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POTOMAC CENTER

POTOMAC TIDDINGS

IN MEMORY

We were recently saddened by the death of James (Tubby) Twyman, who passed away on October 22 due to a terminal illness. Tubby was a member of Potomac Center's Citizens' Advisory Board since January 2001, and the Quality Assurance Committee at Potomac Center since August 1997. Despite the fact that he had to depend on others for transportation, Tubby was always diligent and steadfast in his attendance at meetings.



At the age of 24, Tubby was injured in a car accident that left him a quadriplegic. After living at Western Maryland Hospital Center for 10 years, he was able to live in his own apartment in the community, with the support of caregivers at United Cerebral Palsy.

Tubby became very active in his community, serving on a committee with the Hagerstown Housing Authority to make improvements in his apartment and citywide. He often spoke to young people concerning the dangers of drinking and driving or using drugs.

By using his creative talents, Tubby was able to paint by using his teeth to situate the paintbrush in his hands. He gave away 100 of his paintings which portray a hand holding a Bible. Tubby

attributed his faith with helping him deal with the life-changing events that happened to him.

Tubby is an example of what a person with physical disabilities can accomplish when the appropriate supports are in place. In spite of severe difficulties, he was an inspiration to those who knew him, and he will be greatly missed by all.

THE GIFT OF TIME

On August 25, Vicki started a volunteer job at Ravenwood Lutheran Village. If you were ever too busy to do all the little tasks at the bottom of your to do list, then you will know that this little volunteer job can mean a lot to a busy person.

Every Thursday at 5:30 p.m. Vicki visits Ravenwood and waters most all of the plants in the Assisted Living Quarters with the help of staff from 1390 Marshall Street. Vicki has a cart she pushes around the building with buckets of water on it for the plants. She is a regularly scheduled volunteer and always seems to enjoy this experience. The job was assigned to her by Gail, the Volunteer Coordinator for Ravenwood Assisted Living, and her Home Manager. This job means a lot to Gail and the residents of Ravenwood and is a way that Vicki can give back to others.

Everyone enjoys useful, meaningful things to do and Potomac Center has continued to try to find ways to improve the quality of life for the residents that live here. Finding small volunteer jobs in the surrounding community, for the right person, place and time is one way to improve quality of life. It is also a gift of time worth finding.

POTOMAC CENTER

1380 Marshall Street
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“QUALITY IS OUR QUEST...”

WHAT TO DO. . . COLDS & FLU

Colds and flu viruses probably account for more unnecessary trips to the doctor than anything else. The reason is, there is really not much your doctor can do except provide you with sympathy, and tell you what you already know: “Rest, take a pain-reliever, and drink plenty of fluids.” Here are some home care guidelines that may help you avoid an unnecessary trip to the doctor:

1. **Take aspirin, acetaminophen (Tylenol), or ibuprofen (Motrin)** to relieve headache, muscle ache, and fever. Follow label directions.
2. **Rest** (in bed, if necessary). If you feel well enough to be up and about, okay. Just take it easy. You are most contagious the one to four days before you come down with symptoms — not while you are ill.
3. **Drink plenty of liquids.** Your body needs extra fluids when you have a fever. Also, extra fluids keep the mucous more liquid, which can help prevent bacterial complications such as ear infections and bronchitis. Salty liquids (e.g., chicken soup, bouillon) can help with dizziness.

If you have a headache or cough, or are congested, a vaporizer can help you feel better and breathe easier. A steamy shower works, too, Warm washcloths on your forehead and upper cheeks can relieve sinus congestion.

REMEMBER: These are only suggestions. You should call your doctor if you have any health concerns.

THE GOOD SPIRIT TEAM

The Good Spirit Team was created from Continuous Quality Improvement (CQI) as a way to boost staff morale. Throughout the years, many activities have been planned for Potomac Center staff with very good results.

The most popular activities seem to be basket raffles, usually with a seasonal theme. The money raised through the raffles is used to sponsor other staff activities. The team meets every few weeks and usually plans one activity per month. The team averages five to seven members from all shifts ranging from direct care to management staff.

Activities in 2005 have included: Soup Day, Bake Sale, Garden Basket Raffle, Candy with Paychecks, Salad Day, Ice Cream Social, Summer Picnic, Ham Sandwich Sale, Gingerbread and Cider Day, Thanksgiving Basket Raffle and Turkey Raffle. Our last 2005 Activity will be a Holiday Party and a Ham Raffle.

Proper Swallowing Techniques In-Service

On October 7 and October 21, Anna Massey, Potomac Center’s Speech Pathologist, conducted an in-service for many Potomac Center and community day program staff on the importance of proper swallowing. The anatomical structure of swallowing and the importance of properly prescribed food textures were covered in the hour long in-service. Of the 46 people Potomac Center serves, very few have a regular diet prescribed for themselves. There are more than 11 individuals who are fed through a tube. For many of the individuals, the food texture must be pureed. It is hoped that by training our direct support staff about the intricacies of swallowing, the Potomac Center individuals will be safer and lead more enjoyable lives.