

HEALTHY OUTCOMES



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Human Trafficking

Since 2007, the National Human Trafficking Hotline has handled 51,919 cases throughout the United States. In 2019, there were 126 human trafficking cases reported to the hotline; 102 involved sex trafficking, 9 involved labor trafficking, 9 were a combination of sex and labor, and 6 were not specified. Human trafficking is a form of modern-day slavery and occurs when a trafficker uses force, fraud, or coercion to control another person for the purpose of engaging in commercial sex acts or soliciting labor or services against his/her will. If the individual is under the age of 18, force, fraud, or coercion does not need to be present.

The Women's Center, Inc. of Columbia and Montour counties provides free and confidential support services to victims of domestic violence, sexual assault, and incest. The Women's Center, Inc. Medical Advocacy Program is a healthcare-based identification of domestic violence and sexual assault victims seeking support, information, education, resources, and follow-up services through medical treatment within the healthcare setting. For hospital staff, if a patient discloses domestic violence or sexual assault and would like to speak to an advocate please call our hotline at (570)-784-6631 or toll free at 1-800-544-8293. Any survivors who would like to speak to an advocate can also call the hotline. Services are available 24/7. ■

www.humantraffickinghotline.org



The HCQU works with intellectual disabilities and behavioral health programs in Central PA to provide health care management services for adults with Intellectual/Developmental Disabilities or Autism. Our goal is that all people living in PA, regardless of ability, receive the finest community services available – assuring that they are as healthy as possible and can fully participate in community life. The HCQU works to enhance access to community physical and mental health care through **FREE** education, public health outreach, advocacy and empowerment as well as to improve health care outcomes. Serving the following counties: Blair, Centre, Columbia/Montour/Snyder/Union, Huntingdon/Mifflin/Juniata, Lycoming/Clinton, Northumberland and Schuylkill.

The information offered in this newsletter is to increase your awareness of health-related situations. It is not intended to be a substitute for professional medical advice. If you believe you or someone you support has a condition, please seek the advice of a physician.

What to Expect AFTER Getting a COVID Vaccine



Side Effects, which are normal signs your body is building protection, may feel uncomfortable and even affect ability to do daily activities:

- ✓ On the arm where you received the vaccine:
 - Pain
 - Swelling
- ✓ Throughout the rest of your body:
 - Fever
 - Chills
 - Tiredness
 - Headache

All these symptoms should go away in a few days.

Helpful Tips to reduce pain/discomfort:

- ✓ Apply a clean, cool, wet washcloth over the area
- ✓ Pain reducing medications can be taken AFTER vaccination, as needed (ibuprofen or acetaminophen)
- ✓ Drink plenty of fluids
- ✓ Use or exercise your arm
- ✓ Dress lightly

Post vaccine questions:

- No, it is not possible to get COVID-19 from vaccines
- A normal reaction to the vaccine typically occurs between 24-48 hours after receiving the injection. Reactions include low grade fever, muscle soreness and aches, joint pain, headache, nausea, fatigue, fever, chills, and pain and redness at the injection site. *Side effects are an indication that the body is reacting properly to the vaccine.*
- If you should develop a cough or shortness of breath, contact your health care provider immediately. If you are having severe symptoms or difficulty breathing, please seek emergency care.
- Immunity begins 7 days after first dose, *maximum immunity peaks two weeks after second dose.*

The official PA Dept of Health Vaccine website – www.health.pa.gov. ■

PADDNN

For information on PADDNN, visit the website at <https://paddnn.nursingnetwork.com/>.

A Tip for 2021

Practice Self-Compassion: Pick simple, easy goals. This helps when the drudge of Zoom calls, being isolated at home and missing family and close friends gets you down. If you're feeling stuck at home, accomplish a few activities you wouldn't normally have time for like reorganizing a closet, purging old emails, or planning a new exercise regime.



AID in PA is a resource collection for Pennsylvanians in the autism and intellectual disability communities. A joint effort between ASERT (Autism Services, Education, Resources, and Training) and state-wide HCQUs (Health Care Quality Units), this site is designed to connect individuals with disabilities, families, professionals, and community members with resources that can best serve them in emergency situations. Current resources focus on the ongoing COVID-19 crisis; however, this site can be accessed for other challenges. Visit often: <https://aidinpa.org>.

COVID-19: Myth or Fact?

I received the COVID-19 vaccine, so I can no longer spread the virus.



At no time – before, during or after – receiving a vaccine, should you stop preventive best practices like masking, physical distancing and handwashing.

THE HCQU HAS MOVED!

After a lifetime in the Vitaline Building on Woodbine Lane, the HCQU physical office has transplanted to 29 Montour Street in Danville. Our phone numbers are the same and we are happy to be settled in the new offices.

Stay Safe From Human Trafficking

General Safety Tips

- Trust your judgment. If a situation/individual makes you uncomfortable, trust that feeling.
- Let a trusted friend or relative know if you feel like you are in danger or if a person or situation is suspicious.
- If possible, set up safety words with a trusted friend/relative.
- One word can mean that it is safe to talk, and you are alone.
- A separate word can mean you are not safe.
- It is also important to communicate what you would like done (cease communication immediately, call 9-1-1, meet somewhere to pick you up, etc.).
- Keep all important documents and identification in your possession at all times. Your partner/employer does not have the right to take or hold your documents without your permission.



