In this Newsletter, you will find...
a note from ME, the EPN's new Program Administrator, an introduction to our theme for the 2022-2023 year, emergency preparedness tips, and our resources unique to the Fall season.

You will also have the opportunity to learn about our upcoming events, meet our incredible community partner, the Alzheimer's Association, and gain access to an exclusive interview we had with them this Fall!
A MESSAGE FROM THE EPN:

In the Fall of 2022, the EPN welcomed Kendal Lee as its new Program Administrator.

She will lead the EPN’s efforts to promote the community’s organizational and personal preparedness for emergencies.

Additionally, Kendal will help expand the reach of the EPN through strategic outreach efforts and partnership development.

Join us in welcoming Kendal into the EPN community!

MEET OUR PROGRAM ADMINISTRATOR:

BY: KENDAL LEE

“Healthcare is a science and the work of the heart. My heart lies in community care.

I am grateful for the opportunity to fuse my background in innovation, nursing education, and lived experiences to serve the EPN community through my role in a meaningful way.

Healthcare begins in the community. May we never forget that community wellness starts with WE.”
There has been a rise in workplace violence in healthcare settings...

"OSHA defines workplace violence as “... any act or threat of physical violence, harassment, intimidation, or other threatening disruptive workplace behavior. It ranges from threats and verbal abuse to physical assaults and even homicide.”

Currently, OSHA references acts of violence and intentional injury by another person as the third-leading cause of fatal occupational injuries in the United States. This unsettling trend has compounded the healthcare workforce crisis, leading physicians, nurses, and healthcare staff to weigh this risk more seriously against their passion for treating and serving patients. It also underscores the concurrent behavioral health crisis our communities are facing, necessitating that our health systems more effectively address the needs of patients with mental health disorders and substance abuse disorders.

Through legislation introduced in Senate Bill 700 earlier this year, Maryland has established the Prevent Workplace Violence in Health Care Settings Public Campaign Workgroup to develop a public awareness campaign on preventing workplace violence in health care settings and to create a plan for implementing this campaign. We hope the workgroup’s plan will include the unique workplace safety challenges that home and community-based healthcare providers face.

To help raise awareness of this issue and provide our subscriber network with curated resources and education to combat workplace violence in the home setting, the EPN will focus our programmatic offerings in the 2022-2023 grant year on this theme. We will explore personal safety, situational awareness, de-escalation techniques, incident reporting, and workplace safety policy development for post-acute care providers. Please join us and expand your personal and professional preparedness know-how! Webinars and events will be announced in January 2023."

-Caitlin Houck RN, MS, the Maryland-National Capital Homecare Association (MNCHA)
A MESSAGE FROM THE EPN:

Here at the EPN, we are here to equip YOU with education and resources so that you don’t fall behind on taking steps to protect your health and prepare for seasonal emergencies this Autumn!

SEASONAL PREPAREDNESS TOPICS:

- Influenza
- Daylight Savings Reminders
- Driving Safety
- Fire Safety

FLU PREVENTION:

- Take Healthy Habits into your hands. Follow these 3 steps from the CDC to Fight the Flu.
- Are you interested in receiving a flu vaccine? Find a vaccination site here.

FLU MANAGEMENT:

- Is it a cold or the flu? Check out the CDC’s chart to find out!
- What should you do if you get sick? Check out the CDC’s Recommendations.
- Are you caring for someone who is ill? Check out the CDC’s Guide to caring for someone who is sick.
- Are you a Health Care Provider (HCP) looking for resources? Check out the CDC’s HCP Toolkit

FLU FAQ:

- Have more questions about the flu? Check out the CDC’s 2022-2023 Flu FAQ

RESOURCE: HTTPS://WWW.CDC.GOV/FLU/PREVENT/ACTIONS-PREVENT-FLU.HTM
IT'S TIME TO FALL BACK

Daylight Savings has come to an end. With shorter days and colder nights, more people are traveling while it’s dark and spending more time indoors, which presents the risk of indoor fire emergencies and driving hazards, respectively.

CHANGE ALARM BATTERIES:

Fall into the habit of changing your smoke alarm and carbon monoxide alarm batteries as Daylight Saving Time Ends.

Carbon Monoxide Poisoning is preventable. Protect yourself by learning the steps you can take toward prevention using the resources below!

RESOURCES:

- EPN’s Guide on How to Prevent Carbon Monoxide Poisoning
- CDC’s Carbon Monoxide Poisoning Website

FALL DRIVING HAZARDS:

Autumn houses the end of Daylight Savings. Shorter days and longer nights leave drivers commuting more often in the dark, which increases the risk of driving hazards.

