

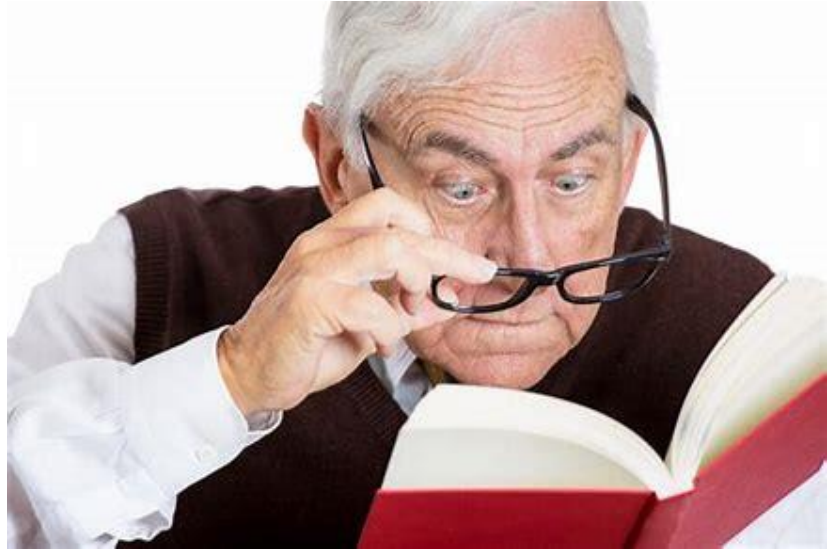
HEALTHY OUTCOMES



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August is National Eye Exam Month



How to Choose the Right Reading Glasses

By Geisinger Wellness | Jul. 2, 2021

If you need a little extra help reading the Sunday paper — or your favorite book at night — reading glasses might be just what you need.

Have you noticed lately that the words on the menu of your favorite restaurant menu, book or newspaper are starting to look blurry? It might be a sign that you need a pair of reading glasses.

But where should you start? And can you stop by the drug store to get a pair or do you need a reading glasses prescription? Here's what you need to know:

Why do you need reading glasses?

Most people typically need reading glasses after the age of 40.

(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.

Reading Glasses...

(Continued from page 1)

While the exact age may differ for everyone, it is a normal part of healthy aging.

“As we get older, our eyes get less flexible,” says Dr. Judith Bianchi Bowser, Director of Optometry at Geisinger Woodbine. “This means it’s harder for them to focus on things that are close to us.”

The first sign that you need a pair of readers? That you’re holding your reading material farther away from your face to make out the words. You may also notice that your eyes feel tired more quickly after reading and may also experience headaches.

Shopping for the right pair of readers

If you’ve noticed you’re struggling reading, take a trip to a local store or optical shop that sells nonprescription reading glasses, and bring something to read with you.

“Start with the lowest power of glasses first,” says Dr. Bowser. “Nonprescription reading glasses usually range from +1.00 to +4.00, raising increasing in increments of +0.25, so start with the lowest and work your way up until you’re able to read easily.” The prescription power you need will increase between age 40 and 65 as your eyesight continues to change.

You’ll want to make sure that you can read at a comfortable distance. If you’re holding something out too far

away to be able to read it, try on a pair of glasses with a higher number. If you find that two different prescription powers feel the same, and that you can read well with both, choose the pair with the lower number.

When you’ve found one that works well, consider buying extra pairs to keep around the house or in your car. You should have these on whenever you’re reading to avoid straining your eyes, which can lead to headaches, so having spares around that you can use when you need them can really come in handy.

“Take time to choose pairs that suit your style as well,” says Dr. Bowser. “Your reading glasses will become a part of your everyday life, and just like a pair of prescriptions lenses, a hat or a shirt, they should reflect your personality.”

When should you see your doctor?

If you bought a pair of nonprescription reading glasses at a local store and they still aren’t helping, or your vision is getting worse, it’s time to call your eye doctor.

