Healthy Outcome

August 3: CLOVES Syndrome Awareness Day

Older Adults are at High Risk for Severe RSV Infection

Respiratory syncytial virus, or RSV, is a common contagious virus that affects the lungs and breathing passages.

RSV infections can be dangerous for certain adults. Adults at highest risk for severe RSV infection include

- Older adults, especially those 65 years and older
- Adults with chronic heart or lung disease
- Adults with weakened immune systems

Each year, it is estimated that between 60,000–160,000 older adults in the United States are hospitalized and 6,000–10,000 of them die due to RSV infection.

Severe RSV infection

When an older adult gets RSV infection, they typically have mild cold-like symptoms including runny nose, sore throat, cough, and headache. But RSV can sometimes lead to serious conditions such as:

- Pneumonia (infection of the lungs)
- More severe symptoms for people with asthma

(Older Adults...continued page 2)
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- More severe symptoms for people with chronic obstructive pulmonary disease (COPD) (a chronic disease of the lungs that makes it hard to breathe)
- Congestive heart failure (when the heart cannot pump blood and oxygen to the body’s tissues)

Older adults who get very sick from RSV may need to be hospitalized. Some may even die. Older adults are at greater risk than young adults for serious complications from RSV because our immune systems weakens when we are older.

**READ MORE** How to protect yourself and loved ones

**RSV season varies according to region, but in most areas, it begins in October and runs through April.**

**U.S. approves 1st vaccine for RSV**

CDC recommends the use of new Respiratory Syncytial Virus (RSV) vaccines from GSK and Pfizer for people ages 60 years and older. This means these individuals may receive a single dose of the vaccine based on discussions with their healthcare provider about whether RSV vaccination is right for them.

**Media Release**
How dangerous is your medicine cabinet?

Almost everyone has unused or expired prescriptions taking up space in our medicine cabinets. Unfortunately, they not only clutter our shelves, but they can also be dangerous. That is why Geisinger has installed medication disposal boxes at several retail locations in central and northeast Pennsylvania. Just bring your old medications and drop them in the box - problem solved. [Medication disposal near me](#)

What is accepted in the medication drop off boxes?
Prescription and over-the-counter solid medications, tablets and capsules, liquid medications in the original containers, prescription patches, medical creams and ointments, vitamins, nasal sprays and even pet medications.

Can I bring back narcotics or controlled substances?
Yes. Our boxes are locked and secure so you can return narcotics and controlled substances and have peace of mind that no one can access them.

To find a community take-back site nearest you, search [here](#).

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The [Dysphagia Outreach Project Food Bank](#) provides access to thickeners, pre-modified foods, therapy tools, oral care supplies, and adaptive equipment to low-income individuals with dysphagia.

Recipient criteria and information [here](#).
A stroke can happen to anyone at any age.

YOU COULD SAVE SOMEONE’S LIFE.

Stroke patients who receive treatment in the first hour
have the best chance for surviving and preventing disability.

When someone is having a stroke
EVERY MINUTE COUNTS

September 26, 2023, 10:00 AM ET

Stroke Awareness: BE FAST virtual training

presented by Amy L. Swarthout BSN, RN, CEN Stroke Coordinator,
Trauma Program Manager/Pl/Injury Prevention, Geisinger Jersey
Shore Hospital. JOIN HERE

HCQU trainings are for an assortment of audiences, including professionals, caregivers, and self-advocates. Check out the variety of webinars, including guest speakers. Scheduled trainings include:

- Head to Toe Skin Checks – Do You See what I See, Wed, 08/09/23, 10:00 AM ET
- Urinary Tract Infection, Mon, 08/14/23, 10:00 AM ET
- Dehydration: Causes, Symptoms and Treatments, Tue, 08/22/23, 1:00 PM ET
- Urinary Tract Infection, Wed, 08/23/23, 1:00 PM ET
- Alzheimer Disease and Dementia, Mon, 09/11/23, 10:00 AM ET
- Sleep Apnea, Thu, 09/14/23, 1:00 PM ET
- Fatal 5, Tue, 09/19/23, 1:00 PM ET
- Stroke Awareness, Tue, 09/26/23, 10:00 AM ET
- Alzheimer Disease and Dementia, Wed, 09/20/23, 1:00 PM ET
- Cold and Flu Basics, Mon, 10/09/23, 1:00 PM ET
- Aspiration Pneumonia, Thu, 10/19/23, 1:00 PM ET
- Fatal 5, Thu, 10/24/23, 1:00 PM ET
- Cold and Flu Basics, Wed, 10/25/23, 1:00 PM ET
- Falls: Assessment and Prevention Training, Thu, 11/02/23, 1:00 PM ET
- GERD, Wed, 11/08/23, 1:00 PM ET
- Seizures, Mon, 11/13/23, 10:00 AM ET
- Seizures, Wed, 11/15/23, 1:00 PM ET
- Cold Weather Safety, Tue, 12/05/23, 10:00 AM ET
- Sepsis, Mon, 12/11/23, 10:00 AM ET
- Sepsis, Wed, 12/20/23, 1:00 PM ET

DON’T HAVE TIME TO ATTEND A VIRTUAL SESSION? Start our free online courses anytime and work at a pace that suits your individual style.
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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

ZUCCHINI BREAD (Recipe)

INGREDIENTS:
2 ½ cups sugar
3 eggs
3 cups flour
3 teaspoons vanilla
1 cup oil
2 cups zucchini grated
¼ teaspoon salt
1 teaspoon baking soda
½ teaspoon baking powder
1 cup nuts (optional)
3 teaspoons cinnamon
1 teaspoon nutmeg
1 teaspoon ginger
½ teaspoon clove

DIRECTIONS:
Preheat oven to 350 degrees.
Combine all ingredients.
Pour into two greased loaf pans.
Bake for one hour.

Yields: two standard loaf pans (8-1/2 x 4-1/2 x 2-1/2 inches).

ZUCCHINI FUN FACTS

Zucchinis are fruits because they flower in early stages of growth.
The flower of the plant is also edible.
The fruit is 95% water and has more potassium than a banana.

More...

Dog Days of Summer

The “dog days of summer” is a phrase used to describe the hot and humid days of summer. It can be traced back thousands of years to the days of the Roman Empire. It refers to the dates from July 3 through August 11, which is 20 days prior and 20 days after the star Sirius rises and falls in conjunction with the sun. Sirius was known as the “Dog Star,” because it is the brightest star in the constellation Canis Major (Large Dog).