



# HCQU Northwest

## FLAG DAY WITH THE HCQU

**Friday, June 14th**

**10:00 AM — 2:00 PM**

We will be at the St. Paul Center in Sheffield, 7222 Route 6 again this year.

This will be our 18th year hosting the event. So come and enjoy "Flag Day" with the HCQU and special guests.

We welcome vendors and would be grateful for volunteers.

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



Looking forward to a great day !

The flier is on page eight and the registration is on page nine. Please print them off and share.

Send the registrations back to me at the HCQU by June 6th.

We hope to see you there!

Lisa



Roseland Building

247 Hospital Drive

Warren, PA 16365

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## Speaker of the Month Webinars

**April 17, 2024**

9:30-11:30AM

"Preventing and Overcoming Employee Burnout: The Organization's Role in Supporting, Mitigating and Planning"

Part Two

Presented by:

Kevin Aldridge



**May 15, 2024**

9:30-11AM

"Strokes"

Presented by:

Bev Lawton



**June 19, 2024**

9:30-11am

"Misuse of Advance Directives and Hospice"

Presented by:

Dr. Ruth Myers

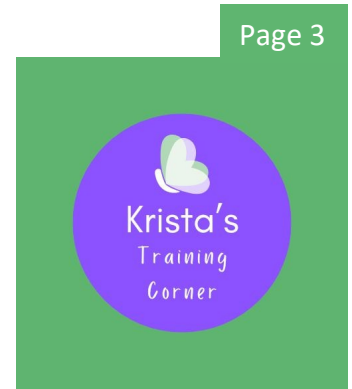


To register for this **free** event, go to <http://northwesthcqu.learnupon.com>.

## Milestone HCQU North West Training Corner

Happy Spring Everyone! Things are certainly warming up, and getting busy here at the HCQU. We've seen an increase with in-person trainings, so be sure to get those requests over to me, so we can get you on our calendar and see your smiling faces!

With that being said, make sure while you are taking one of our many new On Demand Webinars (or Live Webinars), you are completing all of the modules.



[← Return to Dashboard](#)

### On Demand: Vision Loss

My Progress 50%

[Course Description](#)

✓ 1. Vision Loss: Handout

✓ 2. Vision Loss: Presentation

✍ 3. Vision Loss: Exam

✍ 4. Vision Loss: Survey

- Handouts
- Recorded Webinar
- Exam
- Survey

The final module is important, as you are able to give feedback on how we are doing. Plus, you get your Certificate of Completion afterwards.

We are also updating our website, so be sure to check out all the information in this Newsletter as well as updates on fun and exciting things happening at the HCQU!

As always, if you would like to set up an in-person training or have questions regarding a training, feel free to email or call me at [kfitzsimmons@milestonepa.org](mailto:kfitzsimmons@milestonepa.org) or 814-728-9400.

Krista

## Webinars

### April 2024

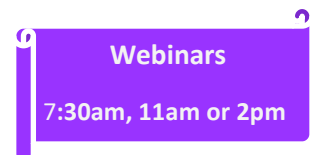
|    |               |                               |
|----|---------------|-------------------------------|
| 4  | Tim Juliano   | Leaky Gut                     |
| 11 | Connie Copley | Listening Skills              |
| 18 | Amy Tobolski  | Bed Bugs & Other Common pests |
| 25 | Allison Gentz | Irritable Bowel Syndrome      |

### May 2024

|    |               |                                 |
|----|---------------|---------------------------------|
| 2  | Tim Juliano   | Intro to Emergencies            |
| 9  | Connie Copley | Mental Health Awareness         |
| 16 | Amy Tobolski  | Intermittent Explosive Disorder |
| 23 | Allison Gentz | Lyme Disease                    |
| 30 | Tim Juliano   | Autoimmune Disorder             |

### June 2024

|    |               |                                |
|----|---------------|--------------------------------|
| 13 | Connie Copley | Post-Traumatic Stress Disorder |
| 20 | Allison Gentz | Dental Care/Oral Health        |
| 27 | Amy Tobolski  | Loss of Appetite (Round 3)     |



To Enroll: <http://northwesthcqu.learnupon.com>

# OPPORTUNITIES

from Milestone HCQU Northwest

For **individuals** supported, learn about:

## Healthy Habits

6 classes (20-30 minutes each)

Give-aways!



