Down syndrome is a common genetic variation characterized by the occurrence of an extra chromosome 21, which often causes delays in physical, intellectual and language development. It occurs in 1 in every 792 live births. Individuals with Down syndrome have 47 chromosomes instead of the usual 46. It is the most frequently occurring chromosomal disorder.

The most important fact to know about individuals with Down syndrome is that they are more like others than they are different. More Down Syndrome facts (NADS).

The Buddy Walk® was established in 1995 by the National Down Syndrome Society to celebrate Down Syndrome Awareness. Find your local Buddy Walk®.
Geisinger ADMI offers online training for first responders

If you are a police officer, firefighter, or an emergency medical technician, it is likely that at some point during your career you will encounter a child, adolescent, or adult with autism spectrum disorder (ASD).

Geisinger’s Autism & Developmental Medicine Institute (ADMI) is offering free online training for first responders to help them better assist children with special needs during emergencies. The training is also open to other community members.

Up to 15 percent of children have a developmental or behavioral disorder, including autism, speech and language disorders, intellectual disabilities, or conditions like attention deficit hyperactivity disorder (ADHD) and anxiety. The training program provides an overview of these conditions, their related behaviors and strategies for communicating with children who have these disorders in a variety of situations.

The training is facilitated by Barbara Haas Givler, director of education and behavioral outreach at Geisinger’s ADMI, and Cora Taylor, ADMI assistant professor.

“This training for first responders provides practical strategies for approaching and supporting children with special needs in emergency situations,” Barbara said. “We appreciate all that first responders do for our patients with special needs, including autism, and we’re thrilled to be able to give something back to them.”

Interested community members can view the webinar at geisinger.org/ADMIEMStraining. The training was funded in part by the Rite Aid Foundation.

ADMI has also created materials to help children with special needs and their families understand what to do in an emergency. For more information, visit geisingeradmi.org/admi-approved-resources. (Published 3/11/2021 Geisinger Health System)

Ten important facts that all first responders should know about ASD:

May Institute
Make Halloween fun for all

A teal pumpkin by your door lets trick-or-treaters know you have allergy-free treats.

A teal bucket signifies a person who can only receive allergy-free treats.

Find out more about the Teal Pumpkin Project at foodallergy.org.

A blue bucket helps promote awareness for trick-or-treaters with autism.

Learn about the Blue Bucket for Autism at nationalautismassociation.org

The Skinny on Skin

Virtual training for caretakers on the importance of good skin health and pressure injury prevention.

Presented by Maggey Moser, BSN, RN, CWOCN and Ellen Becker Tyree, BSN, RN, CWON Ostomy Wound Care GMC

November 15, 2022, 1:00 PM – 2:15 PM

Microsoft Teams Meeting

Join on your computer, mobile app or room device

Click here to join the meeting
Meeting ID: 219 292 179 350
Passcode: XnLHay
Download Teams | Join on the web

Registration not required.

Detailed training flyer

Hosted by The Central PA HCQU in collaboration with GMC Ostomy Wound Care Department.

Weis Markets Dietitian Virtual Cook-Along

October 26th, 2022 @ 1PM

Simple On-The-Go-Snacks

Slow Cooker Chex Mix

Join Weis Dietitian Emily to learn about some simple snacks perfect to take on the go followed by a recipe demonstration to show you how to put together Slow Cooker On-the-Go Snacks.

To join, please see information listed on the training flyer.

Registration not required.

Attend as a group or individually.

Hosted by The Central PA HCQU in collaboration with Weis Markets Dieticians.

Safer and More Inclusive for All Trick-or-Treaters

While the blue bucket phenomenon is not included in the official Halloween Guide from Autism Speaks, the autism advocacy group suggests wearing a badge or carrying a bag with a sign that indicates you are autistic.