“Your eye doctor can perform tests to properly diagnose problems,” says Dr. Bowser. “From working with you to find the right reading glasses prescription to talking through other treatment options and evaluating the health of your eye, your eye doctor will help you find the best options for your individual needs.

Remember, eye health is important, and you should see an eye care professional to make sure your eyes are healthy and working without straining. ■

You should have your reading glasses on whenever you're reading to avoid straining your eyes.

What You Need to Know About the COVID-19 Delta Variant

By Geisinger Wellness | July 14, 2021

As cases of COVID-19 variants occur across the country — and world — here’s what you need to know.

News of COVID-19 virus mutations, like the Delta variant, have been popping up in headlines. And reports are telling us that this particular variant is more contagious than other COVID-19 variants. Should you be worried — and if you’re fully vaccinated, are you protected?

Geisinger infectious diseases specialist Dr. Mark Shelly weighs in.

Why is the COVID-19 virus mutating?

It’s important to understand that all viruses mutate. In fact, it’s not uncommon to have multiple strains of the same virus at the same time spreading, like what we’re seeing with COVID-19 variants.

“The influenza virus is a perfect example of this,” explains Dr. Shelly. “The flu virus mutates each year and we adjust our approach to match it. Like the flu virus, we monitor how the COVID-19 virus code changes to adjust our approach and

(Continued on page 4)

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.

QUICK AND EASY APPETIZER

AUGUST 19, 2021 @ 10 am

Virtual Cook-Along Class:
Peach Basil Bruschetta

BURSTING WITH FLAVOR AND COLOR OF SUMMER

Join Emily for a sweet and savory take on summer peaches! This recipe for Peach Basil Bruschetta shows how versatile produce can be.



Everyone is welcome to cook along!

Click **Zoom link** below to join the meeting:

<https://zoom.us/j/96439429195?pwd=VFdmanVacTh5L29rQXgwN2tWYUxvZz09>

Recipe: <https://www.weismarkets.com/recipes/peach-basil-bruschetta/7197>

MEAL PLANNING WORKSHOP & PULLED CHICKEN TACOS

SEPTEMBER 21, 2021 @ 10 am

Are you in a recipe rut? Join Weis Dietitian Erin Dunleavy as she cooks Pulled Chicken Tacos and provides useful meal planning tips, including budget-friendly shopping strategies, recipe ideas and more.



Click **Zoom link** below to join the meeting:

<https://zoom.us/j/94109225452?pwd=R3ZSSV2YmJXcExUWEFEUGQ3SIRGdz09>

If you wish to cook along, please have chicken cooked ahead of time (4-6 hours on low in crockpot, or use recipe-ready rotisserie chicken)

Recipe: <https://www.weismarkets.com/recipes/pulled-chicken-tacos-3-ways/14295>



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*

CLOSED CAPTION IS
NOT AVAILABLE

CONTACT LESLEY AT
lgmurphy@geisinger.edu

FOR A CERTIFICATE OF
ATTENDANCE.

HOSTED BY THE
CENTRAL PA HCQU

COVID 19 Delta Variant...

(Continued from page 2)

understanding of it.”

Most mutations are harmless, but some make a virus that’s more contagious, for example. That’s what we’re seeing with the COVID-19 Delta variant now. “The Delta variant has been labeled a ‘variant of concern’ because of its increased transmissibility,” adds Dr. Shelly.

What is the Delta variant?

The COVID-19 Delta variant originally surfaced in late 2020. Since then, it has spread and is now the dominant variant of COVID-19 in several countries. In fact, early data suggests that the Delta variant makes up around 50% of COVID-19 cases in the United States.

“This percentage is higher in some states, especially those with lower vaccination rates,” says Dr. Shelly.

So far, early data has shown that the Delta variant is more transmissible than other COVID-19 variants and it also appears to cause more severe illness. But scientists say there’s still more to be learned about Delta.

