

## The PIC Informer

### From the Desk of the Director

2020

We are so tired of "COVID". And all that we have to do as extra precautions, the instead of's and then the news continuously. We must continue with masks and distancing and wash hands and sanitizing your work locations. You have to sanitize your work environment coming on shift and leaving shift. It is evident that all people do not believe in masks or the virus and you have the right to do so. But not while being paid by state funds and at a work site.

There are new CDC rulings and we are including those. We receive daily notifications from the State, workman comp, Council of Governments, Governor DeWine so we do keep up on all rulings. The changes are for quarantines. We are front line workers. We have been fortunate and due to diligence of all, we have maintained safe environments. Please do not let up on the precautions.

We must all remember we work as front line workers. And the key word is we WORK a job and a very important position as Direct Support Professionals. And the reason we all still have our paychecks is because we are front line workers. It does feel different because we are not on a line or have customers requiring our action. Those positions we cannot use cell phones or play games or watch TV and there is a 15 minute break if work 4 hours a day. If a waitress, you can't leave your tables without being bussed or you get no more customers. If on commission, we don't get paid if we do not meet those obligations.

We get paid by federal Medicaid funds and that is why all the requirements and the requirements of the state and the counties and the Council of Government. Every shift you are

receiving those funds for your paycheck we need to decide if we completed our responsibilities. Did we follow the plans, did we play on our phone and ignore the person we support, did we leave the environment in disarray, did we remember we are on a job at a work site that happens to be a person's home? Depending on those answers we must ask did we use that funding to our best ability, did we honor the needs of the person we support, the waiver, our employer, our fellow employees? Did we work 15 minutes and take a 4 hour break? Depending on those answers, tomorrow we start to do what we are paid to do. We remember we are at work on a job and at a job site receiving a paycheck and then we attempt to honor that with respect.

To all the front line workers out there in nursing homes, hospitals, home health aides, direct support professionals - thank you and stay safe. To all fellow Partners in this Community, thank you and do your best to remember the holidays true meanings and enjoy family and friends safely.

Thank you to those that remember why we are important and are excepting of the responsibilities of our jobs.

Happy Holidays!

*Velda*

*Hallie*

*Eric*



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DECEMBER 2020

### Crustless Keto Pizza Quiche



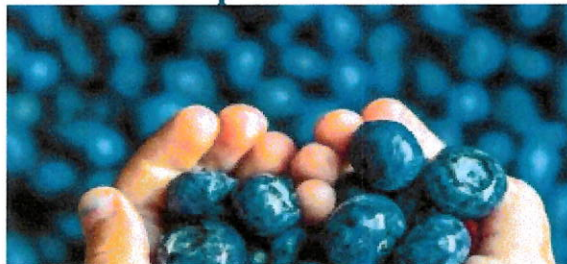
#### Ingredients

- 1 cup shredded Mozzarella Cheese
- ½ cup shredded Parmesan Cheese
- ½ cup shredded Asiago Cheese
- 1 Tbsp Italian Herb Blend
- ½ cup Heavy Cream
- 5 large eggs
- ½ tsp sea salt
- Pepperoni (or any toppings of your choice)
- Oil or bacon grease for pie pan

#### Instructions

1. Preheat oven to 400F
2. In a mixing bowl add the 5 eggs and beat the eggs with a fork.
3. In the same mixing bowl add cream, cheeses, and Italian herb blend. Mix well.
4. Grease you pie pan with oil of choice (I used bacon grease, but anything you choose should work).
5. Pour mixture into greased pie pan.
6. Add toppings
7. Bake in the oven for 28-30 minutes or until egg is cooked all the way through.
8. Let cool for 5 minutes before serving.

### Blueberries improve mood within hours



Flavonoid-rich wild blueberries have been shown to have measurable effects on positive mood within 2 hours of eating them.

Higher consumption of fruits and vegetable has been associated with better mental health and mitigating depression, a benefit that is thought to be in part due to flavonoids, phytonutrients found in these foods.

Flavonoid-rich fruits and vegetables such as wild blueberries are therefore of interest to improve mental wellbeing, but little is known about acute effects on mood.

To assess the effects of wild blueberries a group of children and young adults consumed a serving and then had their mood assessed post-consumption.

Consuming blueberries improved positive affect - a measure of positive moods such as joy, interest, and alertness - 2-hours after consumption.

Commenting on their findings the investigators noted that, "although preliminary, these results are intriguing and warrant focused investigation of the relationship between flavonoids and mood, as well as with mental health more generally."

Possible mechanisms for the mood enhancing effects include an increase cerebral blood flow, monoamine oxidase (an enzyme involved in serotonin, dopamine, and noradrenaline metabolism) inhibition, and anxiolytic-like effects by binding to benzodiazepine receptors, they suggested.

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## Bounce Forward: How to heal and grow from our toughest moments.

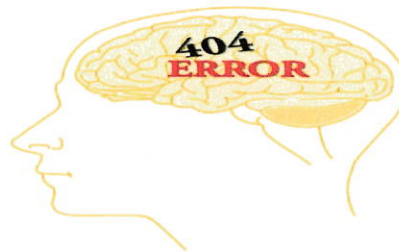
**There's no sugarcoating it:** Sometimes life hurts. Losses, heartbreaks, setbacks of all kinds can rock us to the core. "Feeling bad after your life is upended is totally normal," says Sarah Lowe, PhD, assistant professor of social and behavioral sciences at the Yale School of Public Health. "But humans are also programmed to be resilient – to grow and learn from even difficult things."