DRINK



EAT

Bracelets

with the icons  
as a reminder to  
make healthy  
choices



MOVE



WASH

Handouts



BRUSH



ENJOY

Activities!

For **supporters**, become an:

## Anti-Loneliness Facilitator

*Calling all champions for people with I/DD!*

Join us in supporting people with I/DD to develop and maintain healthy relationships – be a part of a community of practice where facilitators can share ideas, successes, and resources.

**Step 1:** go to <https://northwesthcqu.learnupon.com>, sign up/in, take the course: *On demand: Relationship Training with Dr. Karyn Harvey*

**Step 2:** express your interest by contacting Amy Tobolski at the HCQU at [atobolski@MilestonePA.org](mailto:atobolski@MilestonePA.org) (please contact Amy with any questions, as well)

It's that simple! You will then be invited to meet with other facilitators and Dr. Harvey on the last Monday of every other month, 8:30-9:30am. Our next meeting: 4/29/2024

*"Loneliness is the only real disability."* -- David Pitonyak

## Ways to boost your mental health.

We are finally seeing the end of Winter. The weather is slowly improving. Some days are too gorgeous to stay inside. What about the days that are just a little too cold or too rainy to be outside? Just when our mental health and motivation seemed to be increasing. So, how do we boost our mental health on the days that aren't so nice? Maybe try some of the following tips:

1. **Get enough sleep.** Getting enough sleep plays a huge role in our mental wellness. Ensuring that we are getting adequate sleep for our bodies is very important. Without enough sleep, we tend to not be as well mentally or physically.
2. **Be careful with social media.** Social media can cause many issues with your mental health. Envy others (whose life probably isn't as perfect as it may seem on social media), can cause our own mental health to deteriorate.
3. **Get moving.** It is important to keep moving. Pace while talking on the phone or watching tv. Set your watch or phone to alert you once every hour so you know when it is time to get up and move. Move for one entire minute. Even stretching or moving in your seat can help improve mood.
4. **Know when it is time to take a break.** This is different than getting enough sleep. This is simply taking time for yourself. Do something that is relaxing and can help rejuvenate you. Listen to your body. When you don't have the energy, don't push yourself. Resting is important because it is your body's way of telling you it's time for a break. If you push yourself beyond your limits, not only can it hurt physically but it can cause you to become irritable, not be able to think clearly, and to make poor decisions. Regardless of your current mental state, this is bound to make things worse.
5. **Work on your strengths or what you do well.** Working on your strengths helps to build both self-esteem and self-confidence. If you focus on what you struggle with, this will do the opposite for your mental wellbeing.
6. **Practice forgiveness.** Holding a grudge can be detrimental to your mental health. Believe it or not, it takes a lot of energy to hold a grudge. You may spend a lot of time thinking about this person and your issues. It is like allowing them to live rent free in your head.

You don't have to try all of these at once. Pick one or two, try them, and see how they work. You can always move on to another suggestion if the ones you initially chose do not seem to help. Remember, nice weather is on its way. Sunshine is a natural way of boosting our mental health. It provides vitamin D which our bodies need to stay healthy. Have a happy spring!!

### Dickinson

What a great class!

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

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

**"Congratulations"**

Be the one to make a difference.





