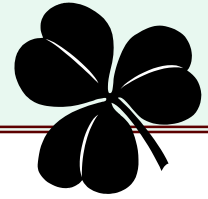


# SC-HCQU View



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## Play it **SAFE** This Spring: **Seek to Avoid Fateful Events!**

Most of the time we enjoy living in safe homes and communities. Fortunately, most of us can say that it has been months or even years since we had to deal with an unsafe situation. But unfortunately, a safe history can lull us into a sleepy false security and as a result our level of safety alertness may not be what it should be. Since springtime is a time to “wake-up” and since our country marks, during the month of March, “National Patient Safety Awareness” week (6<sup>th</sup>-12<sup>th</sup>), “National Poison Prevention Week” (20<sup>th</sup>-26<sup>th</sup>), and “National Inhalants and Poisons Awareness Week” (20<sup>th</sup>-26<sup>th</sup>), this may be a good time to take a fresh look at how safe your living and/or work environments are and to make changes to increase overall safety if needed.

The goal of safety awareness is to *avoid fateful events*. Such events include fires, flooding, poisonings (including carbon monoxide poisoning), falls, burns (chemical as well as thermal), soft tissue injuries (e.g., eye injuries, cuts, bruises), head injuries, animal bites, gunshot wounds, stabbings, strangulation, & electrocution, just to name a few. Fateful events can occur as a result of weather-related incidents (tornadoes, lightning, environmental flooding, etc.), by accident, ignorance, or simple oversight. Being on the lookout for unsafe circumstances can help everyone avoid fateful events. To start, check out the following in your environment:

- Location of cleaning supplies, aerosol products, insecticides, pesticides, personal care products (e.g., mouthwash, razor blades, rubbing alcohol)
- Location of matches, lighters, lighter-fluid; unattended, burning candles
- Location of automobile fluids (e.g., oil, windshield wiper fluid, anti-freeze)
- Condition of the fireplace, chimney, and/or furnace
- Condition of steps (inside & outside), presence of secure handrails
- Presence of throw-rugs or carpeting that is not securely affixed to floor
- Microwave use
- Location of household knives
- Ease of locating/using fire extinguisher
- Presence of Venetian blinds/mini-blinds cords
- Location and use of electrical outlets, surge protectors, extension cords

These are just a few ideas to start the process of assessing the safety of one's environment. Much more information on safety can be found on the Internet. Here are some examples:

- National Safety Council @ <http://www.nsc.org>
- Safe Within @ <http://www.safewithin.com> (home safety resources)
- Chimney Safety @ <http://www.csia.org>
- Disaster Preparedness @ <http://www.fema.gov>
- Poison Safety @ [www.ucdmc.ucdavis.edu/areyouprepared/pdfs/Are\\_You\\_Prepared\\_Booklet.pdf](http://www.ucdmc.ucdavis.edu/areyouprepared/pdfs/Are_You_Prepared_Booklet.pdf) –
- National Inhalant Prevention Coalition @ <http://www.inhalants.org>
- National Patient Safety Foundation @ <http://www.npsf.org>
- Poison Prevention @ <http://www.poisonprevention.org>

So as you contemplate spring-cleaning, yard work, gardening, outdoor fun, and all the other activities normally associated with the coming spring, remember to play it **SAFE** when it comes to your and others' well-being. Learn how to assess the safety of your home and work environment this spring and **seek to avoid fateful events!**

~Cherie Adkins, RN



## MASTERING YOUR MEDICATIONS

At some point in everyone's life, medications are needed—to improve health, increase independence, and to live longer. When not used wisely, medications can be harmful, and even fatal. By taking an active role in understanding your medications, you can maximize the benefits and minimize the risks related to medications.

### BE INFORMED

- What is the name of your medication? Your physician may order it by its brand name or the generic name. Keep a written list of your medications, the dosage, and the reason for taking the medication in a convenient location for such times as a doctor's visit or an emergency.
- Know how and when to take your medication. Check the label on your medication bottle for instructions. Ask your doctor or pharmacist if there are any special instructions when taking your medication. Do not stop taking your medication suddenly without first consulting your doctor.
- Know how long you are to take the prescribed medication. Some medications are only ordered for a short time period, such as antibiotics. Others may be ordered as a trial. Be certain to understand the plan for each prescribed medication.
- Every medication has the potential to produce undesirable side effects. Your pharmacist will provide you with an information sheet listing the most common side effects. Keep this list handy. Some effects may diminish as your body adjusts to the new medication, while others may require immediate attention by your physician. Call your physician and report any side effects.
- If the medication is to treat symptoms, are the symptoms improving? Sometimes your response to the medication must be monitored with tests ordered by your physician. It's important to follow-up on tests or appointments as ordered by your doctor.

