



# HCQU Northwest

## HCQU Event 2023

We are so pleased to announce that we will be having our event this year.

Please take note of the change in venue. We will be at the St. Paul Center in Sheffield, 7222 Route 6 .

We are hoping this will be a little bit easier than trying to maneuver in grass and gravel.

There is also a change in day of the week, it is on Wednesday, June 14th which is "Flag Day."

We would be grateful for volunteers.

If you have any suggestions or concerns, please let us know and we will try to do our best.

It has been a few years and we are so looking forward to get things rolling again.

This will be our 17th year hosting the event. So come and enjoy "Flag Day" with the HCQU and special guests.

The flier is on page five and the registration is on page six. Please print them off and share. Send the registrations back to me at the HCQU.

We hope to see you there!

Lisa



Roseland Building

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Warren, PA 16365

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# Celebrating National Nurses' Day

There are over 3.1 million nurses currently in the United States. (This is a number encompassing both Registered Nurses, as well as Licensed Practical/Vocational Nurses.) On May 6<sup>th</sup> each year, nurses are recognized and celebrated. In honor of that upcoming date, I wanted to talk about the history of the nursing profession.

Well before Florence Nightingale was taking care of wounded soldiers, roughly in 300 A.D., the Roman Empire was building hospitals in every town under their control. There are some documents from that time that refer to nurses being present with the doctors to provide medical care and treatment. During the Middle Ages, the Catholic church made a push for medical care, which did result in advancements and helped to form the basis for modern nursing. During the 10<sup>th</sup> and 11<sup>th</sup> centuries, monasteries and other religious places began to include hospitals as part of their campuses, requiring nurses to provide more than just "traditional" healthcare. This is believed to be where the wide range of nursing duties started. As monasteries and other religious entities that housed hospitals closed, nursing became a rare profession.

In the mid-1800s, a well-educated daughter of wealthy British parents, named Florence Nightingale, changed the face of nursing and truly made it become a respected position. Given her social status, being a nurse taking care of strangers was not seen as a respectable career as a nurse was only to take care of family and close friends. However, Florence was passionate about her beliefs that with education about healthier living and using scientific principles, the care of sick patients could be greatly improved. During the Crimean War, she was summoned to take a small group of nurses to the British military hospital, as it was noted that wounded British soldiers did not have as high of a survival rate as the Russian soldiers who had nurses taking care of them. Within just a few days of arriving, Nightingale made the barracks hospital more sanitary and ensured healthy food, medications, and treatments were delivered to the wounded. In a few short weeks, the death rate of the British soldiers had declined significantly. By the end of the 19<sup>th</sup> century, it was obvious that Nightingale had made her impact on the world in her belief in how important educated nurses are. Several noteworthy individuals worked together, establishing the Nightingale fund. In 1860, the first nursing school, located at St. Thomas Hospital in the UK, opened.

Here in America, during the Civil War, a 6-month nurses' training course was initiated at the Women's Hospital of Philadelphia. Similar programs were set up in other areas as well. 1873 was considered a pivotal year in nursing, as 3 nursing education programs were set up, based on Nightingale's ideas and principles, in New York, Connecticut, and Massachusetts. By 1900, between 400 and 800 "nurse training schools," usually affiliated with a hospital, were established in the United States. The growth of nursing education since then has expanded to include Associate Degree, Bachelor Degree, and even Master and Doctorate programs. In the 1960s, the idea of specialized nurses, such as intensive care nurses, became popular and now, nurses can even take expanded courses and specialize in areas of their choice. There have been many challenges along the way, including the Covid pandemic and nursing shortages, but nursing is a respectable and rewarding career.

Allison Gentz, RN

On May 6<sup>th</sup>, don't forget to thank nurses for all they do!