The blue bucket can promote a feeling of independence by providing a subtle, dignified way of alerting people that a child or young adult at their door may not be able to participate in all the traditional aspects of trick or treating, but they certainly deserve to enjoy the night as much as everyone else.
DRIVING IN FOG

Driving in foggy conditions can be quite dangerous. Do not start a trip if the fog is so dense you cannot see. If you get caught in dense fog, it’s best to pull completely off the road, preferably into a parking lot, to wait until the fog clears. While parked, turn your hazard lights on to make your vehicle more visible, and keep your seat belt fastened.

When you must drive in foggy conditions, always remember to do these two things:

1. Slow down enough so you can stop safely within the distance that you can see. You will need to carefully check your speedometer because fog takes away most of the visual information that lets you know how fast you are going; this makes it easy for you to speed up without being aware of it.

2. Turn on your low beam headlights (and fog lights if your vehicle has them) so others can see you. Do this whether it is daytime or nighttime. Do not use your high beams. They direct their light up and into the fog, which bounces the light back into your eyes, creating glare and making it even harder for you to see ahead. EXERCISE CAUTION!

Deb Erdman RN CRN TCRN; Injury Prevention Coordinator

Penn Dot  Weather.gov

Heart Healthy
Slow Cooker Recipe for Fall

Nothing beats the welcoming aroma of a delicious, ready-to-eat meal as you return home after a long day out. So, dust off your slow cooker and get ready to whip up an easy, satisfying meal.

Slow Cooker Harvest Beef Stew

From the American Heart Association, this recipe is easy to prep and perfect for a chilly day. Easy-peasy!

Calories: 311
Saturated fat: 1.5 g
Sodium: 211 mg

FAST FACT: During the months of September and October we are constantly losing roughly 2 minutes of daylight per day as we near the Autumnal Equinox which we receive “equal” amount of daylight and darkness.
COVID-19 Vaccine: Can It Affect Your Mammogram Results?

Getting vaccinated for COVID-19 is an important way to protect yourself from potentially serious effects of the coronavirus. Likewise, getting regular mammograms as your doctor recommends can keep you safer by catching breast cancers early when they might be easier to treat.

There is no connection between the COVID-19 vaccine and breast cancer. But what should women know about how the COVID-19 shots might affect the results of their mammograms? Lisa Mullen, M.D., a radiologist who specializes in breast imaging, offers some perspective and answers your questions.

How do vaccines, including the COVID-19 vaccine, affect lymph nodes?

Mullen says, “Lymph nodes under the arm where a person has gotten a vaccine can become enlarged as part of the normal immune response to the vaccine.”

Not all vaccines cause swollen lymph nodes, but ones that cause a more intense immune response, such as the COVID-19 vaccine, some shingles vaccines, and others, are more likely to affect them. “The COVID-19 vaccine is a new type of vaccine, and people are reacting strongly to it,” Mullen says. “That heightened immune response is normal and expected.”

She adds that even the yearly flu shot can affect the lymph nodes. “Every year, flu vaccine season corresponds with breast cancer awareness month, so some patients are getting mammograms when they have enlarged nodes due to the flu shot.”

That being said, the Society of Breast Imaging and the Johns Hopkins breast imaging division do not recommend a delay between receiving the vaccine and scheduling your screening mammogram. Click for full John Hopkins Medicine article.

Tell your mammography technologist about recent vaccinations.

Download a free eBook Mammogram 101.
All persons aged 6 months of age and older are recommended for annual flu vaccination, with rare exception. [cdc.gov](https://www.cdc.gov)

The best way to prevent getting influenza is by getting a flu shot. Flu shots are safe and effective at reducing flu illness, hospitalizations, and death. It usually takes about two weeks for your body to develop immunity to influenza, so plan to get your flu shot as soon as possible!

**Find a Flu Shot**

The flu shot is widely available. Find where to get a flu shot near you [Vaccines.gov](https://www.vaccines.gov)

The information offered in this newsletter is to increase your awareness of health-related situations. It is not intended to be a substitute for professional medical advice. If you believe you or someone you support has a condition, please seek the advice of a physician.