



EASTERN PENNSYLVANIA HEALTH CARE QUALITY UNIT

IT'S YOUR HEALTH FALL 2015



Toll Free 1-877-315-6855
www.theadvocacyalliance.org

Age fast,
age slow —
it's up to you.



— Kenneth H. Cooper, MD, MPH

SEPTEMBER IS HEALTHY AGING® MONTH

Think it's too late to "reinvent" yourself? Think again. According to Carolyn Worthington, editor-in-chief of Healthy Aging® Magazine and executive director of Healthy Aging®, "it's never too late to find a new career, a new sport, passion, or hobby."

Worthington is the creator of September is Healthy Aging® Month, an annual health observance designed to focus national attention on the positive aspects of growing older. Now in its second decade, Worthington says September is Healthy Aging® Month provides inspiration and practical ideas for adults, ages 50-plus, to improve their physical, mental, social, and financial well being.

"Use September as the motivation to take stock of where you've been, what you really would like to do if money was no object," says Worthington. "And try it! Who says you have to do something related to what you studied in school? Who says, you can't become an entrepreneur, start your own home business later in life, test your physical prowess, or do something wildly different from anything you've done before? Only that person you see in the mirror!"

To get you started on reinventing yourself, here are some ideas from the editors of Healthy Aging® Magazine (www.healthyaging.net). Maybe they will help you think outside the box:

- 1. Do not act your age or at least what you think your current age should act like.** What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. **Don't keep looking in the mirror, just FEEL IT!**
- 2. Be positive in your conversations and your actions every day.** When you catch yourself complaining, check yourself right there and change the conversation to something positive. **Stop watching the police reports on the local news.**

HCQU Trainings

Our Health Care Quality Unit is always available for trainings for groups large and small. In addition to group trainings, we offer web trainings 24 hours a day/7 days per week. If you are interested in scheduling a training, or have any questions about web trainings, please contact Heather Coleman, M.A., Director, Eastern PA Health Care Quality Unit 610-435-2700 or hs@theadvocacyalliance.org.

For a list of our current web trainings please go to <http://www.easternpa-hcqu.org/Trainings/trainings.htm>.



3. **Have negative friends who complain all of the time and constantly talk about how awful everything is?** Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. Smile often. It's contagious and wards off naysayers!
4. **Walk like a vibrant, healthy person.** Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.
5. **Stand up straight!** You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. Your waistline will look trimmer if you follow this advice.

6. **How's your smile? Research shows people who smile more often are happier.** Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!

7. **Lonely? Stop brooding and complaining about having no friends or family.** Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following:

- ✓ Volunteer your time
- ✓ Take a class
- ✓ Invite someone to meet for lunch, brunch, dinner, or coffee.
- ✓ Volunteer at the local public school to stay in touch with younger people and to keep current on trends
- ✓ Take a computer class or a tutorial session at your cell phone store to keep up with technology
- ✓ Choose a new person every week for your dining out.



8. **Start walking not only for your health but to see the neighbors.** Have a dog? You'll be amazed how the dog can be a conversation starter. If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!
9. **Make this month the time to set up your annual physical and other health screenings.** Go to the appointments and then, hopefully, you can stop worrying about ailments for a while. For a list of recommended annual health screenings, a great resource is the <http://www.healthfinder.gov/myHealthfinder/>. You can also find out a list of Medicare coverage at <https://www.medicare.gov/coverage/preventive-visit-and-yearly-wellness-exams.html>.



10. **Find your inner artist.** Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? Sign up now for fall art or music classes and discover your inner artist!

Age is an issue of mind
over matter.
If you don't mind,
it doesn't matter.

~ Mark Twain



Check out these websites mentioned in this edition of "It's Your Health"

<http://www.friendshipcircle.org/blog/2011/02/07/7-assistive-communication-apps-in-the-ipad-app-store/>

<http://healthyaging.net/>

<http://www.cdc.gov/>

<http://www.betterhealthusa.com/>

<http://www.healthfinder.gov/myHealthfinder/>

<https://www.medicare.gov/coverage/preventive-visit-and-yearly-wellness-exams.html>

<http://www.myrecipes.com/recipe/pork-chops-roasted-apples#>

<http://www.cdc.gov/flu/protect/habits/index.htm>

<http://www.cdc.gov/flu/protect/vaccine/index.htm>

<http://www.cookinglight.com/food/in-season/fall-recipes.>

iPAD LENDING LIBRARY

FOR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES



The Eastern & Northeastern PA HCQU's iPad lending library is a free service that loans iPads to be used as assistive technology devices.

This service is available to individuals with developmental disabilities who reside in: Lackawanna-Susquehanna, Luzerne-Wyoming, Wayne, Bradford-Sullivan, Tioga, Carbon-Monroe-Pike, Northampton, Lehigh and Berks Counties.