*May all the care and kindness  
you give to others  
come back to warm your heart.*



*Happy Nurses Day*



## Speaker of the Month Webinar

April 19 & May 17, 2023

9:30AM – 11:00AM

### "Using Psych Meds Optimally to Help Me Get the Life That I Want, parts 1 & 2"

*presented by*

Pat Deegan



Patricia E. Deegan Ph.D. is a founder of Pat Deegan & Associates. For over 30 years Pat has been a thought leader and disruptive innovator in the field behavioral health recovery. Pat founded a company run by and for people in recovery. The mission: To safeguard human dignity by bringing individual voice and choice to the center of the clinical care team. Toward this end she developed Pat Deegan's Recovery Approach that includes the award winning CommonGround software, Medication Empowerment, Certified Personal Medicine Coaching, the online Recovery Library, the CommonGround Academy

for peers and practitioners, and the Hearing Distressing Voices Simulation. Pat is an activist in the disability rights movement. She has held a number of academic appointments, has numerous publications, and has carried a message of hope for recovery to audiences around the world. She received her doctorate in clinical psychology from Duquesne University.

Using psychiatric meds optimally to support us in getting the life we want, is more than learning to take pills on schedule. It's a journey and on that journey, there are many challenges. In this 2-part, 90-min webinar, Pat Deegan will draw on her experience of recovery after being diagnosed with schizophrenia as a teenager. She will help us identify and understand common challenges on the journey to use medication. Then she will share practical strategies to support folks through these challenges. Through a panel discussion, we will consider ways in which Pat's strategies can best be utilized to support individuals with I/DD. There will be time for Q&A and discussion.

To register for this **free** event, go to <http://northwesthcqu.learnupon.com>.

**SAVE THE DATE:** On June 21, 2023, we will welcome Jordan Hollander, presenting on Self-Monitoring – how to support individuals to keep a record of their own behavior to enhance their efforts at self-control and change.



Lakeshore Community Services, Inc.



Present

William Stillman

The Autism Whisperer



## **AUTISM ACCEPTANCE DAY**

**Warren's Historic Library Theater**

**302 W 3<sup>rd</sup> St., Warren, PA 16365**

**April 13<sup>th</sup>, 2023 Free Admission**

**Doors Open at 10:00 am**

**Opening remarks by Judge Maureen Skerda at 11:00am**

**Presentation by William Stillman at 11:30am**

**B.L.U.E. Awards presentation at 1:00pm**

# Benefits of Weight Training

Would you like to look better, feel better, and have better overall health? Maybe lifting weights can help! You might be surprised to hear that there are several not-so-obvious health benefits of strength training (also called resistance training or weight training). More good news: it can improve your well-being at any age and may actually benefit senior citizens the most!

One of the most common problems in our society today is Type 2 Diabetes. It seems that the number of people with this condition keeps rising every year. A large part of that is due to the horrible dietary habits most Americans have—consuming too much fast food, processed food, and soft drinks—and not getting enough fruits, vegetables, lean meats, eggs, fish, and nuts. Another big contributor is our sedentary lifestyle. We don't exercise enough.

Here is where weight training (also called weightlifting, strength training, or resistance training) can really help. Research from an Iowa State University of over 4,000 people between 20 and 100 shows that gaining and maintaining moderate muscle mass lowers the risk of Type 2 DM by 32%! The more skeletal muscle mass a person has, the lower, on average, his or her blood sugar levels tend to be. Larger muscles cause the body to utilize sugar more efficiently, thus reducing the chances of developing Diabetes. Weight training also accelerates metabolism, and thus allows people to burn more calories at rest than they did before they started to work with weights!

Weight training is also a great way to offset the effects of aging. One of the most significant benefits is that it helps maintain a person's muscle mass; when people age, they tend to be less physically active, and this results in a loss of lean body mass. It is called "Sarcopenia," and is a sign of weakness and frailty. Weightlifting enables a person to maintain (and even add to) the amount of muscle they carry (or, more accurately, that carries them), and contributes to daily vitality and strength.