“This COVID-19 variant may be more likely to evade the body’s defenses, and it’s likely to show up in people with partial immunity,” says Dr. Shelly. “The best course of action now is getting vaccinated against COVID-19 and taking precautionary measures, like practicing good hand hygiene, wearing a mask and physical distancing in public if you’re not fully vaccinated.”

Do the COVID vaccines work against the Delta variant?

So far, studies have shown that COVID-19 vaccines available from Pfizer, Moderna and Johnson & Johnson



are effective against some COVID-19 variants, including the Delta variant. “None of the vaccines are 100% effective against preventing illness, but infections in those who are fully vaccinated appear to be rare,” adds Dr. Shelly.

If you’re considering getting the vaccine, COVID-19 variants underscore why it’s a good idea. Especially for those with preexisting conditions including cancer, chronic kidney disease, chronic obstructive pulmonary disease (COPD) and Type 2 diabetes.

How are variants diagnosed and treated?

Today, we can detect the COVID-19 virus, even in its variant forms. And while strain identification is important, it doesn’t impact how we diagnose or treat those with COVID-19.

Regardless of the presence of variants, we can’t stress enough the importance of getting your COVID-19 vaccine. It’s your best protection against COVID-19 and its variants like Delta.

“The more people we vaccinate, the better chance we have at getting ahead of variants,” says Dr. Shelly. “The less virus there is circulating through our communities, the less chance it has to mutate.” ■

Power to Protect

Source: www.cdc.gov/vaccines

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases like whooping cough, cancers caused by HPV, and pneumonia through on-time vaccination.

During NIAM, The Central PA Health Care Quality Unit encourages you talk to your doctor, nurse, or other healthcare professional to ensure you are up to date on recommended vaccines. ■

HCQU Online Course Update

ONLINE TRAINING



We are 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.

Available Now!

**ALLERGY
AWARENESS**

www.geisinger.org/hcqu

Training Invitation:

FALL PREVENTION INTERVENTION

You are invited to join Geisinger and the Health Care Quality Unit (HCQU) for a three-part series on Fall Prevention Intervention

- ◆ Virtual Teams Training ◆ 40-minute sessions ◆ August 4, 11, and 18, 2021 ◆ 10-10:40 am ◆
- ◆ Facilitator: Sarah A. Felker RN, BSN, Clinical Nurse Educator Geisinger at Home ◆

August 4, 2021 ◆ 10-10:40 a.m. Part 1: Fall Prevention Interventions

Learning Objectives:

- ✓ Define the impact of falls for at risk individuals
- ✓ Discuss how age puts individuals at risk for falls
- ✓ Identify interventions to prevent falls in individuals with a fear of falling or history of falls
- ✓ Describe interventions to reduce fall risk for individuals with cognitive impairment
- ✓ Identify diagnosis that place individuals at risk for falling



August 11, 2021 ◆ 10-10:40 a.m.

Part 2: Fall Prevention Interventions

Learning Objectives:

- ✓ Discuss interventions to reduce fall risk for individuals with incontinence
- ✓ Discuss interventions to reduce fall risk for individuals with visual impairment
- ✓ Identify support strategies to reduce fall risk for individuals with acute and chronic pain
- ✓ Discuss strategies to reduce fall risk for individuals at risk for polypharmacy

August 18, 2021 ◆ 10-10:40 a.m. Part 3: Fall Prevention Interventions

Learning Objectives:

- ✓ Identify interventions to reduce fall risk for individuals with impaired functional mobility
- ✓ Discuss safe transferring and body mechanic techniques
- ✓ Identify environmental hazards and interventions to reduce fall risks

For registration information email Lesley at lgmurphy@geisinger.edu

Rescheduled from
April 27th

Central PA HCQU Training
September 28, 2021
1–2:30 pm

HUMAN TRAFFICKING

WORKING WITH INDIVIDUALS WITH INTELLECTUAL AND
DEVELOPMENTAL DISABILITIES



You are invited to a Zoom meeting.
To register for this meeting, please fill out the
Registration Form here:

[https://forms.office.com/Pages/ResponsePage.aspx?id=DQSIk
WdsW0yxEiajBLZtrQAAAAAAAAAAAAAAAAAdEWRF5UMFpBT1RG](https://forms.office.com/Pages/ResponsePage.aspx?id=DQSIkWdsW0yxEiajBLZtrQAAAAAAAAAAAAAAAAAdEWRF5UMFpBT1RG)

Registration is limited to 100 people.

