

SC-HCQU View

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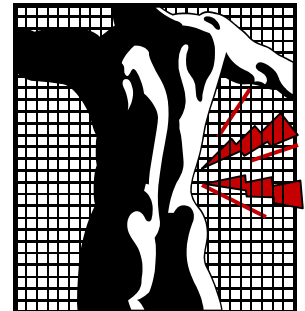
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What Causes Muscle Cramps?

This is the time of the year we get active... coming out of hibernation after the bleakness of winter. Are your muscles in shock?

A muscle cramp is an involuntary and forcibly contracted muscle that doesn't relax. Most cramps happen in the muscles of the lower leg/calf area, or the back of the thigh/hamstring area. But cramps can occur in the feet, hands, arms, back and other parts of the body.



There are many causes of cramping especially if you regularly run or work out. It can be a combination of poor or inadequate preparation when starting a strenuous activity, muscle fatigue, dehydration, and/or depletion of salt, minerals and electrolytes in the body.

If exercise is not in your routine, perhaps it is time to consider stretching and toning those muscles to prevent cramping or injury when starting your spring outdoor activities.

Treating a muscle cramp starts with stretching and gently massaging the area. If cramping occurs when you are at rest, try gently stretching the muscle or applying pressure such as pushing the ball of your foot against the floor.

After cramping has been relieved the muscle may be sore and ache. Using a cold pack for the first 24 hours then moist heat for the next 24 hours will enhance the healing process and relieve discomfort.

Good luck with your Spring activities... remember to warm up and start slowly!!

-- Kathleen Jaczynski, RN



May – National Health Awareness Month

**National Osteoporosis Awareness
& Prevention Month**
communications@nof.org
www.nof.org

Mental Health Month
www.nmha.org

Lyme Disease Awareness Month
lymefnd@aol.com
www.lyme.org

Asthma & Allergy Awareness Month
info@aafa.org
www.aafa.org

Better Sleep Month
bsc@sleepproducts.org
www.bettersleep.org

Better Hearing & Speech Month
actioncenter@asha.org
www.asha.org

National Arthritis Month & Annual Arthritis Walk
www.arthritis.org

Brain Tumor Action Week (1-7)
cindirixey@aol.com
www.nabraintumor.org/events.html

Food Allergy Awareness Week (8-14)
faan@foodallergy.org
www.foodallergy.org

Schizophrenia Awareness Week (22-28)
harwin@NSFoundation.org
www.NSFoundation.org

**National Sight-Saving Month:
Ultraviolet Awareness Month**
info@preventblindness.org
www.preventblindness.org

Skin Cancer Awareness Month
www.cancer.org

National Neurofibromatosis Month
nnff@nf.org
www.nf.org

Tuberous Sclerosis Awareness Month
info@tsalliance.org
www.tsalliance.org

National High Blood Pressure Education Month
nhlbiinfo@rover.nhlbi.nih.gov
www.nhlbi.nih.gov

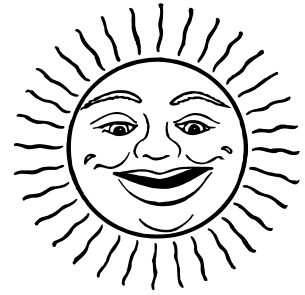
National Mental Health Counseling Week
vmoore@amhca.org
www.amhca.org

Multiple Chemical Sensitivity (MCS) Awareness Week (1-7)
ECHOMCSCT@aol.com
www.ECHOMCSCT.homestead.com

National Alcohol & other Drug-Related Birth Defects Week (6-14)
national@ncadd.org
www.ncadd.org

Cornelia de Lange Syndrome (CdLS) Awareness Day (14)
awareness@cdlsusa.org
www.cdlsusa.org

National Running & Fitness Week (22-28)
run@americanrunning.org
www.americanrunning.org

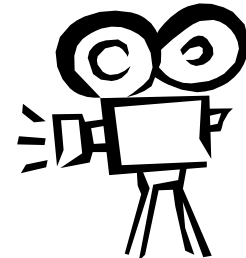


Coming Attraction

2nd ANNUAL LEBANON COUNTY SELF-DETERMINATION CONFERENCE

"Self Determination: What Does It Mean?"

Tuesday, May 24, 2005
Lebanon Valley College
Annville, PA
8:30 a.m. – 3:30 p.m.



Keynote Speaker: Steven Surovic, Executive Director, The Arc of Pennsylvania

Sessions Include: Power of Attorney, Guardianship & Special Trusts

Panel Discussion: "Where We've Been, Where We Are & Where We Are Going"

Co-sponsored by The Arc of Dauphin & Lebanon Counties and the Lebanon County MH/MR program.

