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Happy Valentine's Day

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Outcomes Newsletter:
plbrofee@geisinger.edu

Healthy Outcomes



February 4th, 2022,
National Wear Red Day
is supported by the American
Heart Association and
celebrated in conjunction with
national heart health month. It
focuses specifically on raising
awareness of women's heart
disease and stroke risks.
Cardiovascular disease
causes 1 in 3 deaths in women

every year making it the number one health related killer in women.

Be it a lipstick, dress shoes, or accessory, wear your brightest reds on National Wear Red Day on February 4. Even though the day gives us the opportunity to wear more of this stunning color, it, more importantly, focuses on cardiovascular risks and diseases.

Heart Attacks Look Different for Women Know the Signs

By Geisinger Wellness

Heart disease is the #1 killer of women in the U.S. Learning the difference in symptoms could help save a life.

A heart attack occurs when blood flow to the heart is interrupted or cut off completely, depriving the heart of critical oxygen. Heart attacks look different for men and women, and women are less likely to experience traditional symptoms.

The most common symptom of a heart attack is mild or strong pain in the center of the chest. This discomfort may last for several minutes, or it may come and go. But chest pain isn't the only symptom. In fact, you might not have chest pain at all.

(Continued on page 2)

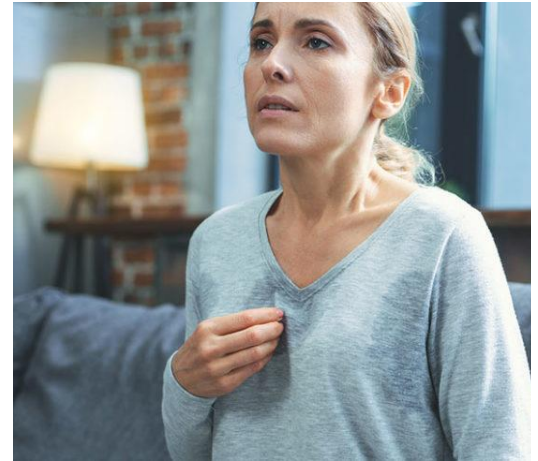
The HCQU works with intellectual disabilities and behavioral health programs in Central PA to provide health care management services for adults with Intellectual/Developmental Disabilities or Autism. Our goal is that all people living in PA, regardless of ability, receive the finest community services 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.

Symptoms: what to look for

“Chest pain may not always be present with a heart attack,” says Dr. Eva Vaishnav, a cardiologist at Geisinger. “Women are more likely to experience shortness of breath, weakness, dizziness or back or jaw pain.”

Here are some other heart attack signs in women:

- Indigestion or heartburn
- Pain in the neck, shoulders, or throat
- Extreme fatigue
- Breaking out into a cold sweat
- Stomach pain
- Feeling lightheaded



“Some women do have symptoms, but they’re often so mild that they just don’t recognize them as coming from their heart,” Dr. Vaishnav says.

A different kind of heart attack

If you experience mild symptoms, they may be caused by a silent heart attack. These heart attacks are less likely to cause symptoms. Often, you may not know you’ve had one until days or even weeks later.

They’re more common in women, particularly women under 65.

To identify whether you’ve had one, your doctor may perform an electrocardiogram, also called an EKG or ECG. This non-invasive test uses small sensors attached to your chest and arms to record your heart’s electrical activity.

If testing does detect a silent heart attack, your doctor may suggest treatments like medication or cardiac rehab.

Heart attack or something else?

Although a heart attack may be the first thing that comes to mind, other common medical conditions can cause similar symptoms.

Dr. Vaishnav notes these conditions can mimic a heart attack:

- Musculoskeletal pain
- Gastroesophageal reflux disease
- Esophageal spasm
- Pulmonary embolism
- Emotional stress

For more information on lifestyle changes for heart attack prevention, visit [The American Heart Association](#)

If you are experiencing symptoms, even minor ones, talk to your doctor or head to the nearest emergency room. “We’d much rather you get checked and be fine,” Dr. Vaishnav says.

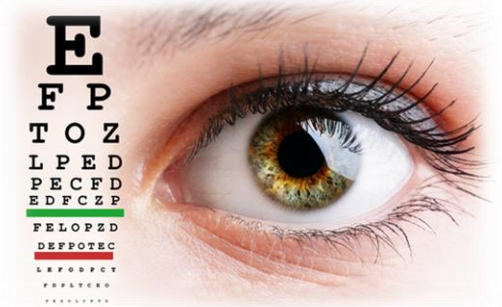
“Making a few lifestyle changes can reduce your risk of having a heart attack and improve your overall health,” Dr. Vaishnav suggests. Before you embark on any lifestyle changes, talk to your healthcare provider. They can work with you to create a customized plan to provide the specialized care your heart needs. Published May 20, 2021

February is Low Vision Awareness Month

What is low vision? When you have low vision, eyeglasses, contact lenses, medicine, or surgery may not help. Activities like reading, shopping, cooking, writing, and watching TV may be hard to do. In fact, millions of Americans lose some of their sight every year. While vision loss can affect anyone at any age, low vision is most common for those over age 65. Low vision is usually caused by eye diseases or health conditions.

Below are some signs of low vision. Even when wearing your glasses or contact lenses, do you still have difficulty with:

- Recognizing the faces of family and friends?
- Reading, cooking, sewing, or fixing things around the house?
- Selecting and matching the color of your clothes?
- Seeing clearly with the lights on or feeling like they are dimmer than normal?
- Reading traffic signs or the names of stores?



