

# SC-HCQU View

Facilitate-Educate-Communicate



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## “How Long Will These Feelings Last?”

Grief is a natural reaction to a loss in one's life, whether it is through death, divorce, job change, or even loss of a body part. November is designated as National Hospice Month. Following is a helpful timetable provided by “Hospice Care, Inc.” that can be referenced to answer one of the most frequently asked questions of Hospice workers. (There is no definitive answer so please use this only as a guide).

### Month One:

In the first month, grieving persons may be so busy with funeral arrangements, visitors, paperwork and other immediate tasks that they have little time to begin the grieving process. They may also be numb and feel that the loss is unreal. This shock can last beyond the first month if the death was sudden, violent or particularly untimely.

### Month Three:

The three-month point is a particularly challenging time for many grieving persons. Visitors have gone home, cards and calls have pretty much stopped coming in, and most of the numbness has worn off. Well meaning family and friends who do not understand the grief process may pressure the grieving person to get back to normal. The grieving person is just beginning the very painful task of understanding what this loss really means.

### Months Four through Twelve:

The grieving person continues to work through the many tasks of learning to live with the loss. Difficult periods will crop up with no obvious trigger, even late into the last half of the first year. It is important that the grieving person understands that these difficult periods are normal rather than a setback or a sign of lack of progress.

### Significant Anniversaries:

During the first year, personal and public holidays present additional challenges. Birthdays (of the deceased and other family members), wedding anniversaries, and family and school reunions can be difficult periods. Medical anniversaries, such as the day of the diagnosis, the day someone was hospitalized or came home from the hospital can also bring up memories. The grieving person may not be consciously keeping track of these dates, but is still affected by them.

### The One-Year Anniversary of the Death:

Reactions to the anniversary of the death may begin days or weeks before the actual date. Many people describe reliving those last difficult days. Even individuals who have been doing very well toward the end of the first year may be surprised at how intensely the one-year anniversary affects them. People generally welcome additional acknowledgment or support during anniversaries.

### The Second Year:

Most grieving people agree that it takes at least two years to start feeling as if they have established workable new routines and a new identity without the deceased person. Many of the tasks of the second year have to do with re-assessing goals, discovering a new identity and creating a different lifestyle.

# November

## National Health Awareness Month

### National Hospice Month

[nhpco\\_info@nhpco.org](mailto:nhpco_info@nhpco.org)  
[www.nhpco.org](http://www.nhpco.org)

### Lung Cancer Awareness Month

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

### Foot Health Issues Related to Diabetes Awareness Month

[jescherer@apma.org](mailto:jescherer@apma.org)  
[www.apma.org](http://www.apma.org)

### COPD Awareness Month

[shurd@prodigy.net](mailto:shurd@prodigy.net)  
[www.uscopd.org](http://www.uscopd.org)

### American Diabetes Month

[askada@diabetes.org](mailto:askada@diabetes.org)  
[www.diabetes.org](http://www.diabetes.org)

### National Epilepsy Awareness Month

[postmaster@efa.org](mailto:postmaster@efa.org)  
[www.epilepsyfoundation.org](http://www.epilepsyfoundation.org)

### Great American Smokeout (16)

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

### Pancreatic Cancer Awareness Month

[information@pancan.org](mailto:information@pancan.org)  
[www.pancan.org](http://www.pancan.org)

### GERD Awareness Week

[iffgd@iffgd.org](mailto:iffgd@iffgd.org)  
[www.aboutGERD.org](http://www.aboutGERD.org)

### Jaw Joints – TMJ Awareness Month

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

### (PH) Pulmonary Hypertension Awareness Month

[pha@phassociation.org](mailto:pha@phassociation.org)  
[www.phassociation.org](http://www.phassociation.org)

### Diabetic Eye Disease Month

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

### Prematurity Awareness Month

[askus@marchofdimes.com](mailto:askus@marchofdimes.com)  
[www.marchofdimes.com](http://www.marchofdimes.com)

### National Healthy Skin Month

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



## Roasting Your Turkey

- ✓ Set your oven temperature to no lower than 325° F.
- ✓ Place your turkey or turkey breast on a rack in a shallow roasting pan.
- ✓ For optimum safety, stuffing a turkey is not recommended. For more even cooking, it is recommended you cook your stuffing outside the bird in a casserole. Use a food thermometer to check the internal temperature of the stuffing. The stuffing must reach a safe minimum internal temperature of 165° F.
- ✓ If you choose to stuff your turkey, the ingredients can be prepared ahead of time; however, keep wet and dry ingredients separate. Chill all of the wet ingredients (butter/margarine, cooked celery and onions, broth, etc.). Mix wet and dry ingredients just before filling the turkey cavities. Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches a safe minimum internal temperature of 165° F.
- ✓ A whole turkey is safe when cooked to a minimum internal temperature of 165° F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. For reasons of personal preference, consumers may choose to cook turkey to higher temperatures.
- ✓ If your turkey has a “pop-up” temperature indicator, it is recommended that you also check the internal temperature of the turkey in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer. The minimum internal temperature should reach 165° F for safety.
- ✓ For quality, let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.
- ✓ Remove all stuffing from the turkey cavities.

