

Health Home Herald



World Diabetes Day

In November, National Diabetes Month — and World Diabetes Day (WDD) on November 14th — bring communities across the United States and globally together to:

- Increase awareness and educate communities about the impact of diabetes,
- Inform people about the importance of screening and early detection, and
- Encourage healthy nutrition for the wellbeing of families.

Diabetes Mellitus, or commonly known as Diabetes, is a group of diseases that involve problems with the hormone insulin, which impacts glucose regulation. If left untreated, it can cause many complications. In Washington State alone, 715,000 adults have diabetes and nearly 2 million people have prediabetes. 15 to 30 percent of the people with prediabetes

could develop type 2 diabetes in 5 years if not lifestyle modifications have been followed. Currently there is no cure for diabetes, but it can be well managed and, in some cases, prevented with healthy nutrition and active lifestyle. For this reason, we hope to increase awareness about this condition.

Do you know your risk for Diabetes?

In Washington State, 1 out of 3 adults have prediabetes and two thirds are not aware of having it. Prediabetes puts you a higher risk for developing type 2 diabetes. If you think you may be at risk for prediabetes, take a minute to complete the [Do I have prediabetes Risk Test](#) and learn about risk factors and steps to reduce your chances of developing it.

Did you know you can take simple steps toward stopping diabetes before it starts?

If after taking the risk test you

learn you have prediabetes, please know that you could reverse it. You can participate in the National Diabetes Prevention Program. This is a research-based program that focuses on healthy eating and physical activity. This program showed that people with prediabetes were able to cut their risk of developing type 2 diabetes by over 50 percent. Learn more about the program at: <https://www.cdc.gov/diabetes/prevention/about.htm>

Living with Diabetes?

Guidelines from the National Institute of Diabetes and Digestive and Kidney Diseases recommends knowing your diabetes ABCs to help manage your blood glucose, blood pressure, and cholesterol.

Continues on page 2

Working toward your ABC goals can help lower your chances of

World Diabetes Day (cont.)

having a heart attack, stroke, or other diabetes problems. Learn more about the ABCs and how to manage your diabetes at:

<https://www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes>

Supporting those with Diabetes:

Diabetes affects family members, friends, coworkers, you; anybody is at risk. Your support and understanding can have a positive impact in someone with diabetes. Regular diabetes management can be stressful and complicated, but your support can help someone with diabetes feel empowered. Learn more about how to help people

living with diabetes at:

<https://www.cdc.gov/diabetes/library/features/family-friends-diabetes.html>

For more information connect with your health provider regarding pre-diabetes and diabetes.



Participant Portrait

*By Christen Solberg,
Care Coordinator with Full Life
Care*

Jessica is a woman in her 40's who had been hospitalized multiple times each month prior to participating in the Health Home program. Her goals were to decrease her hospital visits and to find a part time job in order to stop receiving income assistance and to pay off her debts. It took several years working with multiple providers and her Care Coordinator, but she is no longer receiving income assistance because she has a full-time job as a Peer Counselor. She has begun to pay off her debts and is saving money to buy a car, which should happen by the end of the year.

Jessica said, without the support and encouragement of my mental health counselor and care coordinator I would not have been able to accomplish all these goals." With

a history of trauma and psychosis, Jessica wanted to help other people who have similar experiences. She became a certified Peer Counselor and is loving her job. She feels fulfilled and happy and has not been hospitalized in almost a year!

Jessica has been engaged in her monthly encounters over the last six months and worked hard toward her goals. She lists out her accomplishments as a reminder for how far she has come. She has responded well to positive encouragement and acknowledgment of her goals. She thrives on success and has refocused when she has not been successful, coming up with new ways to meet her goals.

Christen Solberg is a Care Coordinator who joined Full Life Care in January 2021.

Christen has 5+ years' experience in health care management along with fifteen years in customer ser-

vice. She has been involved with local pet charities, fostered dogs, and has also painted people's pets for many years. She has an AA and is currently in school at the University of Washington for a bachelor's in Law, Economic, and Public Policy. Caring for others is the most important thing to Christen. Knowing she was going to make a differ-



ence in someone's life was the motivation behind this position as a care coordinator as well as everything she does in her life. She tries to live by the quote "we rise by lifting others" by Robert Ingersoll. Thank you for being a shining light for the people you serve!



WHY I CHOSE TO BECOME A CERTIFIED PEER COUNSELOR

By Barbara Lewis, CPC, Care Coordinator with Full Life Care

I have been working for Full Life Care (FLC) since March 2016 and involved with the Health Home Program since FLC became a Lead on April 1, 2017.

I recently received my credentials as a Certified Peer Counselor through the State of Washington. The State, DBHR and the Healthcare Authority recognize individuals with lived experience in chemical dependency and mental health recovery. I completed 40 hours of intensive training, passed a 2 hour written exam and a 30 minute oral exam in front of a panel. This was a professional development goal I have had in the last year, and I know it will support my work with clients. As a Care Coordinator II in the Health Home Program, I am coaching clients and acting as a peer support specialist daily. Through the written Health Action Plan, I support the clients to access resources, collaborate with collateral contacts and provide educational materials as needed. I utilize my Motivational Interview Training consistently when working with clients to support their needs. The community I serve are vulnera-

ble adults, including the elder population, those struggling with homelessness, addiction and behavioral health issues. My caseload covers both Snohomish and King Counties.

