

# HEALTHY OUTCOMES



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This is a time to raise cataract awareness and help to educate people about one of the leading causes of treatable vision loss in the United States. There are 24 million Americans over the age of 40 who are affected by cataracts, so it seems fitting that an entire month should be dedicated to cataract education and awareness.

A cataract is a clouding of the eye's lens, which blocks or changes the passage of light into the eye. Vision may become blurry or dim because the cataract stops light from properly passing through to the retina. Generally, a cataract does not cause pain, redness or tearing, but does cause increasing difficulty in seeing clearly.

### Cataract symptoms:

- ◆ Cloudy
- ◆ Glare
- ◆ New glasses
- ◆ Double vision
- ◆ Night vision
- ◆ Halo
- ◆ Yellow tint

### Some risk factors for cataracts include:

- ◆ Older age
- ◆ Certain diseases, such as diabetes
- ◆ Hereditary influences
- ◆ Eye injuries
- ◆ Smoking
- ◆ Intense heat or long-term exposure to UV rays from the sun
- ◆ Inflammation in the eye
- ◆ Long-term steroid use
- ◆ Eye diseases

Cataracts can be easily diagnosed and visiting your eye doctor regularly is important in helping protect your eyes from further damage. An annual eye exam is recommended for everyone over the age of 60, and bi-annual exams for adults between 41-60 years to check for developing eye or vision problems.

*(Continued on next page)*

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.*

# Protect Your Eyes From UV Rays Year-Round



Sunglasses have become a major fashion statement over the years. From the classic aviators to wayfarers, they're a staple of many summer wardrobes. But sunglasses are more than an accessory – they play an important role in protecting your eyes from UV rays and should be used year-round.

"Shielding your eyes from the sun's ultraviolet (UV) rays with sunglasses is essential for protecting against cataracts, macular degeneration, and other eye problems later in life," says Dr. Spencer Onishi, an ophthalmologist at Geisinger Woodbine in Danville.

## Sun damage can lead to cataracts.

"Cataracts are the clouding of your eye's lens, blurring your vision and making it more difficult to read, drive a car or watch television," says Dr. Onishi.

Most cataracts develop slowly and don't impair your eyesight early on. At first, the cloudiness caused by cataracts may only affect a small part of your eye's lens, leaving you unaware of any vision loss. However, over time, the cataract grows larger, clouding more of your lens and distorting the light passing through that lens.

"At first, glasses and stronger lighting can help you see better with cataracts. However, as the cataract grows, cataract surgery may be necessary if your impaired vision interferes with your regular, daily activities," says Dr. Onishi.

However, taking precautions earlier in life could help prevent cataracts from developing in the first place.

## Sunglasses to protect your eyes

"Wearing proper sunglasses when out in the sun, regardless of what time of the year it is, is the equivalent to wearing sunscreen on your skin," says Dr. Onishi. "Sunglasses block the same harmful rays that cause sunburn and skin cancer."

Without sunglasses, almost all the UV light that enters your eyes from the sun is absorbed by the cornea and lens of your eye. But preventing cataracts isn't the only reason to wear sunglasses.

"UV rays can also irritate your cornea, promote macular degeneration and possibly cause skin cancer or growths on or around the eyelids," says Dr. Onishi.

How do you know if your sunglasses are properly protecting your eyes? It isn't the price tag.

"The price doesn't matter. Many inexpensive glasses can block 99 to 100 percent of UVA and UVB rays. If they do, you'll know from a tag or sticker on the glasses. A UV400 label also means 100 percent UV protection," says Dr. Onishi.

Whether the sunglasses are polarized doesn't necessarily matter as much either. "Polarized lenses reduce glare and are especially helpful for driving, but polarization alone doesn't provide your eyes with UV protection. Ideally, your glasses should have both, but UV protection is more important," says Dr. Onishi.

It's important to wear sunglasses year-round, too. Even when it's cloudy, the sun's rays are still reaching your eyes. And while some contacts provide UV protection, they don't cover your whole eye. Choosing larger and close-fitting sunglasses that protect your eye from all angles will help protect them from UV damage. ■



## Cataract Awareness Month...

*(Continued from page 1)*

For more information on Cataracts:

<https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/cataracts>. ■

# All Pennsylvanians age 16 and older now eligible for COVID-19 vaccine.

New cases of COVID variants continue to appear and case counts and hospitalization rates are rising. That's why, with expanded eligibility, we're working to vaccinate our community members as quickly and equitably as possible. Preventive measures also remain important to help stop the spread of the virus — everyone, including those who receive the vaccine, should continue to properly wear a mask, avoid group gatherings, maintain physical distancing, and practice proper handwashing.

For more information on the state's guidelines, visit Pennsylvania's COVID vaccine website.

Expanded emergency use has been authorized for the Pfizer-BioNTech COVID-19 vaccine to ages 12+.

