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HCQU Northwest

FLAG DAY WITH THE HCQU



Where do we begin to say **thank you** for making Flag Day such a special Event!

This was the HCQU's nineteenth year and we could never do this event without the wonderful people who step up to help. I saw so much joy in the faces that we serve from our nine counties, and that is what the day was all about.

To the generous people who spent their day helping out again, we say **thank you!** From the amazing ELCAM Gang Band, Kane Lions Club (sno cones), Sheffield Volunteer Fire Department and Safe In Home to the family members and friends. We have been so fortunate for a couple of years to have the Keystone Café making our great sandwiches.

This year we are so pleased to announce that over forty "Thank You For Your Service" cards were made. These cards will be sent to our local service members overseas by the Blue Star Mothers of Kinzua.

The HCQU is always open for suggestions, so keep that in mind for next year.

As always, there are a few photos on the next page.

Lisa

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FLAG DAY WITH THE HCQU



Milestone HCQU North West Training Corner

It's finally Summertime, and is it going to be a hot one!

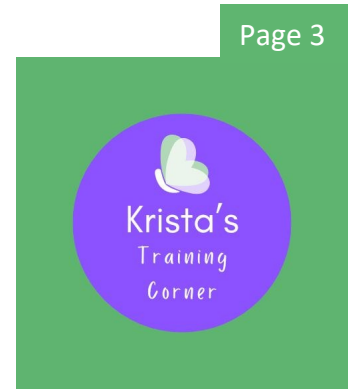
I'm sure many of you have vacations and plan to spend time with family and friends soaking up the sun, but don't worry, you can always catch up with some of our new on-demand classes!

We are trying something a little different at the HCQU this summer. To give everyone a chance to enjoy summer activities, we will be doing one live training each month. They will still be offered three times a day for your convenience.

We are also ramping up our in person trainings! We've had great success with our Healthy Habits and Autism trainings lately, and would love to see all of you!

As always, if you would like to set up any of these in person trainings or have questions regarding a training, feel free to email or call me at kfitzsimmons@milestonepa.org or 814-728-9400.

Krista



WEBINAR *Schedule*

JULY 11	Tim's Tips for Wellness
AUGUST 1	Post Traumatic Stress Disorder
SEPT 5	Self Injury
7:30AM, 11AM AND 2PM	

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



Speaker of the Month Webinars

July 17, 2024

9:30-11 AM



"Thinking Developmentally: Supporting Adults with Intellectual/Developmental Disability"

Presented by:

Amy Tobolski

August 21, 2024

9:30-11AM



"Suicide Prevention Training "

Presented by:

David Delveaux

September 18, 2024

9:30-11am



"Working Successfully with Parents with IDD: An Introduction"

Presented by:

Cathy Haarstad, MS

Is Death Really “the Great Equalizer”?

Many of you may be aware of the significant disparities in medical treatment provided for people with Intellectual Disability (ID). This became even more clear during the COVID pandemic, where people with ID were frequently not provided the same level of care as those without ID (for more information, visit: [Original research: Understanding inequalities in COVID-19 outcomes following hospital admission for people with intellectual disability compared to the general population: a matched cohort study in the UK - PMC \(nih.gov\)](#))

While in most instances this was an unspoken rule, did you know that some states actually said it out loud? In Washington and Alabama, for example, state disaster preparedness plans explicitly stated that people with ID were to be given a lower priority for lifesaving treatment.

Death is sometimes referred to as “the great equalizer.” Yes, we all die, no matter the color of our skin, our religion, our economic status, and whether or not we have a disability. But how and why we die may not be equal. Sadly, DNRs, Hospice, and Palliative Care are too frequently used unnecessarily and inappropriately for people with ID.

If you are supporting someone using or at risk of needing these services, you are encouraged to watch our recording of **Dr. Ruth Myers’ webinar: *The Misuse of Hospice and Palliative Care***. This eye-opening presentation will walk you through what you need to know to effectively advocate with those you support to ensure that they do not die prematurely from assumptions about their ability to make informed decisions, their quality of life, or their “worth” and instead are able to face potentially life-ending illness the way they choose – just like those without ID.