Additionally, Autumn weather can change rapidly. Prepare yourself for fog, wet leaves, and more with the resources below!

RESOURCES:

- The National Council for Safety Fall Driving Safety Tips
- AAA’s Fall Driving Safety Tips

RESOURCES:

HTTPS://MAGAZINE.NORTHEAST.AAA.COM/DAILY/MONEY/AUTO-INSURANCE/HOW-TO-DRIVE-SAFELY-IN-THE-FALL/
HTTPS://WWW.NSC.ORG/
FIRE SAFETY

AS TEMPERATURES DURING AUTUMN DECREASE, THE RISK OF FIRES INCREASES. REDUCE YOUR RISK OF A FIRE WITH THESE TIPS:

COOKING

- Stay in the kitchen when you are cooking. Turn off the stove if you leave the kitchen for a short time.
- Wear short, close-fitting clothing and or rolled-up sleeves when cooking.
- Keep a fire extinguisher available. See the National Fire Prevention Association’s Fire Extinguish Fact sheet to support your Fire Extinguisher needs.

- Replace all damaged appliance cords. Do not run cords under rugs or any furniture.
- Never force a plug into an outlet it does not fit into - this can cause a fire.
- Turn off any light switches that are hot to the touch or flicker. Have them professionally replaced.

WOOD BURNING FIRES

- Clean wood-stove pipes and chimneys annually. Check monthly for any damage or obstructions.
- Use a fireplace screen heavy enough to stop rolling logs and big enough to cover the entire opening of the fireplace to catch flying sparks.
- Ensure the fire is entirely out before leaving a room or before going to bed.

- Keep flammable items at least three feet away from portable heaters.
- Check to ensure the portable heater has a thermostat control option to adjust the temperature and a switch that automatically turns off the heater if it falls over.
- For Kerosene heaters, only use crystal clear K-1 kerosene. Refrain from filling the heater. Make sure to use a well-ventilated room (with windows). Keep the heater away from any items that could catch fire.

PORTABLE HEATERS

ELECTRICAL

- Keep flammable items at least three feet away from portable heaters.
- Check to ensure the portable heater has a thermostat control option to adjust the temperature and a switch that automatically turns off the heater if it falls over.
- For Kerosene heaters, only use crystal clear K-1 kerosene. Refrain from filling the heater. Make sure to use a well-ventilated room (with windows). Keep the heater away from any items that could catch fire.
The EPN, in consultation with community-based disaster response experts, has developed a FREE Emergency Preparedness Resource Guide designed to support preparedness planning at your place of practice organization. For the Full Guide, click here!

Check out two sections of our guide for your seasonal preparedness planning this Fall:

1. Preparing for Influenza
2. Preparing for a Fire Emergency

JOIN US AT THE EPN:

EVENTS:
The EPN’s program planning is underway for the 2022-2023 grant cycle year, which includes webinars and annual spring Tabletop Exercises! Stay tuned to learn more about our upcoming events!

EDUCATION:
Please stay connected with our weekly bulletin, Maryland EPN Weekly Update, sent on Wednesdays! Encourage someone in the community to join now by clicking here!
The Alzheimer's Association is the largest nonprofit organization serving 74 chapters in the United States, all "dedicated to accelerating the progress in the prevention, cure and living with Alzheimer's disease" to achieve their vision of "a world without Alzheimer's and all other dementia" (alz.org).

During Alzheimer's Awareness Month this November, we honor the 6.2 million Americans living with Alzheimer's dementia, the providers, and caregivers who stand by their side.

As partners of the Alzheimer's Association, the EPN is committed to carrying out its mission and vision in our community all year round!

The EPN sat down with the Alzheimer's Association for an exclusive interview...

where we talked about emergency preparedness for those living with Alzheimer's and all other dementia, the Alzheimer Associations' abundance of resources for caregivers, and MORE!

YOU DON'T WANT TO MISS THIS! FOR FULL ACCESS TO THE INTERVIEW, CLICK HERE!
DISCLAIMER:

All information contained in this document is intended for educational purposes only. The information presented here is not intended to be used for medical advice, diagnosis, or treatment.

If you have any questions or concerns about your health, please contact your doctor, health-care provider, local urgent care and emergency services.

We do not guarantee the accuracy of any information provided in this document. The use of this website is at your own risk.