Another significant benefit of weight training is that it reduces the risk of osteoporosis and also fractures, particularly hip fractures. Regularly placing moderate stress on your bones gives a signal to the body to move minerals like calcium from the bloodstream into the bones. Weight-bearing exercises like walking and running help with this also, but weight training is probably the most effective and efficient way to keep the bones strong. In addition, the stronger the hip and leg muscles are, the less likely a person will be to experience falls in the first place.

If you are interested in doing some strength training, please consult your physician first and find someone such as a physical therapist or personal trainer, who can get you started using proper exercise form and prevent an injury. Many people work out 2-3 times a week for less than an hour a session.

You can go to a local YMCA or health club, or even get some inexpensive weights at a local sporting goods store (for some really cheap weights, check out a garage sale in your neighborhood). So, start pumping up, build that physique, and improve your health!



# FLAG DAY

## WITH THE HCQU

Event taking place at

**St. Paul Center**

7222 Route 6

Sheffield, PA

**Wednesday, June 14th, 2023**

From 10:00 AM - 2:00 PM



Please register by email,  
[lwile@MilestonePA.org](mailto:lwile@MilestonePA.org)  
or fax 814-728-8887  
phone 814-728-9400

**Singing & Dancing**

🎵 with 🎵

**The Elcam Gang**

**Lots of activities**

Gardening

Crafts

Games

**First Responders**

Community Service

Venders

&

Much more

**Lunch will be provided**

Snow Cones 🍦

**We look forward to  
seeing you!!**

Registration Form  
Flag Day with the HCQU  
June 14, 2023 (Wednesday)

Agency Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

**RSVP by June 7, 2023**

Name \_\_\_\_\_ Staff Individual

\*If you have any questions call (814) 728-9400 or email lwile@milestonePA.org

\*Lunch will be provided. Please be prepared for ANY weather conditions. Please feel free to copy the registration form and pass it on to all your Life Sharing Providers or Group Homes. If you are on a special diet, please provide your own lunch.

Please send registrations to: [lwile@milestonePa.org](mailto:lwile@milestonePa.org) or Fax (814)728-8887

**Milestone HCQU Northwest**

**247 Hospital Drive**

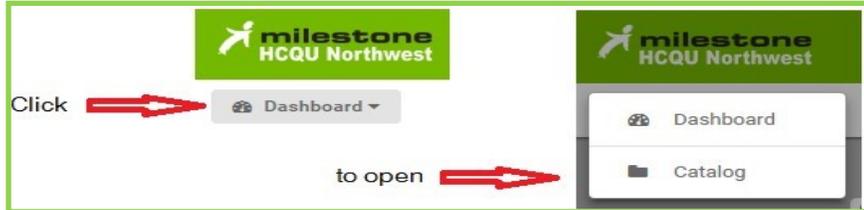
**Warren, PA 16365**

# Welcome to the Milestone HCQUNW Online Training Portal

Welcome to the Milestone HCQU Northwest Online Training Portal. It can be accessed at <http://northwesthcqu.learnupon.com>. The first time you visit our portal, you will need to create an account by clicking the “Sign up now>>” link. Once you have completed your registration and verified your email account, you will be directed to your Dashboard, where you can access our catalog by clicking here:



Or here:



When you find a course you’re interested in, you can click the Enroll button to take the training, or click on the training title for more information about it. Once enrolled, just click Start to begin the course. You can download and print the material to read at your leisure or read it online. Then you take a short quiz to test your knowledge. If you pass the quiz with at least an 80% score, you will be directed to our evaluation. Once you submit the evaluation, you will be able to download your certificate to file or print.

If you experience any problems when trying to access our training portal, please contact us at [hcqunw@MilestonePA.org](mailto:hcqunw@MilestonePA.org), and please check back often as we continue to add new content to the portal.

