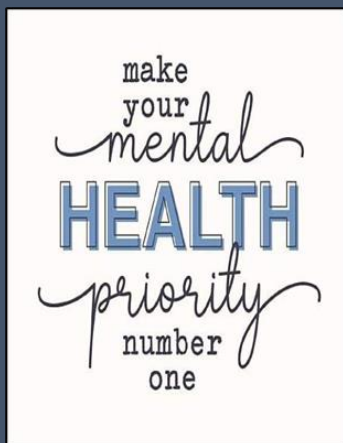


## Inside This Issue

- Mental Health Awareness Month
- Taking Breaks
- Bike Safety Month
- 5 Mental Benefits of Exercise
- Trainings/Events
- PADDNN
- Baked Dill Lemon Carrots
- Find Mental Health Help and Support

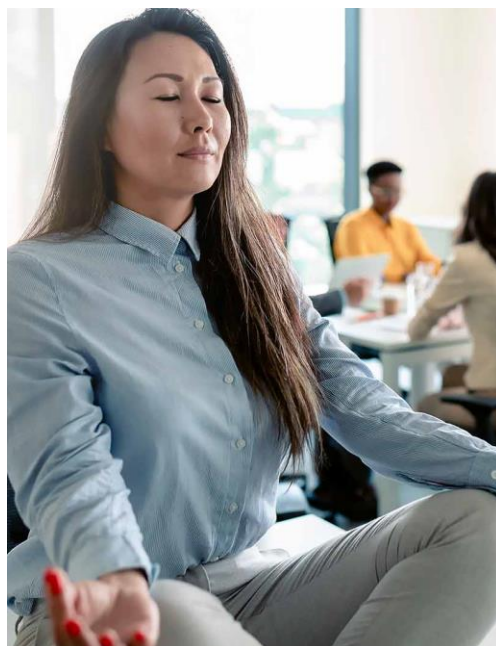


# HEALTHY OUTCOMES

## MAY IS MENTAL HEALTH AWARENESS MONTH

### *Taking breaks can lead to breakthroughs*

*By Paula Franken*



Meditation isn't really doing nothing, although it might feel like it at first. If you're new to meditation, you might find it difficult not to fidget.

But once you get past that stage, it's all worth it.

Why meditate? It calms the mind, relaxes the body, releases feel-good endorphins into your bloodstream and creates measurable physical changes in the brain.

Your brain is constantly reacting to stimulation and creating new neural pathways through a process called neuroplasticity. Positive messages have positive effects. Negative messages have negative effects.

And positive ones can increase gray matter volume.

This means the way you talk to yourself is important. Messages like "This may be a lot of work, but I know I can get it done" are key. Because whether you opt for positive or negative, your brain probably believes you!

So, to defeat feelings of being overworked and overwhelmed, try this. Sit still, breathe deeply and picture something pleasant — or better yet, something you feel grateful for. When your attention strays (and it will), just keep bringing it back to your breath and whatever image you've chosen.

Even 5 minutes can make a big difference. But don't be surprised if your sessions start naturally getting longer because meditation just feels good.

Best of all, you might return to the task that felt like a major challenge with a new perspective — and maybe some creative inspiration — to help you get the job done. Efficiently. Effectively. And with a deep sense of calm.

*Geisinger Wellness article published Sep. 24, 2021*

## 5 MENTAL BENEFITS OF EXERCISE *by Walden University*

*From less stress to a boost in self-esteem, exercise is as great for your brain as it is for your body.*

Most of us know the many physical benefits of exercise: weight control, lower blood pressure, reduced risk of diabetes, and increased energy, just to name a few. But what about the psychological benefits of exercise? From easing symptoms of depression and anxiety to keeping your memory sharp, there's no shortage of mental benefits of exercise. The psychological benefits include help for depression and anxiety, decreased stress, increased self-esteem and self-confidence, better sleep, and brain boost.

*To learn more about the psychological benefits of exercise, read [5 Mental Benefits of Exercise](#).*

## May is Safe Biking Month



BIKING CAN BE A GREAT MODE OF TRANSPORTATION AS WELL AS A MODE OF EXERCISE. JUST LIKE OTHER TYPES OF TRANSPORTATION, SAFETY SHOULD BE CONSIDERED FIRST AND FOREMOST.

