

“Let’s Connect”

July
August
September
2018

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Trainings

April—June

Cameron – 3
Clearfield – 10
Elk – 11
Erie – 7
Forest – 2
Jefferson – 6
McKean – 16
Potter – 3
Warren – 20
Venango – 1
Home Study - 119

Speaker of the Month

Depression, Dementia, Delirium

presented by

Marcia Kollar

July 18, 2018

9:30 AM – 11:30 AM

Marcia Kollar is a nurse clinical specialist in psychiatry. Her entire career has been in the area of geriatric mental health. She has developed in-patient geriatric psychiatric units, partial hospital programs, psychiatric consultation and liaison in the medical hospitals of the UPMC system, services and programs in long-term care as well as research. She serves as Adjunct faculty at the University of Pittsburgh and Penn State, and assists in teaching the geriatric fellows and medical students in our nursing home settings.

We’ve all heard the terms *dementia*, *depression*, and *delirium*, but do we really understand them? How can we know if someone’s symptoms are indicative of dementia, or if they are a side-effect of a medication? How can we tell if someone we serve is suffering with depression? And is there anything can we do to help them? Marcia will answer these questions and more in this two-hour training.

To register for this **free** event, please contact Lisa Brocious at Milestone HCQU Northwest, by phone at (814) 728-9400 or email lbrocious@MilestonePA.org. You may also fax a registration form to (814) 728-8887.

Registrations must be received by July 16, 2018.



Youth MHFA USA



The Mental Health First Aid movement continues to grow. Every day, more people are learning how to support a friend, family member or loved one facing a mental health or substance use challenge.

More than 1.1 million people have already been trained in Mental Health First Aid across the country. And the more educated we all are about mental health, the better hope we have of reversing the troubling trends developing around anxiety, depression and suicide.

Congratulations to Darling's Home Care & Cambridge Warren for joining the movement!



TRAMP out Medication Errors

Looking to decrease your risk for medication errors?
Want hands-on prevention methods?
Do you know the five rights of medication administration?
This medication administration workshop is for you!

Reviewing the essentials with true stories, engaging activities, and scenario discussions, this workshop is one that you won't want to miss. Participants will leave with a clearer understanding of the importance of medication administration and safety. Join us as we raise awareness of the potential effects of medication errors.

T: Time
R: Route
A: Amount
M: Medication
P: Person ..

The goal of this workshop is to provide participants a clearer understanding of the importance of medication administration and safety. It will cover essentials including the three principles, the five parts of the medication cycle, and the five rights. This workshop will raise awareness of potential effects that medication errors can have through various scenarios, activities, and discussion.

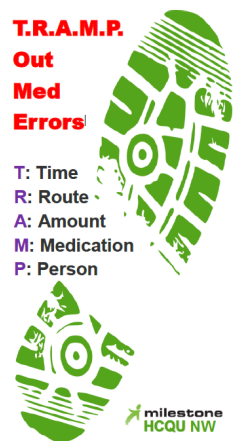
Objectives

- Provide overview of medication safety
- Identify the five rights of medication administration (Using T.R.A.M.P.)
- Identify the importance of communication and documentation
- Identify factors that contribute to medication errors

Are you interested in scheduling this training? If so contact Lynn Carnahan; Training Coordinator, at Milestone HCQU Northwest by email at lcarnahan@MilestonePA.org or by phone 814-728-9400.

**T.R.A.M.P.
Out
Med
Errors!**

T: Time
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Stress seems to be unavoidable most of the time, whether it's the bills piling up, overload at work or the demanding responsibilities that come from managing a family. If you are experiencing high levels of stress on a constant basis, you are putting your entire well-being at risk. It is important that we learn effective techniques to manage the stressors we deal with, but stress management is not one size fits all.

The following tips can help you decide what works for you.

- Identify the sources of stress in your life. You cannot work on resolving the stress if you don't know where it is coming from.
- Practice the four A's of stress management: Avoid, Alter, Adapt and Accept. Learn to say no, avoid people who stress you out, take control of the environment, and pare down your to do list. If it is impossible to avoid the situation, can you change it in some way? You cannot change some stressors, such as the death of a loved one, natural disasters, and illnesses. It is not easy to accept such difficult issues, but it's easier than fighting against a situation you cannot change.
- **Get Moving.** Exercise is the body's natural way of fighting off stress. The most benefit will come from exercising at least 30 minutes each time. You don't have to do any more than walk, but the more vigorous the exercise, the more stress you will relieve. Other activities you can do to get moving: dancing, running, swimming, or anything that gets both your arms and legs moving.
- **Connect with others.** Being face-to-face is the best way to connect with others. This is another natural stress reliever.
- **Make time for fun and relaxation.** Set aside leisure time, do something you enjoy every day, and keep your sense of humor.
- **Manage your time better.** If you feel overwhelmed, stretched too thin, or you don't have good time management, it can be a huge source of stress. Make sure you are getting enough sleep and keeping stress in check. Make sure not to prioritize tasks, break projects into smaller steps, delegate tasks and not to over commit yourself.
- **Maintain balance with a healthy lifestyle.** Eat healthy; reduce caffeine and sugar; avoid alcohol, cigarettes and drugs; and get enough sleep.



