

HEALTHY OUTCOMES



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In Memoriam: Carol M. Sumner

By Patty Brofee

The Geisinger Central PA HCQU is saddened by the death of colleague and friend Carol Sumner who passed away Friday, Aug 14, 2020.

Carol graduated in 1978 from the Phillipsburg Hospital School of Nursing Diploma Program and continued further education at George Washington University. In 2001 she joined the HCQU as a regional nurse in the field of intellectual and developmental disabilities (IDD) nursing, serving Huntingdon, Mifflin and Juniata Counties.



Prior to joining the HCQU she worked in a variety of capacities including home care, ER, ICU, Recovery Room and the nursing Supervisor for the ARC of Centre County. She was instrumental in her lead role in developing medical Community Living Arrangements (CLA) for individuals transitioning out of Laurelton Center. Carol was a certified Developmental Disability Nurse with active professional memberships in both the National DDNA and State PADDNN.

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The HCQU works with intellectual disabilities and behavioral health programs in Central PA to provide health care management services for adults with Intellectual/Developmental Disabilities or Autism. Our goal is that all people living in PA, regardless of ability, receive the finest community services available – assuring that they are as healthy as possible and can fully participate in community life. The HCQU works to enhance access to community physical and mental health care through **FREE** education, public health outreach, advocacy and empowerment as well as to improve health care outcomes. Serving the following counties: Blair, Centre, Columbia/Montour/Snyder/Union, Huntingdon/Mifflin/Juniata, Lycoming/Clinton, Northumberland and Schuylkill.

The information offered in this newsletter is to increase your awareness of health-related situations. It is not intended to be a substitute for professional medical advice. If you believe you or someone you support has a condition, please seek the advice of a physician.

Carol M. Sumner...

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As her team, we believe she had a special way of connecting with others, especially individuals with intellectual and developmental disabilities, and was passionate about improving the lives of those in her care. She exhibited selfless care and compassion for the most vulnerable. Her knowledge in the field of Intellectual Disabilities was impressive as was her mentoring skills to nurses, both young and old. She had a very broad reach when you think of the impact she had on others over the course of her lengthy career.

Carol was a woman of great faith, an avid cat lover (especially her Nittany Lions) and a staunch conservative. She adored her family and always spoke highly of her nephews. It is not an over statement to say she prided herself as an aunt and a life-long loyal Penn State Football fan.

Our thoughts and prayers are with Carol's family, friends and our HCQU during this difficult time. **"WE ARE"** deeply missing her and will fondly remember her always. ■

October is National Down Syndrome Awareness Month

5 Things to Know About Down Syndrome

By Geisinger Wellness

When a woman gets pregnant, there is usually excitement, joy... and sometimes a little concern that the baby will be born healthy. One reason for this concern is the possibility of having a child with Down syndrome, a lifelong genetic disorder that affects development both in the womb and after birth.

Down syndrome is one of the most common genetic disorders in the U.S.; each year about 6,000 babies are born with the condition.

Most people with Down syndrome have mild to moderate impairments throughout life. There are some common physical traits in people with Down syndrome, including a flatter facial profile, eyes that slant upward, low muscle tone, smaller hands and feet, one crease across the palm, a short neck, small ears and a small mouth.

Here are some facts to know about Down syndrome.

1. The most common type of Down syndrome is called Trisomy 21

Down syndrome is a genetic birth defect. Typically, each cell in the human body contains 23 pairs of chromosomes that carry genetic information from both parents.

About 95 percent of people with Down syndrome have an extra copy of chromosome 21, for a total of 47 chromosomes. This type of Down syndrome is called Trisomy 21.

There are two other types of Down syndrome: Mosaicism, where only some cells contain 47 chromosomes and others contain 46; and translocation, where there are 46 chromosomes present, but chromosome 21 attaches to another chromosome.

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HCQU Day of Learning is Canceled

As concerns continue with the COVID-19 pandemic, Fall HCQU Day of Learning has been canceled. Our Spring HCQU Day of Learning is tentatively scheduled for May 13, 2021. ■

Timely and Useful Links:

<https://www.aadmd.org/coronavirus-center>

<https://aidinpa.org/>

<https://themighty.com/2020/03/online-events-for-people-stuck-inside-during-coronavirus-outbreak/>

<https://www.myodp.org>

www.geisinger.org/hcqu

<https://www.pa.gov/>

<https://www.cdc.gov/>

www.neighborlypa.com

Down syndrome...