# Preventing Sports/Outdoor Injuries

After an oddly warm winter that almost felt like spring, we can officially say spring is here! If you're anything like me, you're more than ready to be outside enjoying that fresh air. There are so many activities that can be done to help us get those active minutes. Maybe you enjoy walking, hiking, or biking. Or perhaps, you're someone who prefers more sports-like activities, such as golf or softball. Regardless of what kind of activities get you moving, there is a risk of injury. (Yes, even with golf!) Many of these injuries are preventable, so here are a few tips to help you enjoy the outdoors safely.

Be sure to stretch before starting your outdoor activity. This warms up those muscles so they can contract and perform optimally. To complete a good stretch, it should be done slowly until a point of tension is reached. (Remember, a point of tension is not the same as pain. If it hurts, release the stretch a little.) This should be held for about 20 seconds. In addition to a warm-up, a cool-down should be completed as well. Usually, a cool-down should last twice as long as the warmup. A good cool-down is important because it helps the blood pressure and pulse to come down slowly, thus preventing dizziness and fainting spells. It also helps prevent muscle injury.



Regardless of the outside activity, it is important to have good, supportive footwear. Make sure shoes fit well, as footwear that is too tight or too loose can lead to blisters or other sores (especially detrimental if someone is a diabetic). They should also provide good ankle support. Wearing a helmet may feel awkward when riding a bike or rollerblading, but, in the event of an accident, it can help prevent a serious head injury. It is important to make sure it fits correctly and is snug. In addition to wearing a helmet, especially when trying a new sport where falling may be inevitable, wearing knee, elbow, and wrist pads can also prevent scrapes and bruising. (It will also help cushion that fall.)

Bringing along a small first aid kit helps you be prepared in case of minor injuries, including cuts/scrapes, insect bites, and perhaps a sprain. Even on overcast days, make sure to apply sunblock to prevent sunburn. Bug spray is helpful when hiking/walking in the woods to help keep those pesky things away. Checking the label to ensure they prevent against ticks is important. Wearing long sleeves and pants is beneficial to protecting your skin. As with any outdoor activity, especially in the woods, make sure to do a "tick check" when returning indoors. Look for them on all surfaces of clothing, but also in the "warm" areas of the body, such as elbows, armpits, groin, between fingers and toes. If you find one that isn't embedded, put it directly into a sandwich baggie and seal it. If it has become embedded, refer to [https://www.cdc.gov/ticks/removing\\_a\\_tick.html](https://www.cdc.gov/ticks/removing_a_tick.html) for directions on removal.

Those are a few ways to prevent injuries, but sometimes, they still happen. Receive medical care if needed and allow for appropriate healing before resuming those outdoor activities.

Now get out there and enjoy the sunshine and mild temperatures!

## What Is Methylene Blue?

You may have heard of Methylene Blue. It is a chemical compound that can provide many benefits to the body at the cellular level. It was developed in 1876, initially was used to treat Malaria, and was a precursor to several drugs on the market today, including antibiotics and antipsychotics. It is still used in hospitals as an antidote for poisons, including carbon monoxide and cyanide. Methylene Blue is named for its deep blue color (in the liquid state), and may be best known as a fish tank antiseptic or textile dye for blue jeans.

Perhaps the greatest value of Methylene Blue is its effect on cellular structures called *mitochondria*. These are energy producers ("the powerhouses of the cell"). Any disease process or condition that causes fatigue or exhaustion usually interferes in some way with the ability of the mitochondria to do their job. Remember, the human body has roughly 30 trillion cells, and that is a lot of territory. Methylene Blue provides oxygen and electrons to the mitochondria, enabling them to make ATP (energy) and improving metabolism. This also enhances the ability of the cells to get rid of metabolic waste (called *autophagy*, or cellular garbage).

Methylene Blue seems to be protective of neurons. Studies have shown that it can reduce the number of plaques and tangles in the brains of persons with Alzheimer's Dementia and that it can also protect neurons in those with Parkinson's Disease. It improves the function of serotonin and norepinephrine as well, thus helping to regulate mood, and, unsurprisingly, has been effective in treating Depression.