There are many factors that YOU can manage, to stay as healthy as possible. Good general health practices include getting enough rest, being active, eating a well-balanced diet and taking time to enjoy life. Keep in mind, medications are not a magic bullet, which will solely preserve or restore your health. But, when used wisely, medications can help you live longer, healthier, happier lives.

## March – National Health Awareness Month

### Mental Retardation Awareness Month

[info@thearc.org](mailto:info@thearc.org)  
[www.thearc.org](http://www.thearc.org)

### National Poison Prevention Week (20-26)

[kdulic@cpsc.gov](mailto:kdulic@cpsc.gov)  
[www.poisonprevention.org](http://www.poisonprevention.org)

### National Kidney Month

[info@kidney.org](mailto:info@kidney.org)  
[www.kidney.org](http://www.kidney.org)

### National Nutrition Month 2005: Get a Taste For Nutrition

[nnm@eatright.org](mailto:nnm@eatright.org)  
[www.eatright.org/Public/NutritionInformation/92\\_11422.cfm](http://www.eatright.org/Public/NutritionInformation/92_11422.cfm)

### American Red Cross Month

[info@redcross.org](mailto:info@redcross.org)  
[www.redcross.org](http://www.redcross.org)

### National Multiple Sclerosis Education & Awareness Month

[toni@ms.focus.org](mailto:toni@ms.focus.org)  
[www.msfocus.org/programs\\_events/prog\\_edumth.html](http://www.msfocus.org/programs_events/prog_edumth.html)

### Workplace Eye Health and Safety Month

[info@preventblindness.org](mailto:info@preventblindness.org)  
[www.preventblindness.org](http://www.preventblindness.org)

### American Diabetes Alert Day (22)

[askada@diabetes.org](mailto:askada@diabetes.org)  
[www.diabetes.org/communityprograms-and-localevents/americanidiabetesalert.jsp](http://www.diabetes.org/communityprograms-and-localevents/americanidiabetesalert.jsp)

### National Inhalants and Poisons Awareness Week (20-26)

[nipc@io.com](mailto:nipc@io.com)  
[www.inhalants.org](http://www.inhalants.org)

### National Patient Safety Awareness Week (6-12)

[info@npsf.org](mailto:info@npsf.org)  
[www.npsf.org](http://www.npsf.org)

### World Tuberculosis Day 2005 (24)

[tb@paho.org](mailto:tb@paho.org)  
[www.who.int/gtb/index.htm](http://www.who.int/gtb/index.htm)

### National Colorectal Cancer Awareness Month

[Enica.Lewis@preventcancer.org](mailto:Enica.Lewis@preventcancer.org)  
[www.preventcancer.org/colorectal](http://www.preventcancer.org/colorectal)

### Save Your Vision Month

[slthomas@aoa.org](mailto:slthomas@aoa.org)  
[www.aoa.org](http://www.aoa.org)

### Brain Awareness Week (14-20)

[bawinfo@dana.org](mailto:bawinfo@dana.org)  
[www.dana.org/brainweek](http://www.dana.org/brainweek)

### National Sleep Awareness Week (28-April 3)

[nsf@sleepfoundation.org](mailto:nsf@sleepfoundation.org)  
[www.sleepfoundation.org](http://www.sleepfoundation.org)

# HCQU Food Review

Winter has not yet left us and there is still a nip in the air, so what better time for comforting soups. These are easy, nourishing, one-pot meals that fill you and take the chill off. Here are some recipes from our HCQU staff that were taste-tested (*Ummm!*) and rated delicious!

## Crab Soup

- 2 T. margarine
- 1 small onion, diced
- 1 T. flour
- 1 c. half and half
- 30 oz. fat free chicken broth
- 2 – 15 oz cans creamed corn
- ½ to 1 lb. mock crabmeat
- Small amount Tabasco or taco sauce.
- Pepper to taste.



