



HCQU Staff

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Please note: The HCQU's email addresses have changed. Please refer to the HCQU Staff on page 5 for updated emails.

Healthy Connections

Community Health Connections

WHEN DISASTER STRIKES

By Mary A Nau, Director

What do we really know about preparing for a disaster? Do busy days keep us waiting for the right time to get our CLA, Lifesharing home, ATF, Workshop, Day Program, or other



program ready? Besides, the people we care for need special attention. Some need a wheelchair to get around. Some can barely tolerate the sound of a fire drill.

Others may never hear an alarm at all. Still others may not understand danger. We need the best and most efficient way to get a plan in place; a real plan that makes sense for us and

those we serve.

What disasters do we plan for anyway? Consider this:

- Floods and flash floods are the most common natural disaster, occurring in all 50 states
- A residential fire occurs in the United States every 67 seconds
- Black ice causes winter driving accidents because it has the appearance of a wet roadway, but it is actually a thin sheet of ice
- Tornadoes strike every month of the year and in almost every state

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STAYING SAFE IN A WORLD OF VIOLENCE

By Brian Speakman, BHC

Safety First. This is the creed by which many providers offer their services to people with Intellectual and Developmental Disabilities. Protecting individuals from injury is right at the top of the list of responsibilities that we face. While we mostly seek to protect individuals from hurting themselves and others, another face has emerged from the

*"All because he was different.
All because he had a disability.
All because they hated him."*

~David Hingsburger, on the death of Brent Martin

shadows. In this shadowy place resides the face of the abuser, the victimizer, the hate-monger, and the deviant.

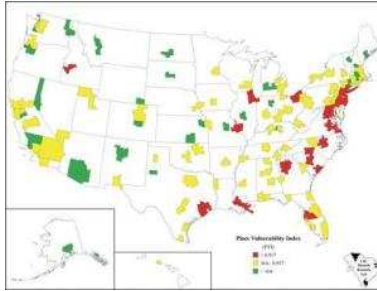
We have always known that the percentage of people with disabilities that have suffered abuse is exceedingly high. We have gone to classes teaching us about being ethical and reporting

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WHEN DISASTER STRIKES

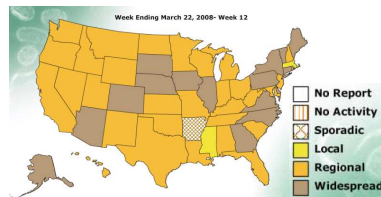
- Peak tornado season is from April to August

- Walter W. Piegorsch, an expert on environmental risk, has developed this map to indicate the bioterrorism risk of 132 major cities from Albany, NY to Youngstown OH. Red identifies highest risk, yellow is medium risk, and green is lowest risk. (Credit: Walter W. Piegorsch)



- The latest weekly report from the CDC shows widespread flu activity in our region.

The good news is that there are local resources available to help us prepare. We recommend the American Red Cross. Visit www.redcross.org.



Type in your zip code to find the chapter nearest you.

The Southwestern PA Chapter of the Red Cross is holding Disaster Preparedness classes in our region. They also developed a comprehensive Disaster Preparedness Manual that will guide your preparations from A-to-Z. To learn more, see their site at www.swpa.redcross.org.

Additionally, *Ready, Willing & Able* is a free, online disaster preparation training course designed for personnel working with people with disabilities. This course is offered through TRAIN and can be found at <http://www.train.org/>. The course name *Ready, Willing & Able* and course number 1010882 are needed to get to the course to register.

FEMA also has an excellent website and a manual that uses many pictures illustrating good procedures for evacuating those with disabilities. You can find and print this manual at: <http://www.usfa.dhs.gov/downloads/pdf/publications/FA-235-508.pdf>.

Finally, please feel free to contact us, or the HCQU in your region, to schedule an introductory disaster preparedness training. We're here to serve you.

