

# Shadowfacts

Shadowfax Newsletter

November 2023

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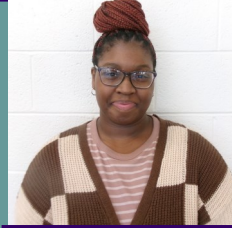
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## From the Training Office

*Remember to please send ALL training questions to [sftraining@shadowfax.org](mailto:sftraining@shadowfax.org)*

Register in Relias for the next:

Brunch and Learn Session

This training will count as a Shadowfax Wellness credit, as a

'Lifestyle Improvement Activity'

Mental Well-being/Self Care

Wednesday November 29, 2023 9:30-11:30am

Presented by WellSpan Mental Health Education @ Tremont

Brunch will be provided for staff attending each session, beginning at 9am

### Reminders

#### Red Cross FA/CPR/AED Pt.1:

When part 1 is completed, you will no longer receive a certificate. Instead, you'll receive an email from Red Cross. Even though the email will direct you to bring the proof to the Part 2 in-person session, we'll just need you to forward that official Red Cross email to [sftraining@shadowfax.org](mailto:sftraining@shadowfax.org) before coming to class!

#### Diabetes Education:

We are making some changes to the enrollments in Diabetes Education. As we make these adjustments, you may see an email from Relias alerting you to a change. If you see a change in your assignments and have any questions about it, please email [sftraining@shadowfax.org](mailto:sftraining@shadowfax.org)



# Shadowfax Professional Development Credentialing Program

In partnership with the  
National Alliance for Direct Support Professionals

## ***Congratulations to:***

***Tracy Stadd for achieving DSP-III Certification***  
***Wendy Albright for achieving DSP-I Certification***  
***Sara Devore for achieving the FLS Certification***

**The following people have earned badges and are working to reach a certification level!**

***Jasmin Ramage, Karen Swarr, Donielle Turner, Elaine Hockenbury, Jennifer Grove, Courtney Knaub, Wendy Albright, Sara DeVore, Jameelah Newby, Jessica Hess, Patricia Pessoa, Tye Moody, and Tori Matheson-Boehme.***

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**Watch your email for an announcement about next year's Career Ladder  
and how you can get information about enrollment!**

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**The NADSP Code of Ethics** upholds nine tenets of ethical practices when supporting individuals. The staff who are working towards certification often refer to these practices when they're submitting their experiences as support professionals. One or two will be shared in each newsletter. The complete brochure can be found at [www.nadsp.org](http://www.nadsp.org)

### **This month we're highlighting: Promoting Physical and Emotional Well-Being**

*As a DSP, I will commit to promote the emotional, physical, and personal well-being of the people I support.*

*I will encourage growth and recognize the autonomy of those receiving support while being attentive and energetic in reducing the risk of harm.*

#### **Furthermore, as a DSP, I will:**

- Develop a respectful relationship with the people I support that is based on mutual trust and maintains professional boundaries.
- Understand and respect the values of the people I support and facilitate their expression of choices related to those values.
- Assist the people I support to prevent illness, avoid unnecessary risk, and understand their options and possible consequences that relate to their physical health, safety, and emotional well-being.
- Partner with each person and their support network to identify areas of risk and create safeguards specific to these concerns.
- Challenge other support team members, such as doctors, nurses, therapists, coworkers, and family members, to recognize and support the rights of people to make informed decisions even when these decisions involve personal risk.
- Be vigilant in identifying and reporting any situation in which the people I support are at risk of abuse, neglect, exploitation or harm.
- Address challenging behaviors proactively and respectfully.

# Safety

There has been an increase in worker's comp cases over the past couple of months. Slips, trips and falls being the main cause and sprains and strains being the leading injuries. Slips trips and falls can happen in any workplace. They can occur at the entry of a building, in the kitchen, in cold rooms, on loading docks and even as you walk outside the building. Slips and trips with the resulting falls may result in: sprains, strains or broken bones when trying to break the fall.

## Slips, trips and falls

### FACT

Falls from height accounted for nearly three in ten fatal injuries to workers (41 out of 142). Falls, slips & trips, combined, account for more than a third (36%) of employee injuries.

### BE RESPONSIBLE

Seen a spillage? Instead of thinking it's someone else's problem, why not clear it up? Your actions could make the difference between someone getting injured or not.



### TAKE RESPONSIBILITY

Here's a useful checklist to help improve safety for you and your colleagues in the workplace:

- ✓ Ensure there is adequate lighting
- ✓ Make sure the flooring is even and clean
- ✓ Mark slopes and changes of levels
- ✓ Store cables safely
- ✓ Remove any obstructions
- ✓ Clear up spillages immediately
- ✓ Dispose of waste regularly
- ✓ Wear suitable footwear
- ✓ Consider measures for visitors
- ✓ Follow up everything you put in place and use your initiative



Strains and Sprains happen so quickly which is why proper Body Mechanics is so important, at the end of the day everyone should go home healthy and safe!