Heat margarine and sauté onion until tender. Add flour and half and half and cook a few minutes on low heat. Then add the remaining ingredients. Cook slowly. Two teaspoons of dried onion flakes may be substituted for the diced onion and evaporated skim milk for the half-and-half. (Optional: Dash or two of Old Bay Seasoning)

## Low-Fat Broccoli Soup

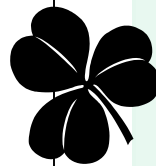
- 2 c. chopped fresh or frozen broccoli
- ½ c. chopped onion
- 1 – 14½ oz. can low-sodium chicken broth
- 2 T. cornstarch
- 1 – 12 oz. can evaporated skim milk

In a saucepan, combine broccoli, onion and broth; simmer for 10-15 minutes or until vegetables are tender. Puree half of the mixture in a blender; return to the saucepan. In a small bowl, whisk cornstarch and 3 T. of milk until smooth. Gradually add remaining milk. Stir into the broccoli mixture. Bring to a boil; boil and stir for 2 minutes.

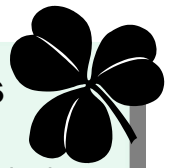
## Chicken Gumbo

- 2 or 3 large boneless, skinless chicken breasts
- ½ lb. fully cooked Lite Kielbasa
- 3 c. water
- 1 pkt. low-salt chicken bullion
- ½ c. uncooked brown rice
- 2 – 8 oz. cans tomato sauce
- 1 – 14½ oz. can diced tomatoes with garlic and onion
- 1 c. frozen corn
- 1 medium green pepper, diced

Cook the chicken breasts in the water until done. Remove and cool, saving the water. Cut the chicken into bite-sized pieces and the Kielbasa into ½ slices that are cut in half. Bring the broth to a boil and add the chicken bullion, chicken, Kielbasa and rice. Cook over medium heat for 15 minutes. Add remaining ingredients and simmer over medium heat another 10-15 minutes until rice is done. The Kielbasa adds a nice smoky flavor to the soup. If you can't find diced tomatoes with garlic and onion, just use plain diced tomatoes and add ¼ tsp. garlic powder and ¼ c. diced onion to the soup.



# Regional Trainings



## South Central HCQU

*Trainings are free, but registration is required.*

- **Respiratory Complications and Bee Stings** – March 10 – 10:00-12:00pm @ Typical Life Corp., NE Plaza, Manchester
- **Down Syndrome & Common Genetic Syndromes** – March 22 – 2:00-4:00pm @ Bell Socialization Services, 160 S. George Street, York.
- **Substitute Health Care Decision Making** by Linda and Bob Derr – April 5 or 28 – 9:00am-3:30pm @ Government Center Annex, York County Area Agency on Aging, 141 W. Market Street, York
- **Managing Threatening Confrontations: Putting Order to Chaos** by Paul White – May 6 – 9:00am-4:00pm – Hershey Public Library

*For more information call Cherie Adkins  
717-909-3858*

*Leave a message re: registration, questions, etc.*

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

\*\*\*\*\*

*SC-HCQU is not affiliated with the following organization, however we are pleased to inform our readers of these trainings:*

## FYI

*Teresa Rash, CTRS, Director of Therapeutic Services at the Margaret E. Moul Home in York, will be presenting the following free trainings designed for line staff.*

- **Recreation Assessment: Assessing the Client's Leisure Interests** – March 17<sup>th</sup> – 6:00-8:00pm at Typical Life office – NE Plaza, Manchester
- **Planning and Implementing Recreation and Leisure Services** – April 14<sup>th</sup> – 6:00-8:00pm at Typical Life office – NE Plaza, Manchester

*For more information and/or to register, please call or e-mail Carol Rupp, Training Coordinator at TLC  
717-268-8239  
[crupptlc@aol.com](mailto:crupptlc@aol.com)*

## D.D.N.A. 2005

**The Thirteenth Annual Conference of the Developmental Disabilities Nurses Association**

May 1-3, 2005

Hyatt Regency Columbus, OH

*"Broadening Our Perspective: New Challenges in Developmental Disabilities Nursing"*  
*For more information go to [www.ddna.org](http://www.ddna.org)*

# typical life corporation

## Who's Who In The View

**Mission:** To rescue people from the possibility of institutionalization, by providing revolutionary supports, so individuals can experience all life has to offer.

The Typical Life Corporation (TLC) is a private, not for profit, charitable organization that incorporated in 1999. Dan Stroup and Tammy Snyder, who have extensive experience working for other non-profit organizations in the York County area, founded the agency. Dan and Tammy wanted to create an agency based on progressive and innovative techniques in order to improve the quality of services offered to individuals who have a disability. Although disabled, the individuals served by TLC have the same rights, responsibilities, and opportunities to be active members of society. TLC's purpose is to provide supports and services to assist individuals with disabilities to live a normal life in the community.

