

## “Let’s Connect”

January  
February  
March  
2017



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### **Trainings for**

#### **October—December**

- Cameron – 0
- Clearfield – 17
- Elk – 7
- Erie – 12
- Forest – 2
- Jefferson – 8
- McKean – 2
- Potter – 0
- Warren – 6
- Venango – 1

## **Training Update**

Happy New Year! 2017 promises to be an exciting year for us here at Milestone HCQU NW. We will be partnering with our sister HCQU in Butler to get our online trainings up and running, hopefully with a much better interface than we previously used. We hope to automate the home study training process, as well.

We currently have 44 home study trainings available on our website, and are working on new home study trainings on some interesting topics, such as cranial sacral therapy, women's health, the benefits of eating healthy fat, and how nature's *farmacy* can help fight or prevent disease.

Thank you to everyone who submitted home study tests this year. From January 1 through December 31, we received 946 tests from 158 people. We're excited to see how popular our home studies, as we call them, have become. If you have any topics you would like to see us develop into a home study or online training, please let us know.

Those of you who have been completing our home study trainings for a while may have noticed some changes over the past year. When we first began offering home studies, I would create a certificate for each training you successfully completed and send them out within a few days of receiving your completed tests. However, since many of you submit tests throughout the month, and the number of tests being submitted has increased dramatically over the past few years, I am now generating reports rather than certificates, and sending them out monthly. The reports include more information than we could easily put on individual certificates, so they should be accepted for licensing, and I try to get them sent out the first week of the month after the tests were submitted (e.g. December's reports will be sent the first week of January, etc.). If you ever need an actual certificate, or you need your report sent earlier, just contact me at [lcarnahan@MilestonePA.org](mailto:lcarnahan@MilestonePA.org) and I'll do my best to meet your needs. Also, in order to receive credit for the month in which it was completed, it must be received in our office no later than the fifth of the following month. Tests received after that will be dated the day we receive them.

Thank you for your continued interest in our home study trainings, and have a joyous 2017.

# Soup

Some of us could eat soup all winter long, it's the perfect one-pot meal. Soups don't have to be just the main meal but can also be appetizers as well as a side dish. Soup can be filling and also budget-friendly since it can be stored safely in the fridge for a couple of days or frozen in small batches for up to a month. It's hard to narrow down our favorite winter soups because they are so numerous! How many soups can you think of that over the years have warmed your bones? Chicken Noodle, Bean, Barley, Split Pea, Italian Wedding and Pepper Soup, Chowders, Stews and the list goes on and on. Winter does hamper the chance to get the ingredients fresh but with frozen ingredients you can improvise. Those who are into weight loss find lighter broths to be healthier and more diet friendly. Why is it when we're sick and not feeling so well we find comfort in soups? Soups can be very versatile and easy to make, even when we are feeling under the weather. So pull out your recipes and whip up a batch of your favorite soup to warm up your bones and forget the chill outside.



During icy and snowy conditions, injuries due to slips and falls increase drastically. Here are a few suggestions that can reduce the number of slips and falls.

- Focus on the path ahead, take your time .
  - Where possible, avoid slippery surfaces, go around obvious slippery, icy areas and snow banks.
  - Wear shoes or boots with rough (waffled, ridged or heavily textured) soles to work and change into your shoes when you get there.
- A secure handhold on a hand rail can prevent a fall if you should slip.
  - Check to be sure entrance halls and stairs are clear of snow and slush.
  - Beware of changes in walking surfaces; they could be slippery.
  - Clean your shoes when you go inside, snow and ice on shoes can be very dangerous.
  - Use salt, ice melt or sand for traction on slippery surfaces.
  - A few precautions can prevent a serious and painful injury!



# Winter Weight Loss Tips

Did you, like many of us, gain a couple of pounds over the holidays? This is very common, which often leads people to include losing weight as a New Year's resolution. Dieting and fitness companies come out of the woodwork during this time of year to help you lose weight (and make themselves a lot of money) with internet ads and infomercials. But you don't have to spend a lot of money to shed those extra pounds. Here are some simple tips that can help, and they don't require you to join a club or buy a bunch of DVDs!



