and comfort in their time of mourning. If feelings of guilt persist or if feelings of loss are so severe that they become crippling (i.e., they interfere with one’s ability to function from day to day), professional and/or spiritual counseling may be needed.

Grief is an emotion that everyone, at some point and to some degree, will eventually experience. Hopefully, the ideas shared here will help one effectively deal with grief in a healthy, life-affirming way.



## July – National Health Awareness Month

International Group B Strep Awareness Month 1-31

[info@thejessecause.org](mailto:info@thejessecause.org)

[www.thejessecause.org](http://www.thejessecause.org)



**Important**

### SC-HCQU Training Update

**Important**

The SC-HCQU is happy to provide trainings on a variety of topics for those in our service area, including consumers, their families, Supports Coordinators, and provider agency staff members. In order to make the entire training registration process more smooth and efficient, ***the following changes are effective immediately:***

- One may register for a training in 1 of 3 ways:
  - Email Cherie Adkins, RN @ [csadkins@geisinger.edu](mailto:csadkins@geisinger.edu)
  - Fax the attached form to Cherie @ (717)-909-3852
  - OR phone (717)-909-3858
- Please be prepared to provide the following information when you register:
  - Name (please print if via fax)
  - Phone number
  - Agency
  - Job title
  - County (of Agency)
- Confirmation of email and fax registrations will be sent in like-manner; phone-in registration confirmations will be sent to your agency office, via land-mail.
- **Please note that your registration is not complete until you have received written confirmation from the SC-HCQU office!**
- Please be advised that registration deadlines must be honored!

Should you have any questions or concerns regarding these changes, please feel free to contact Cherie Adkins as noted above.

~Cherie Adkins, RN/Training Coordinator, SC-HCQU

# Take A Look !

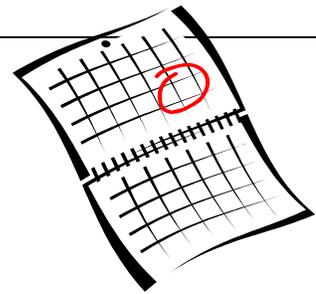
Following the  
**Regional Trainings** calendar (page 3),  
you will find a copy of the  
new **Training Registration Form** (page 4).  
Please feel free to copy and use for future registrations.



**Mark Your Calendar!**

**South Central HCQU  
Regional Trainings**

Trainings are *free*, but registration is required.



**July**

- **Eating Disorders** – July 7, 10:00-12:00noon @ Bell Socialization Services, 160 S. George St., York
- **Basic Nutrition** – July 19, 10:00-12:00noon @ Bell Socialization Services, 160 S. George St., York
- **Deep Vein Thrombosis & Anemia** – July 27, 10:00-12:00noon @ Partners In Achieving Independence, 1810 Rohrerstown Road, Lancaster

**August**

- **Substitute Health Care Decision Making** with Linda and Bob Derr – August 4, 1:00-3:00 @ Dauphin County Case Management Unit, 1100 South Cameron Street, Harrisburg
- **Grief & Coping With Death and Dying** – August 22, 10:30-12:30 @ Typical Life Corp., NE Plaza, Manchester

**September**

- **De-Stress the Discharge & Communicating with Health Care Professionals** – date and location to be announced
- **Substitute Health Care Decision Making** (long version) with Linda and Bob Derr – date and location to be announced
- **Grief** – date and location to be announced

**October**

- **Substitute Health Care Decision Making** (short version) with Linda and Bob Derr – date and location to be announced
- **Substitute Health Care Decision Making** (long version) with Linda and Bob Derr – date and location to be announced
- **Getting the Most From a Psychiatrist** with Jim Siberski – date and location to be announced

**November**

- **De-Stress the Discharge & Communicating with Health Care Professionals** – date and location to be announced
- **Dysphagia** with Becky Dorner – date and location to be announced

**December**

- **Substitute Health Care Decision Making** with Linda and Bob Derr – date and location to be announced

*For more information contact Cherie Adkins at [csadkins@geisinger.edu](mailto:csadkins@geisinger.edu) or 717-909-3858.  
Leave a message re: registration, questions, etc.*