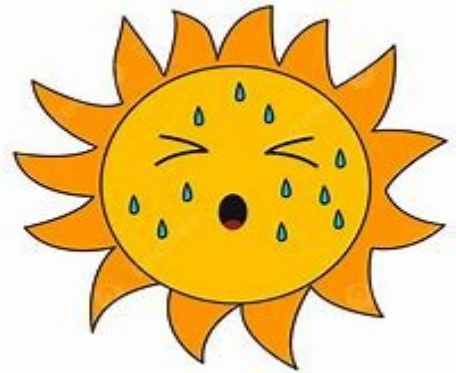
This training can be found at: www.northwesthcqu.learnupon.com

Don't Sweat It

The “dog days” of summer are upon us! Long days filled with sunshine, outdoor activities, cookouts, fun, and sweaty people. Okay, so that last one might not really be something that comes to mind when thinking about the great things in summer. However, (almost) everyone sweats, especially in the summer. An average adult can make up to 4 liters of sweat a day using their 2-4 million sweat glands! If you ask me...YUCK!

Perhaps you already know that people sweat as the body's way to regulate its temperature, which is why we tend to sweat more in the summer when it is hot. The science behind this is pretty cool. Sweat is produced and excreted through the skin. When this fluid evaporates, it has a cooling effect as the skin and superficial vessels decrease in temperature. The cooler blood returns to the body's core and helps to decrease temperature, preventing the body from overheating. This is all controlled by the hypothalamus in the brain. A person's sex, genetics, age, fitness level, and environment can all play a role in how much sweat is released as well. Not surprisingly, sweat is made up of mostly water. In fact, about 99% of sweat is water, with the rest being mainly salt and fat.

Sweat, also referred to as diaphoresis or hidrosis, is secreted from 2 different types of sweat glands in the body, eccrine and apocrine glands. Eccrine glands are the most numerous over the body and are responsible for that watery sweat over the body we are used to. Apocrine glands are more specific to the armpits and a few other areas and release an odorless, oily secretion. Odorless sweat and armpits do not seem to match up, but sweat does not begin to have that distinct smell until it meets up with bacteria on the skin. Deodorant works by killing the bacteria on the skin, which prevents the bacteria from breaking down and causing that “body odor” smell. Additionally, if an antiperspirant is used, it prevents the body from releasing as much sweat. A lot of deodorants have an antiperspirant right in them. Regardless, it is important for regular hygiene (i.e. shower or bath) to help wash away old sweat and bacteria (and old odors) and keep glands/pores open.



Given that quite a bit of fluid can be lost, especially on hot days, it is important to stay hydrated. Drinking water helps to replenish that fluid, not to mention that ice cold water on a warm day can be refreshing. Many opt for a sports drink that has electrolytes, which is okay too, but they can be loaded with sugar. (Keep in mind, it is recommended to drink half of your body weight in ounces for proper hydration.) Some people are unable to sweat due to clogged glands, an underlying inherited defect, or medication side effect. If you or someone you know/support is at risk for overheating, it may be a good idea to discuss with a medical professional. Using cooling cloths, encouraging hydration, and ensuring time in the shade are helpful in preventing overheating.

Oh, and fun fact, horses, hippos, monkeys, and apes actually sweat. Dogs and cats cool themselves down by panting, but they also sweat a little from their paws. Enjoy the nice weather and try to remember that no matter how disgusting you feel (or smell) on the warmer days, sweating is good for you!

Allison G. Gentz, RN (<https://en.wikipedia.org/wiki/Perspiration>)

Cranio-Sacral Therapy

You may not have heard of Cranio-Sacral Therapy (CST), so we wanted to share some information about it with you. CST is a gentle, hands-on, non-invasive treatment for the brain, spinal cord, and their supporting structures (bones of the skull, face, and spine, connective tissues and membranes, and cerebrospinal fluid).

It was developed by an osteopathic physician, John Upledger, at Michigan State University, during the late 1970s and early 1980s. Dr. Upledger discovered that the supporting structures of the central nervous system can have a significant impact on how well the brain and nerves function, and that the cerebrospinal fluid (CSF) has its own circulatory rhythm, independent of the body's heart rate and respiratory rate. When this rhythm is disrupted by trauma, surgery, or infection, it can contribute to chronic pain, irritability, brain fog, and mood changes. Cranio-Sacral Therapy helps to release restrictions in the connective tissues supporting the nervous system, and can also restore the flow of CSF to its normal rhythm (8-12 cycles per minute).

