

Vendor Bulletin

A Quarterly Publication of San Diego Regional Center (Wanda Bardwell, Editor) (Kathy Hill, Design Layout) No. 54 October 2009

2009 2010 Influenza Immunization Recommendations

The Seasonal 'Flu' is Approaching—Although there has been much discussion in the news about novel H1N1 (also known as pandemic H1N1, 2009 H1N1 or swine) flu already this year, it is important to remember that seasonal flu is here every year, is a very contagious illness, it can be prevented or ameliorated and its potential complications lessened or prevented by immunization. There will be separate vaccines available this Fall against both seasonal flu and novel or 2009 H1N1 (swine) flu.

Influenza is a viral illness mainly spread through sneezing and coughing and each year affects from 5%-20% of the population of the United States during the period from October/November through March/April. Each year over 200,000 people are hospitalized and approximately 36,000 individuals, including young children, die in the United States as a result of seasonal influenza.

San Diego Regional Center consumers, family members, service providers and staff will experience an increased incidence of respiratory illness including the flu this winter season.

The primary method for preventing the flu and its complications is by getting the influenza vaccine. By being immunized yourself and encouraging consumers, family members and

service providers to be immunized, you are helping to prevent influenza and decreasing its potentially serious complications.

To be protected from flu, vaccine is required every year because:

- Immunity declines during the year following vaccination, and
- The strains of virus causing illness change over time, and the vaccine is altered accordingly.

This year the vaccine is expected to be a good match for the influenza strains that are circulating, and there will be enough doses produced to immunize everyone who needs it. Please refer to www.sdchip.org or our website at www.sdrc.org for additional information.

Holiday Schedule for Day Programs

Pursuant to the 2009-2010 State Budget Trailer Bill the Department of Developmental Services has designated 14 holidays per fiscal year. The revised Holiday Schedule shall remain in effect until further notice from DDS. Following are the holidays for the remainder of fiscal year 2009-2010:

Wed., Nov. 11, 2009	Veteran's Day
Thurs., Nov. 26, 2009	Thanksgiving Day
Fri., Nov. 27, 2009	Day after Thanksgiving
Thurs., Dec. 24, 2009	Day before Christmas
Fri., Dec. 25, 2009	Christmas Day
Mon., Dec. 28, 2009	Day after Christmas
Fri., Jan. 1, 2010	New Year's Day
Mon., Jan. 18, 2010	Martin Luther King Jr Day
Mon., Feb. 15, 2010	Presidents' Day
Wed., Mar. 31, 2010	Added Holiday
Mon., Apr. 5, 2010	Added Holiday
Mon., May 31, 2010	Memorial Day

During these holidays, regional centers shall not compensate the following programs:

Activity Centers
Adaptive Skills Trainer
Adult Development Centers
Behavior Management Programs
Client/Parent Support Behavior Intervention Training Prog.
Community Activities Support Services
Community Integration Training Programs
Creative Arts Programs
Infant Development Programs
Program Support Groups (Day Services Only)
Social Recreation Programs
Work Activity Programs

Foot Care Facts:



One out of six Americans, about 43 million, have foot problems, according to the American Academy of Orthopedic Surgeons. While corns are largely man-made, bad habits like squeezing into undersized footwear—some other common foot problems, such as athlete's foot and so-called plantar warts, can be harder to avoid.

Uncomfortable and sometimes extremely painful as they are, foot problems can usually be treated, if not prevented, either by taking simple foot-care steps at home or with a doctor's care.

Better foot care may prevent many foot problems: With each step, the pressure on your foot is equivalent to 1.5 times your body weight. Years of wear and tear can be hard on our feet, so can:

- disease
- poor circulation
- improperly trimmed toenails
- wearing shoes that do not fit properly

Problems with our feet can be the first sign of more serious medical conditions such as:

- arthritis
- diabetes
- nerve disorders
- circulatory disorders

Practice good foot care: Check your feet regularly, or have a caregiver check them. Primary care doctors (internists and family practitioners) are qualified to treat most foot problems. Sometimes the special skills of an orthopedic surgeon or dermatologist are needed.

Circulation: It helps to keep blood circulating to your feet as much as possible. You can do this by:

- putting your feet up when you are sitting or lying down
- stretching when you've been sitting for a long while
- walking
- having a gentle foot massage
- taking a warm foot bath

Other foot care and proper shoe fit tips:

- Try to avoid pressure from shoes that do not fit right.
- Try not to expose your feet to cold temperatures.
- Do not sit for long periods of time (especially with your legs crossed).
- Do not smoke.
- Wearing comfortable shoes that fit well can prevent many foot ailments.
- The size of your feet changes as you grow older so always have your feet measured before buying shoes.
- The best time to measure your feet is at the end of the day when your feet are largest.
- Most of us have one foot that is larger than the other, so fit your shoe to your larger foot.
- Make sure there is enough space for your longest toe at the end of each shoe when you are standing up.
- Do not buy shoes that feel too tight and expect them to stretch to fit.
- Your heel should fit comfortably in the shoe with a minimum amount of slipping. The shoes should not ride up and down on your heel when you walk.
- Walk in the shoes to make sure they fit and feel right, then take them home and spend some time walking on carpet to make sure the fit is good.