Medical experts say that inflammation is a key factor in many chronic diseases. Methylene Blue is a great anti-inflammatory. It has reduced inflammation in the brains of mice and prevented cognitive decline. Likewise, animal studies have shown that it has also reduced inflammation in bowel diseases such as Crohn's and Ulcerative Colitis. Methylene Blue also inhibits the growth of *Helicobacter Pylori*, a bacterium known to cause stomach ulcers.

Methylene Blue has been effective in improving survival rates of people diagnosed with sepsis. It has antiviral properties as well, as it kills the parasite that causes malaria and has successfully been used to treat viral infections (Dengue, Zika Virus).

Animal studies have shown that Methylene Blue improves insulin sensitivity and reduces blood glucose levels, and promotes wound healing with the growth of new blood vessels. Thus, it may help in the treatment of persons with Diabetes.

There are several other health benefits attributable to this versatile compound, but it is beyond the scope of this article to discuss all of them. You may wish to learn more about Methylene Blue by doing a web search, or visiting <https://www.news-medical.net/health/Potential-Health-Benefits-of-Methylene-Blue.aspx>. **As with any medication or supplement, always consult your physician before even thinking about taking it. Methylene Blue is classified as a potent MAO inhibitor, and therefore can have potentially severe side effects (such as Serotonin Syndrome) and potentially harmful interactions with other drugs.**

Tim Juliano

# FLAG DAY

## WITH THE HCQU

Event taking place at

**St. Paul Center**

7222 Route 6

Sheffield, PA

**June 14th, 2024**

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

**Snow Cones**



&

**Much more**

**Lunch will be provided**

We look forward to

seeing you!!



**Registration Form**  
**Flag Day with the HCQU**  
**June 14, 2024**

Agency Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_

**RSVP by June 6, 2024**

|            |       |            |
|------------|-------|------------|
| Name _____ | Staff | Individual |
| Name _____ | Staff | Individual |
| Name _____ | Staff | Individual |
| Name _____ | Staff | Individual |
| Name _____ | Staff | Individual |
| Name _____ | Staff | Individual |
| Name _____ | Staff | Individual |
| Name _____ | Staff | Individual |
| Name _____ | Staff | Individual |

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

**\*Lunch, snacks and beverages 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**

## Letter from the Director

With a mild winter in the past and making maple syrup just a memory, for the rest of this year my thoughts naturally are about when I can plant my garden. Patience is a good thing but in April cold hardy vegetables such as onions and peas are first followed by early potatoes. I also need to start some plants indoors such as Broccoli and Cauliflower to get a quick start in May or whenever the mud dries up. For those who are not much into growing things I encourage you to buy something fresh from the grocery store (or farmers' market when they open). I like a good pizza or apple dumpling but alternating fruits and vegetables with "junk" food is a good thing. During my last store visit I found a different unknown melon that is similar to a cantaloupe / honeydew so there are frequently things at the stores that will challenge your taste buds. Not everything that you try will taste great, but try is the key word.

In addition to eating fruits and vegetables, please also remember that we offer trainings on Healthy Eating, Seasonal Allergies, Sun and Skin, and a wide variety of other topics. If you or the individuals that you work with would like these or other trainings just email Krista at [kfitzsimmons@milestonepa.org](mailto:kfitzsimmons@milestonepa.org) to submit a request. We can do trainings virtually, in-person, or you can take classes online via our LMS at <https://northwesthcqu.learnupon.com/>, so keep your requests coming to us.

As always, I encourage you to get outside whenever possible to enjoy the fresh air, but if not outside try to find something indoors to keep you moving and to be healthier. Stay safe, drink water, eat fruits and vegetables, and keep on moving.

Darryl

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*May*

*Nurses Month*

*But by always doing your best..*

*Guiding people in the right direction*

*And unconditionally showing your support..*

*You make a difference in people's lives*

*Thank you for all that you do!*

*Happy Nurses Month*