Contact Kathy Gingerich at 717-920-2727 or kgingerich@arcofdc.org

HCQU Food Review

During the spring and summer months fresh berries are always a wonderful addition to any meal. Strawberries, blueberries, raspberries; the list goes on and on. These little powerhouses are packed with vitamin C, antioxidants and fiber. Add berries to a fruit salad, toss them on your cereal or try these tried-and-true recipes from the HCQU staff and enjoy...enjoy!

Blueberry Cobbler

Courtesy of Diane Schriver

- 1 stick butter, melted 4-5 c. blueberries*
- 2 c. self-rising flour ¼ c. sugar
- 1¾ c. sugar
- 1 c. milk

Pour the melted butter in the bottom of a Pyrex baking dish. Mix together the flour, 1¾ c. sugar and milk. Pour mixture on top of melted butter. Mix together the berries and ¼ c. sugar. Pour this on top of above mixture. Bake at 400° for 30 minutes.

*Peaches may be used in place of the blueberries.

Fresh Strawberries and Yogurt

- 1 c. plain non-fat yogurt
- ¼ c. brown sugar
- 2 packets Equal sweetener
- ¼ tsp. ground cinnamon
- 1 tsp. vanilla
- 2 pints fresh strawberries*, hulled and halved
- 2 T. chopped pecans (or granola)



In a small bowl, whisk yogurt, brown sugar, sweetener, vanilla and cinnamon until smooth. Refrigerate for 1 hour until slightly firm. Place strawberries in 4 desert dishes. Spoon ¼ c. of the sauce over each serving. Top with nuts or granola and serve immediately.

*Other berries may be substituted for the strawberries.

Regional Trainings

South Central HCQU

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

- **MR: What Are The Issues?** – May 12, 10:00am-12:00pm @ Typical Life Corp., NE Plaza, Manchester
- **De-Stress The Discharge & Communicating with Health Care Professionals** – May 18, 9:00am-12:00pm @ Hershey Public Library
- **Anxiety Disorder & Bipolar in Developmentally Disabled** – May 24, 2:00pm-4:00pm @ Bell Socialization Services, 160 S. George Street, York
- **Consumer Health Fair** – June 4, 10:00am-2:00pm @ Penn State University York campus in the Conference Center
- **Disorders Of The Eye** – June 7, 10:00am-12:00pm @ Typical Life Corp., NE Plaza, Manchester
- **Getting The Most Out Of a Psychiatrist** by Jim Siberski – June 8, 9:30am-2:30pm @ York Jewish Community Center

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.

- **Sensory Stimulation and Therapeutic Activities** – May 19th – 6:00-8:00pm at Typical Life office – NE Plaza, Manchester
- **Group Leadership and Cohesiveness** – June 16th – 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



"Healthy Outlooks!"
Head To Toe"

South Central Health Care Quality Unit
3rd Annual

Consumer Fair !

June 4, 2005

10:00am-2:00pm

**Penn State
Conference Center**

1031 Edgecomb Avenue
York, PA



Anatomy of MyPyramid

One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol had been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.

Activity

Activity is represented by the steps and the person climbing them as a reminder of the importance of daily physical activity

Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.

Proportionality

Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

Variety

Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.



USDA U.S. Department of Agriculture
Center for Nutrition Policy
and Promotion
April 2005 CNPP-16

USDA is an equal opportunity provider and employer.

GRAINS

VEGETABLES

FRUITS

OILS

MILK

MEAT & BEANS

Community Education Program Gateway Health Plan

Gateway, a managed care organization through Medicaid, has a Community Education Program, for its members, and the public. The information sessions are to help individuals understand how the Gateway Health Plan works and how to take care of their health. The programs available through Gateway include:

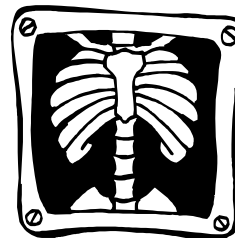
- **Taking Charge of Your Health**
- **Her Time**
- **Health Literacy**
- **His Time**
- **Managed Care 101**
- **Teen Scene, the Dot Com Generation**
- **Home Alone**
- **Fire, Burn, and Scald Prevention**
- **Healthy Heart**

and several other educational topics to help you make healthy choices. For more information about these programs, call the **Gateway Community Development Department at 412-255-7138.**

Gateway to Health 3 March 2005, www.gatewayhealthplan.com

OSTEOPOROSIS

A Serious Concern



Osteoporosis means “brittle bones”. This silent disease causes bones to be more susceptible to fractures. Frequently a diagnosis is not made until a bone is broken and the disease may already be in an advanced stage.