## Webinars

|              |    |    |   |             |    |    |                       |
|--------------|----|----|---|-------------|----|----|-----------------------|
| <b>April</b> | 6  | TJ | Diverticular Disease                    | <b>June</b> | 1  | CC | FASD                  |
|              | 13 |    | Autism Acceptance Day (Library Theater) |             | 8  | TJ | Kidney Stones         |
|              | 20 | AT | Schizoaffective Disorder                |             | 15 | AT | Pain and Behavior     |
|              | 27 | AG | Sepsis                                  |             |    |    | (round two)           |
| <b>May</b>   | 4  | CC | Diversity                               |             | 22 | AG | Migraines/Headaches   |
|              | 11 | TJ | Heavy Metal Toxins                      |             | 29 |    | HCQU Question Session |
|              | 18 | AT | Re-direction (round two)                |             |    |    |                       |
|              | 25 | AG | Long COVID                              |             |    |    |                       |

## Weight Loss

It can be difficult after a long winter and little activity to lose that winter weight. Everyone wants to have that body that looks great in our favorite summer outfits! Weight loss can be one of the most difficult things to conquer, especially with all of the information out there on the internet. How do we know what to believe and what works best? It is important to know that it is not one size fits all. What works best for one may not work for others. Our bodies respond differently to different foods. Some people respond well to things such as, counting calories, restricting carbs and/or fasting. It is important to know that you should not give up. If your diet is too restrictive, it needs to be a life change, something you can stick to for the long haul. There is no easy fix to losing weight, but there are plenty of steps you can take to develop a healthier relationship with food, curb emotional triggers to overeating, and achieve a healthy weight.

The following are tips that can be used to help with your weight loss journey:

- \* Cut Calories
- \* Cut Carbs
- \* Cut Fat
- \* Cut Out Sugars/Refined Carbs
- \* Try diets like the Mediterranean Diet
- \* Control Emotional Eating
- \* Practice Mindful Eating
- \* Get/Stay Motivated
- \* Fill up on fruits/Veggies/Fiber
- \* Control your food environment

Tips to keep the weight off:

- \* Stay Physically Active
- \* Keep a food log
- \* Eat Breakfast, every day
- \* Eat more fiber and less unhealthy fat
- \* Regularly check the scale (but not too much, don't become obsessed).
- \* Watch less T.V.
- \* KEEP MOVING!!!!

This can be one of the most difficult things you ever attempt. It is not easy. We need food to stay alive so we can't just stop eating. Stay active. Find a partner. Others may be able to help keep you accountable and it is more fun than taking this journey by yourself!! Just know that you are not alone in this struggle!!

## Congrats to the Dickinson class of 2023

What a great class!

We thank you for your dedication to mental health and substance use awareness.

The skills you learn in Mental Health First Aid (MHFA) could be the first line of support for a person experiencing a mental health challenge.

**"Congratulations"**

Be the one to make a difference.



## Letter from the Director

Spring has sprung, and we now are seeing better (not perfect) weather and more daylight every day. This gives all a better chance to get outdoors and enjoy some fresh air. While some of my favorite activities like fishing or gardening may not be your preferred activity, how about a brief walk or ride in a wheelchair if you cannot walk? We have to be careful about too much sunshine and sunburns, or seasonal allergies acting up when around spring flowers, but usually the benefits outweigh the issues. Sunscreen, hats, long sleeved shirts, and sunglasses all help to keep our skin safe, but also be careful to limit our time when in in the sun. If you are able to use products like antihistamines to help with allergies, and possibly some type of bug spray will help to keep mosquitos and other pesky insects at bay. Nothing is perfect so help is a very accurate word.

I find different activities every season of the year, and it seems like Spring covers everything from snow to summer heat so we get it all in the next three months. Try to find a way to enjoy whatever mother nature gives us. As always, if you would like a training about The Sun and Skin, Allergies, or any other topic feel free to call us to schedule a training. Stay safe and keep on moving.

Darryl

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Give yourself  
time to grow