

Milestone HCQU Northwest

“Let’s Connect”

January
February
March
2020

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Trainings

October– December

- Cameron – 1
- Clearfield – 19
- Elk – 9
- Erie – 4
- Forest – 0
- Jefferson – 11
- McKean – 8
- Potter – 0
- Warren – 27
- Venango – 0
- Home Study - 806
- Live Webinars -4
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Setting Goals

It's that time of year again, when many of us pledge our New Year's Resolutions. Unfortunately, motivation can be a difficult thing to muster. Sometimes once we have it, it's easily lost, especially this time of year. The following are some tips to help gain and keep motivation. **Set Goals:** Goals help us understand what direction we want to be headed. They must be measurable and have an endpoint. Goals should have a timeframe and be obtainable, yet flexible if needed.

- **Chose goals that are of interest to you:** It's hard enough to stay motivated, especially if we are not interested in the goals we choose. Don't allow others to choose your goals.
- **Make your goal public:** Making our goal public helps you to stay accountable.
- **Plot your progress:** When you're working toward something, it can be really motivating if you can see evidence that you're making progress. Draw or create a visual representation of how you're coming closer to achieving the goal you've set yourself.
- **Break up your goal:** It is easier to stay motivated if you break your overall goal into smaller goals. As you work, obtaining smaller goals will help you see your progress and help to stay motivated. Obtaining small goals will also help build self-confidence.
- **Reward yourself:** Promise yourself a reward once you hit a goal. It doesn't have to be something that could set you back. For example, if you are trying to lose weight, the reward doesn't have to be food. How about a nice massage for your sore muscles you may acquire from working out.
- **Use the buddy system:** It tends to be more motivating to work on a goal with someone who is working toward the same goal. Both words of encouragement and accountability can help in reaching goals.

Good Luck! I hope they help!

Connie Copley

Old man winter and Frostbite

Winter is among us. Remember to bundle up and keep "old man winter" from nipping at your nose. Any exposed skin, not only your nose can be subjected to "old man winter."

It is very important to prevent tissue damage to exposed skin due to environmental low temperatures. Although exposure to cold weather conditions can result in frostbite, there are other exposures that can harm skin tissue. Some of these are: direct contact with ice, freezing metal, and liquids.

Here are the signs and symptoms to watch for: cold or cold temperature of your skin from being exposed to, or in contact with, cold items; numbness; hard and pale skin; sensation of pins and needles; decreased sensation to touch; burning; stinging; discolored skin; blistering.

Treatment and prevention

Remember to cover all exposed skin if you are out in the cold weather. Use scarves and masks to cover your face, nose, and cheeks. Wear gloves or mittens to keep your fingers and hands covered. (Insulated mittens/gloves help to protect your hands and fingers.) You can also tuck your hands under your armpits to keep them warm. Wear socks and boots on your feet.

Mild cases of frostbite do not require medical attention. Go indoors, remove any jewelry and wet clothing, and slowly warm up exposed skin. More serious frostbite requires medical attention in order to avoid complications. This may include re-warming and avoiding walking on toes/feet if they are involved. If skin tissue has been damaged, debridement and amputation may be needed. IV fluids and oxygen therapy may also be necessary.

Other risk factors to developing frostbite include: medical conditions that affect your ability to feel cold, such as heart disease and diabetes; alcohol consumption/drug abuse; previous frostbite or cold injury; smoking; fear, panic, or mental illness that impairs good judgement; age-infants and older people are at higher risk. Also if you are at a high altitude and develop frostbite, there is less oxygen available to the skin.

Be as prepared as possible and check the weather before you go outdoors. Plan what you are going to wear to keep all exposed skin covered. Layer your clothing. Eat carbohydrate snacks, drink fluids, and keep your body moving to help keep your core warm. Take action right away if you see early signs of frost nip. If you notice your skin getting very red, this is an early sign of frostbite or hypothermia and you need to get warmed up and out of the elements of "old man winter."

So, prevent frost nip from nipping at your nose or other areas of exposed skin and keep this "old man winter" away!

Sharon M. Martyna



The heart—along with the lungs and the brain—is a vital organ, meaning that you cannot survive without it. It pumps oxygenated blood to every cell, and in a 70-year life span beats over 42 million times! So you need to be good to it. Here are a few suggestions.

Get routine medical check-ups with your doctor, and don't be afraid to tell him/her about any symptoms that you may be having, whether you think they are heart-related or not, because sometimes the source of the problem is not the same place you feel it. Follow your physician's orders and don't alter/discontinue your medications without discussing with him/her first. If you are diabetic, try keeping your blood sugar within normal limits as best you can.

If you smoke, please stop. Your body can heal itself of some of the damage that smoking causes, and the sooner you quit, the less damage you do. For help, call 1-800-QUITNOW.

If you are able, get some regular exercise every day. Walking is excellent aerobic exercise. So are bicycling and swimming. Most experts recommend at least 30 minutes a day 5 days per week.