- **Drink more water.** Every cell in your body needs it. Water contains no calories. Drinking a large glass about 15 minutes before each meal can help take up some space in your stomach and you'll probably eat less.
- **Eat more slowly.** Studies show that it takes about 20 minutes for your brain to sense that you are full, regardless of how much food you eat. The slower we eat, the less food we consume, and the less food we consume, the fewer calories we take in.
- **Get more sleep.** Most adults need about 7-9 hours of sleep at night. Depriving your body of sleep has a negative effect on your hormones, which can lead to weight gain.
- **Eat breakfast.** A good breakfast with adequate protein will energize you for the day, make you less hungry at lunch time, and you will likely burn those calories throughout the day anyway.
- **Avoid sugar!** This includes high fructose corn syrup. Consuming too many sweets leads to weight gain (because any sugar in the bloodstream that isn't used for energy ends up getting stored as fat) and increases the risk of diabetes.
- **Avoid diet soda!** Artificial sweeteners actually *increase* your craving for high-carbohydrate foods. Studies of people who routinely drink diet soda indicate that they gain weight.
- **Train with weights.** Weight training builds muscle. The more muscle mass you have, the more calories you burn at rest. You can buy a cheap barbell and dumbbell set at your local Walmart and there are plenty of websites that can show you how to safely and effectively lift weights.
- **Go for short walks.** Weather permitting, even a few five- or ten-minute walks per day can burn calories and give the heart, lungs, and muscles a quick workout.

There you have it: some simple, inexpensive ways to drop those pounds and feel better. Good luck!

Tim Juliano



**You don't have to spend a lot of money to shed those extra pounds.**



## Speaker of the Month

Blasco Library, Hirt Auditorium

160 East Front Street, Erie PA

February 15, 2017

9:30AM – 3:30PM (Registration begins at 9:00)

Lunch (on your own) 12:00 – 1:00

"Communication: Who's Listening?" by Dave Hingsburger

Presented in conjunction with Erie County Department of Human Services



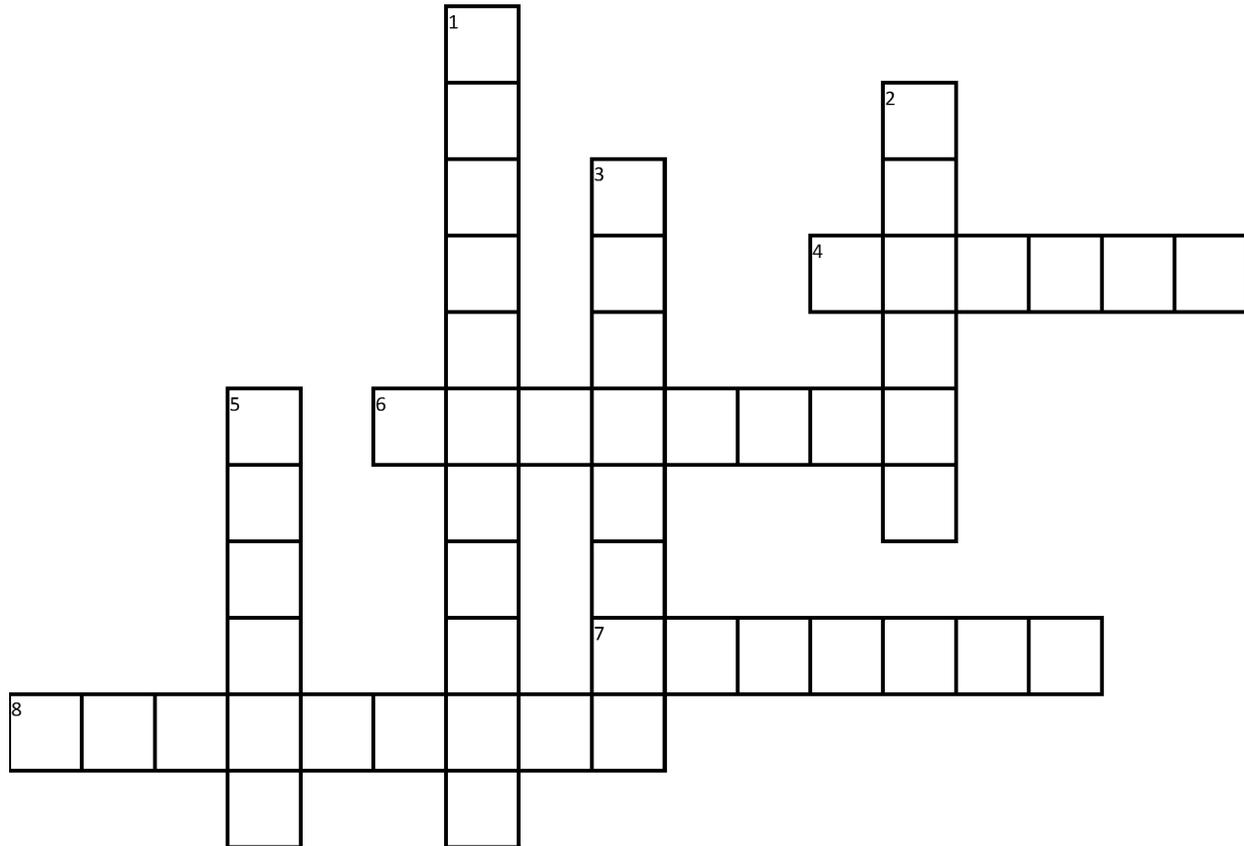
Effective communication with people with disabilities begins with an evaluation of attitude, power and prejudice. This session will have the participants examine the role that power plays in their interactions with those with disabilities and will give each an opportunity to practice new ways of understanding, listening and relating to people with intellectual disabilities.