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2. No one knows what causes Down syndrome

Researchers are unsure why Down syndrome occurs or all the factors which increase the risk. However, one factor is the mother's age. "A 35-year-old woman has a 1 in 350 chance of giving birth to a baby with Down syndrome," said Murugu Manickam, M.D., clinical geneticist at Geisinger's Genomic Medicine Institute Precision Health Center in Forty Fort. "This increases each year. By age 40, the chance of Down syndrome is 1 in 100. Overall that risk could be considered low, but it is higher." However, because of normal childbearing ages, most children with Down syndrome are born to mothers who are less than 35.

Having had another child with Down syndrome is also a risk factor.

3. Down syndrome may be diagnosed before or after the baby is born

During pregnancy, a noninvasive blood screening test can determine if you are more or less likely to have a baby with Down syndrome. If screening tests are positive, your doctor may recommend a more invasive diagnostic procedure to determine whether or not your baby has Down syndrome. These tests look for differences in chromosomes that signify Down syndrome. After birth, Down syndrome may be identified by appearance and confirmed with a test called a karyotype.

4. Some people with Down syndrome may have other health issues

Babies born with Down syndrome often face other birth defects. "About half of babies born with Down syndrome also have heart problems that could require surgery or close monitoring," said Dr. Manickam.

Other health issues include hearing problems, sleep apnea, seizures, skin conditions, vision problems, digestive issues, respiratory infections and gum disease. As people with Down syndrome age, their related health problems may worsen.

5. People with Down syndrome are living longer than ever before

Thanks to early diagnosis and advances in treatment, the life expectancy of people with Down syndrome has increased significantly. "As recently as 1983, the average life expectancy was around 25 years old," said Dr. Manickam. "Now, many people with Down syndrome live very full lives into their 60s and sometimes 70s."

It is also very important to talk to other families who have a child or adult with Down syndrome. There are numerous local and national organizations that can help connect families, Dr. Manickam said. ■

It's times like these that demonstrate the importance of Direct Support Professionals.

THANK YOU FOR EVERYTHING YOU DO!

#developmentalservicesmatter

UNSCRAMBLE THE WORDS

(The words are taken from this month's articles and ads)

Terfalt _____

Stanlimurent _____

Kryptoyea _____

Lingfloe _____

Unilaviddis _____

Crannypeg _____

Cronnec _____

Sommercoosh _____

Staponaise _____

Traincoonslat _____

Rubellaven _____

October is National Down Syndrome Awareness Month.

Visit the National Down Syndrome Society at

www.ndss.org



Autism and Intellectual Disabilities in Pennsylvania

AID in PA is a resource collection for Pennsylvanians in the autism and intellectual disability communities. A joint effort between ASERT (Autism Services, Education, Resources, and Training) and the statewide HCQUs (Health Care Quality Units), AIDinPA is designed to connect individuals with disabilities, families, professionals, and community members with resources that can best serve them in emergency situations.

The Central PA HCQU recently provided information for self-advocates and community members on how to stay safe while having fun outside during the summer.

Visit AIDinPA.org for webinars offering tips on summer heat safety, water and pool safety, and hosting gatherings or cookouts safely during the COVID-19 pandemic. ■

<https://aidinpa.org/>

ANSWERS TO WORD SCRAMBLE:

Flatten, instrumental, karyotype, lifelong, individuals, pregnancy, concern, chromosomes, passionate, translocation, vulnerable

Do you have a favorite recipe?

You can submit it by sending to

lgmurphy@geisinger.edu

Cooking Corner

Pumpkin Gingerbread

Wonderfully flavorful and fragrant bread for the holidays.

3 cups sugar	1 cup vegetable oil
4 large eggs	2/3 cup water
15 oz can pumpkin puree	2 tsp gr ginger
1 tsp gr cinnamon	1 tsp gr allspice
3 1/2 cups flour	1 tsp gr cloves
1 1/2 tsp salt	2 tsp baking soda
	1/2 tsp baking powder



Preheat oven to 350°F. Lightly grease two 9x5 inch loaf pans. In a large mixing bowl, combine sugar, oil and eggs; beat until smooth. Add water and beat until well blended. Stir in pumpkin, ginger, allspice, cinnamon, and cloves. In a medium bowl, combine flour, soda, salt, and baking powder. Add dry ingredients to pumpkin mixture and blend just until all ingredients are mixed. Divide batter between prepared pans. Bake in preheated oven until toothpick comes out clean, about 1 hour.

Nutrition Facts, Per Serving: 262.6 calories; protein 3.2g 6% DV; carbohydrates 40.7g 13% DV; fat 10.2g 16% DV; cholesterol 31mg 10% DV; sodium 313.1mg 13% DV.

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