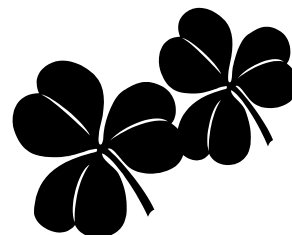
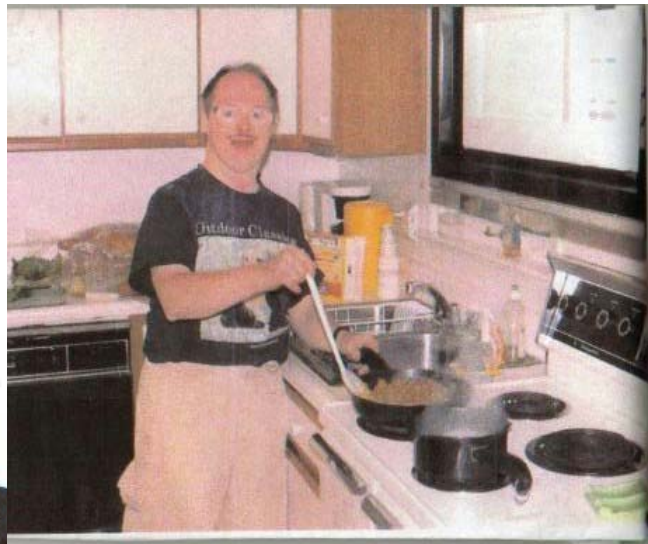
Presently, TLC manages eight homes in suburban neighborhoods. Each home serves three people with mental retardation. Support staff offers assistance with personal care needs, household activities (such as cleaning, cooking, laundry) medical appointments, taking medications, grocery shopping, and other activities in the community. The residents develop goals aimed at creating skills for more independence and involvement in the community. Typical Life also provides support to individuals who reside with their families or in their own homes.

Images Health Center is the first licensed day program in the State that focuses exclusively on the health and fitness needs of people with mental retardation/developmental disabilities. Activities include exercise programs, weight loss programs, strength training, nutrition training, hygiene skills, range of motion routines, and cardiovascular development.

Recently, TLC received a grant from the Developmental Disabilities Planning Council to coordinate a Faith Based Conference. The conference facilitates the inclusion of individuals with disabilities in religious activities of their choice. A grant was also received from the Young Women's Club of York to assist in life enrichment opportunities, such as attending local theatre productions. All of these programs help individuals experience all life has to offer.

*For more information, please contact  
Typical Live Corporation  
PO Box 589  
M Wolf, PA 17347*

*Phone: (717) 266-3681  
Fax: (717) 266-5234  
E-mail: [TypicalLifeCorp@aol.com](mailto:TypicalLifeCorp@aol.com)  
Website: [www.typicallife.org](http://www.typicallife.org)*





# Healthy People 2010



## What is "Healthy People"?

Healthy People 2010 is a set of health objectives for the Nation to achieve over the first decade of the new century. It can be used by many different people, States, communities, professional organizations, and others to help them develop programs to improve health. This effort has two goals: to increase the quality and years of healthy life and to eliminate health disparities. National surveys have shown that people with mental retardation are less likely than the general population to get appropriate health care.

Healthy People 2010 features 10 Leading Health Indicators. Each Leading Health Indicator (LHI), is an important health issue by itself. The indicators are intended to help everyone more easily understand how healthy we are as a Nation and which are the most important changes we can make to improve our own health. The Leading Health Indicators are:

Physical Activity  
Access to Health Care  
Responsible Sexual Behavior  
Immunization

Overweight and Obesity  
Environmental Quality  
Injury and Violence

Tobacco Use  
Substance Abuse  
Mental Health

Each Leading Health Indicator depends to some extent on

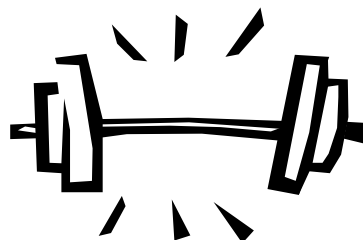
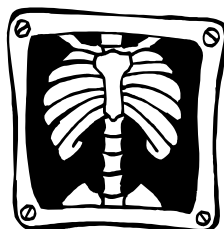
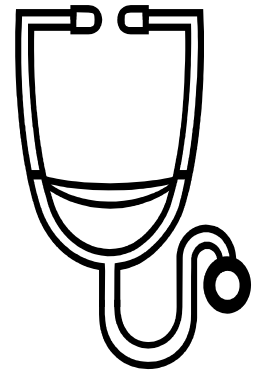
- The information people have about their health and how to make positive changes
- The social, economic, and environmental living conditions of people
- The type of healthcare and the access to it