# Let's Talk Turkey

**A Consumer Guide to Safely Roasting a Turkey**

**USDA** U.S. Department of Agriculture  
Food Safety and Inspection Service



## South Central HCQU Regional Trainings

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

- **Routine Screenings & Wellness** – December 1 from 10:00 am – 12:00 noon @ Franklin/Fulton MH/MR Office, 425 Franklin Farm Lane, Chambersburg – **Registration Deadline: November 22 before 4:00 pm**
- **Substitute Health Care Decision Making** – December 1 from 9:00 am – 3:30 pm @ Hershey Public Library, 701 Cocoa Ave., Hershey – **Registration Deadline: November 22 before 4:00 pm**

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



- **Routine Screenings & Cerebral Palsy** – November 9 from 10:00 am – 12:00 noon @ Typical Life Corp., North East Plaza, North George St., Manchester – **Registration Deadline: November 2 before 4:00**
- **Legal Competency** – November 28 from 1:00 pm – 3:00 pm @ Bell Socialization Services, 160 S. George St., York – **Registration Deadline: November 21 before 4:00 pm**
- **Obesity & Stress Management** – **Rescheduled – Date and Site To Be Announced**



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

- **Med Errors R3** – November 9 from 10:00 am – 12:00 noon @ St. Mark's Church 426 N. 8<sup>th</sup> St., Lebanon – **Registration Deadline: November 2 before 4:00 pm**
- **Seizure Disorder** – December 7 from 1:00 pm – 2:30 pm @ Lebanon Community Library, 125 N. 7<sup>th</sup> St., Lebanon – **Registration Deadline: November 30 before 4:00 pm**

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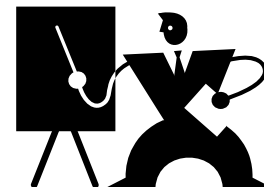
**Unfortunately, we are unable to accommodate registrations after the deadline.**

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 you agency's sheet.



Thank you!



# The Role of Nuts in a Healthy Diet

For many people, nuts are a staple in their diet. You heard nuts were high in calories and fat? So how important is it to include nuts into your daily diet?

Research indicates the more frequently nuts are eaten, the less risk for heart disease, and a lowering of cholesterol. Walnuts have specifically been studied for their positive effect on cholesterol and blood pressure. Results have shown by adding walnuts to a low cholesterol diet, it can lead to favorable changes. Growing evidence shows that nuts are comprised of active constituents that provide protective effects on the heart, improve control of blood-glucose, lower insulin requirements, and influence better weight control for diabetic patients.

Nuts are chocked full of natural goodies, containing many of the necessary nutrients for human growth. Almonds and peanuts contain proteins of high value, and nuts in general are an excellent source of essential unsaturated fatty acids necessary for good health. Nuts also provide lecithin, B vitamins, and auxones involved in renewing cells and preventing premature aging.

You can enjoy nuts throughout your day, with a natural cereal containing almonds and coconut, a handful of macadamia nuts for snack, a peanut butter/banana sandwich conveniently packed for a lunch on the run, and walnuts, slivered almonds, or pecan pieces tossed into a salad at your evening meal.

Nut consumption can make beneficial contributions to your diet, but at a cost—increased calories. It's simple enough to get a moderate amount of this valuable food into your diet each day, and offset the increase in calories. Studies have shown that nut eaters have a 10% higher caloric intake than non-nut eaters, but consumed less fat from other foods in their diet. Although nut consumption is low compared to other protein sources, such as meat and poultry, nuts provide many of the same nutrients to the diet and have great potential health benefits.

Sources: <http://www.usda.gov/cnpp>

## Sweet Pecans

2 c. pecan halves (7 1/2 ounce)  
1/4 c. sugar  
1/4 tsp. coarse salt  
1/4 tsp. ground cinnamon

1/4 tsp. ginger  
1/4 tsp ground nutmeg  
1 T. butter  
2 T. maple syrup

1. Preheat oven to 350°. Spread pecans on a rimmed baking sheet, and toast until fragrant, about 10 minutes. Set aside.
2. Whisk sugar, salt, cinnamon, ginger, and nutmeg in a large bowl; set aside.
3. Bring butter and maple syrup to a boil in a large skillet over medium heat. Add toasted nuts; stir to evenly coat. Add nut mixture to sugar mixture; toss to coat. Transfer to a rimmed baking sheet, and spread in a single layer; let cool completely. Pecans can be stored in an airtight container at room temperature up to 2 weeks.

## Nutty Snack Mix

1 1/2 c. small pretzels  
3 c. Chex cereal (your choice)  
2 c. peanuts  
1 1/2 c. Goldfish crackers  
1/4 c. canola oil  
2 tsp. Worcestershire sauce

\*1 tsp. chili powder  
\*1 tsp. cumin  
\*1 tsp. oregano  
\*1 tsp. garlic powder  
\*1 tsp. red pepper



1. Preheat oven to 300°. Combine first four ingredients in large bowl. Set aside.
2. Combine remaining ingredients into small bowl. Mix well. Pour over pretzel mixture; toss to coat. Place on rimmed baking sheet.
3. Bake 25 minutes, stirring halfway through. Cool completely. Mixture becomes crisp as it cools.

