

HEALTHY OUTCOMES



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DEVELOPMENTAL DISABILITIES AWARENESS MONTH

March has been recognized as Developmental Disabilities Awareness Month since 1987 when President Ronald Reagan issued a public proclamation urging Americans to provide individuals with developmental disabilities “the encouragement and opportunities they need to lead productive lives and to achieve their full potential.” ■

Covid-19 Q&A

Q: After I get a COVID-19 vaccine, is it safe to visit in person with friends and family?

A: After getting a COVID-19 vaccine, it's still important to take safety precautions, such as avoiding close contact with others, to prevent the spread of the virus that causes coronavirus disease 2019 (COVID-19). Further research is needed to understand the immunity that a COVID-19 vaccine provides and how long protection lasts before experts will consider changing current safety recommendations.

After you get both doses of a COVID-19 vaccine, it takes about two weeks for your body to build up protection. But even then, you could become infected with the virus that causes COVID-19. Keep in mind that the Pfizer-BioNTech COVID-19 vaccine is 95% effective in preventing the COVID-19 virus. The Moderna COVID-19 vaccine is 94.1% effective in preventing the

(Continued on page 3)

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.



If You've Recovered From COVID-19, Your Unique Plasma Can Help Others!

There are case reports about treating COVID-19 patients with convalescent plasma. This treatment is experimental, but doctors hope it will be lifesaving for many seriously ill patients, and the FDA announced the emergency authorization of Convalescent Plasma to treat COVID-19 patients on August 23, 2020.

When a person becomes ill with COVID-19, it can take a patient time to develop antibodies needed to combat the disease. While some patients can become seriously ill and require the assistance of a ventilator, 80% of those diagnosed do not become seriously ill.

These patients recover and have antibodies in their plasma. By collecting this plasma and giving it to ill patients we hope we can provide a boost to the patient's antibodies and help stimulate recovery. This is particularly important in patients who have a suppressed immune system.

Miller-Keystone Blood Center
Convalescent Plasma program
(1-800-B-A-Donor (223-6667))
<https://www.giveapint.org/covid-plasma-form/>



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. One such emergency situation or danger awareness is Human Trafficking:

What You Need to Know

<https://aidinpa.org/resource/human-trafficking-selfadvocates/>



Dehydration
New online course.
Meanwhile feel free to visit our website to view our available courses.

If you have recovered from COVID-19, or have had a confirmed test for the antibodies, and are interested in donating for our Convalescent Plasma Program, please click here!

Covid-19 Q&A...

(Continued from page 1)

COVID-19 virus. While your risk of getting the COVID-19 virus after being vaccinated is low, it is possible.

It's also not clear if the COVID-19 vaccines reduce the spread of the COVID-19 virus. As a result, it's not known if a person who is vaccinated could be a carrier of the COVID-19 virus and spread it to others, even if he or she doesn't become sick. More research is needed to determine if you are still contagious after being vaccinated.

Because of these factors, even once you're vaccinated you could still pose a health risk to unvaccinated family and friends by visiting with them in person. The risks of serious illness from COVID-19 are highest for people who are older. Nursing home residents are at high risk because they often have multiple underlying health problems, combined with advanced age.

Even after getting the COVID-19 vaccine, continue to follow safety precautions and consider avoiding in-person visits with friends and family until more is known about the immunity the vaccines provide. If you choose to have in-person visits, remember to keep distance between yourself and others (within about 6 feet, or 2 meters). Wear a mask. Visit outdoors, when possible, or open windows and doors to make sure the space is well-ventilated. And wash your hands often.
– Daniel C. DeSimone., M.D.

<https://www.mayoclinic.org/diseases-conditions/coronavirus/expert-answers/visits-after-covid-19-vaccination/faq-20506463>

NEW REFERRAL FORM

The HCQU has a new Referral Form which can be accessed through our website or through your HCQU nurse.

Please note that Blair County still has a unique Referral Form, "Blair County HCQU Referral Request."

Central PA
Health Care Quality Unit
Physical and Behavioral Health
TRAINING INDEX 2021
is available on our website.

<https://www.geisinger.org/hcqu>

Q: What are common COVID-19 symptoms of long haulers?

A: Novel coronavirus (COVID-19) symptoms can last weeks or months for some people. These patients, given the name "long haulers", have in theory recovered from the worst impacts of COVID-19 and have tested negative. However, they still have symptoms. There seems to be no consistent reason for this to happen.

