

# HEALTHY OUTCOMES



## Inside This Issue:

- May is Mental Health Awareness Month
- Sleep and Mental Health
- Persevere PA
- Everyday Lives 2021
- Cook-Along Webinars
- Gluten-Free Strawberry Shortcake

## May is Mental Health Awareness Month

During the past year, the COVID-19 pandemic has had a profound impact on the mental health of individuals of all ages. According to Mental Health America (MHA), there has been an unprecedented increase in the numbers of people experiencing mental health problems. In November 2020, the CDC reported that 44 percent of us were dealing with either depression or anxiety. While historically data shows us that 1 in 5 adults will experience a mental health problem, these days it certainly feels like it's 5 in 5. During tough times, negative thoughts can sometimes spiral out of control. Processing big changes can be difficult and anger and frustration can be complicated emotions stemming from disappointment, fear, and stress. And with the chaos around us, taking time to practice self-care may seem unimaginable.

This year's [#Tools2Thrive](#) toolkit from MHA is based on practical tools that everyone can use to improve their mental health and increase their resiliency regardless of their personal situation – not just during a pandemic.

The Mental Health America toolkit includes printable handouts on the following topics:

- Adapting after trauma and stress
- Dealing with anger and frustration
- Getting out of thinking traps
- Processing big changes
- Taking time for yourself
- Radical acceptance

Truth is, everyone faces challenges in life that can impact their mental health. Celebrate Mental Health Month with Mental Health America's 2021 Toolkit, #Tools2Thrive. The toolkit explores coping with big changes, recognizing trauma, practicing self-compassion, and building resiliency.

Learn more: [www.mhanational.org/may](http://www.mhanational.org/may) . ■

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.*

# Persevere PA

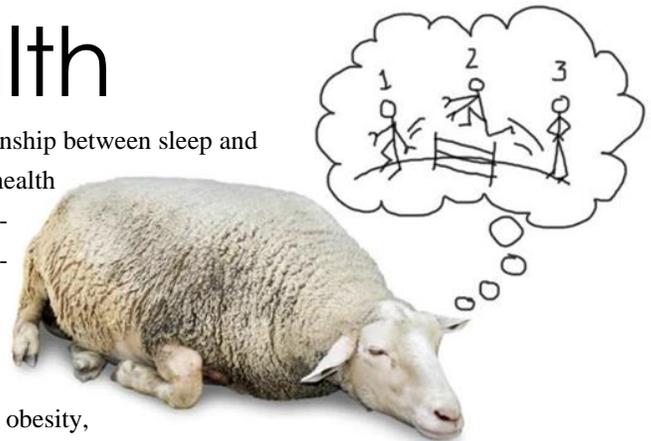


**Persevere PA:** This hotline is designed to link callers with counselors to assist with the mental health impacts of COVID-19. They can also assist a caller in finding a healthcare provider or site that can administer the vaccine. Resources in both English and Spanish are available.

[1-855-284-2494](tel:1-855-284-2494)

# Sleep and Mental Health

The relationship between sleep and overall physical health is well documented. Sleep deprivation increases your risk for physical health problems such as obesity, gastro-intestinal symptoms, headaches, joint pain and high blood pressure. Sleep plays an important role in maintaining healthy blood sugar levels. Your immune system needs you to sleep so it can fight colds and keep you healthy.



Ongoing research shows sleep is closely connected to mental and emotional health and has demonstrated links to depression, anxiety, bipolar disorder, and other conditions. Sleep gives your body and brain time to recover from the stresses of the day. After a good night's sleep, you perform better and are better at making decisions. Sleep can help you feel more alert, optimistic, and get along with people better. People who don't get enough sleep may have a harder time controlling their emotions, making good decisions, and coping with stress and different aspects of daily life. Who hasn't been asked if they "got out of the wrong side of the bed" after a poor night's sleep?

Learning to manage stress and practicing healthy sleep habits (sleep hygiene) can help improve your mental and physical health, as well as your overall quality of life. Building healthy behaviors during the day – not just before you go to bed – can affect how well you sleep.

For more information on Understanding Sleep Hygiene and Mental Health, visit <https://counseling.northwestern.edu/blog/sleep-hygiene-mental-health/>.

If you experience long-term sleep deficiency, you should consider scheduling an appointment with your health care provider. ■

## *Did you know...*

The stigma that surrounds mental health is a common problem that affects whether or not people seek treatment. In fact, [60% of adults with a mental illness](#) didn't seek out mental health services in the previous year.

