



HCQU Northwest

2023 Already??

How is this possible and how did it happen so fast?

I hope you weren't overwhelmed from the holiday and you took time for yourself to just take a deep breath and breathe!

It's so easy to get caught up in all the excitement of the end of the year and all the hustle and bustle of the holidays.

Now with the new year it's time to take care of your well-being.

Start the new year off with a clear head and less stress.

Not all do resolutions and that's an individualized and personal tradition.

Top priority needs to be our self-care!

When we feel good, we shine, in more ways than you can imagine.

If we aren't taking good care of our selves, how are we to take care of others, whether in our family or our jobs?

You can find so many ways to help with your self-care and well being.

Take the time to calm your body and mind!

YOU ARE WORTH IT!

Lisa



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*Happy
New Year*



Did you know that every 2 seconds someone in the United States needs a blood transfusion? It is estimated that only 3% of those who are eligible to donate blood actually do, which is why we frequently hear about blood shortages. Blood and platelets can only come from human donors and cannot be made in a lab. Blood donation is a simple process and can possibly save a life...or 3! That's right – a single donation of 1 pint of blood can save up to 3 lives! There are 4 different types of donation of blood/blood products including whole blood, platelet, plasma, and red blood cell.

To be eligible to donate, a potential donor must be at least 17 years old, weigh at least 110 pounds, and must have allowed at least 56 days since last donating blood. However, with parental consent, a 16-year-old can donate. A basic health history, including general health questions, travel history, and a screening for risk factors of Hepatitis, HIV, or AIDS, and vitals are obtained to ensure a donor is healthy overall. A small blood sample, usually obtained by a finger poke, will be used to check for anemia. If someone's blood counts are too low, it is not safe for them to donate blood. (When this occurs, they will not be able to do try again for 2 weeks and should increase their iron intake.) After being cleared physically, the donor is seated comfortably and a needle is inserted in a vein in the front of the elbow. The actual donation process usually only takes 8-10 minutes to donate an entire pint of blood. When donating is complete, the donor will consume snacks and fluids. (Some people may get a little dizzy or sick to their stomach during or after donation.) The blood is then tested and sent to blood banks and hospitals to be administered to those in need. It may be kept locally or sent to disaster sites.

There are 4 different blood types which were identified by Dr. Karl Landsteiner in 1901; A, B, AB, and O. Each of these blood types can be either Rh positive or negative. (Rhesus, or Rh, factor is an inherited protein present on the outside of blood cells. Rh positive indicates the presence of this protein, while Rh negative means the protein is not present.) O negative is known as the universal blood donor of all red blood cells which means that anyone in need of blood is able to receive O negative blood. Conversely, O negative is only able to receive O negative blood. The body replaces the fluid lost from blood donation in hours; the red blood cells in 4 weeks, and the iron in 8 weeks.

January is National Blood Donor Month. Whether you haven't donated before or it's been a while, what better time to consider giving back and helping others than during the month drawing awareness to it? Just make sure to boost your fluid and iron intake in the days before you plan to donate to help your body be ready for a successful donation.

Allison G. Gentz, RN

(Sources: www.fourhearts.org; www.redcrossblood.org)



Phobias: Real Fear

By Amy Tobolski

A phobia is defined as, “an extreme, irrational fear of something posing little or no real danger.” Phobias develop for many reasons, and can often result from a traumatic experience with, or related to the feared object or situation. Phobias also tend to run in families – having an immediate family member with phobia(s) increases one’s likelihood of developing a phobia threefold.

General symptoms include trembling, rapid heartbeat, and difficulty breathing. Some may have a full-blown panic attack, with feelings of terror and dread to the point they may think they are dying (symptoms often mimic those of a heart attack). The severity of the symptoms often depends on the proximity of the object and the availability of escape from the object / situation. People may go to extreme lengths to “escape” the source of the phobia. Common manifestations in people with Intellectual Disabilities include crying, tantruming, and even aggression as a means of escape.

Some of the most common phobias include:

Acrophobia – the fear of heights

Agoraphobia – the fear of being outside or in a situation from which it may be difficult / impossible for the person to escape.

Arachnophobia – the fear of spiders

Claustrophobia – the fear of closed in spaces (ex. elevators, tunnels, etc.)