Dave Hingsburger works providing direct service to people with intellectual disabilities. He is Director of Clinical and Educational Services for Vita Community Living Services. Dave also works in private practice as a consultant for schools, parents and agencies in a variety of areas regarding service provision to people with intellectual disabilities, focusing primarily on problematic sexual behaviour, understanding problem behaviour and abuse prevention. Dave has published over 30 books, and countless articles in magazines, newspapers and journals.

Dave earned his B.A. in psychology at the University of Victoria in British Columbia, a certificate in Human Relations from Ryerson in Toronto, and his M.Ed. from the University of Toronto. Dave was inducted into the Canadian Disability Hall of Fame in the fall of 2009.

To register for this **free** event, please contact Lisa Brocious at Milestone HCQU Northwest, by phone at (814) 728-9400 or email [lbrocious@MilestonePA.org](mailto:lbrocious@MilestonePA.org). You may also fax a registration form to (814) 728-8887. Registrations must be received by February 10, 2017.

# Redirection



## ACROSS

4. Showing pictures of alternatives is an example of this type of redirection
6. Pointing to an alternative is an example of this type of redirection
7. Constant cueing can feel like this
8. Strategies to get one's needs met

## DOWN

1. Guiding a person to alternative behavior via instruction and simple cues
2. Redirection is not a replacement for learning these
3. Self-regulation is the ability to manage these
5. Type of redirection using the spoken word

  
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**HCQU Northwest**  
**Roseland Building**  
**247 Hospital Drive**  
**Warren, PA 16365**  
**Phone (814) 728-9400**

## ***Letter from the Director***

On January 1 many people look back at what has happened in the previous year, and frequently there is loss involved in our lives. Here at the HCQU, we experienced loss when two of the staff (Joanne Cook and Beth Lorenzo) retired and are no longer here with us. While we are sometimes jealous that they do not have to work here anymore, we do often miss the talents and fellowship that they brought to the agency. We are, however, also looking forward to hiring a clinical supervisor and a behavioral health specialist which will bring new opportunities and abilities to our team.

Looking forward to 2017; in February David Hingsburger will be in Erie doing a presentation, and our monthly speaker of the month seminars will start here at the Warren State Hospital auditorium starting in April. We have already started planning for the yearly picnic (A Day in the Park) in June, and are always exploring other opportunities to host other events as time and resources permit, so please let us know if there are topics that are of particular interest to you.

Thank you for working with us to help you provide the best possible services to all, and have a wonderful new year.

Darryl

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### **Answers to crossword puzzle page 5**

#### **ACROSS:**

4. visual
6. gestural
7. nagging
8. behaviors

#### **DOWN:**

1. redirection
2. skills
3. emotions
5. verbal

*With the new day comes new strength  
and new thoughts. Eleanor Roosevelt*