*In case of inclement weather cancellations will be posted on this phone line by 7:30 am the day of the training.*

**Regional Trainings will also be listed on our web site at**  
[www.geisinger.org/schcqu](http://www.geisinger.org/schcqu)

**Training Registration**

Person Completing this Form	
Phone #	( ____ ) ____ - ____
How would you like to receive confirmation?	<input type="checkbox"/> Fax <input type="checkbox"/> E-mail <input type="checkbox"/> Land Mail
Fax #	( ____ ) ____ - ____
E-mail Address:	
Land mail address:	

Please Print

Registrant's Name	Registrant's Job Title	Agency	County Of Agency	Training Topic	Date of Training

The SC-HCQU will confirm your registration via the method you have indicated. **You are not considered registered until you receive your confirmation.** If you have not received a confirmation within three business days of registering, please contact our Registration Hotline at (717) 909-3858. Unfortunately, we cannot accept registrations after the indicated registration deadline.

.....  
**Office Use Only:**

Date Registration Received \_\_\_\_\_

Registration Confirmed / Date \_\_\_\_\_     
  Registration Denied

HCQU Signature \_\_\_\_\_ Reason for Denial \_\_\_\_\_



## One Drink of Alcohol

### Puts an Unborn Baby's Health & Life at Risk!

Alcohol use leads to many destructive behaviors. Alcoholism is the most extreme alcohol use disorder. Drunkenness may disrupt family and social relationships; married couples often divorce. Extreme absenteeism from work can lead to unemployment. Alcoholics often cannot control their behavior, tend to drive while drunk, and suffer physical injury from falls, fights, or motor vehicle accidents. Some alcoholics become violent and are often associated with domestic violence. Other alcohol use disorders take a terrible toll on the person's body, leading to many physical and mental health problems.

Because alcohol is absorbed faster than it is metabolized and eliminated from the body, levels in the blood rise rapidly. Small amounts (blood level of 0.05%) can act as a stimulant, often making the person giddy and talkative, and perhaps even boisterous and violent. Larger amounts (blood levels > 0.08%) depress brain function, resulting in slowed, impaired movements, unsteadiness, and sleepiness. Very large amounts (blood levels > 0.3%) can lead to coma and death.

Prolonged use of excessive amounts of alcohol damages many organs of the body, particularly the liver, brain, and heart. It also damages the part of the brain that coordinates movement, can lead to chronic tremors, worsen existing depression, and in pregnant women may cause severe birth defects. Many birth defects develop before a woman knows she is pregnant, and any amount of alcohol is damaging.

Alcohol related birth defects causes Fetal Alcohol Syndrome (FAS) or Fetal Alcohol Effect (FAE.) Both produce irreversible physical and mental damage, and FAS is the leading known cause of Mental Retardation (MR). In addition to MR and other brain affects, FAS causes several distinct facial abnormalities. FAE has fewer physical abnormalities, but also damages brain function. Many children labeled as learning disabled are believed to be FAE children. The behavioral and mental problems of FAE children are no less than those of FAS children.

If you would like additional information on the affects of alcohol or FAS/FAE, please contact the HCQU who can provide trainings on these topics.



## Transition from ICF's Smooth Thanks to the Skills Team



Big changes are in store for **Skills of Central Pennsylvania's** more than thirty residential consumers currently living in the Abbottstown Intermediate Care Facility (ICF) in Abbottstown, PA. In the coming months they will be moving into Skills' new community living centers: four bedroom houses offering all the amenities of suburban residential living. With two homes up and running and eight more on the way, Skills' goal is to have every consumer out of the ICF by September 30<sup>th</sup>.

As Dawn Barnett, Adult Training Manager of the Conewago Adult Training Facility, points out, residing in ICF's is often an imperfect arrangement for consumers who must endure the lack of privacy associated with large-scale institutional living: PA announcements disturb one's sleep and relaxation, for example, and having one's own room is out of the question. In a large institutional setting, "If a consumer gets hungry during the day they are out of luck," she says, "since all meals follow a regimented schedule."