The iPad will be made available to you at your location within four business days of receipt of the completed iPad Lending Library Loan Request Form.

All iPads will have a loan period of four weeks.

There is no charge for this service.

If you are interested in learning more about the HCQU's iPad Lending Library and how to access this service, please contact Sharon Falzone, Director of the Northeastern PA Health Care Quality Unit at (570) 207-9192 or sf@theadvocacyallaince.org.

Each iPad will be equipped with various communication and speech applications, designed to assist in facilitating and enhancing communication. Listed are various applications that may be found on the devices:

SPEAK IT! TEXT TO SPEECH BY FUTURE APPS, INC.

Speak it! is the essential app for converting written words into spoken words.

I CAN SPEAK, LAZY RIVER SOFTWARE

I Can Speak is an easy-to-use Augmentative and Alternative Communication app designed to meet most of the communications needs of those unable to speak.

iCOMMUNICATE, GREMBE, INC.

iCommunicate lets you design and customize such things as visual schedules, storyboards, communication boards, choice boards, flash cards, and speech cards. The app provides text-to-speech with 20 different voice options and enables users to include their own pictures and record their own audio for boards.



LOCABULARY LITE, RED MOUNTAIN LABS, INC.

Locabulary provides vocabulary to communicate quick phrases, moods, and requests for assistance. The app can be used for everyday communications, teaching, or fun.

MYTALKTOOLS MOBILE, 2ND HALF ENTERPRISES, LLC

MyTalkTools Mobile enables users to express their needs to those around them using a variety of images, symbols, video, and text-to-speech audio files.

PROLOQUO2GO, ASSISTIVEWARE

Proloquo2Go features text-to-speech, high-rez symbols, a 7,000-word vocabulary, and advanced word prediction.

TAPSPEAK CHOICE, TED CONLEY

TapSpeak Choice for iPad is a comprehensive communication board, speech editor, and player designed to save setup and maintenance time.

TOUCHCHAT HD, SILVER KITE

TouchChat HD speaks words, phrases, and messages using any of seven synthetic voice.

Buttons enable users to navigate among page sets, speak messages, change the volume, and clear the display.

An iPad Loan Request Form needs to be completed for any individual wishing to borrow a device.

The Request Form includes: borrower's demographic information; reason for borrowing; name and demographics of support person; and, in what capacity or environment the assistive technology device will be utilized.

Please contact Sharon Falzone at 1-570-207-9192, at Northeastern HCQU or Heather Coleman at 1-610-435-9050 at Eastern HCQU, to request a loan form.



HEALTHY EATING FOR THE HOLIDAY SEASON

As the majority of us know only too well, any attempt at healthy eating goes sailing out of the window during the holiday season. We tend to conveniently forget about our health and diet, and instead, take the opportunity to over-indulge in every way possible. According to a recent

Weight Watchers report, the average American gains around 7-10 pounds between Thanksgiving and New Year's Day. This is through pure over-indulgence and gluttony. Moreover, much of this weight is maintained from thereon despite our promises to go on a diet come January.

It is not hard to understand why people fall into such bad habits during the holiday season. Everywhere you go there is somebody waiting to thrust a glass of wine or a box of chocolates in front of you.

Surely it would be rude to refuse? And, anyway, it is the holidays...

Your trip to the local supermarket turns into an adventure. You find yourself in a maze of aisles displaying a range of colorful, tempting goodies that are excitingly packaged and screaming at you to buy them and eat them. Even visits to friends and family are unsafe. You suddenly find the table laden with all manner of goodies, and as you hear the wine bottle cork being popped in the kitchen you resign yourself to the fact that you might as well give in.

All this, coupled with the huge dinners, parties, and festivities of the holiday season makes maintaining control a huge challenge. Healthy eating is a national obsession for the better part of the year. Yet, as soon as Thanksgiving rears its over-indulgent head, the obsession swings the other way as the nation attempts to buy and eat as much unhealthy, rich food as possible.

Food and festivity will always be a major part of the holiday season — and there is certainly nothing wrong in that. However, the holiday season is also a stressful time for many of us, and we need plenty of energy and stamina to cope with it. It is therefore essential that we eat the right type of food with the necessary nutrients to give us energy and reduce stress levels. This is not to say that we shouldn't allow ourselves to indulge a little, but we should eat in moderation and maintain a varied diet.



If we allow ourselves to lose control completely over the holiday season, there is a high risk that we will continue to eat unhealthily long after the holiday season has gone. Falling into the trap of unhealthy eating is a hard habit to break.

Despite millions of New Year's resolutions that are made each year regarding our diets, many people never get around to breaking the habit at all.

