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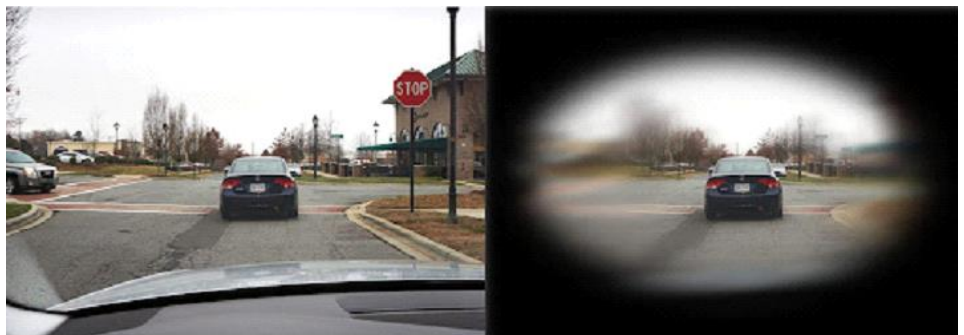
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# Healthy Outcomes

## Glaucoma Awareness Month January 2022

Glaucoma is a leading cause of vision loss and blindness in the United States- especially for older adults and African Americans. Glaucoma doesn't have any symptoms at first, but over time it can cause peripheral (side) vision loss and blindness.

### Normal vision versus vision with Glaucoma.



*The degree of peripheral vision loss varies based upon severity of disease.*

### The New Year should include looking, seeing and feeling better!

Most people with glaucoma have no early symptoms or pain. Everyone is at risk to get it, and there is no known cure. **Here's the good news: glaucoma can be treated successfully if it's caught early.**



1. Glaucoma can cause vision loss and blindness, which can't be reversed. Glaucoma causes fluid to build up in your eye, causing pressure that can damage the optic nerve, which transfers visual images to your brain. But you can save your vision with early detection and treatment.

2. There are no early symptoms. Glaucoma often has no early warning signs. No pain. No discomfort. No blurry vision. Only advanced glaucoma will affect your vision. Don't wait for symptoms to visit your eye doctor!

*(Continued on page 2)*

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.

3. In the United States, half the people who have glaucoma don't know they do. Nearly 3 million Americans have glaucoma. Half don't know it. Lack of awareness and the absence of symptoms are preventing people from detecting the disease early. You can change that! Find out if you have glaucoma.

4. Some people are at higher risk than others. African Americans over 40, adults over 60 – especially Hispanics/Latinos, and people are at higher risk, making early Are you at higher risk? Talk to There is only one way to know if comprehensive dilated eye exam have glaucoma. During the exam, drops in your eyes to widen the disease in the optic nerve. Now glaucoma, make a resolution for healthier vision. Schedule a comprehensive dilated eye exam today! And encourage your friends and loved ones to do the same.



To learn more about glaucoma, visit [www.nei.nih.gov/glaucoma](http://www.nei.nih.gov/glaucoma).

## MAKE TIME during BUSY TIMES

With the biggest reason given for not being able to exercise pets appropriately being “too busy”, Walk Your Dog Month is a great opportunity to set yourself some small targets to get out walking with your dog and hopefully change your habits long term to the benefit of you both.

It is important to note that before starting any exercise regime it would be worthwhile checking that your dog doesn't have any underlying health issues and when you do start frequent dog walking, safety is key for both you and your dog. Some things to consider include:

Wearing brightly colored or reflective clothing, leashes, and collars.

Stay in well-lit public areas.

Ensure your dog has access to plenty of fresh clean water during if on a long walk and afterwards.

Protect your dog's feet from the elements- ice, snow and de-icers and grit can all cause nasty sores so be sure to protect your dog's feet and wash them down afterwards.

Make sure your dog is warm or cool enough – particularly if young, old or with a condition such as arthritis.

But most of all HAVE FUN! [www.awarenessdays.com](http://www.awarenessdays.com)



**January is Walk Your Dog Month**

**Health benefits for both you and your dog!**

### MYTH: People with Good Vision Can't Have Glaucoma

Most types of glaucoma will not have any symptoms, and people with good vision may not notice any symptoms until the late stages, which is why glaucoma is called the “silent thief of sight.” The later the disease is diagnosed and treated, the more likely it is that noticeable vision loss may occur. [Glaucoma Myths Debunked](#)  
[Glaucoma Research Foundation](#)

## Can a digital assistant help you live a healthier life?

By Geisinger Wellness

There's an unlikely tool in your home that can help you get healthier — your smart speaker.