Not so at Skills' new community homes, where every consumer gets a chance to experience the joy of independent living that so many of us take for granted. As Pennie Spalding, Director of Residential & Community Services explains, in community living each client enjoys their own private bedroom designed to conform to their specific needs, as well as a kitchen and living room area that are available around the clock.

Additionally, community living lets consumers enjoy the challenge of maintaining their own house. ICF residents do not learn the essentials of cooking, cleaning, and laundry says Spalding. "At an ICF you have different departments responsible for daily chores. Lunch and dinner, for example, are handled by the dietary department. In community living you instead have consumers working together with the Skills staff to accomplish these tasks; so they can take pride participating in the daily upkeep of the house, whether this means helping cook dinner or sorting clean laundry."

The new four bedroom community houses, located throughout central Pennsylvania, are built with the demands of the consumer in mind; accordingly, they are fully handicapped-accessible, and include wheelchair height appliances and closets, widened doorways and halls, furnotubs, and exit ramps.

Beyond that, the community homes are just regular houses, fully equipped with standard household appliances like refrigerators, dishwashers, and air conditioners. They are also located in regular communities, giving consumers a unique chance to develop friendships with their neighbors. "For the first time," Spalding explains, "consumers will have windows that they can actually see out of and neighbors they can get to know, so they can truly be part of the neighborhood."

So far the transition has been seamless - the consumers have been more at ease, and nearly everyone has been sleeping better. "A calmer more relaxed setting equals calmer more relaxed people," says Spalding. Moreover, the smaller staffs assigned to each home have allowed for more continuity in terms of care, creating even closer relationships between the consumers and the Skills staff.

Naturally, there have been challenges associated with a transition this dramatic. For instance, since all participating consumers experience varying medical complications it has been necessary for the staff to take on new responsibilities, especially concerning the administration of specialized care. "At the ICF medical care was handled by its own department," Spalding explains, "whereas now you have a smaller staff in each house responsible for everything, which demands some new education."

Luckily, they have been up to the challenge. "The staff has been great," says Spalding, "and very committed to teamwork, in terms of both issuing medical care and maintaining the houses." Indeed, it is this combination of dedication and proficiency that we have come to expect from the Skills staff.



## Transition from ICF's Smooth Thanks to the Skills Team

(Continued)

Skills of Central PA, Inc. provides over 300 programs and services for people with disabilities within 16 central Pennsylvania counties. "Our goals are to improve the everyday lives of our consumers – how they live, work and play," adds Spalding. "Helping people live to their fullest potential is our strength," she adds. "Providing opportunities for people with disabilities to live in beautiful, homes such as these, fulfills our mission."

For more information on housing, employment services and social opportunities for people with disabilities, please visit [www.skillsofcentralpa.org](http://www.skillsofcentralpa.org).

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### Bulletin Board

#### 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.

#### Input Please!

We would like to know what you think about *The HCQU View*. Just drop us a fax (717-909-3852) or e-mail [mmerdman@geisinger.edu](mailto:mmerdman@geisinger.edu) and tell us what you think about the newsletter, i.e. the content, length, monthly versus bi-monthly, anything you particularly enjoy or dislike.

Thanks!

#### Remember –

Words are mere bubbles of water, but deeds are drops of gold.

– Chinese proverb

### Medication in the News

#### **FDA Approves Pertussis Vaccine**

Sanofi-aventis announced that the FDA has approved its pertussis vaccine, Adacel, for adolescents and adults aged 11 to 64, Forbes and other news sources report. The approval comes as health experts grow increasingly concerned about a rise in whooping cough outbreaks among adolescents.

#### **Controversy over Risks of Johnson & Johnson's Propulsid**

Corporate and government documents against Johnson & Johnson show that the company did not conduct safety studies, urged by the FDA, on Propulsid, which was withdrawn from the market in 2000 by the drug maker, The New York Times and CNN Money report. Furthermore, The New York Times reports that the regulatory agency did not disclose company research that raised doubts about the drug's effectiveness, because the studies were considered trade secrets.