

HEARTLAND RURAL HEALTH NETWORK NEWS

Quarterly Newsletter for April – June 2020

The latest on Network Initiatives, Member Updates, and Rural Health.

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National Child Abuse Prevention Month Partners in Prevention

April is National Child Abuse Prevention Month. Heartland Rural Health Network partners with the Children's Advocacy Center in their Pinwheels for Prevention campaign every year. Although this year might be different, we are virtually displaying our Pinwheels for Prevention to help promote the prevention of child abuse and neglect by creating strong and thriving children, youth and families in our communities.

Throughout our iMAD Programs, HRHN promotes these protective factors:

- Child and youth development
- Healthy parent and child communication
- Social and emotional competence of children
- Provide concrete supports for parents

What can our communities do to help prevent child abuse?

- ✓ Focus on ways to connect families,
- ✓ Help children feel safe,
- ✓ Support children in expressing and managing intense emotions,
- ✓ Embrace diversity,
- ✓ Consider adding family-strengthening messages to your advertising, menus or product packages,
- ✓ Follow the "Five R's" – Raise the issue, Reach out to kids and parents in your community, Remember the risk factors, Recognize the warning signs, and Report suspected abuse or neglect.

For more information or to learn about National Child Abuse Prevention Month and the Children's Advocacy Center, visit www.hrhcn.org/newsandevents.html and click on National Child Abuse Prevention Month.



MythBusters: Separating Fact and Fiction COVID-19

With all the information floating around about COVID-19 (the coronavirus), sometimes it is hard to separate Fact from Fiction. We looked at some of the myths floating out there and visited the experts (World Health Organization) to get the facts straight.

FACT: Cold weather and snow CANNOT kill the new coronavirus.

There is no reason to believe that cold weather can kill the new coronavirus or other diseases.

FACT: The new coronavirus CAN be transmitted in areas with hot and humid climates.

From the evidence so far, the new coronavirus can be transmitted in ALL AREAS, including areas with hot and humid weather.

FACT: Taking a hot bath does NOT prevent the new coronavirus disease.

Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you.

FACT: The new coronavirus CANNOT be transmitted through mosquito bites.

To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitos. The new virus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.

FACT: People of ALL AGES can be infected by the new coronavirus.

Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

For more facts about COVID-19, visit www.hrhn.org/newsandevents.html and click on COVID-19 Facts.

In general, you can trust information on COVID-19 that is published by (1) the World Health Organization (WHO), (2) the Centers for Disease Control and Prevention (CDC), (3) Department of Health and Human Services (HHS), (4) Federal, State and Local Departments of Health, (6) Heartland Rural Health Network (HRHN) and (5) most websites that end in .ORG or .GOV.



Let's Talk About It: Mental Health Awareness Month

The National Alliance on Mental Health (NAMI) released an article on March 25th by Dawn O'Malley, Psy. D., titled [How to Ease Children's Anxiety About COVID-19](#). The article provides five steps to help children with the new "normal" we are experiencing due to Coronavirus. Below is a summary of these steps. To see the full article, follow the link at the bottom of the article.

Step 1: Get the Facts To help ease stress, know what you are dealing with. To do that, you need to gather facts. Unfortunately, with this virus being so new, there is a lot of information and misinformation out there. So, it is a good idea to pick one or two trusted sources to get information from and stick to only those. This will allow you to get the facts without getting overwhelmed or disinformation.

Step 2: Establish a Routine Routines are important to us all but especially for children. As we try to establish a new normal, creating a daily schedule for your family can go a long way to ease the crazy times. Some suggestions for creating this routine is to still get ready like normal, try to switch activities every 30 – 40 minutes, and come together for lunch, if possible. Also remember that even during a normal school day, things that stimulate the creative side of each child are also worked into the day, so don't forget to let them exercise that part of their brain at home too.

Step 3: Engage in Self-Care You know we at HRHN are committed to promoting self-care. Well, NAMI also recognizes the importance of getting enough sleep, eating healthy, and engaging in physical activity. Caring for yourself and your children by ensuring these essential self-care steps are met is important especially during high stress times.

Step 4: Stay Connected We aren't talking internet connections – although I wish that those would stay connected too – we are talking staying connected to the other people that are important in your child's life. Utilize the technology we are fortunate to have access to such as Skype, FaceTime, or Zoom to set up virtual playdates with your child's friends or just allow them time to talk on the phone with their friends.

Step 5: Focus on the Positive It is important to remember that children know that their lives have been changed due to a virus that is making people sick. This may be making them extremely worried. Take time to reassure them that they don't need to worry. That there are a lot of adults working to figure everything out. Talk about the positives that have come to light during this pandemic – the people making masks, the extra time you are getting together – try to find a positive story every day to talk about together.

To read the entire article, visit www.hrhn.org/newsandevents.html and click on Mental Health Month.

