

Thursday, September 22, 2022, 1:30-3:00pm  
Virtual Meeting (Zoom)

*Meeting Chair: Nicole Ragab*

*Meeting Scribe: Kathleen Shiomos*

## 1. Call to Order

Nicole Ragab, Community Outreach Program Manager, called the meeting to order at 1:35am.

## 2. Welcome and Introductions

Nicole welcomed the group to the third quarter Participant Advisory Committee (PAC) meeting for the Lehigh Capital zone. Nicole reviewed the agenda and presenters for the meeting and completed the virtual meeting level setting, including a reminder not to share Personal Health Information (PHI) during the meetings. Nicole reminded the members that they can contact her with any personal service-related questions, and she will help to connect them to their Service Coordinator.

## 3. Employment First – Ed Butler

Ed Butler, Employment Specialist OLTL, addressed the LHC PAC members and reminded everyone about the Employment First Legislation. This is first and foremost for competitive employment for individuals with disabilities and affords them the same opportunities as their co-workers without disabilities. Lionel Waritay is the point person at AmeriHealth Caritas Pennsylvania (PA) Community HealthChoices (CHC) to contact for information and assistance with employment. Nicole offered congratulations to Ed who is retiring at the end of the month. Kim Nguyen and Ryan Dorsey will serve as interim point of contact for OLTL Employment related questions until Ed's position is filled. Ed can be reached at 717-214-3718 or [edbutler@pa.gov](mailto:edbutler@pa.gov).

**Actions Items: N/A**

## 4. New Business/Updates: Quality

Erica Perry, Quality Coordinator, provided Quality Department updates including a reminder to complete regularly scheduled fall check-ups and vaccinations, an explanation of Monkeypox, and updated information related to the National Suicide Prevention Lifeline. See details below:

Preventive Screening Reminders:

- The flu and COVID are very prevalent and require vaccinations to prevent the spread of the viruses. Please remember schedule your appointment for your vaccinations early in the season to reduce your risk of getting the flu and COVID.

Monkeypox Facts:

- Monkeypox is a rare disease caused by infection with the monkeypox virus. The Monkeypox symptoms are like smallpox symptoms, but milder, and is rarely fatal.
- Monkeypox can spread to anyone through close, personal, often skin-to-skin contact.
- Typically, people with monkeypox get a rash that may be located on or near the genitals or



other areas like the hands, feet, chest, face, or mouth.

- A person with monkeypox can spread it to others from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. The illness typically lasts 2–4 weeks.
- Anyone experiencing symptoms they believe to be Monkeypox should contact their healthcare provider.

National Suicide Prevention Lifeline:

- The “988” Suicide and Crisis Lifeline is the three-digit, nationwide phone number that connects you to compassionate, accessible care and support for anyone experiencing suicidal crisis or mental health-related distress.
- The 988 Suicide and Crisis Lifeline, previously known as the National Suicide Prevention Lifeline, is a national network of more than 200 crisis centers that helps thousands of people overcome crisis situations every day.
- The centers are supported by local and state resources as well as the Department of Health and Human Services’ Substance Abuse and Mental Health Services Administration (SAMHSA).

Resources:

<https://www.amerihealthcaritaschc.com>

<https://www.cdc.gov/poxvirus/monkeypox/index.html>

<https://www.samhsa.gov/find-help/988>

**Actions Items: N/A**

## 5. New Business/Updates: PA CareerLink® & Employment Services

Emmett Sanders from Montgomery County PA CareerLink provided an update on the services and program offerings available through each of the Pennsylvania CareerLink® locations. CareerLink is Pennsylvania’s One-Stop Workforce Development System serves job seekers, employers, and community agencies.

Services include:

- Resume writing and uploading
- Applying for and documenting job searches
- Workshops and events
- Access to a variety of career tools

CareerLink provides:

- Personalized career counseling and planning
- Structured, supported job matching services
- Employment and training services

Statewide Career Link partners include:

- Maturity Works
- Occupational & Vocational Rehabilitation (OVR)
- The PA Department of Human Services & PA Department of Welfare



PA Career Link Partners in Workforce Development: Maturity Works, OVR, PA Dept. of Human Services, GED providers.

Emmett's contact information is 610-270-3429 x 6138.

Resources:

<https://www.pacareerlink.pa.gov>

Montgomery County Career Link Office phone number - 610-270-3429

**Actions Items: N/A**

## 6. New Business/Updates: Transitions in Care & Nutrition

Cindy Celi, Mid Atlantic Territory Manager for Mom's Meals, provided a presentation on the importance of planning for nutritional needs and support when transitioning between healthcare settings, including hospital, skilled nursing, and nursing home discharges.

Advocate for yourself and/or loved one, if you have needs that are not being addressed during transition, please speak up, ask for support and confirmation while going through transition.

The consequences of poor nutrition include decreased ADL function, reduced recovery from illness, increased risk of mortality, and increased cost to healthcare.

Studies consistently show that good nutrition lowers hospital readmission rates, and screening for food insecurity can take less than 60 seconds, yet only 29.6% of physician practices and 39.8% of hospitals reported screening for food insecurity.

September also spotlights hunger and malnutrition across the United States. Food insecurity and malnutrition can both cause and negatively impact chronic conditions. Malnutrition can also be a result of chronic conditions.

Resources:

- Moms Meals PA site - [www.MomsMeals.com/PA](http://www.MomsMeals.com/PA)
- USDA National Hunger Hotline: 1-866-348-6479 (TTY: 711)
- Supplemental Nutrition Assistance Program (SNAP) - <https://www.fns.usda.gov/snap>
- Commodity Supplemental Food Program - <http://www.fns.usda.gov/csfp/commodity-supplemental-food-program>
- Eldercare and Area Agencies on Aging - <http://www.eldercare.acl.gov/>
- Senior Meal Delivery Services - <https://health.usnews.com/wellness/delivery-kits/articles/senior-meal-delivery-services>
- Women, Infants, and Children (WIC) Program - <http://www.fns.usda.gov/wic>

Nicole Ragab made a connection between Cindy's presentation and the Quality department's frequent reminders for Participant to inform the Service Coordinators (SCs) when they are admitted and discharged from facilities and the needs they have regarding nutrition. This is an important reminder to make sure the Participants and SCs are having discussions about nutritional needs following a stay in the hospital or a short/long-term care facility.



**Actions Items: N/A**

## 7. Open Forum

Nicole encouraged any meeting attendees with specific questions related to the presented topics or any concerns they may have, to bring them up at this time.

## 8. Next Meeting

Nicole announced that the fourth quarter PAC meeting for the Lehigh Capital zone will be held on Thursday, December 15, 2022, at 1:30pm.

## 9. Meeting Adjourned

Nicole adjourned the meeting at 2:25pm after all inquiries from the member were answered.