Special Incident Reporting

Kathy Karins, RN, is the new SIR Coordinator for San Diego Regional Center

New FAX number for Special Incident Reporting
858-496-4303

You can access the SIR form at www.sdrc.org, by clicking on the service providers section. You can complete the form on-line, print it out and FAX it to the above number. Remember to report SIR's in writing within 48 hours and retain a copy in the consumer's file.

SIR Procedure

After taking appropriate emergency procedures, the vendor shall report the following events to the consumer's Regional Center service coordinator if they occur during the time that the consumer is receiving services from the vendor:

- Consumer is missing and the vendor has filed a missing person's report.

- Reasonably suspected abuse/exploitation or neglect (should also be reported to protective services and local law enforcement).
- Injuries, accidents or illness requiring medical attention beyond first aid.
- Medication errors.
- Unplanned or unscheduled hospitalizations.
- Consumer is a victim of a crime.
- Death of the consumer.

The vendor should submit the report by telephone, electronic mail, or FAX as soon as possible, and no later than 24 hours after learning of the occurrence of the event.

In the works: Electronic Reporting—stay tuned!

National Domestic Violence Awareness Month

National Domestic Violence Awareness month is observed every October across the country. National, state, and community organizations for violence prevention and victim services, businesses, health care providers, and others mark the month with educational programs, recognition and memorial ceremonies, community outreach, and other efforts.

Any violence taking place within a family or intimate relationship is domestic violence. It includes abuse of spouses, girlfriends and boyfriends, children, and elderly people. Domestic violence cuts across all socioeconomic, ethnic, racial, religious, and age groups.

Studies show that children who witness violence at home experience behavioral problems and increased aggression have less developed social and conflict resolution skills, and may suffer long-term developmental effects.

These youth are also at risk of engaging in future violence and of being abused themselves. Researchers have found that people who batter their partners are also more likely to abuse their children.

TRAININGS

The Residential Living-Small Committee is sponsoring the following training sessions during the fourth quarter of 2009. Remember to keep written documentation of all training hours (workshops, videos, etc.) on file. The target audience is residential administrators and staff; however, others may attend as space allows. All of these classes are approved by Community Care Licensing for credit towards administrator recertification.



STRESS MANAGEMENT

Presenter:

Ron Plotkin, Ph.D.

Coordinator, SDRC Education Services

Date: Friday, January 8, 2010

Time: 9:30am - 11:30am

Place: SDRC Board Room

4355 Ruffin Road, #100-101
San Diego, CA 92123

Fee: \$5

To register, please complete the form below and make check payable to SDICDSI.
Please submit checks no later than two weeks prior to the date scheduled for each training.

Name: _____ Agency: _____ Phone: _____

\$5 "Stress Management" (1/8/2010)

Mail to: SDRC - Community Services - Attn: Kathy Hill, 4355 Ruffin Road, #104, San Diego, CA 92123



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**FREE Training and Resource Fair
 “Planning for a Lifetime”**

Sponsored by the SDRC Senior/Elder Committee

Thursday, November 5, 2009

8:30 a.m. - 1 p.m.

SDRC Board Room

4355 Ruffin Rd., Ste. 100-101

San Diego, CA 92123

Video: “Eric” 9 a.m. - 9:15 a.m.

Panel Discussion on Bereavement: 9:15 a.m. - 10 a.m.

Guest Speaker: Dr. Anne Tournay: 10:15 a.m. - 11:15 a.m.
 (Will present on Down Syndrome & Alzheimer’s)

Resource Fair: 11:30 a.m. - 1 p.m.

To Register:

E-mail: trainings@sdrc.org

Phone: SDRC 24-Hour Training Line 858-576-2805

Questions: Sarah Hyduke, SDRC, 858-576-2894

*****2 HOURS CCLADMINISTRATOR CREDIT*****

**October
 Breast Cancer Awareness
 Month**

2009



Chances are you are already aware, to some degree, of the devastation this disease causes. With 1.3 million women diagnosed annually, it is likely you know someone who has been affected, either directly or indirectly, by breast cancer. Likewise, you probably know the early detection of breast cancer, especially when found before symptoms are present, improves the chances the cancer can be treated successfully, and thus saves thousands of lives each year.