Numerous risk factors have been identified for osteoporosis. These included smoking, lack of weight bearing exercise, calcium deficient diets, alcohol use, estrogen deficiency (post-menopausal or surgically-induced), Trisomy 21 and family history of the disease. Many medications can lead to decreased bone density as well. These include anticonvulsants, Synthroid, Heparin, and long-term use of steroids. Typically women who are thin, small boned and elderly are considered to be at risk. However, many people who do not fit this profile are being diagnosed. Men and women have been found to have osteoporosis at a young age, especially those who are confined to a wheel chair or bed.

Family physicians are able to screen for osteoporosis by ordering a DEXA scan. This is a painless procedure that takes about 10 minutes to complete. A heel scan, known as a PIXI scan, may be done first, and if positive, further testing may be ordered. Test results can be normal, reveal osteopenia (reduced bone density) or a diagnosis of osteoporosis may be made.

Treatment includes medications such as Fosamax, Actonel or Evista. Miacalcin, which is a nasal spray, may be prescribed for those who have difficulty taking oral medications. Those with osteopenia or osteoporosis are generally placed on calcium supplements and weight-bearing exercise if the person is able to do so. (Be sure to check with the primary care physician (PCP) before beginning an exercise program).

Prevention is the best plan. Include calcium-rich foods in the daily diet (low-fat dairy products, broccoli, stewed tomatoes and sardines with bones, for example). Avoid sodas containing phosphoric acid (these take calcium from the bones) and talk to the doctor about exercise and calcium supplements. Don't smoke and limit alcohol consumption.



Osteoporosis is a growing concern. It's important to be aware of the risks and means of prevention. Many of our consumers have been diagnosed with this disease and many others could be unaware of decreased bone density. Even persons who are temporarily immobile for more than a month can be at risk. Talk to your PCP if you suspect you may be at risk and need screening. Remember that prevention is important to decrease fractures and maintain an individual's quality of life.

– Wanda Nikolaus, RN

As the old Irish proverb says –

‘As you ramblø through lifø,
whatøvør bø your goal;
Keep your øyø upon thø doughnut,
And not upon thø holø!

Think about it!

Food For Thought!

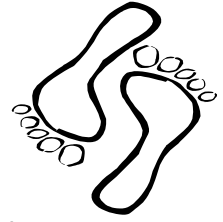


Small Steps

Why is staying active important?

**“When it comes to your health,
even little steps can make a big difference.”**

– President George W. Bush –



Very simply said—because your well-being depends on it. You’ll look and feel better, every day.

When you make staying active part of your daily life, you don’t get tired after taking a flight of stairs. You have more energy for weekend get-togethers with family and friends. You’re more alert. You do better at school or at work. And, you’re more sure of yourself.

Fitness is about improving endurance, flexibility, and strength through regular physical activity. That even includes things like walking the steps and cleaning the garage.

Remember, it’s never too late to get more active. Every little bit helps. It doesn’t have to be strenuous to be healthy, either. Just start slowly and build gradually. The time to begin is right now. You’ll start to notice the difference right away—for both your body and your mind.

Heart Health

Regular physical activity can lower your blood pressure and cholesterol levels and can reduce the risk of illnesses such as Type II diabetes or heart disease.

Bone Support

Exercise is a good way to build strong, healthy bones and can help slow the bone loss associated with getting older.

Sense of Well-being

Being in good shape can give you more energy, reduce anxiety and depression, improve your self-esteem, and help you better manage stress.

Social Life

Staying active can be a great way to have fun, make new friends, and spend quality time with your family.

Physical Appearance

You look better when you’re in shape. Staying active helps you tone muscle and helps maintain a healthy weight—and can even improve your posture.

Look better and feel better every day by getting and staying more active. Just do it!

<http://www.presidentschallenge.org> 4/20/2005

Getting a Good Night’s Sleep

Have trouble falling asleep or wake up in the middle of the night, not able to fall back to sleep? Take heart, you’re not alone. According to a stress and sleep survey by the Better Sleep Council, 65% of Americans are losing sleep due to stress, 32% are losing sleep at least one night per week, and 16% experience stress-induced insomnia.

Like food and water, adequate sleep is essential to good health and quality of life. Not sleeping well can lead to a number of problems. For example, individuals who have poor nighttime sleep are more likely to have a depressed mood, attention and memory problems, excessive daytime sleepiness, and use more over-the-counter or prescription sleep aids.

Sleep problems can also undermine your immune system, throw your hormones out of balance, strain your heart health, and raise your risk of cancer, headaches, stomachaches, and backaches. It can even affect your weight.

For most people “sleep debt” is a choice and not due to medical conditions. Just as with all areas of our life, we need to set priorities when it comes to sleep. Move “zzzz” time higher on your priority list. We can help ourselves be good sleepers.