PRESENTER

Sadie Jordan, BA

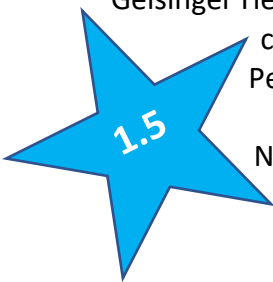
Medical Advocacy Coordinator
The Women’s Center Medical Advocacy Program

CONTACT INFORMATION

Hotline: 1.800.544.8293 (24/7)
dvma@geisinger.edu

**Every year, millions of men, women,
and children are trafficked worldwide,
including right here in the United States.**

FREE CE CONTACT HOURS FOR LICENSED NURSES.



Traffickers use force, fraud, or coercion
against victims to manipulate them into
engaging in commercial sex acts, or
labor/services in exchange for
something of monetary value (money,
safety, transportation).

Geisinger Health System is an approved provider of
continuing nursing education by the
Pennsylvania State Nurses Association, an
accredited approver by the American
Nurses Credentialing Center’s Commission
on Accreditation.

Traffickers will identify and leverage
their victim’s vulnerabilities in order to
create dependency.

**IT CAN HAPPEN IN ANY
COMMUNITY.**

**This training is brought to you by the Central PA
Health Care Quality Unit.**

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

UNSCRAMBLE THE WORDS

Test your knowledge and see how many words taken from the newsletter you can unscramble:

SENTSCITIS _____

HEYHALT MOUSECOT _____

VICSMIT _____

TARVAINS _____

SLAGESS _____

SWEARNS _____

ATTUNIOMS _____

TIGHEESY _____

INQUESTOS _____

IGNATRINS _____

MOATAFLE _____

SEEKTEACHES _____

ANSWERS TO WORD SCRAMBLE:

Scientists, Healthy Outcomes, Victims, Variants, Classes, Answers, Mutations, Eyesight, Questions, Straining, Meatloaf, Cheesesteak

CDC INFO

You have questions – We have answers

Need help finding a COVID-19 vaccine provider in the U.S.?

Visit [Vaccines.gov](https://www.vaccines.gov),

text your ZIP Code to 438829 (GETVAX), or call 1-800-232-0233 (TTY: 888-720-7489)

for assistance in English, Spanish, and many other languages.

For the Disability Information and Access Line (DIAL), call 1-888-677-1199

or email DIAL@n4a.org.

Have general questions about COVID-19 or the COVID-19 vaccine?

Visit the [CDC COVID-19](https://www.cdc.gov/covid-19) website or call 1-800-CDC-INFO (1-800-232-4636).

You can also visit the [CDC website](https://www.cdc.gov) for answers to questions on other health topics.

Cooking Corner

Philly Cheesesteak Meatloaf

2 tbsp butter
1 small onion, diced
1 green pepper, diced
8 oz mushrooms, minced
½ tsp salt
½ tsp pepper
2 lbs ground beef
2 tbsp ketchup
2 tbsp Worcestershire sauce
2 eggs
1 cup panko breadcrumbs
8 oz provolone slices



Preheat oven to 375°. Spray loaf pan with cooking spray. In large skillet, add butter, onion, pepper, mushrooms, salt, and pepper. Brown one to two minutes. Stir. Brown one to two minutes. Stir again. Cool five minutes.

In large bowl, add ground beef, ketchup, Worcestershire sauce, eggs, panko, and onion/pepper mixture. Mix well. Add half of the mixture to the loaf pan and layer with half the cheese. Add remaining meat mixture and bake 40 minutes. Put on remaining cheese and bake additional 15-20 minutes. Let rest 10 minutes before slicing.

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