



Health Care Alert

A QUARTERLY PUBLICATION PROVIDING HEALTH CARE TIPS FOR PEOPLE WITH INTELLECTUAL AND/OR DEVELOPMENTAL DISABILITIES AND THEIR SUPPORT

Heat Stress

By: Nicole Williams, Outreach Projects Coordinator, B.S.



This year again we have been facing climbing global temperatures and extreme weather. Exposure to excessive heat for a long period of time can be dangerous and lead to serious sickness or even death. Older adults, children, and individuals with behavioral health conditions are at a higher risk to suffer from heat-related illnesses like heat stress.

Heat stress occurs when your body cannot regulate its temperature and get rid of excess heat. The body’s core temperature rises while the heart rate increases. Heat stress usually happens when the indoor or outdoor environments are 90 degrees Fahrenheit or higher. If there is a humidity exceeding 60%, a person’s body will feel 10-20 degrees hotter. This can cause a series of conditions to occur. Heat-related illnesses include heat cramps, heat rashes, heat exhaustion, and heat stroke.

Each of these illnesses have their own symptoms and treatments. The symptoms can range from excessive sweating, dizziness, confusion, a cessation of sweating, and then collapsing. If the person is not able to be cooled down in time, the next phase can be death. There are a variety of factors that contribute to heat stress in addition to temperatures and humidity:

- Radiant heat sources
- Lack of wind or breeze to cool down
- Strenuous physical activities
- Medications
- Chronic conditions
- Dehydration

DBHIDS issued a [Heat Safety Policy](#) for the city of Philadelphia which has great information, training materials, and eLearning courses to help not only keep yourself safe during these hot months ahead, but also the individuals you serve.

Resource: <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/heat>

Inside this issue:

Heat Stress	Cover
PCHC Good News	2
Dietitian Resource	2
Wellness Routine	3
Trainings & Announcements	4

PCHC Good News!

Melissa A. DiSipio, MSA, FAAIDD
PCHC, Director



PCHC would like to announce that the Director, Melissa DiSipio has recently been elected as the Vice-President to the Executive Board for the American Association on Intellectual and Developmental Disabilities (AAIDD). *AAIDD promotes progressive policies, sound research, effective practices and universal human rights for people with intellectual and developmental disabilities.* Melissa previously held the role as a “Member-at-Large” and most recently Secretary/Treasurer on the Board of Directors. As part of the Executive Committee, Melissa will assist planning the Annual Conference as “President-elect” in June 2024 and serve as the 148 President for the term 2024 – 2025. This will help highlight Pennsylvania and all the work we have done to educate, advocate and increase health care access for individuals with Intellectual and Developmental Disabilities and Autism on a national level, especially the Health Care Quality Unit (HCQU) model.

Please click here to view the AAIDD press release and see the other Board Members which also includes a psychologist from PA as a new Board Member: <https://www.aaid.org/news-policy/news/2022/03/14/aaid-announces-its-2022-2023-board-of-directors>

For more general information about AAIDD, the Annual Conference or how to become a member: <https://www.aaid.org/home>

Great Dietitian Resource

Karen Boyce, R.N., C.D.D.N
Interim Acting Director of Nursing

PCHC is delighted to highlight Mary Robinson, RD, LDN who is a wonderful nutritional resource available to residents in the suburban counties of Philadelphia.

Mary works out of the Giant Supermarket in North Wales PA. Mary is part of a team of eight registered dietitians, who serve as nutrition experts and resources for their communities. They provide free evidence-based nutrition education to a variety of audiences in the form of virtual and in-person classes, food demonstrations, social media, and answering general questions from the public.

Resources that Mary recommends are her team’s information found on the Giant website at: <https://giantfoodstores.com/pages/health-and-wellness>

The next link has information about free virtual nutrition classes, which are all taught live by their registered dietitians, and can be found at: - <https://www.eventbrite.com/o/the-giant-company-nutritionists-18689796139>

The GIANT Company is located at:
1201 Knapp Road, North Wales, PA 19454
Mary can be emailed at: mary.robinson@giantmartins.com



Mary Robinson



Developing a Wellness Routine

Dr. Nicholas DeMarco, Psy.D.
Director of ID & MH Supports

People flourish with structure. Think about periods of time in your life when you have been most productive or successful. I bet that you followed a regular schedule of activities that made you feel good overall. As we move into the summer months reflecting on where you were and where you'd like to be is a good way to take inventory of some areas of your life that need to be adjusted or tweaked. This information can benefit both you or someone you support live their best life. If you feel that you or someone you know could benefit from implementing a bit more structure in their life or you in your life, please read on.

Overall, wellness routines are what you want them to be. This routine that you develop is a daily schedule that focuses on healthy habits. It focuses on that "C" word, **consistency**. When we are consistent with a routine, especially a healthy one, it can help us get through tough times with significantly less stress. Below are some ideas and areas to consider when developing your own routine based on wellness...

- Move when possible
- Try to exercise regularly
- Do not skip meals
- Eat whole foods that you cook
- Create time for you that eliminates screens
- Get regular sleep

RESOURCES

to help in your wellness journey:

Food Fit Philly

<http://foodfitphilly.org/resources/>

Get Healthy Philly

<https://www.phila.gov/programs/get-healthy-philly/>

Healthy Minds Philly

<https://healthymindsphilly.org/>

Philadelphia Coordinated Health Care Wellness Resources

<https://www.pchc.org/resources.html>

Announcements

Regional Webinars (visit www.pchc.org)

**** Note:** When registering for our Regional Webinars, you will have to first register with PCHC then you will receive a link to register with Zoom. Without the Zoom registration you will not be able to get into the Webinar. Please register with Zoom as soon as you get the link.

Check This Out!

Upcoming training...

Sleep: Beyond the Pillow July 19, 2022 10:00am-11:30am

NEW ONLINE TRAININGS

- Social Media Safety
- Obsessive Compulsive Disorder (OCD)
- Trauma Informed Care

Pre-Recorded
Webinars

Virtual Trainings, Meetings & Presentations

Please visit our website to take one of our online trainings.

If your agency or Supports Coordination Unit is in need of training for your staff please complete a training request form that can be found at www.pchc.org under the Education tab. Make sure to select virtual as your location.

We look forward to continuing our commitment to providing quality Education and Training for our Stakeholders, Families, and Individuals with ID and Autism.

Regional Nurse Network Meetings

An opportunity for developmental disabilities nursing education and discussion. To join our e-mail list, or have changed e-mails, please contact Karen Boyce at kboyce@pmhcc.org

Next Meeting Date:

September 30, 2022
(Virtual Meeting via Zoom)

Special Needs Unit (SNU) Meetings

Please contact Nicole Williams at nwilliams@pmhcc.org for more information about the SNU Meetings or to be added to the SNU Meeting list.

Upcoming Meeting Dates:

July 20, 2022
October 12, 2022
(Virtual Meeting via Zoom)

Learn more at www.pchc.org



Philadelphia Coordinated Health Care

1601 Market Street ♦ Philadelphia, PA 19103 ♦ 215-546-0300 ♦ fax 215-790-4976
PCHC is a core program of PMHCC, Inc.

Funding provided by Department of Behavioral Health and Intellectual disAbility Services, the Bucks, Chester, Delaware and Montgomery County Offices of Intellectual/Developmental Disability and the Office of Developmental Programs, Pennsylvania Department of Human Services