*\* Anyone under 18 must have a parent or guardian with them for vaccination.*

*Save the Date!*

# FALL PREVENTION INTERVENTION



August 4, 11, and 18, 2021  
10 – 10:40 a.m.

The Central PA HCQU will be hosting a three-part **Fall Prevention Intervention** training presented by Sarah A. Felker RN, BSN, Clinical Nurse Educator from Geisinger at Home.

Sneak peak of the training objectives:

Part I	Part II	Part III
<ul style="list-style-type: none"> <li>✓ Define the impact of falls for at risk individuals</li> <li>✓ Discuss how age puts individuals at risk for falls</li> <li>✓ Identify interventions to prevent falls in individuals with a fear of falling or history of falls</li> <li>✓ Describe interventions to reduce fall risk for individuals with cognitive impairment</li> <li>✓ Identify diagnosis that place individuals at risk for falling</li> </ul>	<ul style="list-style-type: none"> <li>✓ Discuss interventions to reduce fall risk for individuals with incontinence</li> <li>✓ Discuss interventions to reduce fall risk for individuals with visual impairment</li> <li>✓ Identify support strategies to reduce fall risk for individuals with acute and chronic pain</li> <li>✓ Discuss strategies to reduce fall risk for individuals at risk for polypharmacy</li> </ul>	<ul style="list-style-type: none"> <li>✓ Identify interventions to reduce fall risk for individuals with impaired functional mobility</li> <li>✓ Identify interventions to reduce fall risk for individuals with impaired functional mobility</li> <li>✓ Discuss safe transferring and body mechanic techniques</li> <li>✓ Identify environmental hazards and interventions to reduce fall risk</li> </ul>



# Healthy Relationships and Staying Safe

Presented by Sadie Jordan, BA  
Medical Advocacy Coordinator/The Women's  
Center Medical Advocacy Program

**Teams Virtual Session #1** -June 7, 2021; 10-10:45 AM **Different Types of Relationships** (discussion includes: the different types of relationships, who is part of each relationship circle, the kinds of feelings and touches that go with each relationship, what consent is and age of consent in PA)

**Teams Virtual Session #2** -June 28, 2021; 10-10:45 AM **Internet, Social Media, and Communication** (discussion includes: positives and negatives of technology, ways to stay safe online, what is public verses private, and meeting people online)

Target audience is for individuals with IDD; anyone can attend. Plan to attend both interactive sessions if possible. Registration required. Closed captioning is available. Sessions will not be recorded. Best viewed from a computer.

**Click Registration Link:**

<https://forms.office.com/Pages/ResponsePage.aspx?id=DQSIkWdsW0yxEjajBLZtrQAAAAAAAAAAAAAAAAAdEWRf5UQ0tGVkxNVFhWOUpKWUkzUFJTWkNaWEJUSy4u>



[Fill | Healthy Relationships and Staying Safe](#)

2-part series- June 7th and June 28th, 10-10:45am. Link will be listed on confirmation screen after completing this form, the same link will be used for both days. Please make sure to save the link. If you have any questions, please contact Sadie Jordan at [dvm@geisinger.edu](mailto:dvm@geisinger.edu)

## PADDNN Meeting:

Virtual meeting, via Zoom  
Wednesday, June 16, 2021  
10 am to 2:45 pm ET

Includes presentations from a self-advocate with autism spectrum disorder, a demonstration and Q & A session on products that assist with pressure injury prevention and management, and success stories from individuals utilizing SafeinHome technology to promote safety and independence.

3.5 hours of nursing continuing education hours provided for attending the meeting.

For registration information visit:  
<https://paddnn.nursingnetwork.com>

## HCQU ONLINE COURSES



HCQU is here for your education credit needs! Our courses are great for DSPs and they are easy and informative. The online courses are being updated continually. Stop by often to see what is new, like the recently updated **DENTAL HEALTH**.

[www.geisinger.org/hcqu](http://www.geisinger.org/hcqu)

# WEIS MARKETS COOK-ALONG WEBINARS\*

## Virtual Cook-Along Classes with Weis Dietitian, *Emily Bumgarner*

Join Emily as we explore choosing healthy foods to decrease your risk for diabetes or benefit your health if you have diabetes.

**JUNE 10, 2021 @ 10 am**

### Snack Break! Egg Frittata Muffins

Take your snacking to the next level! Emily will demo Egg Frittata Muffins, a great protein packed snack and discuss how to improve your snack choices. Come cook along!

Click Zoom link below to join the meeting:

<https://zoom.us/j/99209869648?pwd=eDRaa0FNu0hSa3VJcnlta0dFemNCZz09>

Recipe: <https://www.weismarkets.com/recipes/egg-frittata-muffins/14610>



**JUNE 24, 2021 @ 1 pm**

### Virtual Cook-Along Class: Banana Berry Roll Ups

Emily will demo another simple snack using few ingredients and discuss how to improve your snack choices. Everyone is welcome to cook along!

