

The PIC Informer

From the Desk of the Director

Partners in chaos:

It is June and we have faced more crisis in 6 months than 60 years! Not over yet.

Still required to wear masks and gloves. We have to get people out. Go for walks at parks or neighborhoods. If you are unable to get people out, you absolutely must contact us to help. It is unhealthy to stay indoors and not exercise. Be creative in finding activities to get people moving. Weight gain is a dangerous health risk. And not going outside is a dangerous health risk. Everyone think of yourself and the people you support and evaluate the changes you have made. Get out be safe but get out. Walking outside should be a daily routine if the person you support is physically able. Short walks better than no walks.

The recommendation from the State is we wear masks. The protocol for masks is that we are to wear them during personal care such as in assistance with showers. Also masks should be worn during meal preps. Any time we are within 6' of the person we support precautions are to be followed.

Gloves are in limited supply but it is looking up for the ability to get them. We are trying to find them everywhere and order.

No one had any previous experience in dealing with this pandemic. Absolutely, every partner in our community did step up and kept people safe. Some of you took on great challenges in maintaining the extra essential hours. You were an example to all other providers of how to this right. Thank you and continue to stay safe.

Yearly training may look different this year but we will find a solution. We also need to

need to recognize Hallie and Eric for it keeping it all going. One Zoom at a time.

Reach out and tell your coworker how necessary they are. Our long shifts get longer when we don't get the scheduled relief.

Velda

(COVID-19)

Social Distancing
This or That!

PREVENTION

INSTEAD OF THIS...

DO THAT.....

Only washing your hands on occasion, or just using water.	➡ Wash your hands regularly! Use water and soap and wash for at least 20 seconds.
Sneezing into your hands (ew!).	➡ Sneeze into your arm or a tissue.
Checking social media or cable news 24/7.	➡ Continue to stay informed, but also disconnect on occasion. Try reading a new book or trying meditation. Mental health is important.
Going straight to the doctor or urgent care when you're feeling under the weather.	➡ Always call your doctor or healthcare provider FIRST before going in.
Believing every rumor you see online or using non-reputable sources.	➡ Use reputable sources! Get info from verified accounts from CDC, Ohio Department of Health, Governor Mike DeWine, local health departments, and verified media accounts.

**Partners In Community,
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JUNE 2020

Mini Meatloaves

- 6 slices Bacon
- 1 lb Ground beef
- 1 tbsp Montreal steak seasoning
- 2 cloves Garlic
- 1 Onion
- 1 Egg, large
- 1 tbsp Worcestershire sauce
- 1/2 cup Breadcrumbs
- 1 ounce dried mushrooms, coarsely chopped or pulsed in food processor

directions

1. Mix the ground beef, onion, garlic, Worcestershire sauce, Montreal steak seasoning, dried mushrooms, egg and breadcrumbs.
2. Form 6 patties, wrap in bacon and place in the holes of a large muffin pan before baking in a preheated 350F/180C oven until the patties are cooked and the bacon is crispy, about 20-25 minutes.



Cinnamon Cream Cheese Bars

- 2 packages crescent rolls
- 2 - 8 ounce packages of cream cheese
- 1 cup sugar
- 1 teaspoon vanilla
- 1 stick butter
- 1 1/2 teaspoons cinnamon
- 1/4 cup sugar

Instructions

1. Preheat oven to 350°F. Spread one package of crescent roll dough across an ungreased 9 x 13 pan.
2. Beat two packages of cream cheese with one cup of sugar and 1 teaspoon of vanilla. Spread mixture over rolls.
3. Spread out second package of crescent rolls and lay on top of the cream cheese mixture.
4. Melt butter and spread evenly over the top.
5. Mix cinnamon and 1/4 cup of sugar and sprinkle over top.
6. Bake at 350° for 25 - 30 minutes until lightly browned.
7. Cool before cutting. Store in refrigerator.

Portion Size Guide

www.dietitianbrittany.com

1/2 cup =
palm (handful)
light bulb



cooked rice, pasta,
& cereal
fruits, veggies

1 cup =
fist
baseball



raw leafy greens,
piece of whole fruit

3 ounces =
palm of hand
deck of cards



meat, fish, poultry

1 tablespoon =
thumb
poker chip



peanut butter,
salad dressing

1 teaspoon =
tip of thumb
1 die



cooking oil, butter,
mayonnaise

1 1/2 ounces =
3 dice



cheese

"Every situation in life is temporary. So, when life is good, make sure you enjoy and receive it fully. And when life is not so good, remember that it will not last forever and better days are on the way."