Accident free since 9/25



## BODY MECHANICS AND TECHNIQUES FOR MAINTAINING BACK SAFETY

### CORRECT BODY MECHANICS

#### • Practical tips:

- Keep your back straight.
- Feet spread shoulder width apart
- Bend your knees to reach the object.
- Maintain good stance – be aware of your center of gravity over base of support.
- Keep objects close to you.
- Keep your bottom behind the activity! Don't twist from side to side.
- Bend your knees. Lift with your legs (not with the back). Squat with your back in neutral position.

## Med Task Force

The Med Task Force committee is updating the New Hire Medication Passes process. This is an important part of medication administration training. The additional 15 observed passes helps to ensure that new staff are comfortable and proficient in giving medication to individuals.



Here are some things to look for in the near future-

- The form 'New Hire Medication Passes' will be streamlined
- A set of instructions will be available in all program areas to determine who can do the observations, and details about how and when the form is to be submitted
- A list of observation criteria will be available in all program areas to help the observer know what to look for.

## November is National Diabetes Month



Did you know that more than 37 million people in the United States have diabetes? And 1 in 4 don't even know they have it. While diabetes has no cure, prediabetes can be reversed.

Taking control of your well-being may help prevent health issues from progressing. With 96 million US adults having prediabetes, here are few tips from the National Institute of Diabetes to incorporate into your

daily habits:

- Manage your blood glucose, blood pressure, and cholesterol levels.
- Take small steps towards healthy habits such as planning healthy meals, being physically active, getting enough sleep as well as not smoking. \*You don't have to do it all at once! Start slow and build on each habit.\*
- Reach or maintain a healthy weight.
- Take care of your mental health and cope with stress.
- Work with your primary care doctor and ask questions.

The local YMCA offers a diabetes prevention program, which is a lifestyle change offering proven to reduce the number of cases of type 2 diabetes. For more information contact Kyle Almoney: [kalmoney@rosesymca.org](mailto:kalmoney@rosesymca.org) or call 717-843-7884 etc. 248

### Holiday Shopping Guide:

#### Give Gifts From Businesses Led by People with Disabilities!

The Milestone Health Care Quality Unit (HCQU) West has published its 2023 Holiday Shopping Guide containing a catalog of businesses and products led and created by individuals with disabilities and/or autism. The twenty-one page virtual catalog will help you support small businesses across the Commonwealth while giving meaningful gifts this holiday season.

This guide is split into ten categories including clothing, coffee, candy, home goods, art, and more.

Interested? Type in the link below

<https://heyzine.com/flip->



### Health Alert: Vaccines for Respiratory Viruses

#### Flu, RSV and COVID-19 Vaccines

Cases of COVID-19 and RSV are rising, and the flu season will be starting soon, it is time to speak to your healthcare practitioner about receiving a vaccine. This is the first fall and winter virus season where vaccines are available for these three viruses responsible for most hospitalizations.

The CDC notes:

- Co-administration of vaccines is an acceptable practice
- If vaccines are NOT administered the same day, there is no required interval between vaccines

Shapiro Administration Reminds Pennsylvania and Providers that Medicaid and CHIP cover COVID-19 Testing, Vaccine, and Treatment.

The U.S. Department of Health and Human Services recently announced as of September 25, 2023, all U.S. households can order four free at-home tests to be delivered to them.

## ***Years of Service Celebrated***

Congratulations to the following staff who hit a benchmark for years of service at Shadowfax!

5 Years

**Karen Goldberg**

## **Receiving Referral**

### **Bonuses:**

**Rachel Anders**

**Vickie Emig**

***You could be next!***

## **Going Green**

Did you know...

Recycling one aluminum can saves enough energy to run a TV for three hours?



Say no to bags when you go shopping! A plastic bag is used for an average of 12 minutes but will remain in the environment for 1,000 years before it decomposes!



The five warmest years on record have occurred in the last decade.

## **Referral/Recruitment Bonus**

Refer hard-working, reliable, caring and conscientious people by filling out referral forms within 3 days of when they apply. If hired and they work at least 90 days you'll receive:

**\$500 Bonus**

**Paid over 6-month period**

(as long as the person remains on staff)

Referrals must be submitted to HR within 3 days of receipt of the application.

Forms are available in Staff Resources or at reception desks.

## ***The Shadowfax Corporation***

386 Pattison Street, York PA 17403 (717) 854-7742 [www.shadowfax.org](http://www.shadowfax.org)

### ***Mission Statement:***

*To set the standard for quality in the human service field through consistent demonstration of dependability, integrity, collaboration, innovation, and commitment to our stakeholders.*



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