Click Zoom link below to join the meeting:

<https://zoom.us/j/91033592445?pwd=d2x3eWNhS3ZlakVldGVBOVRiWmdYUT09>

Recipe: <https://www.weismarkets.com/recipes/banana-berry-roll-ups/24705>



**JULY 22, 2021 @ 1 pm**

### Virtual Cook-Along Class: Fresh Corn, Basil and Bell Pepper Salad

In-season produce has many benefits including better taste, price and availability. Join Emily to explore what produce is in-season during the summer months. She will be making this refreshing summertime dish.

Click Zoom link below to join the meeting:

<https://zoom.us/j/97238695294?pwd=WDVZL3hkRUI3YUN0NFFibGldmNsdz09>

Recipe: <https://www.weismarkets.com/recipes/fresh-corn-basil-and-bell-pepper-salad/25107>



**REGISTRATION  
NOT  
REQUIRED**

**JOIN ON YOUR  
COMPUTER  
OR MOBILE APP**

**ATTEND AS A GROUP  
OR INDIVIDUALLY**

**IF POSSIBLE, HAVE ALL  
INGREDIENTS  
PREPARED AND  
MEASURED IN  
ADVANCE TO SAVE  
TIME\***

#### CONTACT

[Lgmurphy@Geisinger.edu](mailto:Lgmurphy@Geisinger.edu)  
FOR A CERTIFICATE OF  
ATTENDANCE.

**HOSTED BY THE  
CENTRAL PA HCQU**

*\*Please see recipe links for needed ingredients.*

*Webinars are not recorded. Closed captioning is not available.*

**Myth:** Only older people get cataracts.

**Fact:** People of all ages — even newborns — can have cataracts. While it's accurate to say because cataracts are a natural process of aging, and affects the elderly more often than the young, certain medications and eye trauma can also lead to cataracts.

## UNSCRAMBLE THE WORDS

Test your knowledge and see how many words you can unscramble:

INVENTPORE \_\_\_\_\_

ACRATACTS \_\_\_\_\_

HOBERLINGY \_\_\_\_\_

INTRIVETSONNE \_\_\_\_\_

INVISIO \_\_\_\_\_

FUNFIMS \_\_\_\_\_

PRIZELOAD \_\_\_\_\_

RETAIN \_\_\_\_\_

BIOLYMIT \_\_\_\_\_

LALF SKIR \_\_\_\_\_

USLESSNAGS \_\_\_\_\_

TRAUVELTOIL \_\_\_\_\_

### ANSWERS TO WORD SCRAMBLE:

Prevention, Cataracts, Neighborly, Interventions, Vision, Muffins, Polarized, Retina, Mobility, Fall Risk, Sunglasses, Ultraviolet



Now, more than ever, you may need access to resources for your most immediate and life sustaining needs. **Neighborly** is available as an easy-to-use online tool that helps you connect to free and reduced-cost programs and services, including food, housing, childcare, transportation, utility assistance, education, health care, legal services, and financial assistance. If you or someone you know needs more information about what supports are available in your neighborhood, go to [www.NeighborlyPA.com](http://www.NeighborlyPA.com).

# Cooking Corner

## Blueberry-Lemon Ricotta Pound Cake

- |                                   |                                             |
|-----------------------------------|---------------------------------------------|
| 3/4 cup sugar                     | 5 tbsp unsalted butter, at room temperature |
| 3 large eggs, at room temperature | 3/4 cup part-skim ricotta cheese            |
| 2 tbsp lemon zest                 | 2 tbsp lemon juice plus 1 tsp, divided      |
| 1 tsp vanilla extract             | 1 1/2 cups white whole-wheat flour          |
| 2 tsp baking powder               | 1/2 tsp salt                                |
| 2 cups fresh blueberries          | 2 tbsp packed confectioners' sugar          |

Preheat oven to 350°. Coat a 9x5" loaf pan with cooking spray; line bottom with parchment paper. Beat sugar and butter in large bowl with electric mixer on medium-high until creamy. Beat in eggs, one at a time, until fully incorporated. Reduce speed to medium-low and beat in ricotta, lemon zest, 2 tablespoons lemon juice and vanilla until just combined. Sprinkle flour on top, then evenly sprinkle baking powder and salt over flour. With mixer on low, beat until almost combined. Add blueberries; gently fold in. Transfer to loaf pan. Bake until starting to brown around edges and a tester inserted in center comes out clean, about 1 hour. Let cool in pan on wire rack for 20 minutes. Run a knife around the edge to loosen the cake, then invert onto rack. Carefully turn right-side up. Let cool completely. Clean the bowl, add confectioners' sugar and whisk in remaining 1 teaspoon lemon juice until smooth. Brush the glaze on the cake.



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