Five Dental Health Tips for Cold and Flu Season

When cold and flu season arrives, your teeth may not be on the top of your mind. But having a cold or flu can affect your mouth. Here is what you can do to keep your teeth healthy.

1. Brush your teeth well.

Being sick can be exhausting, but make sure to brush and floss. Remember to spend at least two minutes brushing your teeth at least twice a day.

2. Drink lots of liquid.

Staying hydrated when you are sick is important because your body needs extra fluid to fight infection. Dry mouth is a common problem, especially when you cannot breathe through your nose easily. Saliva helps control cavity-causing bacteria, so dry mouth can increase your chances of cavities and gum disease. Do yourself a favor by loading up on water, soup, and juice.

3. Toss your toothbrush.

Once you start feeling better, replace your toothbrush. Your old toothbrush can harbor bacteria and easily reinfect you.

4. Gargle with salt water.

Dissolve a tablespoon of salt water in a glass of warm water. Gargle and spit until the water is gone. This helps cut down on harmful bacteria in your mouth and throat, reducing the effects of bad breath and plaque.

5. Choose sugar-free medication.

Many cough drops and syrups are packed with sugar to sweeten the dose. Even paired with medication, this sugar can cause tooth decay and harm your gums.

Shop smart by looking for medicine that is sweetened with sugar substitutes like xylitol or sucralose. If you cannot find sugar-free alternatives, make sure to brush or rinse afterwards. If your medicine is acidic, wait at least half an hour before brushing to let your enamel harden. (Delta Dental)
When you are filling up on holiday favorites, do not forget your teeth. Find out the hidden dangers of classic holiday foods and drinks — and what you can do to protect your mouth.

**CANDY CANE FACTS:**
Over 1.7 billion candy canes are made each year around the world.

One of the downsides of candy canes is their potential impact on oral health. The high sugar content in candy canes can contribute to tooth decay and cavities especially if proper oral hygiene practices are not followed. Facts.net
HOW TO MAKE A NO-SEW SOCK SNOWMAN

WHAT YOU NEED: • 1 white sock • 1 color sock • 1 bag of uncooked rice • 2 rubber bands • 2-3 small buttons • 1 short piece of ribbon • Hot glue gun • Scissors • 3 mini pom poms

STEP 1 Start by filling your white sock with rice using a spoon.

STEP 2 Once you have the desired amount, tie off the top with a rubber band.

STEP 3 To make the head and body of the snowman, wrap another rubber band around the middle of the sock. Adjust the rubber band until you’re happy with the size of the head and body. Cut off any excess sock above the snowman’s head. View further instructions.

Are you a visual learner? Watch the how-to-video.

TIPS FOR GETTING THROUGH THE HOLIDAYS

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Be compassionate with yourself.
Be compassionate and gentle with yourself as you encounter painful feelings and thoughts.
Self-compassion in grief is important all the time, but especially now during the holidays.

TIPS FOR GETTING THROUGH THE HOLIDAYS

Say no.
It’s OK to say no when you’re asked to help with a project or attend a party.

TIPS FOR GETTING THROUGH THE HOLIDAYS

Schedule something that gives you pleasure each and every day.
Welcome moments of enjoyment wherever you find them. Give yourself something to look forward to everyday, no matter how small.

Sensory Santa

Hand in Hand Family Resource Center is hosting a Sensory Santa event in Bloomsburg, Benton, Berwick, and Danville this holiday season. Details on this event, including information on how to register, can be found here.
HCQU TRAININGS AND UPDATES

Cold Weather Safety, Tue, 12/05/23, 10:00 AM ET  (WINTER WEATHER PREPAREDNESS WEEK December 3-9, 2023)

Weis Markets Virtual Cook Along, Immune Health and Winter Fruit Salad, Wed, 12/6/23, 1:00 PM ET

The Fatal 5, Thu, 12/07/23, 1:00- 3:00 PM ET

Sepsis, Mon, 12/11/23, 10:00 AM ET

Sepsis, Wed, 12/20/23, 1:00 PM ET

Aging and People with IDD, Mon, 1/8/24, 10:00 AM ET

Aging and People with IDD, Wed, 1/17/24, 1:00 PM ET

Dysphagia, Tue, 1/23/24, 10:00 AM ET

Head to Toe Skin Checks-Do You See What I See, Wed, 1/24/24, 10:00 AM ET

Head to Toe Skin Checks-Do You See What I See, Wed, 1/24/24, 1:00 PM ET

Online Training Courses are available on our website. Work at your own pace.

The Guide to Central PA HCQU Supports and Services and HCQU Referral Forms have been updated to reflect staff changes and data collection (added Individual's Date of Birth and HRST HCL Score if applicable). Located on HCQU website.

2023 Central PA HCQU Referral Request Form for Columbia, Montour, Snyder, Union, Centre, Huntingdon, Mifflin, Juniata, Lycoming, Clinton, Northumberland, and Schuylkill counties.

2023 Blair County HCQU Referral Form specific for Blair County

Please discard older versions.
Christmas is a time of joy and celebration, but it can be difficult for some autistic people. The National Autistic Society has compiled a list of autism-friendly tips for the festive period. With good planning and clear communication, we hope these tips will help you to have an enjoyable Christmas.

To read the top tis, select this link [CHRISTMAS TIPS](#).

"Christmas scents and candles can be super overwhelming sensory-wise so could be avoided when decorating. Flashing fairy lights can be overwhelming."
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Our HCQU includes registered nurses experienced in serving individuals with an intellectual Disability (ID) and/or Autism. Visit our website for their contact information and the counties they support.

www.geisinger.org/hcqu

AVOCADO YOGURT DIP

With calcium-rich Greek yogurt and creamy avocado, packed with vitamin C, this tooth-friendly dip is the perfect appetizer for your next party. Recipe

Ingredients:

½ cup plain Greek yogurt
2 ripe avocados, peeled and pitted
1 clove garlic, minced
3 tablespoons chopped cilantro
2 tablespoons fresh lime juice
¼ teaspoon ground cumin
Salt and pepper to taste
Carrot sticks, celery sticks and bell pepper strips

Instructions:

• Blend the yogurt, avocados, garlic, cilantro, lime juice and cumin in a blender or food processor until smooth.
• Season with salt and pepper.
• Transfer dip to a serving dish and enjoy with sliced veggies.

At his special time of year, we want to express our gratitude for all the work you do. We wish you abundance, happiness, and peace in 2024. Happy Holidays!

The Central PA HCQU