In fact, researchers at Washington University have reported that only around 22% of New Year's diet resolutions make it to February.

12 HEALTHY WAYS TO SURVIVE A HOLIDAY EATING FRENZY

Being health-conscious doesn't necessarily mean that you can't enjoy the holiday season and have a little bit of what you fancy. It simply means that you should continue to be vigilant and be prepared for the festivities.

There are many ways in which you can help to strike a balance between maintaining a healthy diet and joining in with the fun and festivities.

1. **Exercise:** Most people have a little extra time available over the holiday season when they are not at work. Take this opportunity to develop a regular exercise regime. This will help to burn off the excess calories and fat consumed over this period. It will also get you into the habit of exercising, and you can continue the regime after the holiday season is over.



2. **Review your cooking methods:** These days there is no excuse for not utilizing the many healthy ways in which food can be prepared. Instead of frying, grill your food. If you're roasting, use one of the many available low-calorie spray oils. Try steaming vegetables to retain nutrients and flavor.



3. **Invest in lower fat ingredients for cooking:** If you're preparing a big dinner, why not use half-fat ingredients whenever possible? It is often difficult to tell the difference where taste and flavor are concerned. You can even get low-calorie beers, wines and soft drinks. By simply swapping regular ingredients, foods and drinks for their half-fat alternatives you can make a big cut-back on fat and calorie consumption.

4. **Eat regularly:** If you are going to a big party or dinner, don't starve yourself all day in anticipation. You're in danger of arriving there feeling ravenous and eating everything in sight. Instead, have some low-fat, healthy snacks throughout the day. By doing this, you'll be less likely to over-indulge whilst you are out.
5. **Prepare for outings:** If you have some big nights out and meals planned over the holiday season, try and compensate by having some healthy eating days leading up to the event. Many of us are only too keen to think that we may as well forget about healthy eating over the holidays. However, it should not be a case of forgetting about your diet, but simply managing it a little more carefully over the holidays.
6. **Balance your meals out:** Don't be tempted to fill up your plate with purely rich, calorie-laden food. Instead, have a little of everything including fruit and vegetables. This way, you'll still get to indulge as well as receive valuable nutrients and vitamins.
7. **Be wary of sugary foods:** Always remember that rich, sugary foods have a nasty habit of making us crave yet more rich and sugary foods. We've all been there — over-indulging in sweet or rich food, feeling bloated, sick, and making rash promises to never eat again. A couple of hours later, we find ourselves back in the kitchen, picking at the leftovers. By ensuring that you practice healthy eating over the holidays, and throw in some form of regular exercise, you can expect to have more energy and fewer cravings.
8. **Stock up on healthy snacks:** When you go shopping, be sure to throw some healthy snacking items in to your trolley. Fill up on raw vegetables, such as carrots or celery, which can make a simple snack in times of temptation.
9. **Be aware of food allergies:** It is quite possible that you may have an allergy or intolerance to a food, which you may not even be aware of. Because there is a mountain of food waiting around every corner during the holiday season, we sometimes find ourselves gorging on food that we don't even know the ingredients of. Then we wonder why we're feeling so ill the next morning! By having a food allergy test, you can identify any foods that you need to avoid during the holiday season in order to maintain your health and enjoy the festivities without suffering.
10. **Moderate alcohol intake:** Don't forget that alcohol is fattening too. That innocent-looking glass of sparkly wine or that small bottle of beer may look as though it will do no harm. However, alcohol contains calories and lots of them. Try and control the amount of alcohol you consume over the holiday period and, in the same way as food, try not to over-indulge regularly. There are plenty of lower-calorie beers and wines available that can help, so opt for the healthier version whenever possible.



11. **Be assertive:** Don't feel as though you have to say yes to everyone that offers you food and drink. If you are not hungry, then simply say so. Do not let yourself be bullied into eating something that you really don't want.
12. **Leave what you don't want:** Despite what your parents may have drummed into you as a child, don't feel obliged to clear your plate. **When you feel full, stop eating. Simple.**



WHAT YOU SHOULD KNOW FOR THE 2015-2016 INFLUENZA SEASON

What sort of flu season is expected this year?

It's not possible to predict what this flu season will be like. Flu seasons are unpredictable in a number of ways. While flu spreads every year, the timing, severity, and length of the season varies from one year to another.

Will the United States have a flu epidemic?

The United States experiences epidemics of seasonal flu each year. This time of year is called "flu season." In the United States, flu season occurs in the winter; flu outbreaks can happen as early as October and can last as late as May. CDC says the flu season begins when certain key flu indicators (for example, levels of influenza-like illness (ILI), hospitalization and deaths) rise and remain elevated for a number of consecutive weeks. Usually ILI increases first, followed by an increase in hospitalizations, which is then followed by increases in flu-associated deaths.