STAYING SAFE IN A WORLD OF VIOLENCE

any type of abuse that we may suspect. But this doesn't prepare us for the random acts of violence in which people are targeted because they are seen as different, weak, and easy victims.

For instance when Brent Martin was just trying to get home, three young men who had been out taking boxing classes made a bet as to who could knock Brent down with one punch. Brent was punched, and beaten, not just with one punch, but with punch after punch until eighteen blows to the head had taken Brent's life. Testimony tells the tale that all while Brent was being beaten and pursued, he never once tried to fight back. Instead he kept trying to shake the boys' hands as a sign of friendship. He wanted to make friends. They wanted to beat him to death. Why? As one of the boys said, "I'm not going down for a muppet." They didn't even view him as a human being, so what did it matter if he died?

Well, it matters to us. For the Brent Martin's of the world that refuse to succumb to violence even when they are being beaten



Brent Martin, who died from a massive head injury after the attack.

down, we will remember you by making the world a better and safer place for all people.

Currently, the Local Law Enforcement Hate Crimes Prevention Act of 2007 has been passed through Congress and if approved by the President will extend hate crime legislation to include disability hate crimes, as well as hate crimes based on gender, gender identity, and sexual orientation.

Internationally, there has been a huge increase in awareness over the last few years, and many legislatures are introducing hate crime laws. Disability groups regard the introduction of hate crime legislation as an important step in protecting the rights of disabled people, alongside other changes such as disability awareness and anti-stigma campaigns.

So now we must do our part. Continue to support the person. Keep them safe, but also spread the word. Share the story of Brent Martin, research other stories, and make it be known that hate towards anyone is simply not to be tolerated.

TIMOTHY BOARTS: LEAN, LIVELY, AND LIVING WELL AT PERSON FIRST

by Mary A. Nau, Director



Timothy Boarts

Timothy Boarts is not only a weight loss inspiration, he's just plain ol' inspirational. I heard about him from Armstrong-Indiana MR Coordinator, Randa Dunmire, who informed me that Timothy, as well as everybody at Person First, Inc. of Clarion County, are practicing Weight Watchers. And, she meant everybody! All staff participate, including Director, Julean Thorpe; Administrative Assistant, Jenny Hockman; and the 14 people they support. In fact Ms. Hockman is qualifying to act as an At Work WW Leader.

Mr. Boarts told me how the Weight Watchers principles work for him. He and Person First, Inc. embrace a flexible and sensible point system. They all work together to balance food and exercise choices. Timothy has become a very informed shopper, and he cooks his own meals using all the weight

management principles he's learned. You may even see him kicking-in a bit more exercise the day before he plans to go out for a bigger meal.

It's about living a full life. Timothy has a job walking two dogs. He loves to walk, and he loves dogs. So he's brilliantly combined these two passions into a paying profession that also fits well with his weight goals. He has created a healthy life that he enjoys. At Person First, they seem to have clearly defined what their support role is for Timothy and others. Director Thorpe expresses it this way, "We are assistive devices so people can experience life on their own."



Director Thorpe

If you would like to learn more about Weight Watchers at Work, call 1-800-8-at-work.

LIFESHARING: IT'S INDESCRIBABLE

By Natalie Symons, Clinical Services Coordinator

On March 18th, Venango County held a community event on Lifesharing and Employment. Dana Olsen of ODP spoke passionately about lifesharing and the positive effect it has. He states that in studies done, people who are in lifesharing report a higher level of satisfaction than those in other placements and that it is less costly.

Kay Spence and Judy Neidich were recognized as a Lifesharing Success Story. They have known each other for the past 10 years. Judy had been a Direct Service Professional with UCIP in Venango County and has provided support to Kay. Within the last year, they have become a lifesharing team. In recent months, they have traveled to Illinois and Harrisburg to visit

family and frequently have day trips to go shopping or off on other exciting adventures. Kay attends a day program two days a week while Judy volunteers. Kay states that she likes to live with Judy and enjoys her cats. Judy reported that the rewards of working with UCIP Venango and Kay are indescribable. Congratulations to Kay and Judy!



