

FEBRUARY 2020

The PIC Informer

From the Desk of the Director

We all recognize that sometimes the rules and regulations appear slightly, let us say, not important.

If it is in the plan, it is important. We can request and prove if something should be changed but no guarantee it will or maybe even should change. Absolutely when the same people have been members of the team, new ideas should be welcome. Fresh eyes as they say. Everyone is encouraged to suggest and ask why somethings are the way they are.

Always be as informed when leaving a medical appointment as you possibly can. Report any unusual events. It is never just one person's responsibility to be observant.

We do recognize that there are some folks out there working more hours a week than some work in a month. We know. But we still have to ask you the same questions and still need you to follow up on the same things. Remember though, we will assist with those follow ups, just need to be aware of what you need assistance with.

Let us all hope the next few months are peaceful. Enjoy the sun shine and find kindness in your day. Strive to be heathier and happier.

Velda



Anthem 

Aflac 

The month of March is open enrollment for your health insurance needs. Open enrollment is for both Anthem coverage (Full Time Employees) and Aflac services (optional). The new coverage year starts April 1st.

For Anthem phone Amy for an application or additional information at (419)-502-2371.

For Aflac, which includes Delta Dental and VSP vision coverage, etc. phone Kristy at (419) 502-3600.



The Mental Health Benefits of Therapy Animals

- Lifts spirits and lessens depression
- Lowers feelings of isolation
- Encourages communication
- Increases socialization
- Lessens boredom
- Reduces anxiety
- Aids children in overcoming speech and emotional disorders
- Creates motivation to recover



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Best-Ever Beef Tips



Ingredients

- 2 lbs cubed beef stew meat
- 3 tablespoons vegetable oil (or canola)
- 1 onion, chopped
- 2 cups water
- 1/4 cup soy sauce
- 1/4 cup Worcestershire sauce
- 1 teaspoon garlic powder (I use fresh garlic)
- 1 teaspoon salt
- 1 teaspoon fresh ground pepper
- *1 package brown gravy mix (.75 ounce)
- 1 cup water

Directions

In a large skillet over medium-high to high heat, heat 3 tablespoons of oil then add the chopped onion and cook until they are translucent, stirring occasionally. Next, add cubed beef to the oil and onions, browning the meat on all sides – it will take about a minute on each side. After browning the beef, add 2 cups of water, Worcestershire sauce and soy sauce. Next add garlic powder, salt and pepper, stir well. Bring to a boil then reduce heat, COVER and simmer for 1 1/2 to 2 hours.

Last, in a medium size bowl, add the gravy mix and 1 cup water, mix well then pour over beef – stir until well blended. Increase heat, bringing to a boil while continuously stirring – it is ready when the sauce slightly thickens.

Serve over mashed potatoes, white rice or egg noodles with your favorite steamed vegetable and salad.

THE CASE FOR SUPPLEMENTATION

Now that science is inexorably demonstrating that nutrient intake is a foundation of mental as well as physical health, what is the best way to ensure adequate intake? Does that modern diet suffice, or is supplementation the way forward? It's complicated, experts say.

For starters, depression itself can impede a balanced diet. "It affects motivation to prepare healthy foods," says Laura LaChance of the University of Toronto. Supplements may be easier for patients to manage and track.



For some nutrients, it's not just the depressed who face barriers to meeting their daily allowance. Magnesium deficiency affects nearly 70 percent of the US population. "We would love for people to get adequate amounts of magnesium through diet," says Northern Vermont University's Emily Tarleton, "but we know that a majority do not."

Magnesium supplementation has few side effects and, in Tarleton's recent trial, began improving depressive symptoms in two weeks. Omega-3s, found mainly in fish, are another widespread deficiency; supplementation, too, has few side effects. "The most common supplement I use in my practice by far is omega-3s," LaChance says.

Adding more turmeric – a major source of curcumin – to your food can bring numerous health benefits. Adrian Lopresi of Murdoch University recommends a twice daily dose of 250 to 500 MG of curcumin, the equivalent of several tablespoons of turmeric. "As an antidepressant agency, supplementation is recommended."

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6 Health Skills You'll Be Glad to Have

There's no substitute for a Medical Professional, but if you're first on the scene, some basic knowledge can help you save the day.



Many people are hesitant to help because they're afraid of being sued or of accidentally doing something to make the situation worse. "Good Samaritan laws in all 50 states help protect you even if you make a simple mistake, as long as you're acting with good intentions," [Epstein]. At the very least, call 911 immediately and make sure the person is in a safe position. With some extra knowledge, you can make a big difference, and in many cases even save a life. Here's what to know in 6 emergency situations so you can take confident action.