COVID-19 VACCINE

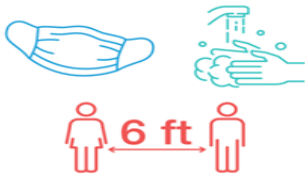


This is great news.
But COVID isn't over yet.

So wear your mask.

Wash your hands.

Watch your distance.



- Always keep important numbers on your person at all times, including the number of someone you feel safe contacting if you are in trouble.

Helpful Resource:

Community Safety Tips for Adults with Disabilities

Learn, Read, Ask

RISE is an innovative human services network originally established in 1987 for the purpose of moving individuals living in institutions into family settings. Since that time, services have grown to support children, adults, and families with a variety of needs across multiple states.

<https://riseservicesinc.org/community-safety-tips-for-adults-with-disabilities/>

- Make sure that you have a means of communication (cell phone or phone card), access to your bank account, and any medication that you might need with you at all times.
- If you think you might be in immediate danger or you are experiencing an emergency, contact 9-1-1 first. ■

CENTRAL PA
HEALTH CARE QUALITY UNIT
PHYSICAL AND BEHAVIORAL
HEALTH

TRAINING INDEX 2021

is available on our website

www.geisinger.org/hcqu



WEBINAR: Brain Injury in Older Adults

Two 90-minute sessions

March 2nd and 16th, 2021 from 1:00 - 2:30 p.m.

Anyone can attend!

3.0 CEUs available for Nurses, PTs, OTs and Social Workers through the PA State Boards

The Central PA HCQU will host these webinars presented by MJ Schmidt of the Brain Injury Association of Pennsylvania (BIAPA). She will discuss brain injury in older adults and the implications for care planners and others working in eldercare. This webinar will address:

- Brain Injury in Older Adults: Definition and Common Effects
- Brain Injury in Older People and Aging after Brain Injury: Characteristics and Implications
- Brain Injury in Older Adults: Interventions
- Minimizing Risk of Brain Injury in Older Adults
- Screening for History of Brain Injury in Older Adults

Registration Information:

BRAIN INJURY IN OLDER ADULTS: Part I (Geisinger)

March 2, 2021, 1 p.m.

Register at: <https://attendee.gotowebinar.com/register/1551727977667292687>

BRAIN INJURY IN OLDER ADULTS: Part 2 (Geisinger)

March 16, 2021, 1 p.m.

Register at: <https://attendee.gotowebinar.com/register/3285994265228155407>

After registering, you will receive a confirmation email containing information about joining the webinar.

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This training is funded by a grant. The Pennsylvania Department of Health (DOH) was awarded a traumatic brain injury (TBI) grant from the Administration on Community Living (ACL), the purpose of which is to address barriers to accessing brain injury services encountered by individuals with TBI. Grant projects address professional training, screening for TBI, information and referral services, and resource facilitation.

For more information contact plbrofee@geisinger.edu.

UNSCRAMBLE THE WORDS

Test your knowledge and see how words related to “Human Trafficking” you can unscramble:

DIMECOTS _____

FRACKINGFIT _____

FRUMLAH _____

DOVACATE _____

HENTREAT _____

TICKRAFFER _____

PARRENT _____

GRANDE _____

TAUSSAL _____

ELFE FASE _____

UPSPORT _____

DEMONCUTS _____

PLAXITOONTIE _____

ANSWERS TO WORD SCRAMBLE:

Domestic, trafficking, harmful, advocate, threaten, trafficker, partner, danger, assault, feel safe, support, documents, exploitation



Disinfect Your Electronics:

- ❖ Follow manufacturer’s instructions for cleaning and disinfecting electronic devices such as phones, tablets, remote controls, and keyboards. If there’s no guidance, use **alcohol-based wipes or sprays** containing at least **70% isopropyl alcohol**. Dry the surface thoroughly.
- ❖ Apple says you can clean your iPhone or other Apple device with disinfectant wipes. Samsung says you can use a 70% isopropyl alcohol solution and a microfiber cloth.
- ❖ You can also consider putting a **wipeable cover** on electronics and then clean and disinfect appropriately.

COVID-19 Caregiver’s Guide July 2020 Kaiser Permanente.

Visit <https://healthy.kaiserpermanente.org/health-wellness/coronavirus-information>

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Cooking Corner

Thai Chicken Casserole

1 bottle (11-1/2 ounces) Thai peanut sauce
 1 cup chicken broth
 3 cups shredded rotisserie chicken
 3 cups coleslaw mix
 4 green onions, chopped
 1 package (14 ounces) thick rice noodles
 Optional – chopped peanuts and minced
 fresh cilantro



Preheat oven to 400°. Whisk together peanut sauce and broth; toss with chicken, coleslaw mix and green onions. Prepare noodles according to package directions; drain and toss immediately with chicken mixture. Transfer to a greased 13x9-in. baking dish. Bake, covered, until heated through, 10-15 minutes. If desired, top with peanuts and cilantro.