

# TADISO TIMES

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## IMPORTANT NEWS.....

Emergency Drills: If you are at Tadiso, and there is an emergency drill, you are expected to participate. Tadiso staff members will guide you through the drill. These drills are mandated by Tadiso's regulatory agencies, so we need your cooperation. We also apologize for any inconvenience. Patient and Staff safety are a priority.



Tadiso will observe President's Day on Monday February 18. Clinic hours will be 6am-1:45pm.

## TADISO SHINES DURING RECENT ACCREDITATION

Tadiso is accredited by CARF, the Commission on Accreditation of Rehabilitation Facilities. CARF representatives were at Tadiso on January 23-25 for a survey. They toured the clinic, reviewed patient files and agency policies, and talked to staff members and patients.

They will provide their written recommendations to administration by the end of February but provided some feedback during their exit interview on the last day. This feedback included several strengths, such as:

- Our clean facility
- Our patient satisfaction surveys and other research conducted about our services
- Our strong history in the community and the celebration of our 50th Anniversary
- Our child care facility
- The Coffee Shop
- Our qualified counseling staff
- Our efficient nursing staff
- Our friendly security personnel



Tadiso's last survey was conducted in 2016 and we received a 3 year accreditation. We will let patients know the final outcome of this survey when we receive written notification.

## BAD WEATHER CLOSURES

This newsletter frequently includes notices to patients about weather closures. In January, we reminded patients of the importance of having correct phone numbers in Tadiso's system. We implemented our Emergency Weather Plan twice in January. If we were not able to reach you because your phone number is not up to date, you are out of compliance with our take home medication agreement and will lose privileges.

Patient safety is important and attempting to travel to the clinic in ice, snow, or extremely low temperatures, can be dangerous. Please tune to TV channels KDKA or WPXI, for Tadiso cancellations.



Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their roles in U.S. history. The story of Black History Month began in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States. That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by black Americans and other peoples of African descent.

Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures. President Gerald Ford officially recognized Black History Month in 1976, calling upon the public to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history."

# AMERICAN HEART MONTH 2019

## LET'S TALK ABOUT CHOLESTEROL

Nearly 1 in 3 American adults has high cholesterol. Too much cholesterol puts you at risk for heart disease and stroke, two leading causes of death in the United States. High cholesterol has no signs or symptoms, so the only way to know if you have it is to get your cholesterol checked. Talk to your health care team about how you can manage your cholesterol levels and lower your risk.

### Knowing Your Risk: High Cholesterol

Certain health conditions, your lifestyle, and your family history can raise your risk for high cholesterol. These are called “risk factors.”

You can't control some of these risk factors, such as your age or your family history. But you can take steps to lower your risk for high cholesterol by changing things you can control.

### Health Conditions that Increase Your Risk

Diabetes causes sugars to build up in the blood. If your health care provider thinks you have symptoms of diabetes, he or she may recommend that you get tested. If you have diabetes, monitor your blood sugar levels carefully. Talk with your health care team about treatment options. Your doctor may recommend certain lifestyle changes to help keep your blood sugar under good control—those actions will help reduce your risk.

### Behaviors That Increase Your Risk

Your lifestyle choices can increase your risk for high cholesterol.

Eating a diet high in saturated fat and trans fat may contribute to high cholesterol and related conditions, such as heart disease.

Not getting enough physical activity can make you gain weight, which can lead to high cholesterol.

Obesity is linked to higher triglyceride levels, higher LDL cholesterol levels, and lower HDL cholesterol levels. Obesity can also lead to heart disease, high blood pressure, and diabetes. Talk to your health care team about a plan to reduce your weight to a healthy level.



The good news is that healthy behaviors can lower your risk for high cholesterol.

### Age

Everyone's risk for high cholesterol goes up with age. This is because, as we age, our bodies can't clear cholesterol from the blood as well as they could when we were younger. This leads to higher cholesterol levels, which raise the risk of heart disease and stroke.

### Family History

Family members share genes and often also share behaviors, lifestyles, and environments that can influence their health and their risk for high cholesterol, heart disease, and other related conditions.

If you have a family history of high cholesterol, you are more likely to have high cholesterol. You may need to get your cholesterol levels checked more often than people who do not have a family history of high cholesterol. The risk for high cholesterol can increase even more when a family history of high cholesterol combines with unhealthy lifestyle choices, such as eating an unhealthy diet.

### Smoking

Smoking damages your blood vessels, speeds up the hardening of the arteries, and greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease.

***By living a healthy lifestyle, you can help keep your cholesterol in a healthy range and lower your risk of heart disease and stroke. See Tadiso's Wellness Nurse or talk to your PCP about your cholesterol level and how to get tested.***