### SAFETY TIPS FOR BICYCLISTS:

- **GET A BIKE TO MATCH YOUR NEEDS.** MANY ROAD BIKES ARE DESIGNED ULTRA-LIGHTWEIGHT FOR SPEED. OTHERS ARE NOT AS FAST BUT BUILT FOR COMFORT.
- **MAKE SURE YOUR BIKE FITS YOUR BODY.** CRANKS, HANDLEBARS, AND THE SEAT CAN BE CHANGED TO FIT YOUR NEEDS.
- **MAKE SURE THE BIKE IS IN GOOD WORKING ORDER.** CHECK TO ENSURE GEARS AND BRAKES WORK PROPERLY. IF YOU NEED HELP, TAKE IT TO A QUALIFIED MECHANIC.
- **IF YOU USE YOUR BIKE BETWEEN SUNSET AND SUNRISE,** IT MUST BE EQUIPPED WITH A FRONT LAMP AND REAR AND SIDE REFLECTORS THAT ARE VISIBLE FROM AT LEAST 500 FEET. THIS IS BOTH TO HELP OTHER MOTORISTS SEE YOU AND TO ILLUMINATE YOUR PATH.
- **A REAR-VIEW MIRROR WILL HELP YOU MANEUVER THROUGH TRAFFIC.** REAR-VIEW MIRRORS CAN BE HELMET-MOUNTED OR MOUNTED ON YOUR HANDLEBARS.
- **BE PREPARED FOR FLATS AND OTHER MINOR BREAKDOWNS** BY BRINGING A SMALL TOOLKIT, INCLUDING A TIRE PATCH AND PUMP.
- **FINGERLESS CYCLING GLOVES PROTECT YOUR HANDS** IN CASE OF FALLS AND HELP CUSHION YOUR HANDS ON THE HANDLEBARS. WEAR COMFORTABLE CLOTHING, ALONG WITH PROPER FOOTWEAR.

**PENNDOT** RECOMMENDS THAT ALL BICYCLISTS WEAR HELMETS. CHILDREN 12 YEARS OF AGE AND YOUNGER ARE REQUIRED TO WEAR HELMETS.

*DeE*

DEBORAH ERDMAN RN MSN CCRN TCRN GEISINGER INJURY PREVENTION COORDINATOR

# LEARNING OPPORTUNITIES



## I AM Safe!

Is a safety program where individuals are currently learning about themselves and their boundaries, to make the very best decisions about their lives. Topics include learning safety in the home/community, Internet/social media, and within us. Meetings are the first and third Tuesdays of the month at Trinity House in Bloomsburg. Contact Jennifer at [jenniferb@handinhandpa.org](mailto:jenniferb@handinhandpa.org).  
*Hand In Hand Family Resource Center is dedicated to the service of individuals and families with special needs.*

### NAVIGATING ADOLESCENCE

JOIN US FOR AN EVENING OF SOCIALIZING AND DISCUSSION! MEET NEW FAMILIES AND REACQUAINT WITH OLD FRIENDS. A PANEL OF PARENTS AND PROFESSIONALS WILL LEAD A DISCUSSION ABOUT ADOLESCENCE AS IT APPLIES TO KIDDOS WITH DISABILITIES.

**Tuesday May 24th 6:00 PM to 8:00 PM**

Dinner buffet \$10 a person

The Links at Hemlock Creek

55 Williamsburg Blvd Bloomsburg, PA

Contact Jennifer at 570-237-0456

or [jenniferb@handinhandpa.org](mailto:jenniferb@handinhandpa.org)

RSVP by April 16<sup>th</sup>

**[HAND IN HAND Family Resource Group](#)**

**THE MINGLING GROUP** A NETWORK PLACE FOR FAMILIES OF INDIVIDUALS WITH SPECIAL NEEDS



### WEIS MARKETS



JOIN WEIS DIETICIAN EMILY TO GET SOME IDEAS FOR FUN AND EASY LUNCHES. ENJOY AN INFORMATIONAL SESSION FOLLOWED BY A RECIPE DEMONSTRATION SHOWING YOU HOW TO MAKE A TASTY **TUTTI FRUTTI WRAP**.

**JOIN HERE** Passcode: 5ccc2b665b

*Registration not required.*

Detailed [cook-along flyer](#) here. *If possible, have all ingredients prepared and measured in advance to save time.*

Hosted by [The Central PA HCQU](#)

## SafeinHome.com

THURSDAY, MAY 12<sup>TH</sup> AT 1 PM

[\(Full Zoom Meeting Details Here\)](#)

### REMOTE SUPPORTS ASSISTIVE TECHNOLOGY QUESTIONS ANSWERED



Learn how **SafeinHome** Remote Supports complements on-site support, how the Assistive Technology works, AND:

- ✓ IS TAILOR-MADE FOR EACH INDIVIDUAL – REMOTE SUPPORTS CAN MEET THE UNIQUE NEEDS AND DESIRES OF EACH INDIVIDUAL
- ✓ THE ASSISTIVE TECHNOLOGY DEVICES – THE MEANS TO WHICH AN INDIVIDUAL CAN LIVE A SELF-DETERMINED INDEPENDENT LIFE
- ✓ IS A SOLUTION TO THE WORKFORCE SHORTAGE – PROVIDE SUPPORT TO THE PEOPLE YOU SERVICE AND ADD MORE CLIENTS TO YOUR ROSTER

**FOR MORE INFORMATION:**

LEARN MORE ABOUT **SAFEINHOME** [Here](#)  
READY TO GET STARTED? [Connect with us](#)  
**INFORMATION ON**  
**SAFEINHOME** [Partnering with existing service providers](#)

Hosted by [The Central PA HCQU](#)



The Brain Injury Association of Pennsylvania will present two trainings funded by a grant from the PA Department of Health and free to all attendees. CEUs are available for nurses!