My long-term goal is to develop a Recovery Health Home Care Coordinator position, within my agency. This would focus on those clients needing support to access Chemical Dependency services, walking them through that process and journey, and remaining a support as they navigate life without substance abuse. This will also entail accessing behavioral health services when appropriate, and my ability to support the client through these challenges in tandem.

My interest in becoming a certified peer counselor stems from knowing the importance of having the support of someone with real life experience in your recovery journey. I can remember, when first entering my own sobriety, how impactful it was to discover those counselors and support staff at the treatment centers who had lived experience. It gave me hope, when I was truly hopeless. I also feel strongly about the significance of knowing you are not alone when

struggling with substance abuse/addiction and behavioral health. Being able to assure someone that they are never truly alone, being able to say, "Me too." and tell them that they are worth it, can be life changing. The specifics of everyone's stories are different but the feelings in those experiences are the same. Becoming a certified peer counselor will open those doors wider in my ability to share lived experience and encourage successful outcomes with the clients I serve. My clean and sober date is July 23, 2005.

A way that sharing my personal behavioral health story has been impactful is at work, with clients on my current caseload. I am able to put a "face" to someone who has experienced the feelings clients are sharing during our appointments. I freely offer appropriate information, and the client's report they are more at ease and encouraged as we move forward in any process. Sharing my story is as beneficial to my own growth and recovery, as it is to those that I offer my support.



Spotlight on Resources



The Flu

By Silke Kramer, HCA

Getting a flu vaccine is an essential part of protecting your health and your family’s health every year.

Wearing a mask and physical distancing can help protect you and others from respiratory viruses, like flu and the virus that causes COVID-19. However, the best way to reduce your risk of flu illness and its potentially serious complications is for everyone 6 months and older to get a flu vaccine each year. By getting a flu vaccine, you may also be protecting people around you who are more vulnerable to serious flu complications.

The flu vaccine is your best protection against flu

- ◆ DOH recommends a yearly flu vaccine for everyone aged six months and older, including pregnant and nursing women. If you are 65 or older, talk to

your provider about flu vaccine and other important vaccines for your age group.

- ◆ It takes two weeks for the flu vaccine to protect you from flu. The flu vaccine does **NOT** protect against coronavirus, colds, or other viruses that cause respiratory illness.
- ◆ The flu vaccine keeps many people from getting the flu. Some people who get the flu vaccine may still get sick. If you do get the flu, the vaccine will help reduce the severity of your illness. It will also lower your chance of needing to go to the hospital.
- ◆ When you get the flu vaccine you will also protect your family and community.
- ◆ Cloth face coverings (masks), Covering your coughs and sneezes, washing your hands for 20 seconds with soap and water, and staying home when you are sick all help prevent the

Fast Facts

\$232.2 Million

Current amount of shared savings generated by Health Home Demonstration from years 1-5



spread of the flu as well as colds and the coronavirus.

What’s new for flu 2021-2022 It’s best to get your family vaccinated for the flu by October. Pharmacies, clinics, and hospitals follow new safety measures to give vaccinations during the COVID-19 pandemic.

In Washington, all children under age 19 get flu vaccines and other recommended vaccines at no cost. The provider may charge an administration fee to give the vaccine. You can ask them to waive this fee if you cannot afford it.

Most insurance plans, including Medicare part B, cover the cost of flu vaccines for adults. Adults who do not have health insurance may be able to get the flu vaccine at no cost. Talk to your local health department for information about this program. For more information, please visit DOH.WA.GOV.



Fast Facts

\$87.3 Million

Current amount of shared savings Washington State received for the Health Home Demonstration in years 1-6

Submit your story, resource, or ideas to the Care Coordinator Corner via our newsletter inbox:

healthhomenewsletter@dshs.wa.gov

Client Information and Resources Webpage

The Client Information and Resources webpage provides assistance, contact information and other resources for clients of the Aging and Long-Term Support Administration (AL TSA). These pages are designed to help clients more effectively navigate their services and find the help they need. The page was developed and is continually updated with the input of the Service Experience Team. Please share the link with your clients so they may have this resource:

<https://www.dshs.wa.gov/altsa/home-and-community-services/client-information-and-resources>

Webinar Trainings

Join us for free monthly webinar trainings designed for Health Home Care Coordinators and allied staff. Webinars are typically held from 9:00 a.m. to 10:30 a.m. the second Thursday of each month. Please note that the November webinar will be on Tuesday instead of Thursday for this month only due to the Veteran’s Day holiday.

Invitations are posted on DSHS website at [Washington Health Home Program – Training Invitations | DSHS](#) so check often for any updates to topics and links.