Kay Spence & Judy Neidich

GO AHEAD...ASK THE HCQU! www.hcqu.org

By Leslie Dollman, MIS Administrator

Have you ever been awake at 2AM wondering how to best support a person who has recently been diagnosed with diabetes? Or what community resources are available for someone with Autism? "Ask the HCQU" is there for you, even when we're not! Do you have a question about the HRP process; want to know how to schedule training at our agency, or how to



Leslie Dollman, MIS Administrator

request intensive technical assistance? Log onto www.hcqu.org and click on the "Ask the HCQU" link. Just fill out your contact information so that we can reach you with an answer and ask away! It's that easy! Our helpful staff is waiting to hear from you! We pledge to respond to your question within three business days.

REGULATION REVISION NEWS

By Mary A. Nau, Director

Did you know that the regulations governing Adult Training Facilities, Vocational Facilities, CLAs, and Family Living Homes are being revised? Community Health Connections will learn more as we engage in the April 4th overview session in Mechanicsburg.

This meeting is being planned to announce the upcoming Regulatory Revisions to Title 55, Pa. Code Chapters 2380, 2390, 6400, and 6500, and to provide information on the regulatory process. It will also solicit members for various workgroups.

That much is for certain. We understand that the goal for the revisions to be signed, sealed, and delivered are for sometime in 2012. Our understanding is that the structure of the new regulations will be streamlined.

The plan is for workgroups to be established that will be at least 50 percent comprised of individuals with ID/DD and/or their family members. The meeting on the 4th will unveil the revision plan and how interested persons can participate in the revision process.

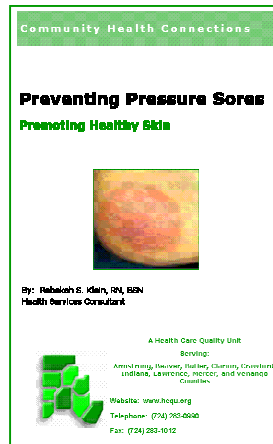
SKIN CARE MANUAL

By Rebekah Klein, RN; BSN; HSC

Pressure Sores are absolutely serious and are a significant threat to health and safety, not to mention they are painful.

Complications from Pressure Sores can lead to serious infections and even death. Pressure Sores develop quickly, progress rapidly, and are often difficult to heal.

In fact, Pressure Sores are so costly to treat and heal that insurance companies are going to start questioning payment for new sores that develop during hospital stays. With good monitoring and care, however, they can be prevented. To help



prevent Pressure Sores, we've created a Skin Care Manual.

Look for our new Skin Care Manual online! This is absolutely loaded with color pictures and full of useful information. You can print it out for free. To get your copy, just visit us online at www.hcqu.org. Place your mouse on the "Resources" tab at the top of the screen, then click on "Download Forms," then "Manuals" and finally, click on "Skin Care Manual." If you don't have web access, please call us at (724) 283-0990. We would be happy to send you one. We think you're going to love this resource!

INFORMATION MOMENT

By Carol Oslosky, RN; HSC



Sondra N. and Dawnelle G. from MCAR, demonstrating dental products

If you've attended a HCQU training in the last few months, you may have received education on proper handwashing techniques through an "Information Moment." Beginning April 1st, we will introduce a new topic for our "Information Moment" on good oral care.

Good oral care includes, but is not limited to, preventing cavities. Proper brushing for a 2 minute period twice daily is necessary. In a person's teens and early twenties, dental caries (cavities) are the problems most often seen. Later, gum disease becomes a major concern. Gum disease can lead to numerous

health problems, which in turn can lead to heart attack, stroke, and aspiration pneumonia.