HRHN Spotlight: Teleworking – the New Norm

Heartland Rural Health Network, like many other organizations across the nation, moved to telework only on March 13, 2020. Since this is becoming the new normal for many others out there, we wanted to bring you some tips for setting up your teleworking space, tips to keep motivated while teleworking and for those that are also trying to facilitate school for their children while teleworking, those of us that are doing the same thing, try to help you with that. We hope that these snippets and tips help you as we face this new norm together!



Mary Jane “MJ” James, Health Educator:

I like setting up my work space so that I am as comfortable as possible. I have all the resources I need in close proximity to me. I have two kids at home so the best ways to keep myself motivated for work are to get started early so I can have some uninterrupted work time before school time and to make a work and school schedule that allows me to work during my most productive hours and stop to have school and continue with work during naps times and when school is over.

3 Tips for setting up your space

- Make sure you have access to all the things you'll need.
i.e. bathroom, kitchen and bedroom
- Personally, I need a window with natural light coming in
- Just make it a small area of your home because paperwork has the ability to take over and flow everywhere

3 Things that keep me motivated

- I have something to play music on ... certain music keeps me going
- Write notes to yourself. Things like GET UP! GET GOING or YOU GOT THIS!
- Take breaks to walk away or play a game

2 Ways to balance

- Set boundaries with the family if possible to create a safe work area and space i.e. NO KID ZONE and NO WORK ZONE
- Incentives ... Like if you let me finish this we can have pop tarts LOL



**Larry Moore, iMAD
Program Director**



Michelle Cathey, Health Educator

3 tips on setting up:

1. Make it your space your own - add things that make you happy.
2. Pick a theme to create a space that motivates you or is a bit of an escape, especially if you have kids.
3. Make it functional for you – not an organizer? Don't organize. Keep it as clean and neat as you need it.

3 things you do to keep motivated:

1. Make a to do list to help me stay focused.
2. Post funny memes to help refocus.
3. Use the need to refocus as a reason to have your kids go to their rooms to play.

I encourage families to find a groove that works for them. There are so many resources out there and tips on how to homeschool. Don't get overwhelmed, try ideas that you like and if they don't work try more till you find ones that do. Remember to include your kids and be willing to hear what they have to say. Maybe have them give you pros and cons on what they like and don't like and go from there. You don't have to be perfect or the smartest person on the planet to homeschool, you just have to be willing to try and do the best you can. My family and I wing it – we have daily "have to's" and then we take breaks when needed, talk often, eat all day long (it seems) and make time to paint. Each day we grow stronger as a team learning new ways to talk with each other and how to help work towards the overall goal of getting the work done.

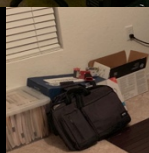
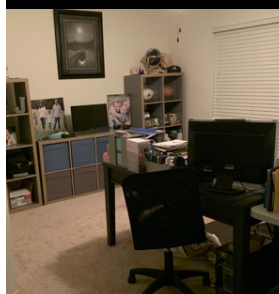
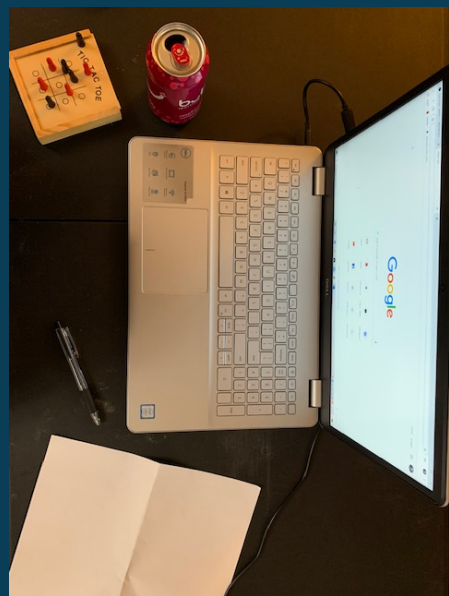
Anthony Fontanes, Health Educator

Setting up one's work space at home might be new for some. Here are a few ideas:

1. Give yourself enough space to spread out. It's important to have space to place papers, a laptop, a water/soda, and a snack, so you don't have to keep getting up.
2. Have some good background music or ambient sounds. Anything with low tempo and calming sound is great for staying focused.
3. Make sure that your work space is adaptable.

Some things I do to keep myself motivated:

1. I wake up early and go for a short walk. This helps me get ready for the day at home. I'll make a hot cup of tea in my favorite mug and take it with me. A few deep breaths of fresh air help me get going first thing.
2. I like to plan my lunch to be something different every day. It gives me something to look forward to. Whether its leftovers from the night before or maybe a sandwich I always make sure to have an actual lunch meal. It's a nice routine and helps me keep track of time.
3. I like to have physical list right beside me and then check those things off as they are completed. This is a simple thing, but there is something about physically checking off a list that makes one feel accomplished.