These could all be early warning signs of vision loss or eye disease. The sooner vision loss or eye disease is detected by an eye care professional, the greater your chances of keeping your remaining vision.

For more information on Low Vision: National Eye Institute <https://www.nei.nih.gov/>

PADDNN Virtual Meeting Dates:



March 9, 2022 at 10:00 am ET

June 8, 2022 at 10:00 am ET

August 10, 2022 at 10:00 am ET

October 5, 2022 at 7:30 am ET (*annual PADDNN Educational Conference in Lancaster*)

For more PADDNN membership information and meeting registration- visit the website at www.paddnn.nursingnetwork.com

February Weis Markets Dietitian Virtual Cook-Along

February 16, 2022 @ 1 pm with *Melissa Logan*

Join Weis Dietitian Melissa during **American Heart Month** for a discussion on how to be heart healthy! Enjoy a heart smart workshop followed by an easy recipe demonstration. *If possible, have all ingredients prepared and measured in advance to save time.*

Tex-Mex Pinwheels

Ingredients: *(serving for one person)*

- 1 (8-inch) Mission 100% Whole Wheat Tortilla
- 1/4 cp avocado, peeled, pitted, and mashed
- 1/2 cp shredded romaine lettuces
- 1 slice Cracker Barrel Sharp Cheddar Cheese
- 2 tbsp Weis Quality Fresh Salsa
- 1/4 cp Weis Quality Black Beans, drained and rinsed



Directions:

1. Spread tortilla with avocado, leaving a half-inch border around the edge.
2. Add remaining ingredients to one side of the tortilla.
3. Tightly roll up and slice into 6 pieces.

Click the link below to join:

[Tex-Mex Pin Wheels Virtual Cook Along](#)

Passcode: 064ba4a2e5

Registration not required - Session not recorded - Closed caption not available

SafeinHome Remote Support Services

Our Mission

To empower people with disabilities to live independently in their own homes and participate in their communities. To make daily living safer while supporting the dignity of choice.

The Dignity of Choice

Our goal is not to make decisions for the people we serve but to encourage self-determination. Everyone has the right to make their own choices, including those choices that others may not approve of, so that we can learn, grow and improve the quality of our lives.

Our outfit for the day, deciding where we want to live, how we live, and what we need daily to achieve our goals. These are choices that *all* of us – get to make.



How Our Service Works

When a person requests our service, we listen to what's important *to* them and what's important *for* them. This is the basis on which we design a support plan that fits into each individual's service or care plan. It takes into account their desires, goals, and risks to integrate into the care plan.

Meet Sally

Sally would like to prepare meals more often, but she may sometimes forget that the stove is on. We will equip Sally's home with a stove sensor and a friendly check-in from our Remote Staff. Sally has just upped her tech game in the kitchen!

Meet Eugene

Eugene loves to go birdwatching in the park. He wants to go by himself but needs to be back by 7 pm to take his medication. SafeinHome will provide Eugene with a GeoComm (formerly mPers) to take with him. He can call us when he needs us. We can also connect with him to remind him that he needs to head back to take his medication. Should he lose his sense of direction getting back home, our staff can provide him with step-by-step directions and stay connected the entire way home.

Our Support Solutions

Those are just a few examples of how SafeinHome serves those who desire or need to live more independent lives. Living independently can take many forms. It can be transitioning from a group home for aging youths, living at home with family, or living with a roommate. Regardless of which form of independent living it is, SafeinHome is equipped to provide quality support.

SafeinHome works as a stand-alone service or integrated into another support provider service. We can take shifts that may be hard to fill, like overnights or an evening shift. The DSP shortage is not letting up, but neither are we. We are experienced at [partnering with existing service providers](#) to get people the support they need.

SafeinHome provides solutions for medication reminders, kitchen safety, community activities, visitor safety, people who tend to wander off or have a seizure, and much more. Our solutions are built on the needs and desires of each individual.

We connect with everyone involved. Individuals, families, case managers, or other third-party caregivers.

SafeinHome Remote Supports not only serves the individuals, but it also provides peace of mind and room to breathe for caregivers.

How We Engage

With respect! Each individual we serve has the power to decide. They decide the type of support, check-in times, and even what devices are installed in their homes.

We are never authoritative. Instead, we encourage decision-making to build self-determination and daily living skills.

Trained in behavioral health techniques, including trauma-informed care, and state guidelines, our Remote Support staff is available 24/7 -- at the touch of a button. There when needed, but with respect for privacy and space.

Learn More or Get Started

Learn more about SafeinHome [here](#). Reach out to us. We're more than happy to answer any questions.

Ready to get started? [Connect with us](#), call us at 1.855.476.6555 or, contact your case manager and tell them about us.

SafeinHome.com

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The HCQU is here to help people with intellectual and developmental disabilities receive the community-based services they need and deserve. Visit our website



to take a FREE online course or get connected to helpful information and tools. Learn more about the HCQU offerings at www.geisinger.org/hcqu

UNSCRAMBLE THE WORDS

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

SNTILE	
CEOHOESLTRL	
NAIP JWA	
LETRCOICRAGERODAM	
MTREEO	
E EKASSWN	
DLBOO SSERURPE	
EITLFSYEL	
DSEIGIONNTI	
KNGIMSO SSEAIOTNC	
FUATIGE	
DPEEENNDTIN	

Answers to word scramble:

Answers: silent, cholesterol, jaw pain, electrocardiogram, remote, weakness, blood pressure, lifestyle, indigestion, smoking cessation, fatigue, independent

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.