Psychologists are increasingly studying the possibilities of what's known as post-traumatic growth: that surviving hard periods of life can often make us more focused, more compassionate, more spiritual, and more aware of our own strengths and possibilities. A multiyear study published in the *Journal of Personality and Social Psychology* found that the emotionally healthiest subjects had experienced some kind of significant adversity, such as divorce, the loss of a loved one, or a grave illness.

"These events can shake us and strip away our assumptions. They push you to reexamine what is most important," says Ann Marie Roepke, PhD, a clinical psychologist at Evoke Training and Consulting in Seattle. "You learn things about yourself you never would if life was clear sailing."

That's not to diminish the suffering such events cause, notes Roepke: "Pain and growth can coexist." Know there may be stops and starts. "Post-traumatic growth is a journey, and everyone is on their own timeline," adds Laura Silberstein-Tirch, PsyD, A psychotherapist in New York City and author of *The Everyday Guide to Self-Compassion: How to Be Nice to Yourself*. "It can start with small moments of just noticing what you are feeling and accepting it rather than fighting it." "Often psychotherapy can be a crucial tool in helping you work through your feelings and find

meaning, Silberstein-Tirch explains. Need some inspirations? 1. Allow your hard times to teach you compassion 2. Savor the little things 3. Give yourself credit for your strengths 4. Learn to look for the "hidden advantage". *Published in: Health 2020*



**Memory Mishaps** – Memories regularly become distorted with the passage of time. But it's also possible for the brain to incorrectly recall events hours or even minutes after they occur. Recent studies highlight there psychological factors that may make someone more likely to misremember a recent event.

1. Selfishness – Individuals who have selfishly may misremember their own behavior to see themselves in a better lights.

2. Schemas – Mental constructs that help us make sense of the world – called schemas – may lead us to misremember information that is inconsistent with previously held views.

3. Social Contagion – Interactions with others can distort memory thought the process of social contagion, research published in the Journal Cognition finds. "We tend to think of memory like a computer but what you remember about the past is shaped by your interactions with others," says psychologist William Hirst. *Published in: Psychology Today Oct.2020*

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### **Please Remember:**

- **Your Job is the dream of the unemployed**
- **Your house is the dream of the homeless**
- **Your Smile is the dream of the depressed**
- **Your health is the dream of those who are sick**

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## In Other News...

### COVID-19 FAQ's

#### When to Discontinue Isolation:

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least 10 days have passed since symptom onset and
- At least 24 hours have passed without fever without the use of fever-reducing medications and
- Other symptoms have improved.

Persons infected with COVID-19 who never developed symptoms may discontinue isolation and other precautions 10 days after the date of their first positive COVID-19 PCR test.

Be sure to always stay in contact with your doctor and follow CDC guidelines.



Ohio

Department of Health

coronavirus.ohio.gov

### Ohio's Vaccination Program - A Phased Approach

During Phase 1 vaccine supply will be limited.

Vaccine administration will be focused on reaching critical groups.

#### PHASE 1A

- Health care workers and personnel, who are routinely involved in the care of COVID-19 patients
- Residents and staff at nursing homes
- Residents and staff at assisted living facilities
- Patients and staff at state psychiatric hospitals
- People with intellectual disabilities and those with mental illness, who live in group homes or centers and staff at those locations
- Residents and staff at our Ohio veterans homes
- EMS responders

All available vaccines will be administered to those who **choose** to receive it.



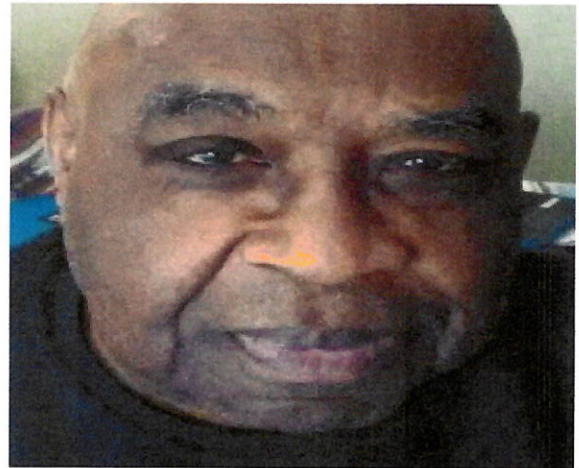
Ohio

Department of Health

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**ANNOUNCEMENT: We are MOVING!**  
Our current office location is selling so we will be relocating sometime in January.

## SPOTLIGHT



**James R. Lee Jr.**, 79, of Sandusky, Ohio passed away Friday Nov. 27, 2020, at Firelands Regional Medical Center.

James was born on Jan. 24, 1941 in Sandusky, Ohio to the late James R. Lee Sr. and Laura (Alexander) Lee. He graduated in 1959 from Sandusky High School, where he played football. After retiring from his own sales business, he drove for the Parkvue Health Care Center and Partners for several enjoyable years.

James is survived by his son, Terrance Russell of Clinton, Connecticut; sister, Karen Lee of Sandusky, Ohio; granddaughter, Alessandra Russell of Burlington, Vermont and his girlfriend, Eileen Daniels and her family of Sandusky, Ohio.



*rip my friend*  
www.ripmyfriend.com

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