1. **Treat a burn.** Assess the severity of the burn. If the area is red and painful but there's no broken skin or blistering, it's superficial (or first degree) burn and can be treated at home. Stop the Burning Process by holding the wound under cold, running water for 10 minutes. Once the burn has cooled off, cover it loosely with clean gauze. Keep it moist.
2. **Save someone who's overdosed on opioids.** Identify the signs – If someone is barely breathing and has blue lips and fingertips, rub your fist hard under their nose or along their breastbone. If there's no reaction – call 911 ASAP. Administer Naloxone. One formulation, Narcan, is a nasal spray: Hold device in the person's nostril and press plunger. Evzio is like an

Epipen: Pull off seal, place it on the thigh, press down. And hold for five seconds. Get more help. Naloxone last from 30-90 minutes, so the person can stop breathing again.

3. **Save someone who's choking.** Always ask, "Are you choking?" If the person can speak or cough, encourage them to keep trying to cough up the obstruction. Start with back blows. Then try abdominal thrusts. If you're choking and alone, dial 911 or use the emergency call button on your phone.
4. **Help a friend facing a mental health crisis.** Try to get them out of the house. Keep it simple. Don't drag them to a party. A one-on-one somewhere you can sit quietly and talk is best. Don't try to fix the depression. The best thing you can do is just listen and be empathetic. Offer to help with to-dos. Watch out for suicidal thoughts.
5. **Recognize a stroke.** Facial drooping, tingling, or numbness. Ask the person to try to smile at you. Or if you're alone and think you're having a stroke, smile in the mirror. If the smile is lopsided, that's cause for concern. Arm weakness. Speech difficulty. Time to call 911. Know other symptoms too – pay close attention to unusual symptoms, like sudden nausea and vomiting; an unexplained, debilitating headache; blurred vision; dizziness or trouble balancing; pain or pressure on one side of the body; or even hiccups that won't go away.
6. **Catch a baby who's coming out fast.** Remain calm – unexpected births are rare but can happen. The calmer the mother is, the smoother the birth will be. When the baby starts crowning, simply support the baby's head and body as it comes out. Once the baby is out, gently wipe the nose and face with something clean. Don't cut the cord! The experts should do it safely, with sterile tools.

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In other news...Coronavirus Disease 2019 (COVID-19) Situation Summary

Background - CDC is responding to an outbreak of respiratory disease caused by a novel (new) coronavirus that was first detected in Wuhan City, Hubei Province, China and which has now been detected in 50 locations internationally, including cases in the United States.

What May Happen - More cases are likely to be identified in the coming days, including more cases in the United States. It's also likely that person-to-person spread will continue to occur, including in the United States. Widespread transmission of COVID-19 in the United States would translate into large numbers of people needing medical care at the same time. Schools, childcare centers, workplaces, and other places for mass gatherings may experience more absenteeism. Public health and healthcare systems may become overloaded, with elevated rates of hospitalizations and deaths. Other critical infrastructure, such as law enforcement, emergency medical services, and transportation industry may also be affected. Health care providers and hospitals may be overwhelmed. At this time, there is no vaccine to protect against COVID-19 and no medications approved to treat it. Nonpharmaceutical interventions would be the most important response strategy.

Governor: Fight flu first to prepare for coronavirus in Ohio

The health emergency is already in Ohio.

Lost amid the scare over the coronavirus that might arrive in Ohio is the flu that has already sickened tens of thousands of Ohioans.

To best prepare for the likely arrival of the coronavirus, Ohio Gov. Mike DeWine said we first need to combat the flu, which has similar symptoms to the virus capturing headlines and spreading across Asia and now Europe.

New efforts to disinfect state-run facilities including offices and prisons will be implemented, along with making hand sanitizers more readily available.

The governor is asking all Ohio colleges and universities to urge students, faculty and employees to get flu shots as soon as possible. The governor is working with the Ohio Department of Aging to ensure the needs of the state's elderly population are addressed — from medicine to food.

PROFILE OF THE QUARTER



Name: Crystal Duncan

Education: Graduated from Sandusky High School; STNA Certification from EHOVE

Employment Status with PIC: PIC-Full-time status as Direct Support Professional; Worked with PIC for nearly 2 years, with previous experience as a House Manager

1st Job: Cedar Point

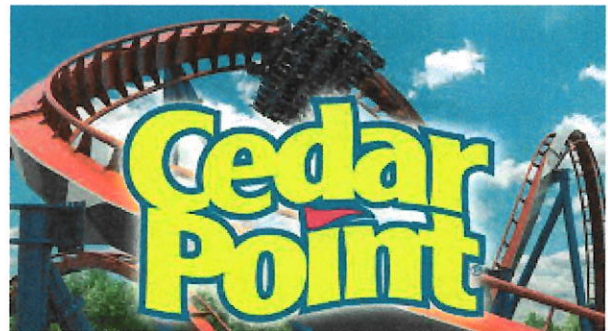
Favorite Music/Band: All kinds of music and various Artists.

Favorite Food: Mexican Food!

Favorite Movie/TV Show: Love and Basketball + Criminal Minds

Hobbies: Spending time with kids

MISC: "I love my job [left for a short time to work at Ventra and returned to PIC full-time] and spending time with my kids. I'm looking forward to warm weather and taking my kids to Cedar Point this summer".



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