Some possible actions are to

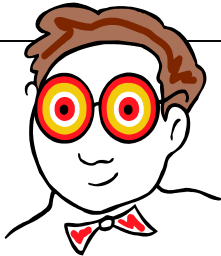
- Adopt the 10 LHI as personal guides to make your own health improvements.
- Promote the development of worksite wellness programs and address several indicators simultaneously, such as physical activity, obesity, and tobacco use.
- Use existing outreach efforts such as immunization programs to promote enrollment in health insurance programs.

In upcoming issues of the "HCQU View" one of the 10 Leading Health Indicators will be featured, as together we will collaborate to better understand how influencing factors impact on our everyday health. Take action to improve your health. Determine what you can do for yourself and others to live better and live longer.

*More information on the Leading Health Indicators, including links to Federal Web sites with data, planning tools, scientific information, and details about various programs are available at [www.healthypeople.gov/LHI](http://www.healthypeople.gov/LHI)*







## SAVE YOUR VISION MONTH

*Spring Starts In March. Don't Miss It.*

Healthy vision is a precious gift that allows us to enjoy the beauty of nature, the smile of a loved one, and the many wonders of the world around us. Unfortunately for 14 million Americans, eye problems can interfere with daily activities and inhibit the enjoyment of life.

March is National Save Your Vision Month, designed to increase awareness of eye health and help reduce incidence of serious and debilitating eye conditions such as cataracts, age related macular degeneration, glaucoma, and diabetic neuropathy.

Health officials have identified the most significant and preventable threats to vision. According to the Department of Health and Human Service's Healthy People 2010 report, visual impairment represents one our county's 10 most frequent causes of disability.

To help avoid or remedy vision problems, we must remain dedicated to the prevention of eye injuries, emphasize early detection of eye disease, work to research and develop new treatments and rehabilitation therapies, and promote vision health awareness. All Americans should take steps to ensure that eye health becomes a priority in our homes, businesses, and communities.

### **Ways To Increase A Lifetime Of Good Vision:**

Schedule regular eye examinations, regardless of your age or health. Many eye problems can be prevented or reversed if detected early enough. Contact your optometrist/ophthalmologist if you experience any of the following symptoms:

Headaches or Aching Eyes  
Dry Eyes  
Blurred or Double Vision  
Difficulty Changing Focus From Near To Far  
Difficulty Seeing While Driving At Night



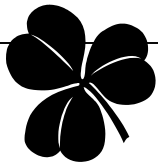
- ✓ Eat a healthy, balanced diet that includes foods that are rich in antioxidants (fruits and vegetables).
- ✓ Wear protective eye wear when playing sports or when doing activities in which objects may be hurled toward the eyes, such as mowing the lawn, operating power tools, using chemicals, or cutting wood.
- ✓ Wear sunglasses that block out ultraviolet light when you are in the sun.
- ✓ Take regular breaks if working on the computer for long periods of time.
- ✓ If you are diabetic, take your medication as prescribed and follow dietary advice.
- ✓ Discuss family history of eye diseases with your physician.
- ✓ Do not smoke and avoid second-hand smoke.

So, think about it! How old are your current frames? Does your vision appear as sharp as usual? How long has it been since your last eye exam? It may be time for a visit to the "eye doctor"!

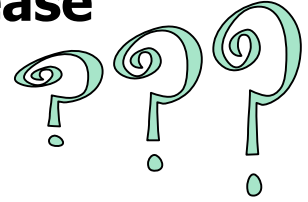
## **For Your Health!**

It has been said that laughing adds years to your life. If so, in keeping with the mission of the "HCQU View" to *provide information, which will aid in achieving and maintaining good health of individuals*, we provide a laugh for your mental and physical health!

A pediatrician finished the first checkup for a newborn boy and told the parents, "You have a cute baby." Smiling, the parents said, "I bet you say that to all the new parents." "No," he replied, "just to those whose babies really are good-looking." "So what do you say to the others?" they asked. "He looks just like you."