Hemophobia – the fear of blood

Ophidiophobia – the fear of snakes

Some less common, but still very real phobias include:

Arachibutyrophobia – fear of Peanut Butter sticking to the roof of your mouth

Coulrophobia – fear of clowns

Ergophobia – fear of work

Geniophobia – fear of chins

Genuphobia – fear of knees

Lutraphobia – fear of otters

Papaphobia – fear of the Pope

Peladophobia – fear of bald people

Pentheraphobia -- fear of mother-in-law


As you can see, people can experience phobia related to literally anything and everything (polyphobia), even phobias (phobophobia)!

Becoming More Resilient

According to the American Psychological Association, Resiliency is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands. Resiliency is something many people have learned and or used throughout the last couple of years, especially living through the pandemic. Many people think that being resilient is being immune to stressors and adversity and that people either have it or they don't. Since resilience is the ability to adapt and learn from adversity, it means that it is not something that we will always have. If a person lacks resilience, they might dwell on problems, feel victimized, become overwhelmed or turn to unhealthy coping skills. Resiliency does not make the problems go away, but resiliency can help the problem seem easier, less stressful. If you lack resiliency, don't worry! Resiliency is something that a person can improve through training.

There are several ways to boost your resiliency.

Here are some tips to help you become more resilient:

- ◇ Get connected: Build strong, positive relationships with people who can provide support.
 - ◇ Make every day meaningful: Find a purpose; do something that adds meaning to your day.
 - ◇ Learn from experience: How did you cope with things in the past? What skills and strategies helped you through these times?
 - ◇ Remain hopeful: You cannot change the past, but you can look for the future! Accept and anticipate change, this makes it easier to adapt and take on new challenges with less worry.
 - ◇ Take care of yourself: Get lots of sleep, keep a healthy diet, exercise. Make our own needs and feelings a priority.
 - ◇ Be Proactive: Don't ignore things that can be a problem. Figure out what needs done, make a plan and follow through.
- 



It can take time to recover from major issues. Just know that your situation can improve if you work at it and so can your ability to practice resiliency. Becoming more resilient takes time and practice. If you feel like you are not improving no matter what you do, consider talking with a professional.

With a new day comes
new strength
and new thoughts.
~ Eleanor Roosevelt

Health Benefits of Coconut Oil



One of nature's greatest blessings is coconut oil. It can be used for a variety of purposes, and has many different benefits (so many, in fact, that it's not possible to mention them all in this article, but we'll provide some on-line sources of information if you're curious).

Coconut oil has antimicrobial properties, meaning it can fight disease. It contains lauric acid, which can kill

viruses, bacteria, and fungi on—or in—the body. Applying it directly to a region of athlete's foot or jock itch several times a day will help to get rid of the infection. Lots of people have fungal infections in their gastrointestinal tracts and don't even know it (hint—if you crave carbohydrates and feel irritable much of the time, you might have one), so ingesting coconut oil (either from cooking food with it or eating it straight out of the container) can assist in killing fungal overgrowth.

Coconut oil can have a stabilizing effect on blood sugar levels. Its medium-chain fatty acids slow the rate at which food is digested, thus reducing blood sugar spikes, thereby decreasing the amount of insulin the body needs to release. In addition, coconut oil's fatty acid chains accelerate the body's metabolism, thereby promoting weight loss and reducing belly fat, which can lower the risk of type 2 diabetes.

It should be noted that societies where coconut oil is the primary source of saturated fat report much lower rates of obesity, diabetes, and heart disease than exist in places where processed and refined foods make up the majority of the diet (yes, this includes much of the USA). Coconut oil can increase your "good cholesterol" levels!

Proper thyroid function depends on your cells' ability to utilize thyroid hormones. Coconut oil protects against cellular damage and facilitates the conversion of T4 into T3 within the cell walls, which is crucial for metabolizing energy, so it's great for thyroid health!

What kind of coconut oil should you purchase? There are many types of coconut oil on the market, and they are not all the same. According to Brian Shilhavy at Healthy Traditions, the best type is wet-milled fermentation virgin coconut oil. Please do your own research, though.

Coconut Oil Type	Hydrogenated Coconut Oil	Liquid Coconut Oil	Refined Solvent extract Coconut Oil	Refined Physical Coconut oil	Fresh Pressed Virgin Coconut Oil	Wet-mill no-heat Virgin Coconut Oil	Wet-mill fermentation, heated Virgin Coconut Oil
Rating scale 1 to 10	0	1	4	6	8	9	10
Find out more at CoconutOil.com	AVOID	missing lauric acid	chemical residue possible	good	very good	excellent	the best

You can learn more about coconut oil's benefits from the following sources:

<https://healthwholeness.com/nutrition/coconut-oil-benefits/>, 12/2/2022.