Information gathered from the most recent round of HRP's shows that most of those we support do not floss their teeth. Flossing removes the bacteria that the toothbrush cannot reach. Brushing without flossing is like washing only 65 percent of your body while leaving the remaining 35 percent dirty! The American Dental Association recommends that you floss at least once a day.

To help improve the oral care of those we support, our newly launched oral "Information Moment" will briefly provide key points to good oral care along with an exciting display of many new products available on the market today that will make oral care not only easier, but fun!

HCQU HAPPENINGS

David Hingsburger Conference

Date: June 12 - 13, 2008

Time: 9am - 3:30pm

Location: Succop Theatre Butler County Community College
107 College Drive
Butler, PA 16001

Registration: Begins at 7:30am

This is a **FREE** 2-day conference.

Day 1: Sexuality and People with Developmental Disabilities

Day 2: Sexual Victimization of People with Developmental Disabilities

Overnight Accommodations:

Comfort Inn Butler

(724) 287-7177

*When reserving a room, please convey that you are attending the David Hingsburger Conference.



Our Future, Our Lives...Endless Possibilities

Date: May 2, 2008

Time: 9am - 3pm

Location: Lutheryn Camp

"Our Future, Our Lives" offers people with ID/DD a chance to discover new interests, meet new people, and share new experiences. To request a brochure and registration form, please call us at (724) 283-0990. Last day to register is Monday, April 28th, 2008.

To register for any of the above, please visit our website at www.hcqu.org or call (724) 283-0990.

HCQU STAFF

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Amy Simon, RN: Health Services Consultant
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Doug Pickens, Positive Practices Training Lead for ODP

Date: May 21, 2008

Time: 10am - 12pm

Location: CDC
112 Woody Drive
Butler, PA 16001

Topic: Using Positive Practices to Reduce Restraints

Beth Barol

Date: August 1, 2008

Time: 10am - 4pm

Location: Succop Theatre Butler County Community College
107 College Drive
Butler, PA 16001



Registration: Begins at 8:30am

Topic: Setting the Stage for Our Work: Stories about the relevance of biography and biology and how we seek to support people with challenging behaviors



Stars of our Field: A Celebration of Direct Support Professionals

Presented by: Patch Adams, MD

Date: October 17, 2008

Time: 8:15am - 4pm

Location: Succop Theatre Butler County Community College
107 College Drive
Butler, PA 16001

Registration: Begins at 7:00am

Topic: The Joy of Caring

Carol Oslosky, RN: Health Services Consultant
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Kelly Fisher, RN: Health Services Consultant
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A NOTE FROM THE DIRECTOR

By Mary Nau, Director

Dear Valued Readers,

As our HCQU develops trainings, we always need to be careful that we don't inadvertently teach something that is restrictive and in violation of regulations. So, when we find ourselves scratching our heads about something possibly restrictive, we know the man to call. Jerry Cannon, Licensing Representative for ODP, has always been available to provide us with clear answers in his typical *neighbor-down-the-street* way. We appreciate his expertise, and it dawned on us that it would be nice for you to have the opportunity to hear his presentation and ask questions, too.

So, Community Health Connections was proud to host Jerry Cannon on March 24th as the first of our Special Speakers in our 2008 series. He drew a crowd of over 140 attendees who were very active in their questioning. Because of the high level of interaction during the program, the audience did not break for nearly three hours. The questions were well presented by the attendees, and answers were clearly provided with many examples and illustrations.

If you were not able to attend, or you have a regulation



Jerry Cannon, ODP Licensing Representative & Mary A. Nau, Director

question, please feel free to ask anytime through our website at www.hcqu.org. Click on "Ask the HCQU." Enter your question in the text box and send. We'll gladly pass it on to Jerry and get back to you. If you prefer, you may ask Jerry directly by writing him at jecannon@state.pa.us. Your questions are important and we're committed to getting you answers!

Kindest regards,

Mary A. Nau, Director