For me to have a successful work day, I have to make sure that I have a dedicated space just for work. It also helps keep me motivated if I make a list of tasks to accomplish each day/week – crossing out things I get done makes me happy. It also helps to continue to check in with co-workers about life, as well as work – doing this during a short break when I am stuck

or frustrated really helps, as does taking a walk or stretching. I also find that having a furry friend to keep me company helps a lot. Since having the kids at home, I also find that having a dedicated space for them to do school helps. Finally, being flexible and extending grace to yourself, your kids and their teachers is crucial – this is new for us all!

Melissa Thibodeau, Executive Director



June: Alzheimer's and Brain Awareness Month – Remembering Doris



June is Alzheimer's and Brain Awareness Month. The Alzheimer's Association reports that more than 5 million Americans are living with Alzheimer's. In fact, it is America's 6th leading cause of death. Alzheimer's took my grandmother, Doris, from us in 2019. Here is a little about her journey.

Like many aging American's, my grandmother struggled with her memory and a few years ago had a brain scan done. They discovered after this scan that she had Alzheimer's and it was rapidly progressing. I watched my grandmother struggle to remember words, what and if she ate, and, eventually, struggle to remember her family. I also had to watch my mother, as my grandmother's only surviving child, be one of an estimated 16 million Americans proving unpaid care for people with Alzheimer's or other dementias. The amount of work and emotional turmoil that was involved in helping take care of my grandmother as she slowly struggled to remember who my mother was is hard to measure, but the Alzheimer's Association estimates that in 2020, Americans will provide 18.6 billion hours of unpaid care (valued at \$244 billion) to Alzheimer's or other dementia patients. Alzheimer's is an ugly disease that slowly strips away the memories that make your loved ones who they are. I will never forget the feeling of visiting my grandmother and her having no knowledge of who I was – she showed no more feelings for me than any other person who was interacting with her that day. Although it was almost a year later before Alzheimer's took her life, I really felt like I lost her that day.



Help me honor my grandmother, Doris, and all the loved ones that have struggled or are struggling with Alzheimer's or other dementias by following the Alzheimer's Association, sharing updates and facts, and partaking in their events in June and throughout the year. You can learn more about Alzheimer's by clicking the link below and looking at our Alzheimer's resources.

For more facts about Alzheimer's and Brain Awareness Month, visit www.brnn.org/newsandevents.html and click on Alzheimer's Awareness.



Self-Care is so important in our lives. With that in mind, we will be including some tips from the experts on this page every quarter. This issue we cover managing Coronavirus Anxiety, how to Be Kind while Social Distancing, and some suggestions for Health Care Workers.

Managing COVID-19 Anxiety

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Want a copy of these tips? We shared them on Facebook!
 p7
 @heartlandrh

Be **KIND** to support loved ones during
#coronavirus



Check in regularly especially with those affected



Encourage them to keep doing what they enjoy



Share WHO information to manage anxieties



Provide calm and correct advice for your children

Learn more to Be **READY** for **#COVID19**:
www.who.int/COVID-19



UNITED NATIONS

Be **KIND**

Self-Care for Health Workers

Health workers

Take care of yourself at this time.

Try and use helpful coping strategies such as ensuring sufficient rest and respite during work or between shifts, eat sufficient and healthy food, engage in physical activity and stay in contact with family and friends.

#Coronavirus

#COVID19



World Health
Organization





One of our newest Network members is WeCare of Central Florida. We Care is a special organization that bans together volunteers to deliver specialty care services to Polk County residents that are uninsured and at or below 200% of the Federal Poverty Lines. They have a vast array of services that patients can qualify for including, but not limited to:

- ✓ Cardiology
- ✓ Dermatology
- ✓ Gynecology
- ✓ Neurology
- ✓ Ophthalmology/Optometry
- ✓ Otolaryngology
- ✓ Podiatry
- ✓ Rheumatology

In addition, We Care has several other projects that Executive Director, Heather Stephenson, has continued or brought to those they serve. These projects include Project New Sight, Project Think Pink, and Project Ride to Health. Here is a little more information on each of these projects:

Project New Sight's mission is to expand eye care awareness by providing FREE access to eye health and vision care services in an effort to enhance human performance and quality of life.

Project Think Pink provides free mammograms and diagnostic breast care services to men and women in Polk County.

Project Ride to Health aims to increase healthcare access to Polk County residents through the provision of FREE transportation to healthcare appointments via Uber Health.

Although each project is unique, they are all set to serve those patients without insurance of any kind and are at or below 200% of the Federal Poverty Lines. They are also set up so that if an abnormal finding is discovered or a new diagnosis is made, We Care can continue to provide necessary follow up services.