# Understanding Alzheimer's Disease



Once thought only to afflict those well advanced in years, now has made its appearance in the lives of those as young as the 40's and 50's. Alzheimer's Disease is a progressive neurodegenerative disease, characterized by loss of function and the death of nerve cells in several areas of the brain leading to impairment of cognitive and adaptive skills necessary for life.

Imagine your brain as a house filled with lights. Now imagine someone turning off the lights one by one. That's what Alzheimer's Disease does. It turns off the lights so that the flow of ideas, emotions, and memories from one room to the next slows and eventually ceases. And sadly – as anyone who has ever watched a parent, a sibling, or a spouse succumb to the spreading darkness knows – there is no way to stop the lights from turning off, no way to switch them back on, once they have grown dim.

Alzheimer's Disease (AD) cannot be cured and is always fatal, developing slowly, causing irreversible, destructive changes in the brain. Progression of the disease varies from person to person, some living 5 years, while others living as long as 20 years.

In the early stage of the disease, the person may have difficulty with short-term memory. Progression leads to new symptoms oftentimes associated to threatening behaviors, wandering, loss of speech, and failure to recognize self or others.

Risk factors that increase the chances of getting AD include the normal aging process, family history, environmental factors such as aluminum and zinc which have been found in increased amounts in the brain of those with AD, and possibly viruses.

Treatment for the disease is more effective during the early stages of the disease. When someone has AD, the brain produces less acetylcholine. Aricept and medications like it, help prevent the breakdown of acetylcholine. Antipsychotics can reduce delusional states and agitation. Antioxidants such as Vitamin E may be used to reduce inflammation of the brain.

The caregiver to the individual with Alzheimer's disease, often referred to as the hidden or second victim of the disease, needs encouragement to take time to renew and refresh themselves. Encourage them to find ways to reduce stress, rotate responsibilities, take opportunities to vent, and prepare for the eventual loss.

To help the individual with AD the caregiver should promote a calm, peaceful environment, maintain familiar routines, and allow as much independence as possible. Nutrition may need to be adapted and foods modified as the disease progresses. Take time to listen, and give plenty of time for a response, even when trying to bring them back to reality, may not be effective.

It's important to offer the opportunity for meaningful relationships without making demands on the person's memory or communication skills, and to create a nurturing, loving environment that reflects value for the life of the one being cared for. Some cultures view care-giving as an opportunity to honor their elders for who they are now.

Alzheimer's Disease is a long and difficult road for all involved. Families and care providers play a critical role in making tough decisions that ultimately respect the person's end-of-life wishes and at the same time maintain their dignity and comfort.

For more information on Alzheimer's Disease visit online [www.alzheimersupport.com](http://www.alzheimersupport.com), [www.alzheimers.org](http://www.alzheimers.org), [www.alzforum.org](http://www.alzforum.org), [www.healthexplorer.com/alz](http://www.healthexplorer.com/alz), [www.nlm.nih.gov/medlineplus/alzheimersdisease.html](http://www.nlm.nih.gov/medlineplus/alzheimersdisease.html)



*Excerpted from the South Central Health Care Quality Unit Training, "Unlocking Dementia and Alzheimer's Disease." For formal training contact your community HCQU nurse.*

# 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.

## Remember –

We are what we repeatedly do. Excellence, then, is not an act, but a habit.

-- Aristotle

**Save This Date!**

**May 10-11, 2005**

The Pennsylvania Department of Aging and The Office of Mental Retardation announce **Aging/Mental Retardation Cross-Systems Conference:**

**Building Bridges 2005**

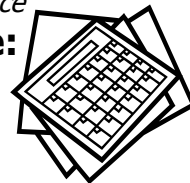
Holiday Inn Harrisburg/Hershey  
Grantville, PA

Registration is \$80 and includes all conference activities, continental breakfasts and lunches on both days!

For more information or to be sure you are on the mailing list please contact:

Bill Barbour, Department of Aging: (717) 783-7096 or email: [wbarbour@state.pa.us](mailto:wbarbour@state.pa.us) or

Jule Wnorowski, Office of Mental Retardation: (570) 963-4391 or email: [jwnorowski@state.pa.us](mailto:jwnorowski@state.pa.us)



## Consumer's Creative Corner

Let's have a big round of applause for the **winner** of February's *Love Your Heart* contest... Allen of Lebanon, PA.  
**Congratulations Allen!!**

We would like to thank everyone who participated in the contest. Each participant will receive a *Certificate of Appreciation for Participation* and a gift certificate to Dairy Queen.