If you have a voice assistant in your home, what do you use it for? Playing music? Getting today's weather report? What about building healthier habits?

"A voice assistant can be a useful tool in improving your overall health, whether that's getting more exercise or tracking health metrics," says Dr. Grace Guerrier, an internal medicine doctor at Geisinger's Berwick clinic.

### Set health goals

Before you set out on your quest for better health, start by thinking about the things you'd like to achieve.

"The first step when it comes to leading a healthier life is to make a goal for yourself, like walking a certain number of steps or unplugging at a certain time each night," says Dr. Guerrier. Your device can help you achieve health targets like:

- Tracking workouts
- Sticking to a calorie budget
- Finding nutritional information
- Monitoring weight, blood pressure and other stats

After you set your health goals, call on your voice assistant to embark on your health journey. *(Continued on page 4)*

### UNSCRAMBLE THE WORDS

Test your knowledge and see how many words taken from the newsletter you can unscramble:

arprehplie	
yeisftell	
osivni	
blinedssn	
rtoieun	
erurpess	
xame eey	
tmaaru	
trciknga	
diagilt	
ssattansi	

Answers to word scramble:

Answers: peripheral, lifestyle, vision, blindness, routine, pressure, eye exam, trauma, tracking, digital, assistant

HCQU Heathy Outcomes newsletter recipe collection is on our website.

[20 Years of Recipes Cookbook](#) by

*Lesley Murphy*



### Myth: Test for Glaucoma is Painful

There are multiple tests for glaucoma because doctors look at many factors, all of them painless. The two most common tests are tonometry and ophthalmoscopy. [Glaucoma Myths Debunked Glaucoma Research Foundation](#)

## Can a digital assistant . . . (Continued from page 3)

Getting healthier? There's an app for that

Achieving your health goals is easier when you have a partner. Your voice assistant can be your partner, helping you stay on track and encouraging you along the way. Use it to:

**Reduce stress.** Your digital assistant has various tools to help you relax — from guided meditations and soothing music to words of encouragement. “Developing a healthy mind is just as important as a healthy body,” Dr. Guerrier says. Find something you like to listen to and start feeling calmer.

**Get moving.** Want a full-body workout with weights? Or maybe yoga is more your speed. Whatever you're looking for, your device can help you find it. And if you just want to get up and move, set reminders to get off the couch or away from the desk. “Moving, even for a few minutes a day, helps lower blood pressure and improves heart health,” says Dr. Guerrier. Bonus: You may even shed a few pounds.

**Find a healthy recipe.** Maybe you're stumped on what to make for dinner or looking for something to do with that swiss chard withering in the fridge. Your device can save the day. Browse recipes for inspiration or search for something specific. Entrees that hit certain calorie limits. Desserts that don't contain gluten. Fiber-filled snacks. Once you have a recipe, use your device to add ingredients to your shopping list.

**Manage doctor's appointments.** Your assistant's calendar feature can track everyone's medical appointments. Some devices will even sync appointments to your phone's calendar. Have a prescription? Set a reminder to tell you when it's due for a refill or renewal. Need to call your provider? Make a phone call with your device to schedule an appointment or ask a question.

**Get better rest.** Your smart speaker offers a few secret weapons to help you have a more restful night. Use it to wind down before bed, fall asleep faster and even turn on a home security system. If you haven't already, move your device into your bedroom. Then ask it to help you create a bedtime routine. Bedtime routines could include:

- Turning down the lights
- Setting an alarm
- Playing relaxing music on a timer
- Reading an audiobook

### Small steps lead to big progress

Creating healthier habits may feel daunting at first. But with the help of your voice assistant, you can make it easier to hit the goals you've set for yourself. Maybe you want to walk 20 minutes a day, limit takeout or try one new healthy meal each week. Any of these minor adjustments to your routine — and others — can yield major results.

“Those small habit changes will soon become a routine in your new healthy lifestyle that you can build on to make bigger changes,” says Dr. Guerrier. *Geisinger Wellness Articles Updated Oct. 15, 2021*



**“DEVELOPING A HEALTHY MIND  
IS JUST AS IMPORTANT AS A  
HEALTHY BODY “**

*Dr. Guerrier*



### Ingredients:

- 1 each Banana
- 1 cup Frozen Raspberry  
Low Fat Yogurt
- 2/3 cup Cranberry Juice
- ½ cup Frozen Blueberries
- ½ cup Frozen Raspberries

*(servings for 2 people)*

## January Weis Markets Dietitian Virtual Cook-Along

**January 19, 2022 @ 1 pm**

with Emily Bumgarner

### Cranberry-Berry Smoothie *with cranberry juice*

Just because it is winter doesn't mean we can't enjoy vibrant flavors. Join Weis Dietitian Emily to learn about seasonal produce. After learning about the produce items, Emily will show us how to make a Cranberry-Berry Smoothie.