Diet is very important to heart health as well. Talk with your physician about what diet is best for you. Omega 3 fatty acids found in extra virgin olive oil, several types of fish, and many nuts, are very heart-healthy. So is garlic. It is best to avoid processed foods and sugar, which can cause a lot of inflammation in the body.

Try to find ways to reduce stress in your life. Stress triggers a fight-or-flight response that makes the heart work harder and causes blood pressure to rise. Chronic stress can cause long-term organ damage. One way to reduce stress is to ask yourself how much the situation you are worried about will mean to you in a week, a month, or a year from now. Often this will help you realize that it's not worth all that energy.

Laugh. Laugh often. Did you know that laughter changes you physically? Studies have indicated that when people have a good belly-laugh, their immune systems become stronger (more disease-fighting white blood cells) and their levels of stress hormones (example, cortisol) decrease. Laughter also has a tendency to lower blood pressure. And who doesn't enjoy things that make us laugh? So lighten up!

Forgive. One of the most difficult things to do in life is to forgive someone who has hurt us. But, to quote Don Henley, carrying anger around "will eat you up inside." Just as with chronic stress, chronic anger induces the fight-or-flight response, which, over time, damages organs and tissues, according to Karen Swartz, M.D., of Johns Hopkins University Medical Center. One of the best ways to develop a forgiving nature is to keep in mind that there is not one of us who is perfect, and that we do not need an apology to reach out and forgive. Besides, why would any of us want to allow someone who harmed us in some way live rent-free in our heads on a daily basis?

In closing, I hope these tips help. Be good to your heart, and chances are that it will be good to you, too!

Tim Juliano

Sources:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/forgiveness-your-health-depends-on-it>, 12/10/19.

[https://www.globalhealingcenter.com/natural-health/healthy-heart-tips/?](https://www.globalhealingcenter.com/natural-health/healthy-heart-tips/?msclkid=7efc497fb4a0123bce0214900fed89bb&utm_source=bing&utm_medium=cpc&utm_campaign=BLOG%20-%20Saul%20-%20Search&utm_term=%2Bheart%20%2Bhealth&utm_content=Heart%20Health%20-%2020190912,12/10/19)

[msclkid=7efc497fb4a0123bce0214900fed89bb&utm_source=bing&utm_medium=cpc&utm_campaign=BLOG%20-%20Saul%20-%20Search&utm_term=%2Bheart%20%2Bhealth&utm_content=Heart%20Health%20-%2020190912,12/10/19](https://www.globalhealingcenter.com/natural-health/healthy-heart-tips/?msclkid=7efc497fb4a0123bce0214900fed89bb&utm_source=bing&utm_medium=cpc&utm_campaign=BLOG%20-%20Saul%20-%20Search&utm_term=%2Bheart%20%2Bhealth&utm_content=Heart%20Health%20-%2020190912,12/10/19).

Tips for encouraging the use of Augmentative & Alternative Communication:

For many of the folks we support, verbal communication is ineffective or unavailable, and alternative communication is necessary to help them make their needs and wants known. Augmentative and Alternative Communication (AAC) are methods that supplement or replace speech and/or writing. There is a myriad of options, from American Sign Language (ASL) to Picture Exchange Communication System (PECS) to iPad apps. Assessment and recommendation for the most appropriate form of AAC is typically done by a speech therapist. Should you support someone who uses or will be using AAC, the following tips may help make it useful and successful for the individual:

- Begin by asking, "What does the person need to communicate about?"
 - ◆ Words they would use frequently.
 - ◆ Words that have personal meaning.
- When deciding which words to teach/include, cluster them around specific events and activities
 - ◆ Ex. Bedtime Routine: "bath/shower," "toothbrush," "pajamas," etc.
 - ◆ Ex. Outdoor Activities: "walk," "garden," etc.
- Pair the sign/symbol with the spoken word every time you speak it.
- Ask open-ended questions to encourage use of signs/symbols.
 - ◆ Instead of: "Do you want a drink?" (which requires only a "yes" or "no")
 - ◆ Ask: "What do you want?" (which encourages the person to respond with a specific word).
 - ◆ If the person doesn't respond, make a respectful guess and ask a more direct question using the appropriate sign/symbol.
 - * Ex. "Do you want a drink?"
- If the person responds without using the sign/symbol, ask him to please use the sign/symbol and model it again for him.
- Whenever the person uses the sign/symbol, provide lots of verbal praise and immediately provide the requested item or activity.
 - ◆ When first teaching a new word, don't expect perfection - reward attempts to use AAC even if the person still needs some practice.
- ALWAYS provide what the person asks for, even if you think it is not what he really wants - he must make the connection between the sign and its meaning.
- When you ask for confirmation, model the AAC action again.
 - ◆ Ex. "Oh, you want a drink!" (sign/point to "drink")
- Don't stop using a sign/symbol once it is learned - just add a new word to the repertoire.
- Build opportunities to use AAC into everyday (fun!) activities.
 - ◆ Ex. Give half of the snack in order to encourage signaling "more".
 - ◆ Ex. Practice "stop" and "go" while going for a walk.