The list of long hauler symptoms is long, wide and inconsistent. For some people, the lasting coronavirus symptoms are nothing like the original symptoms when they were first infected with COVID-19. The most common long hauler symptoms include:

- Coughing
- Ongoing, sometimes debilitating, fatigue
- Body aches
- Joint pain
- Shortness of breath
- Loss of taste and smell — even if this didn't occur during the height of illness
- Difficulty sleeping
- Headaches
- Brain fog

Brain fog is among the most confusing symptoms for long haulers. Patients report being unusually forgetful, confused or unable to concentrate even enough to watch TV. This can happen to people who were in an intensive care unit for a while, but it's relatively rare. However, it is happening to a variety of patients, including those who weren't hospitalized.

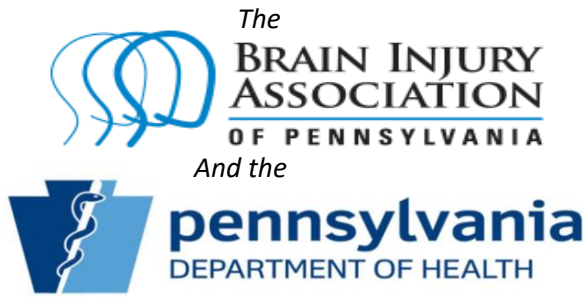
Some people have reported feeling better for days or even weeks then relapsing. For others, it's a case of just not feeling like themselves.

Q: Should a COVID long hauler get a COVID-19 vaccine?

A: Researchers still don't know much about what causes long hauler symptoms and why they experience such long-term effects. Infectious disease experts say you should ask your physician before scheduling an appointment to get a COVID-19 vaccine.

For more information on long haulers and COVID-19, visit UC Davis health at

https://health.ucdavis.edu/coronavirus/covid-19-information/covid-19-long-haulers.html#coronavirus_covid-long-hauler-accordion_1 ■



Presents a Webinar:

Brain Injury in Older Adults

90-minute session

March 16, 2021

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

Hosted by the Central PA HCQU and presented by MJ Schmidt of the Brain Injury Association of Pennsylvania (BIAPA).

- Definition and common effects
- Characteristics and implications of aging after brain injury
- Interventions
- Minimizing risk of brain injury in older adults
- Screening for history of brain injury in older adults

Part 2 -- 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.

Brought to you by GoToWebinar® Webinars Made Easy®. This training is funded by a grant. The PA 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.



DAY 1 Make a goal to finish by summer	DAY 2 Create a playlist of upbeat music	DAY 3 Channel your inner Snow White	DAY 4 Do something physical outside
DAY 5 Air out your living space Let the sun in	DAY 6 Buy flowers and then press them	DAY 7 Make friends with your body	DAY 8 Find a spring-theme meditation
DAY 9 Go out for dessert and eat outside	DAY 10 Clean up your digital devices	DAY 11 Make a seed bomb	DAY 12 Try something new-to-you
DAY 13 Simplify your schedule	DAY 14 Read something light	DAY 15 Visit a Farmer's Market	DAY 16 Take a nap in the sunshine
DAY 17 Make a fruit or veggie dish	DAY 18 Create a ritual of rebirth	DAY 19 Go on a nature walk	DAY 20 Connect with Spring Goddesses
DAY 21 Change the energy of your home	DAY 22 Find a new outside hobby	DAY 23 Create an outdoor space	DAY 24 Get new spring clothing
DAY 25 Get a new houseplant	DAY 26 Do some spring cleaning	DAY 27 Put on music and sit outside	DAY 28 Go easier on yourself

There's more on BlessingManifesting.com

WEIS MARKETS NUTRITION WEBINAR SERIES

March 18th at 10:00 AM
Virtual Heart-Smart Workshop

Join Weis Dietitian, Erin Dunleavy, as she explores the top nutrients that promote a healthy heart and how to include them in everyday meals and snacks.

Join on your computer or mobile app (Microsoft Teams meeting)

[Click here to join the meeting](#)

Or call in (audio only)

+1 724-761-2340, 889313673# United States, New Castle
Phone Conference ID: 889 313 673#

March 25th at 10:00 AM

Virtual Cook-Along Class: Power Lunch featuring Cucumber-Dill Chicken Salad

Join Weis Dietitian, Erin Dunleavy, and learn how to plan nutrient-rich lunches that will help you feel energized, satisfied, and focused all afternoon long. You will also prepare a recipe for **Cucumber-Dill Chicken Salad** during this interactive class.