## Cold, allergies or COVID-19?

Symptom	Cold	Allergies	COVID-19
Dry cough	✦	✦	✓
Fever	✦	✗	✓
Runny nose	✓	✓	✦
Sneezing	✓	✓	✗
Sore throat	✓	✗	✦
Diarrhea	✗	✗	✦
Body aches	✦	✗	✓
Fatigue	✦	✦	✦
Headache	✦	✦	✓
Shortness of breath	✗	✓	✓
New loss of taste or smell	✗	✦	✓

Yes = ✓ No = ✗ Sometimes = ✦



[Click here](#) to better understand the symptoms of the cold, flu, allergies and COVID.



# Everyday Lives 2021 Virtual Conference

This year's Everyday Lives Conference merges ODP's annual conference lineup into a single month-long event that offers two additional Everyday Lives recommendation tracks. Topics include Community of Practice for Supporting Families Regional Collaboratives, Technology Innovation, Dual Diagnosis, Racial Equity, and Employment. Sessions conducted by self-advocates for self-advocates will be available throughout. Registrants have access to all conference sessions. Visit <https://everydaylives.org/schedule>.

“ I use a lot of the HCQU trainings and love them. They are very informed and easy to learn off. I take advantage of them any chance I get and train our DSPs in them.” - *Tefoni L. Mahon, Certified Investigator, ODP Facilitator*

? Did you know that the average American drinks just 2.5 cups of water daily?

! On average, adults in the U.S. drink well below the Institute of Medicine's recommended intake of 10 cups of water per day.

➔ Dehydration is one of the five top PREVENTABLE health issues that impact persons with intellectual and developmental disabilities at a greater rate and with more severity than those in the general population. Visit our HCQU website at [www.geisinger.org/hcqu](http://www.geisinger.org/hcqu) and take our latest health literate online course to learn about dehydration, it's causes, symptoms, prevention, and treatment.

5 Contact the HCQU or your regional HCQU field nurse if you are interested in expanding your knowledge about The Fatal Five: aspiration, dehydration, bowel obstruction, seizures, and infection/sepsis. These five conditions are linked to serious illness and preventable deaths in community-based settings. Often, they go unrecognized. Help us make a difference in the lives of the individuals we support by building awareness and knowledge around these five major health issues.



Erica Shultz Annual Training

## Social Media 101: Keeping Ourselves and Individuals Who Have Disabilities Safe

May 13, 2021 \* 10 a.m. – 12 p.m.

Hosted by 

Presented by Michelle Gwinn Nutter, a Pennsylvania-certified teacher and former Safe and Supportive Schools Manager for the PA Center for Safe Schools

For more information visit our website at

<https://www.geisinger.org/hcqu>  
*Microsoft Word - Cyber Safety Training Flyer Draft*  
([geisinger.org](http://geisinger.org))

## HCQU's NEW



Check out our online courses.  
New courses are uploaded on a  
regular basis including the new  
DEHYDRATION course available  
now!

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



# Healthy Relationships and Staying Safe

June 7 & 28, 2021  
10-10:45 a.m.

*Hosted by the Central PA HCQU*

Presented by Sadie Jordan, BA

*Medical Advocacy Coordinator/The Women's Center Medical Advocacy Program*

**Teams Virtual Session #1** -June 7, 2021 at 10:00-10:45 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<sup>th</sup>, 2021 at 10:00-10:45 AM **Internet, Social Media, and Communication** (discussion includes: the 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=DQSIkWdsW0yxEjaiBLZtrQAAAAAAAAAAAAAAAAAdEWRF5UQ0tGVkxNVFhWOUpKWUkzUFJTWkNaWEJUSy4u>

# 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.

**MAY 20, 2021 @ 1 pm**

### Store Tour! May is Mediterranean Diet Month

Join Emily to discover why the Mediterranean Diet is a simple lifestyle, not a strict diet. Learn how you can make small changes to better your overall health in each aisle of the grocery store!

Click Zoom link below to join the meeting:

<https://zoom.us/j/91740152880?pwd=TFEzQlhsamRxa3RrMDNNQzBua1ZhQT09>

**MAY 27, 2021 @ 1 pm**

### Virtual Cook-Along Class: Greek Salad Nachos

Join Emily to discover why the Mediterranean Diet is a simple lifestyle, not a strict diet. We will be preparing a delicious Mediterranean inspired recipe perfect for a meal or snack!



Click Zoom link below to join the meeting:

<https://zoom.us/j/98454466934?pwd=NFRmNTdZZXlPbE5tSXZlV2ZLMENVZz09>

Recipe: [Greek Salad Nachos](#) | [Recipes](#) | [Weis Markets](#)

**JUNE 10, 2021 @ 10 am**

### Virtual Cook-Along Class: Egg Frittata Muffins

Take your snacking to the next level! Emily will demo this great protein-packed snack 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/99209869648?pwd=eDRaoFNuohSa3VJcnltaodFemNCZzo9>

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>

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

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



**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**