*This is open to anyone who would benefit from learning more about TBI (Traumatic Brain Injury). The training can accommodate 500 individuals. Email Nissa Freeze, BHHP CMSU Wellness RN at [nfreeze@geisinger.edu](mailto:nfreeze@geisinger.edu) with questions.*

***Brain injury is unpredictable in its consequences brain injury effects who we are and the way we think act and feel. It can change everything about us in a matter of seconds. The most important things to remember are:***

*A person with a brain injury is a person first.*

*No two brain injuries are exactly the same.*

*The effects of a brain injury are complex and vary greatly from person to person.*

*The effects of a brain injury depend on factors such as cause, location and severity.*

<https://www.biausa.org/brain-injury/about-brain-injury/basics>

TO ATTEND, PLEASE REGISTER WITH THE LINKS PROVIDED BELOW. ([TRAINING FLYER](#))

**JUNE 9, 2022 10AM – 11:30AM BRAIN INJURY 101**

This training will discuss the basics of brain injury, its definition, epidemiology, and neurocognitive effects. We will also address the impact on level of risk and responsibility to treatment. Training will be delivered on Zoom. To register:

[https://us02web.zoom.us/webinar/register/WN\\_XyNMBVh4Tt-HWII65O2ACg](https://us02web.zoom.us/webinar/register/WN_XyNMBVh4Tt-HWII65O2ACg)

**JUNE 16, 2022 10AM – 11:30AM BRAIN INJURY 201**

This training will focus on basic interventions, ways to adapt treatment to accommodate for neurocognitive challenges, introduce a screening tool, and highlight resources available for individuals with brain injuries ranging from school re-entry to funding streams for brain injury services. Training will be delivered on Zoom. To register:

[https://us02web.zoom.us/webinar/register/WN\\_duF37fNvTJe8hIO1kV7zza](https://us02web.zoom.us/webinar/register/WN_duF37fNvTJe8hIO1kV7zza)

Both trainings will be presented by BIAPA's Training and Outreach Coordinator, MJ Schmidt. MJ is a Certified Brain Injury Specialist Trainer with experience working in brain injury rehabilitation, adult corrections, and juvenile justice.

## Brain Injury Resource Line

*BIAPA's Brain Injury Resource Line (BIRL) is staffed by volunteers who are able to provide information about resources that may be of help to people with brain injury or their family.*



# MENTAL HEALTH AWARENESS 5K RUN/WALK

WHEN: **MAY 15, 2022**

WHERE: [Danville Hess Trails](#)

REGISTRATION: **PLEASE REGISTER BY 05/08/2022**

REGISTRATION WILL START AT 11:30 AM AND RACE WILL BEGIN AT 12:30 PM

*Students in high school and below \$15.00, anyone above \$20.00.*

TO REGISTER, PLEASE CONTACT LAURA CASHNER VIA EMAIL AT  
[CASHNERLAURA@GMAIL.COM](mailto:CASHNERLAURA@GMAIL.COM).

THE NET PROCEEDS OF THIS EVENT WILL BE CONTRIBUTED TO  
THE **KYLE 'BUCKY' KIZIS** AND **JASON GORDON MEMORIAL**  
**SCHOLARSHIP FUNDS**, COMPONENT FUNDS OF THE  
COMMUNITY GIVING FOUNDATION AND THE DANVILLE  
KINDNESS CLUB.



*Shirts will be available at the event  
for \$15.00.  
First come, first serve.*

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"What mental health needs is more  
sunlight, more candor, and more  
unashamed conversation."

*Glenn Close*

*Special thanks to The Danville Middle School Kindness Club, The Danville  
Pharmacy and CMSU Behavioral Health & Developmental Services.*

## PADDNN



**Pennsylvania Developmental Disabilities Nurses Network (PADDNN)** is a local network of the national Developmental Disabilities Nurses Association (DDNA). We are a professional organization for nurses specializing in the field of intellectual and developmental disabilities (I-DD) nursing.

Membership in PADDNN is open to licensed nurses, student nurses, retired nurses, and any other professional who has interest in the care and support of individuals with I-DD.