Join on your computer or mobile app (Microsoft Teams meeting)

[Click here to join the meeting](#)

Or call in (audio only)

+1 724-761-2340, 676558485# United States, New Castle
Phone Conference ID: 676 558 485#

Registration not required. Join as a group or individually.

Email a sign-in sheet to lgmurphy@geisinger.edu for a certificate of attendance.



If possible, have all ingredients prepared and measured in advance to save time.

<https://www.weismarkets.com/recipes/cucumber-dill-chicken-salad/11912>

Ingredients needed:

Seasoned Pita Chips (optional)
2 whole wheat pita pockets
1 tablespoon Weis Quality Pure Olive oil
1 tablespoon Italian seasoning
1 teaspoon garlic powder

Cucumber Dill Chicken Salad

1 container (5.3 ounce) Weis Quality Non-fat Plain Greek Yogurt
1 small garlic clove
2 tablespoons fresh lemon juice
1 medium shallot (red onion can be subbed too), minced
1 tablespoon chopped fresh dill or 1 teaspoon dried dill
¾ cup diced seedless cucumber
3 tablespoons Weis Signature Collection Feta Cheese Crumbles (deli Dept)
2 cups cooked and shredded chicken
Salt and pepper to taste

UNSCRAMBLE THE WORDS

Test your knowledge and see how many words related to "Covid-19 Q&A" you can unscramble:

COOTAUSING _____

UNVAROCRIOS _____

RECOUNTAPIS _____

DESSERTIN _____

SCINCAVE _____

MINITUMY _____

STAINCED _____

TEFFSEC _____

SODES _____

GLON HASERUL _____

SAPLINGER _____

RECAIR _____

INVENTSIE RACE _____

ANSWERS TO WORD SCRAMBLE:

Contagious, coronavirus, precautions, residents, vaccines, immunity, distance, effects, doses, long haulers, relapsing, carrier, intensive care

PADDNN

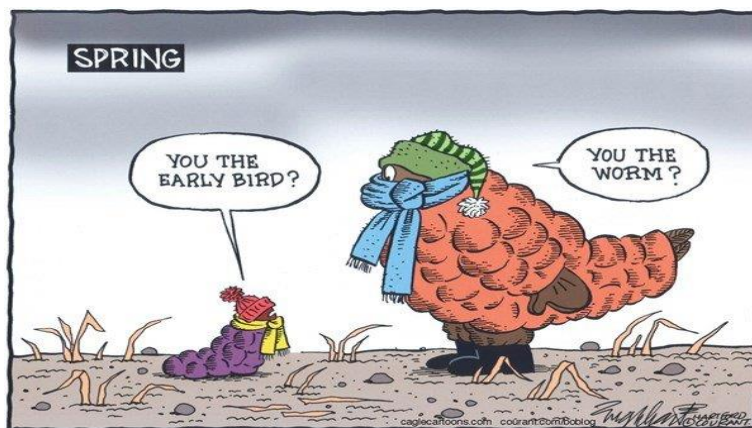
Pennsylvania Developmental Disabilities Nurses Network

March 10, 2021 Virtual Meeting (Zoom) 10:00am -2:30pm ET

Topic: ODP's Skin Integrity Initiative, COVID-19 assessment and contact tracing- individuals on the autism spectrum, preventing compassion fatigue. This meeting will feature presentations from ODP on their skin integrity initiative, Kathleen Fisher, and David Thom from SafeinHome.

As always, PADDNN meetings are FREE of charge for current members; nonmembers can pay \$20 to attend.

If you'd like to register to attend this... [View the full event details](#)



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Schuylkill Co. – Brandi McIntyre RN, blmcintyre1@geisinger.edu

Cooking Corner

Colcannon

An Irish traditional dish. Happy St. Paddy's Day!

1-pound Rooster (red skinned) potatoes
 ½ pound Savoy cabbage or curly kale
 1 onion
 ½ cup cream
 1 stick butter
 Salt and pepper to taste



- Boil potatoes and cabbage (or kale) separately in salted water for 15-20 minutes until tender.
- Heat the butter in a heavy-based pan and when the butter is melted add the onion finely chopped and brown.
- Add the sliced cabbage/kale, the mashed potatoes and the cream.
- Stir well.
- Cook gently for few minutes.
- Season to taste with salt and pepper and serve.