*\*spices can be adjusted to your taste*

# Gastroesophageal Reflux Disease

Gastroesophageal reflux disease, or GERD, occurs when the lower esophageal sphincter (LES) does not close properly, and stomach contents leak back, or reflux, into the esophagus. When refluxed stomach acid touches the lining of the esophagus, it causes a burning sensation in the chest or throat called heartburn. The fluid may even be tasted in the back of the mouth, and is known as acid indigestion.

Heartburn that occurs more than twice a week may be considered GERD, and can eventually lead to more serious health problems.

The main symptoms of GERD are persistent heartburn and acid regurgitation. Some people have GERD without heartburn. They may experience pain in the chest, hoarseness in the morning, or trouble swallowing. They may feel like food is stuck in their throat.

No one knows why people get GERD. A hiatal hernia may be a contributing factor. A hiatal hernia occurs when the upper part of the stomach is above the diaphragm, which makes it easier for the acid to come up. Other factors that contribute to GERD include alcohol use, being overweight, pregnancy and smoking. Certain foods can be associated with reflux events: citrus fruits, chocolate, caffeinated drinks, fried or fatty foods, garlic and onions, tomato-based foods, and mint flavorings.

If you have had heartburn or any of the other symptoms for a while, you should see your doctor. Depending on how severe your GERD is, treatment may involve one or more of the following lifestyle changes, medications or surgery.

Lifestyle changes include: stop smoking, don't drink alcohol, lose weight if needed, eat small meals, avoid tight fitting clothes, avoid lying down for 3 hours after a meal, and placing the head of your bed on 6 to 8 inch blocks.

Medications may be necessary and can include antacids to neutralize the acid in your stomach, H2 blockers such as Zantac and Pepcid which impede acid production, and Proton Pump Inhibitors (Prilosec, Prevacid, and Nexium) which can relieve symptoms in almost everyone who has GERD. If symptoms persist, additional tests may be necessary. Surgery is an option when medicine and lifestyle changes do not work.

Sometimes GERD can cause serious complications. Inflammation of the esophagus from stomach acid may cause bleeding or ulcers. In addition, scars from tissue damage can narrow the esophagus and make swallowing difficult. Some people develop Barrett's esophagus, where cells in the esophageal lining take on an abnormal shape and color, which over time can lead to cancer. GERD, Barrett's esophagus, and cancers of the esophagus are on the rise. It is extremely important to seek treatment for GERD and make lifestyle changes to relieve the symptoms, decrease the amount of reflux, reduce the damage to the lining of the esophagus, and avoid complications.



Sources: [www.nih.gov](http://www.nih.gov)



# 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.

## 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 –

*It's easy to make a buck. It's a lot tougher to make a difference.*

~ Tom Brokaw

## Med Task Force / Performance Improvement Trainings

### Cumberland/Perry/Dauphin Co.

Dates: 11/20  
Time: 1:00pm – 2:30pm  
Site: CMU, 1100 S. Cameron St., Harrisburg

### Franklin/Fulton Co.

Dates: 11/28  
Time: 10:00am – 11:30am  
Site: Keystone, 170 Mill Rd. Chambersburg

### Lancaster Co.

Dates: 11/27  
Time: 2:00pm – 3:30pm  
Site: PAI, 1820 Rohrerstown Rd., Lancaster

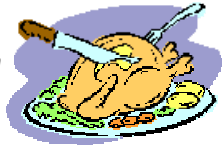
### Lebanon Co.

Dates: 11/16 – 10:00am  
Site: Lebanon Co. MH/MR, 220 E. Lehman St.  
Lebanon

### York/Adams Co.

Dates: 11/16 @ 1:00pm  
Site: ARC of York

## Storing And Reheating Turkey Leftovers



Well now that *YOU* are “stuffed” what do you do with all of the turkey leftovers to keep them safe for all the wonderful meals to follow?

### Storing Your Leftovers –

- ◆ Discard any turkey, stuffing, and gravy left out at room temperature longer than 2 hours; 1 hour in temperatures above 90° F.
- ◆ Divide leftovers into small portions. Refrigerate or freeze in covered shallow containers for quicker cooling.
- ◆ Use refrigerated turkey and stuffing within 3 to 4 days. Use gravy within 1 to 2 days.
- ◆ If freezing leftovers, use within 2 to 6 months for best quality.

### Reheating your Turkey –

Cooked turkey may be eaten cold or reheated.

#### In the oven –

- ◆ Set the oven temperature no lower than 325° F.
- ◆ Reheat turkey to an internal temperature of 165° F.
- ◆ To keep the turkey moist, add a little broth or water and cover.

#### In the microwave –

- ◆ Cover your food and rotate it for even heating. Allow standing time.
- ◆ Check the internal temperature of your food with a food thermometer to make sure it reaches 165° F.

Reference: U.S. Department of Agriculture Food Safety and Inspection Service