#### Directions:

In a blender, combine the ingredients. Blend until well combined.

If you don't have a blender you can still make the smoothie with a bowl and spoon but be sure to get fresh fruit so you can easily mash into a smoothie. *If possible, have all ingredients prepared and measured in advance to save time.*

**Click this link to join Jan. 19th:** <https://zoom.us/j/92080918574?pwd=Wk9leERWMVNzZnJUMU53ZkcwZFdUZz09>

**Passcode: 6ce0878836**

- Registration not required
- Join on a computer or mobile app
- Attend as a group or individually
- Closed caption is not available

Hosted by: [The Central PA HCQU](#)



## EXPLAINING THE BRAIN TO CHILDREN AND ADOLESCENTS (*DOWNSTAIRS BRAIN VS. UPSTAIRS BRAIN*)

*A creative and easy way to help people understand the brain, and how trauma impacts the brain.*



<https://youtu.be/py8deTlxNco>

You Tube. FloorPlay Coaching

## Regional Impact of Human Trafficking: What Can You Do?

**Tuesday, January 25, 2022 5:00-7:00PM EDT (Virtual)** Free and open to the public (registration required)

**Register here:** <https://primetime.bluejeans.com/a2m/register/ffbzcubg>

Human trafficking is a crime and growing public health concern. This crime occurs when force, fraud, or coercion are used to compel a person into commercial sex acts or labor services against their will. The goal of the webinar is to provide education and resources for combating and ending human trafficking. It will also provide an opportunity for advocates and professionals who are active in addressing Human Trafficking to discuss their roles in the provision of services to survivors and at-risk populations as well as their national and regional impact. The summit serves to inspire and motivate attendees to help fill gaps in services.



Moderated by: **Dr. Monique Howard**, Senior Director of Women's Health Initiatives for the Center for Global Women's Health



**2021-2022 FLU SEASON ALERT** The Office of Developmental Programs (ODP) is sending out this reminder to get immunized against the flu. The current flu season is underway and can last until May 2022. While influenza activity is still low overall nationally, an increase in influenza A (H3N2) viruses has been detected in recent weeks nationally and in Pennsylvania. It was recently reported by the Pennsylvania Department of Health (PA DOH) that 80% of flu cases so far this year have been in children and young adults with the H3N2 influenza virus. This virus has been associated with more severe flu season in the past for individuals age 65 and older and young children. **A flu shot will help protect you against the flu viruses that are circulating.** December 9, 2021

Read the full Alert [here](#).

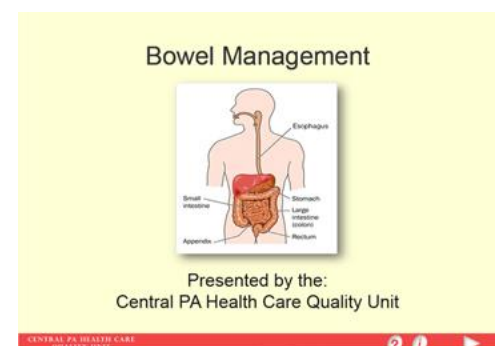
## FREE HCQU Online Courses

We are here for your educational credit needs! Our courses are great for DSPs or anyone interested in expanding their knowledge of different healthcare issues. We offer health-related courses on aging, mental health, nutrition, safety and more.

Available now!

Revised **Bowel Management** course.

[www.geisinger.org/hcqu](http://www.geisinger.org/hcqu)



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## The 2022 Physical Health and Behavioral Health Training Index is now available.

Our HCQU program continues to provide individual and staff virtual trainings and technical assistance with the safety and welfare of our individuals and staff as top priority. Available training topics are listed in the [2022 Physical Health and Behavioral Health Training Index](#). If your agency or Supports Coordination Unit is in need of training, please complete our **2022 newly revised** referral request form that can be found [here](#).

## Care for yourself one small way each day

[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)



Take breaks to relax and unwind through yoga, music, gardening, or new hobbies



Take care of your body and get moving to lessen fatigue, anxiety, or sadness



Find new ways to safely connect with family and friends, get support, and share feelings



Treat yourself to healthy foods and get enough sleep

### [EASY TO READ COVID-19](#)

[Safety-CDC.gov](http://Safety-CDC.gov) Resources using easy-to-understand words and short sentences about different COVID topics.

*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.*