Upcoming topics

Oct.	Heart Health Register in advance: https://dshs-telehealth.zoom.us/webinar/register/WN_gfdtActgQOoi6KPK_NnrE3Q
14	
Nov.	Personality Disorders Register in advance: https://dshs-telehealth.zoom.us/webinar/register/WN_yzGjnByLTTq3z45cOacDaA
9	



Holliday Treats Word Search

W I H C N U R C R T W A B K S M C J D M F T Z K Z X O F J U F D C E L
 E R W K O L A O V A I S B D P Q S J J U D U Y R N V P I O J W H O R Q
 T D T P D Q X I Q A S H W G B W J P G Z L X T Z B M N I Q B F Z A K K
 A I F J Y Q R F U N P X T P R D A I S F P N Z M R O R O J Q H P E X O
 R W V P O R A N G E O F O A F L X X T L W Q H S O V W B B D I D D A Q
 M T A T V P E C A N P I E B A R S Z A L K S I E B E S A Z E O Z S E V
 U O L E F M Z F C C R U V N P M X P R X B R A I S I N E T S A E B I X
 F C G J Q G R Q B O O E D T O U U G B C Z X L K L P X E R V S R G T W
 U B F X K Q O K M C C M F Q M G S U U M C T V O L M F N H E I J J P I
 C J C X A J Z E B J K N F L W V N I R U U M R O O R V I E C E F T Z N
 E W A I F K G L C J S U A U U T C K S M T D F C R G F R H M O D W J W
 D D N Y L H L R P Q I T S G Z J J Z T C O R K G E O F E B F A R F K T
 C T D H D S R E K C I N S K I S G T S R O G M J I O G G O C R T V R L
 A D Y H B B G G U P W L L A B N R O C P O P B K S D K N M Y G C E S E
 N J R J H D H N Z X S T E Q K Y G H J C E U K I T B P A M D U K R B K
 D V I T U T X I D M D V L M J G A E T J S K D N O A M T A K X E F Z C
 Y C B F O L Q F G N I E G T A A T T R U D M R H O R I I Y H P S V P A
 C D B F H H Z R D V K I G Y H E O R P B R T M O T B H X G P B I H J R
 O A O Y Q Y O E S R H U Z E E E R S B Z R Y V P M O O V O A O U C H K
 R Y N T A O V T M M C H W S Y I I C Z A P E B Z M S Q H K V D C K A G
 N R T D H G K T P D T N I I C X C P T H M W A A N F W L S K D W L U O
 T Y I C Y C W U M P A T L T A H Z Y N U E W V D B U A K T V A E Y E B
 S F V X S J J B D J P I T Y J P R Q E I N P E F K V R U R U P H T B T
 K F E W X K E H W A R J O Q T R G L J X K O F U A L S D A Z P C W E G
 S A O J V I D W Z L U K S K E R K L V M T P C N O V E L T Y L I P S E
 R T C N J S D J E Z O I F B Z D X A L P U G M O K X B K E K E H W N B
 B Y T N J E S A G L S H N W U C I U N M H J K U C G R I E A C M F T M
 Z F S D U D K L I M R A I N K I G A D O N F C M P X Y T W S R Q P D J
 Z F S L E B Y I X L R Y L N G T M V B D V S L Q V A D K S T I D U D Q
 S A K Z S E Q N J C N E K A C E S E E H C M U X Y O U A E H S R T P G
 A L S K I T T L E S H R V O C C R U Y O L O R M X I W T R E P J U K X
 X A S S Q D G D K T A H V T S P O P E I S T O O T V Y E M F P B C X K
 C A K D F Y F Z K E N A C Y D N A C S K X C Q E H G U V F Q B M H B I
 Y S G K N L C Q O Y R O D B W J E S X D B A E R W E I K J B Y L H T U
 L Q Y A B I O S E L F F U R T T E G C Z Z F V T U C T J C O J W P F P

Forwards, Backwards, Diagonal, Up and Down words. Spacing has been removed.

- | | | | |
|---------------|----------------|---------------|-----------------|
| APPLE CRISP | CRANBERRY TART | NOVELTY LIPS | SNICKERS |
| BABY RUTH | CRUNCH | ORANGE | SOUR PATCH KIDS |
| BAKLAVA | FUDGE | PECANPIE BARS | STARBURSTS |
| BUTTERFINGER | GINGERBREAD | PIE | SWEETARTS |
| CANDY CANE | GUM | POPCORN BALL | TANGERINE |
| CANDY CORN | HI CHEW | POP ROCKS | TOOTSIE POPS |
| CANDY JEWELRY | KIT KAT | PUMPKIN PIE | TOOTSIE ROLLS |
| CANDY RIBBON | KRACKEL | RAISINETS | TRUFFLES |
| CHEESECAKE | LAFFY TAFFY | REESES | TWIX |
| COCONUT CREAM | MILK DUDS | ROLO | WHOPPERS |
| COOKIES | MR GOODBAR | SKITTLES | |

Answers can be found at [Washington Health Home Program - Quarterly Newsletters | DSHS](#)