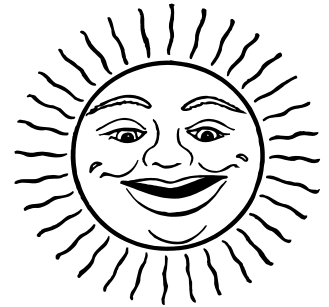
- Clear your mind before laying down—make a “to do” list before retiring... then forget it until tomorrow!
- Develop a regular routine before trying to sleep—reading, quiet music, or a hot bath.

(Continued on page 7)

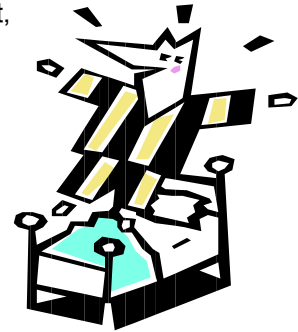


Getting A Good Nights Sleep (continued)

- Assign responsibilities—you can never have it all done, so assign chores and errands to other family members. It may not be like you would do it, but it will encourage others to share more responsibilities, and ease some stress placed upon you.
- Establish regular bed times and waking up times—even on weekends.
- Make exercise a part of your daily life routine—but finish several hours before going to bed, otherwise it may stimulate you, and give you that “second wind.”
- Avoid nicotine, caffeine, and alcohol close to bedtime. It could disrupt your sleep.



Life is a rat race far too many times for most of us and we need a good night's rest to renew our strength and energy. Having a good night's rest regularly can make all the difference in the quality of each day and your life-long health. Although sleep patterns change as we age, disturbed sleep and waking up tired every day is not normal. If you have taken steps to improve your sleep and see little or no improvement, discuss your sleeping patterns with your physician, to determine if there may be an underlying health condition.



References

<http://www.bettersleep.org>: National Sleep Foundation/Better Sleep Council Sleep Tips

<http://www.nih.gov>: A Good Night's Sleep

Haiken, M.: *A Better Bedtime*. Health, January- February 2005. (43)

“WHEN SOMEONE HAS SCHIZOPHRENIA”

A brief overview of symptoms, treatments, and research findings.

Schizophrenia is a devastating brain disorder – the most chronic and disabling of the severe mental illnesses. The first signs of schizophrenia, which typically emerge in young people in their teens or twenties, are confusing and often shocking to families and friends. Hallucinations, delusions, disordered thinking, unusual speech or behavior, and social withdrawal impair the ability to interact with others. Most people with schizophrenia suffer chronically or episodically throughout their lives, losing opportunities for careers and relationships.

In the U.S., approximately 2.2 million adults of the population age 18 and older have schizophrenia. Schizophrenia ranks among the top 10 causes of disability in developed countries worldwide. The risk of suicide is serious in people with schizophrenia.

Family studies indicate that genetic vulnerability is a risk factor for schizophrenia. Scientists agree that nongenetic factors, such as environmental stress perhaps occurring during fetal development or at birth, also may contribute to the risk of schizophrenia. Advances in neuroimaging have shown that some people with schizophrenia have abnormalities in brain structure consisting of enlarged ventricles and in childhood-onset have evidence of progressive abnormal brain development.

Newer medications called *atypical antipsychotics* are very effective in the treatment of hallucinations and delusions. Intensive case management, cognitive-behavioral approaches that teach coping and problem-solving skills, family educational interventions, and vocational rehabilitation can provide additional benefit. A good doctor-patient relationship may help people with schizophrenia continue to take medications as prescribed. Research continues to identify relationships between genetic, behavioral, developmental, social and other factors to identify the cause or causes of schizophrenia.

Helping the individual understand the need for medication and on-going treatment will enhance the success of managing the disorder and living a full life.

National Institute of Mental Health Publication No.01-4599. <http://www.nimh.nih.gov>.
Updated 10/14/2004

Bulletin Board

Take note!

To receive our newsletters just send your e-mail address to mmerdman@geisinger.edu

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



REGISTER SOON! "Getting the Most Out of a Psychiatrist"

HCQU sponsored training
with Jim Siberski, MS

June 8, 2005

York Jewish Community Center

For more information refer to the Regional Training list (p.3) or contact Cherie Adkins
717-909-3858

csadkins@geisinger.edu

Remember –

If you judge people, you have no time to love them.
-- Mother Theresa

Open House

Wednesday

May 4th

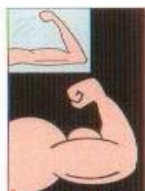
6 - 8 PM

Serving individuals with developmental disabilities

Body Blast



Meet The Staff
Bring A Friend



Images
Health Center

2159 White Street
York, PA, 17404

Phone: (717) 854 - 2707
Fax: (717) 854 - 5007

Come Check Out The Gym
Free Healthy Snacks Will Be Served