PADDNN is dedicated to supporting and addressing the needs of I-DD nurses in Pennsylvania. It is our hope to keep you informed of what is new and exciting in the challenging world of I-DD nursing as well as in the Office of Developmental Programs (ODP) policies affecting I-DD nursing across the state.

PADDNN organizes virtual member meetings via Zoom each March, June, and August. PADDNN also organizes an annual conference each October. The meetings include educational presentations on a variety of topics and how they relate to I-DD nursing. Continuing education hours for nurses are offered at each of our meetings. [Join PADDNN Today!](#)

### PADDNN 2022 Virtual Meetings (Topics and speakers TBA)

June 8, 2022 & August 10, 2022, at 10:00 am ET – 3:00pm ET

### Annual PADDNN Educational Conference (Topics and speakers TBA)

October 5, 2022 at 7:30am ET - 4:00pm Eden Resort & Suites Lancaster, PA 17601

## SPRING BRINGS THOUGHTS OF RENEWAL AND FRESHNESS.

### Baked lemon dill carrots -Geisinger Registered Dietician Nutritionist Amy Pinkham

#### Ingredients:

- 1 (16 oz) bag of baby carrots
- 1 tablespoon olive oil
- 1 tablespoon fresh dill, chopped (may substitute 1 teaspoon dried dill)
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- ¼ teaspoon black pepper, ground



#### Instructions:

1. Heat oven to 425 degrees and prepare a baking sheet with cooking spray.
2. In a large bowl, coat the carrots with olive oil, lemon juice, salt, and pepper. (If using dried dill, include the dill and skip step 6).
3. Spread carrots evenly on the sheet.
4. Bake for about 30 minutes. Remove from oven and shake the pan to rotate the carrots.
5. Prepare your fresh dill. Sprinkle the dill over the carrots evenly.
6. Return the carrots to the oven and allow them to remain for an added 5 minutes.
7. Remove from oven and serve hot.

**TIP:** WHEN SELECTING AN OLIVE OIL THAT WILL BE HEATED, SELECT THE OIL THAT SAYS IT IS USED FOR COOKING. THESE OILS WILL HAVE BUZZWORDS SUCH AS SAUTÉ, GRILL, BAKE, STIR FRY. THESE OILS HAVE HIGHER SMOKE POINTS. THIS MEANS THE OIL CAN BE HEATED TO A HIGHER TEMPERATURE BEFORE IT CREATES SMOKE. THIS IS SAFER FOR YOUR KITCHEN, YOUR BODY AND YOUR RECIPE.

**TIP:** WHEN HANDLING FRESH DILL, WASH THE HERBS AND CHOP FINELY USING A SHARP KNIFE. YOU MAY USE THE ENTIRE PLANT, STEMS AND LEAVES.

CONTACT US

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Our HCQU includes registered nurses experienced in serving individuals with an Intellectual Disability (ID) and/or Autism. Visit our website for their contact information and the counties they support.

[CLICK HERE](#)



**WHY IS MENTAL HEALTH IMPORTANT FOR OVERALL HEALTH?**

Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.

**CAN YOUR MENTAL HEALTH CHANGE OVER TIME?**

Yes, it's important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. For example, if someone is working long hours, caring for a relative, or experiencing economic hardship, they may experience poor mental health.

**HOW COMMON ARE MENTAL ILLNESSES?**

- 1 in 5** U.S. adults experience mental illness each year
- 1 in 20** U.S. adults experience serious mental illness each year
- 1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year
- 50%** of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the **2nd leading** cause of death among people aged 10-34

RESOURCES: [nami.org](http://nami.org) AND [cdc.gov/mentalhealth](http://cdc.gov/mentalhealth)

Whatever you're going through, you don't have to go through it alone. Reach out for help & support.



FIND HELP IN A CRISIS	CONTACT THE NAMI HELPLINE	NAMI HELPLINE CHAT
<p>TEXT NAMI TO 741-741. CONNECT WITH A TRAINED CRISIS COUNSELOR TO RECEIVE FREE, 24/7 CRISIS SUPPORT VIA TEXT MESSAGE.  <a href="#">Crisis Text Line &gt;</a></p>	<p>TO CONTACT THE NAMI HELPLINE, PLEASE CALL <b>800-950-NAMI (6264)</b>, MONDAY THROUGH FRIDAY, 10 A.M. – 10 P.M., ET, OR SEND AN EMAIL TO <a href="mailto:INFO@NAMI.ORG">INFO@NAMI.ORG</a></p>	<p>TO CHAT WITH A HELPLINE SPECIALIST ON NAMI.ORG                       CLICK "<a href="#">CHAT WITH US</a>"</p>

*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.*