What should I do to protect myself from flu this season?

CDC recommends a yearly flu vaccine (<http://www.cdc.gov/flu/protect/vaccine/index.htm>) for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. People should begin getting vaccinated soon after flu vaccine becomes available, ideally by October, to ensure that as many people as possible are protected before flu season begins. However, as long as flu viruses are circulating in the community, it's not too late to get vaccinated.

In addition to getting a seasonal flu vaccine if you have not already gotten vaccinated, you can take everyday preventive actions (<http://www.cdc.gov/flu/protect/habits/index.htm>) like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading flu to others.

When should I get vaccinated?

CDC recommends that people get vaccinated against flu soon after vaccine becomes

available, preferably by October.

It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu.

Doctors and nurses are encouraged to begin vaccinating their patients soon after vaccine becomes available, preferably by October so as not to miss opportunities to vaccinate. Those children aged 6 months through 8 years who need two doses of vaccine should receive the first dose as soon as possible to allow time to get the second dose before the start of flu season. The two doses should be given at least four weeks apart.

Can I get vaccinated and still get the flu?

Yes. It's possible to get sick with the flu even if you have been vaccinated (although you won't know for sure unless you get a flu test). This is possible for the following reasons:

You may be exposed to a flu virus shortly before getting vaccinated or during the period that it takes the body to gain protection after getting vaccinated. This exposure may result in you becoming ill with flu before the vaccine begins to protect you. (About 2 weeks after vaccination, antibodies that provide protection develop in the body.)

You may be exposed to a flu virus that is not included in the seasonal flu vaccine. There are many different flu viruses that circulate every year. The flu vaccine is made to protect against the three or four flu viruses that research suggests will be most common.

Unfortunately, some people can become infected with a flu virus the flu vaccine is designed to protect against, despite getting vaccinated. Protection provided by flu vaccination can vary widely, based in part on health and age factors of the person getting vaccinated. In general, the flu vaccine works best among healthy younger adults and older children. Some older people and people with certain chronic illnesses may develop less immunity after vaccination. Flu vaccination is not a perfect tool, but it is the best way to protect against flu infection.

Where can I get a flu vaccine?

Flu vaccines are offered by many doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even by some schools.

Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else, like a health department, pharmacy, urgent care clinic, and often your school, college health center, or work.

The Winter edition of Its Your Health will discuss the 2015-2016 Influenza Season and strategies for staying healthy.

Healthy Recipes

PORK CHOPS WITH ROASTED APPLES AND ONIONS

Ingredients:

- 2 1/2 teaspoons canola oil, divided
- 1 1/2 cups frozen pearl onions, thawed
- 2 cups Gala apple wedges
- 1 tablespoon butter, divided
- 2 teaspoons fresh thyme leaves
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 4 (6-ounce) bone-in center-cut pork loin chops (about 1/2 inch thick)
- 1/2 cup fat-free, lower-sodium chicken broth
- 1/2 teaspoon all-purpose flour
- 1 teaspoon cider vinegar



Preparation:

1. Preheat oven to 400°.
2. Heat a large ovenproof skillet over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Pat onions dry with a paper towel. Add onions to pan; cook 2 minutes or until lightly browned, stirring once. Add apple to pan; place in oven. Bake at 400° for 10 minutes or until onions and apple are tender. Stir in 2 teaspoons butter, thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
3. Heat a large skillet over medium-high heat. Sprinkle pork with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Add remaining 1 1/2 teaspoons oil to pan; swirl to coat. Add pork to pan; cook 3 minutes on each side or until desired degree of doneness. Remove pork from pan; keep warm. Combine broth and flour in a small bowl, stirring with a whisk. Add broth mixture to pan; bring to a boil, scraping pan to loosen browned bits. Cook 1 minute or until reduced to 1/4 cup. Stir in vinegar and remaining 1 teaspoon butter. Serve sauce with pork and apple mixture.

Serves 4 (serving size: 1 chop, about 1 tablespoon sauce, and 3/4 cup apple mixture)

For more healthy fall recipes, check out <http://www.cookinglight.com/food/in-season/fall-recipes>.

Nutritional Information:

Calories 240; Fat 10 g; Saturated Fat 3.3 g; Monounsaturated Fat 4.1 g; Polyunsaturated Fat 1.4 g; Protein 24.9 g; Carbohydrate 11 g; Fiber 1.5 g; Cholesterol 84 mg; Iron 1 mg; Sodium 379 mg; and Calcium 28 mg

Credit: <http://www.myrecipes.com/recipe/pork-chops-roasted-apples#>

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Ideas for Our Newsletter?

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