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The Science of Dreaming

We may not be able to define what dreams are, but what's going on in our brains when we dream?

Oneirology is the study of how the brain works during dreaming. We tend to dream the most when our brain activity is at its highest, which is why we feel like we're awake when we're not.

During the day, your memories are stored in the hippocampus, and when you sleep, these are transferred to the outer part of your brain. Because your eyes are closed, you're not seeing anything through your primary visual cortex. Your secondary visual cortex is therefore interpreting the images in your head instead of what you see. Your limbic system, which controls your emotions, is particularly active when you dream, which is why your feelings during dreams are so heightened. The brain's dorsolateral prefrontal cortex, which controls you logic, is not active, which is why we often experience far-fetched dreams. Although we can see what the brain is doing when we dream, we still don't fully understand why.

5 STRANGE Dream Facts

You forget 90% of your dreams – Most people forget half of what they dream about in first 5 mins. After waking, and 90% after ten mins. 60% of people don't remember dreams at all.

2. Blind people dream too

3. We only see faces we know

4. We don't all dream in color – 12% of people dream in black and white.

5. Men and women dream differently – 70% of men dream about other men, whereas women dream about both sexes equally. Men's dreams also tend to be more aggressive than women's dreams, whereas women have more nightmares.

Published in: March 2020 Psychology Now

The Root of ALL Evil?



Everyone occasionally does things that hurt others. But some do so far more often-and with far worse consequences-than the majority.

Psychologists have long sought to understand the mental makeup of those who regularly cause harm. Many "dark" personality traits-including narcissism, spitefulness, and moral disengagement-have been identified through this inquiry. Researchers have not only found that some people are especially inclined to hurt others, they've also identified patterns of harmful behavior associated with each trait. Not all bad people, in short, are the same.

Despite such differences, a team of researchers recently proposed in Psychological Review that many antisocial traits may share a common core: the "Dark Factor of Personality", or "D". D denotes the degree to which people single-mindedly focus on achieving their goals while callously disregarding the harm they cause to those around them.

The authors posit that D has several distinct components: utility maximization (doing whatever is necessary to succeed); purposefully interfering with others' goals; and having beliefs that justify malevolent actions, such as viewing oneself as superior. Ultimately, D can be seen as a malignant form of selfishness... It appears that many antisocial traits-such as sadism and psychopathy-share it at their core. A measure of D was also able to predict unethical behavior.

Now that D has been identified, research is needed on why it arises. Few things would improve society more than reducing the prevalence of the Dark Factor of Personality. –

Mark Leary, PH.D

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In Other News...

Advisor Anywhere is going to be rolling out an updated version coming June 18th. For those of you that have been using Advisor Anywhere you will notice some changes. It is still a web based service vs an app but it will function more like an app. This will make it easier to use on your phone. The biggest change is that the time needs to be entered in "real time" meaning it will start exactly when you sign in. If for some reason you don't sign in at the correct time, there will be a reason code that must be entered.

What does this mean?

It means that you must sign in and out while you are working with the person as it happens and not after the fact. This should have been done all along but with our new start date it is a requirement. EXP: You get there and your shift starts at 8am but you don't sign in until 8:03am. Your start time is 8:03. There is no reason to change the time.

What if I do it later?

You will have to put in a reason code. If this continually happens it will trigger a review by the state. The state will be reviewing possible fraud.

What if I don't do it at all?

You will not get paid. PIC will no longer accept only timesheets for locations that use EVV. You must make an attempt to correctly enter it into AA in order to match the timesheets.

This is a requirement from the state that we are obligated to follow.

We have more than one person in our house, will we have to do this?

Yes, the plan is to move everyone to this time keeping system. We had plan to do this last year but we couldn't everyone trained in time. This will eventually replace having to fax timesheets in every week.

If you have questions or issues please contact Eric to help guide you.



SPOTLIGHT



Family: Grew up in Sandusky, OH with her 6 Brothers and 4 Sisters. She lived with her family (Rita, Eddy + Donna) for most of her adult life. Patti loved her family!

Favorite Pet: Loved Dogs

Favorite Food: You Name it. Cake!

Favorite Movie: Beverly Hills Chihuahua

Favorite TV Show: Spongebob

Hobbies: Bowling, Watching Movies; Reading Magazines, Playing Cards, Swimming, Spending time with friends



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