Seasonal/Environmental Allergies

About 8% of the population is afflicted with seasonal allergies. The medical term for a seasonal or environmental allergy is *Allergic Rhinitis* ("Rhinitis" comes from the Latin word for "nose," which is "rhino," as in "rhinocerus"). Many people call it *Hay Fever*. By any name, it is at best a nuisance and at worst a nightmare.

Allergic reactions occur when your body comes into contact with a usually harmless substance and recognizes it as dangerous. The body will try to protect itself, and releases many white blood cells and chemicals such as histamines into the bloodstream to attack the invader (in this case, an airborne substance like pollen).

The result is swelling and discomfort wherever the invader makes contact, which is the respiratory system in the case of airborne allergens. Common symptoms include: sneezing; runny or stuffy nose; ear congestion; post-nasal drainage; watery eyes; and itchy sinuses, ear canals and throat. Less common but more intense symptoms include headache, coughing, wheezing, and shortness of breath. In some people, environmental allergies can even trigger asthma attacks.

Seasonally, different triggers exist. In the spring, usually it is the trees that release most of the pollen, including birch, poplar, and cedar. Grasses and weeds are the primary offenders in the summer. Ragweed produces most of the pollens in the fall. Most allergens lie dormant in the winter, but since people spend a lot of time indoors, molds, pet dander, dust mites, and cockroaches can still produce irritants that provoke allergic reactions.

Dealing with allergies involves avoiding the cause, modifying the environment, and/or taking medication or using some other treatment. Staying indoors during allergy peaks can help. Make sure doors and windows are shut, and use air conditioning with a high efficiency particulate air (HEPA) filter in the summer. If you do go out, try wearing a surgical-type mask.

Some people need to take medications to treat their allergies. Claritin, Zyrtec, and Allegra are names of commonly prescribed treatments. These are oral meds that treat symptoms.

Allergy shots usually involve a skin test to determine exactly what the patient is allergic to, and then a tiny amount of that allergen is injected in order to gradually condition the body so it doesn't react as strongly, or at all, to the stimulus. Shots are given periodically to maintain this condition. Sometimes they can eventually be discontinued without the patient ever reacting to an exposure.

There are some treatments which do not require a physician's prescription. These include antihistamines like Benadryl or natural remedies/supplements such as quercetin, spirulina, and vitamin C. In any case, you should always consult your physician before attempting to use any of these products.

Have a great and healthy summer!

Tim Juliano



Does He Like Asparagus?: Bias, Asparagus, and the MRI Machine

Sondra Thiederman, Ph.D.

The very fact that the title of this article links the subject of unconscious bias with a diagnostic machine and even a vegetable sure says something about the innovative work researchers are doing in this important field of study. I'm thinking, in particular, here of Susan Fiske, a social psychologist at Princeton University.

Dr. Fiske and her colleagues built their research on earlier studies that measured the effect on the brain when white subjects viewed black faces. These studies found that, when the faces were seen, the wariness center of the brain (the amygdala) would spike. This spike amounts to a primitive "jumping to conclusions" about the nature of people different from ourselves. It is this measureable reaction—the spike in response to groups different from ourselves—that gave rise to the erroneous belief that biases are part of our hardwiring and are unchangeable.

In fact, yes, the human desire to categorize people is hard-wired, but what Dr. Fiske and others have found is that we do have the power to change those categories and the characteristics (the biases) we associate with them. The trick? Force the brain to focus on the individual in front of us, not on the group to which they belong.

Fiske proved this premise by modifying the earliest studies just slightly. She again showed black faces to white subjects, but this time invited the subjects to ask, as they looked at each picture, if the individual depicted liked a particular vegetable. The result: no fear spike in the amygdala.

Peculiarly simple, isn't it? Basically what happened is that the question about the individual taste of the person depicted distracted the viewer's mind from race. As a result, the biased characteristic (in this case, being dangerous) associated with the group was no longer pertinent because, in that moment, the group no longer existed. Think of the question about vegetables as a funneling device. The question funneled the focus of the brain narrower and narrower until, in the end, only one individual - not a member of a group about which one might have a bias - is in front of us.

Does this happen instantly in real life? Is this the magical cure for unconscious bias? Of course not - that would be simplistic at least - but it does show us two things. First, that our biases are not hard-wired - there are techniques we can use to loosen their hold. Second, that one of these techniques might just be getting into the habit of asking - in our heads or out loud - questions that force our minds to focus on a person's individuality. You never know, it just might be a step in the right direction.

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A DAY IN THE PARK



Letter from the Director

Summer is finally here, and we just held our annual picnic at Wildcat Park on June 15th. The weather cooperated wonderfully, and we had over 300 individuals and staff, along with many helpers and presenters there for the day. Please check out our photos on page 6 for some pictures of the day. People who helped were: Pennsylvania State Police, Kane VFD, Kane Lions Club (how could we forget the snow cones), Mount Jewett Ambulance, Bradford YWCA, PA Link, Community Links, PA Forest Service, The Elcam Gang, MLW Stables and their horses. There were also many other volunteers who helped with registration, flowers, crafts, photos, and many other things too numerous to mention. We were also thankful for the sandwiches from the Keystone Café at the Warren State Hospital.

Finally, our special speakers at the Warren State Hospital auditorium are going very well, and we have a few open spots in future months so if you have ideas for a possible topic or presenter please call or email us.

Darryl

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