Want to learn more about our Network partner, We Care of Central Florida? Want to learn how you can be a part of their amazing organization, visit www.wecarecentralflorida.org.



Telemedicine Talk #2: Telemedicine During COVID-19 Pandemic

I recently came across the attached article about telemedicine use during the COVID-19 (Coronavirus) Pandemic and I felt like the author, Chris Crawford with the American Academy of Family Physicians, put together great stories and information, so I wanted to share it as our Telemedicine Talk #2. In general, our country is moving to the overall promotion of telemedicine to help flatten the curve by preventing cross-contamination by limiting non-necessary patient contact with other patients, physicians, nurses and staff. This has proven to be one of the best solutions to continue caring for our communities while also preventing the spread of COVID-19. We hope that your family is well during this crazy time, but if you find it necessary to utilize telemedicine during this time, here is a look inside from the American Academy of Family Physicians.

Please click the link to view the article in its entirety.

[Inside Look at Using Telemedicine During COVID-19 Pandemic](#)



If you feel you are
having symptoms of
COVID-19, call first:

1-866-779-6121

DID YOU KNOW?

The US Census effects your community in many ways.

The US Census takes place every ten years and the data collected helps determine how hundreds of billions in federal funding flow into communities every year for the next ten years. That funding shapes many different aspects of every community, no matter the size, no matter the location. The Census is set up to try to show as accurate a picture of possible of every area of the US.

Data from the census is used to decide on things such as what communities need new schools, new clinics, or new roads. It also is used to make funding decisions for tons of programs including school lunch programs, highway and infrastructure improvements, libraries, Head Start, SNAP and many others. In addition, the Census numbers determines how many seats each state had in the House of Representatives.

For Heartland Rural Health Network, we utilize Census data when we are writing grants. Most funders want us to provide census data such as number of persons living in the area we are planning to serve and the number of people in the proposed areas that meet certain demographic or financial criteria. We provide this information from the Census data. If the data gathered during the Census is incomplete or inaccurate, it can affect our ability to secure funding for programs.

This year, they are doing the Census a little differently and made it as easy as possible to take. You can take the Census online from any computer or telephone with internet access. All you need is your number from the Census you received in the mail. You can also fill out a paper Census and mail it in. However, you only need to do the Census using ONE of these methods. Online, there is even a page that walks you through every question and explains how to answer it! Also, all answers are confidential and the US Census Bureau is bound by LAW to keep them safe. Please take the five minutes to complete the survey to better our community!

The information above was gathered from the US Census website (2020census.gov). To read more about the Census and/or take the Census online, visit www.hrh.org/newsandevents.html and click on 2020 Census.

Heartland Rural Health Network, Inc. is happy to share with you some great updates from our members and community partners! **Thank you** for your continued **commitment** to improving rural health care through your association with Heartland Rural Health Network. Current network **initiatives** include the C-PREP iMAD Program and supporting Drug Free Highlands through a Drug Free Communities Grant. A full description of current Network initiatives can be found online on our website at www.hrhnl.org.

If the Network can **partner** with your organization on a project, please contact us to discuss. We **value** community partnerships to accomplish the mission of the Network.

Please feel free to **forward** this newsletter to a friend or colleague.

Use AmazonSmile to Help HRHN Fundraise!

Heartland Rural Health Network is part of AmazonSmile, a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when customers shop on AmazonSmile, the AmazonSmile Foundation will donate **0.5%** of the price of eligible purchases to the charitable organizations selected by customers.

To have AmazonSmile contribute **0.5%** of your eligible purchases to Heartland Rural Health Network simply click our link [here](#) and it will take you directly to our AmazonSmile page. That's it! You shop as you normally do and HRHN will receive 0.5% from AmazonSmile for any eligible purchases. There is no additional costs or hidden fees for your participation in the program.

Don't forget to bookmark the link and every time you shop through AmazonSmile you are supporting HRHN!

IMPORTANT UPDATE:

Please update Heartland Rural Health Network's physical address in your address books! Our main office is now located at 435 S Pine St, Sebring, FL 33870. Our offices are closed due to the Statewide Stay-At-Home Order. Our employees are taking care of themselves and their families at home while still doing the important work of the Network! The easiest way to reach us is through email.

Heartland Rural Health Network, Inc.

863.471.6007

www.hrhnl.org

Mission: Improving access to quality health care by implementing creative solutions in collaboration with network members and community partners.

Vision: To be a leader of innovative, collaborative, and quality driven rural health initiatives.

2019 – 2020 Board of Directors: Blake Warren, President; Vince Sica, Vice President; Heather Stephenson, Secretary/Treasurer; Robert Rihn, Past President; David Robbins, David Duke, Justin Blalock, Denise Collazo, and Cathy Exendine.