<https://www.forefronthhealth.com/coconut-oil-for-thyroid/>, 12/2/2022.

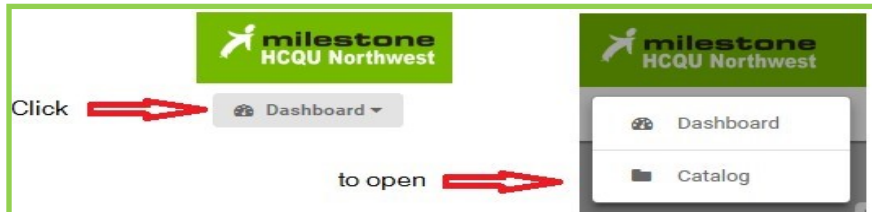
www.coconutoil.com, 12/2/2022.

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, and please check back often as we continue to add new content to the portal.

Webinars

January	12	CC	Depression
	19	TJ	Thyroid
	26	AG	Pressure Injuries
February	2	TJ	Congestive Heart Failure
	9	CC	Building Self-Esteem
	16	AT	Tourette's & Tic Disorders
	23	AG	Aspiration
March	2	TJ	Rheumatoid Arthritis
	9	CC	Supporting People with IDA to Manage Stress
	16	AT	Desensitization
	23	AG	Constipation/bowel obstruction
	30		HCQU Question Session

Save the Dates!

Incredible opportunities coming in 2023!

As part of our Speaker of the Month Series, we are excited to welcome the following presenters:

2/15/23 Dr. Beth Barol “Focusing on a Health Body for a Healthy Brain”

We all know that a healthy diet is good for our body, but did you know that good nutrition plays a role in mental health as well? Dr. Barol, a leader in PA and champion of the Positive Approaches paradigm, will help us understand the role nutrition plays and how we can best support people to make the best choices for the bodies & brains.

4/19/23 Pat Deegan “Using Psych Meds Optimally to Help Me Get the Life I Want part 1” *

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. There will be time for Q&A and discussion.

5/17/23 Pat Deegan “Using Psych Meds Optimally to Help Me Get the Life I Want part 2” *

6/23/23 Jordan Hollander “Self-monitoring”

While documentation and data are necessary for us to monitor how well we are supporting an individual, teaching individuals to self-monitor can raise their own awareness of patterns and connections between their behaviors and their environment. It can help create a sense of ownership over their own lives.

10/18/23 Pat Deegan “The Dignity of Risk and the Duty to Care”

In this 90-minute webinar, Pat Deegan will describe a practical and empowering method for working with folks who may be making self-defeating choices that steer their lives away from their goals and wellness. Using the Dignity of Risk and the Duty to Care, we will learn how to avoid toxic help, while supporting people in getting to the life they want. There will be time for Q&A and discussion. Handouts will empower participants to put what they learn in action immediately.

<https://northwesthcqu.learnupon.com>

We hope you can join us!

Letter from the Director

Now that winter is here, please be careful when traveling and always stay safe when at home. This is unfortunately when we have more emergencies such as car accidents, fires, and falls. Our agencies are mandated to do fire drills and have fire extinguishers around us at all times, but what do you do at home? Please keep exits clear of "stuff," and maintain free space around anything that generates heat, including hot water tanks, furnaces, and portable heaters. At all times of the year make sure that your smoke and carbon monoxide detectors are working (and change the batteries now if you did not do so at daylight savings time). If you have a fire extinguisher at home also, make sure that it is fully charged and easy to get to.

Finally, for falls, keep your walkways inside and outside the house clear, and if it is icy outside I highly recommend some type of ice cleats for on your shoes/boots to increase your traction. Clearing away snow and spreading salt or sand also helps when the ground is slippery. If traveling, go slow or stay home if possible, but also have a blanket and a fully charged cell phone in case you get stuck or wreck. Kitty litter and sand do help sometimes, but not getting stuck in the first place is best.

I could talk for a long time about safety, but these are some simple tips to help you safely get through the winter. Stay safe and warm.

Darryl

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