Craniosacral Therapy helps:

- Migraine Headaches
- Chronic Fatigue
- Colic
- Scoliosis
- Fibromyalgia
- Chronic Neck & Back Pain
- Motor Coordination Impairment
- Traumatic Brain & Spinal Injuries
- Post-Traumatic Stress Disorder



Treatments are usually about 30-60 minutes in length. The patient lies on a treatment table and simply relaxes. The therapist contacts the bones of the cranium and face with a very light touch (about the weight of a nickel), and feels for restricted movement (yes, the bones of the skull and face do move a tiny bit).

He or she will remain in contact with those areas until a release is felt and there is a restoration of the CSF to its normal rhythm. How many treatments someone will need depends on the individual. There are some contraindications (blood clots, recent concussion, increased intracranial pressure, Chiari Malformation, etc.), so if you are considering this type of therapy, talk with your physician first.

Many people who have had this treatment state that it is very relaxing and that it does help relieve pain and anxiety, and reportedly has been helpful to persons who are diagnosed with Autism or Seizure Disorder. Earlier in my career, I worked for a physician who practiced Cranio-Sacral Therapy, and I received a treatment from her. She told me the rhythm of my own CSF was off (I had had back surgery twice). When she finished, I felt relaxed and centered, and it seemed like time slowed down for me. It was awesome!

If you would like to learn more, or find a practitioner, here are a couple of websites: <https://my.clevelandclinic.org/health/treatments/17677-craniosacral-therapy>, and <https://www.upledger.com/>. Have a wonderful day!

NEAT

Have you ever heard some refer to movement as NEAT? If so, did you know that they were not just using NEAT as an adjective? NEAT stands for Non-Exercise Activity Thermogenesis. Neat is the energy expended for everything we do that does not include sleeping, eating, or exercise. NEAT can help you lose weight by increasing your metabolism and burning calories. NEAT activities can also keep you from gaining weight.

It can be tough if we are trying to lose weight and sometimes eating right and exercising is not quite enough. What can you do in your everyday life to burn additional calories? Not only does NEAT help you to stay trim, but NEAT also helps keep you move as you age. Some of us sit all day at our jobs. Sitting all day could make one gain weight and it could also make it more difficult to move as we get older. The first thing I would suggest is making a list or at least really think about things you do throughout the day. These things may include getting ready for work, riding to work, working at your workstation, sitting down for lunch, riding home from work, taking a nap/watching tv before dinner, preparing dinner, eating dinner. Did you realize how many hours you spend sitting each day? I am sure most of us don't.

One thing we could most likely always do it stand more. Stand or move for 5 - 10 minutes when doing certain activities. If you own a smart watch you can program it so that it alerts you and prompts you to stand and move for one minute, when you have not yet stood within the hour. A smart watch will also track your steps. Stand and type at your desk (an adjustable height desk would come in handy for this). Maybe you could stand while you type or while you talk on the phone. At home you could stand while watching TV, or stand to fold laundry instead of sitting. Washing your car by hand or using a basket instead of pushing a cart are also examples of NEAT.

Anyone attend sporting events? I have heard many complain (and may have even done so myself) about how uncomfortable sitting on the bleachers at these events can be. Why sit? Why not find an area and walk around or at least stand for a bit and stretch. Just make sure you aren't blocking anyone else's view.

Some other simple things to do, including mowing your lawn, with a push mower of course, or using the stairs when possible. When shopping, park further away from the store so you walk more, or have a dance party while you clean.

Whatever is right for you if you choose to get moving, it could make you healthier and happier and do the same for your pet, when you get moving and take them out for a walk!!



Letter from the Director

What a change in weather since our previous newsletter in April. We did have a mild winter and spring, but I was not ready for the extra heat in June. I quickly remembered to drink lots of water even if I was not really thirsty. An occasional sports drink was also nice but many have a bunch of sugar which may taste great but often brings its own issues. Lastly, sun screen is a great thing to keep you from getting a sunburn, and air conditioning was not just welcomed but needed when heat indexes went around 100 degrees Fahrenheit.

In addition to drinking lots of liquids and staying safe in the sun, please also remember that we offer trainings on Hydration/ Dehydration, 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 kfitszsimmons@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.

Please remember to stay hydrated, remain safe when the temperature rises, and keep aware of weather changes in case severe weather is arriving. 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. Get some fresh fruit and vegetables, and have a great day.

Darryl



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