"Youngs Special Shooters League"

Youngs Family Billiards of Ridgway joined forces with a local group of people who support individuals with intellectual developmental disabilities. Together they created a night which individuals could learn how to play/shoot pool, no matter their skill level or need of support. During the 18 weeks of playing, not only were the players given a chance to learn or develop skills, but they created lasting relationships, breaking down "the wall" and overcoming obstacles they faced.



New Year/New Outlook

It seems like everywhere you look, people are at odds with one another. Whether it's politics, religion, race, sexual orientation, climate change, or even something as seemingly innocent as what color to frost the Christmas cookies (holiday cookies? seasonal cookies? December confectionary treats?), sometimes it feels like all we want to do is fight with each other. In the end, what do we really accomplish, other than negative emotions and distancing ourselves from one another?

Each new year brings with it a host of people making new resolutions, such as eating healthier, losing weight, or getting out of debt. While these are all worth-while goals, what if we all resolved to treat one another just a little bit better this year? What if simply by treating the people in our lives with more respect and compassion and being grateful for them we could literally help make the world a better place? It turns out, we can.

You may have heard the phrase "thoughts are things". Science has proven that everything - even thought or emotion - vibrates at a certain frequency (see graphic at right), and whatever frequency we send out with a thought or emotion, we attract to ourselves. So if you want to attract positive things into your life, send positive thoughts out.

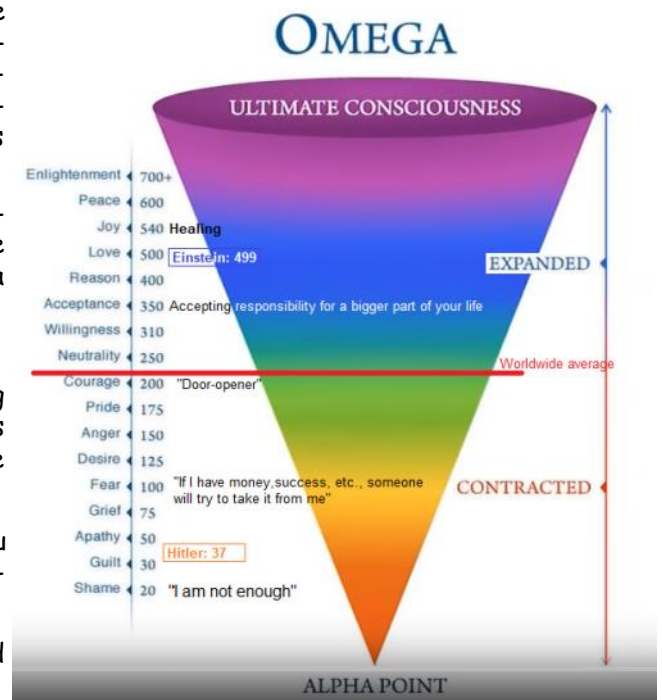
Science has also shown that our thoughts and emotions can directly affect other people, and the higher the frequency, the more people you affect. For example, someone operating from a feeling of love can affect around 750,000 people.

Some ways to raise our frequency include:

- **Don't judge anything.** For example, if you identify as being a female, and you have a judgement that women make less money than men, you may be subconsciously limiting the amount of money you earn.
- **Practice gratitude.** Be grateful and thankful for what you have and what you would like in your life - imagine you already have what you desire and be thankful for it.
- **"Be love, be joy and play more."** When you are playful and joyful, you are operating at a higher energy level.
- **Help others.** Every time you help someone else, you help yourself, so be helpful.

There are numerous books and videos available if you would like more information on the science of energy and how it affects our world. One of my favorites - and the one I based this article on - can be found at <https://www.youtube.com/watch?v=CuM678WXs0c&t=559s>. (Search for Christie Marie Sheldon on YouTube)

Let's make 2020 a great year by being just a little kinder, more patient, more grateful, and more joyful. We here at the HCQU are grateful for you! Happy New Year.



source: <https://www.youtube.com/watch?v=ZORnoPEKSNs,12/20/2019>

Letter from the Director

Welcome to 2020! I hope that 2019 was a great year for you and those around you. The Northwest HCQU had another busy year, and we look forward to assisting you in the future by providing trainings, technical assistance, or general information as we go through the next year and beyond. In addition to the trainings and technical assistance that we have offered, we also hosted other trainings such as Food Consistency, Fetal Alcohol Spectrum Disorder, Abuse Prevention & Safety: How Helpers and Staff Can Provide Education and Support, and lastly Seizures that Mimic Psychiatric Symptoms and Psychiatric Symptoms that Mimic Seizures in Persons with IDD.

So, what else would you like from us in 2020? If there is something specific, please email me at dbergstrom@milestonepa.org with your thoughts, or talk to one of us when you see us wherever. Take care, enjoy the winter, and call us for trainings or technical assistance.

Darryl



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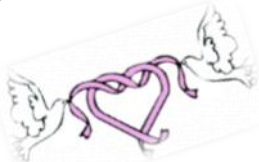
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New at the HCQU



Congratulations

Lisa Wile

Just Married

"Every time you think of calling a kid 'attention-seeking' this year, consider changing it to 'connection-seeking' and see how your perspective changes."


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