



JAN 2021 Focus = Being Involved in Your Health & Safety



Being More Involved in My Health

By Toni Feist

For as long as I can remember I have been actively involved in my health and keeping healthy. I work out with my dad and love working out on my NuStep and rocking out to cool tunes at the same time. Listening to music and working out with someone is a good motivator and it is a fun way to spend time together. I see my doctor at least once a year and if I am sick more often. I follow her orders for medications and exercise. I did not need Covid 19 to know that washing my hands was a good health practice, it is only common sense!

We eat healthy foods, most that are grown or come from our land like vegetables and beef! I enjoy looking for new recipes and trying them out, it is fun to try new things and then decide if you want to make them again.

Some people like sweets and desserts, I am included in that group. We substitute apple sauce for oil in our baking recipes and it lowers the fat content and also

SDAC MISSION

All South Dakotans are a part of their community and have a full life.

GOALS

- To be heard
- To be recognized as trainers
- To make an impact on legislation and other important topics
- To help others reach their goals
- To learn about leadership, advocacy and more
- To share ideas through the newsletter
- To participate in leadership activities

makes desserts moister and is good for you! Here is a favorite fall recipe that we make using our own pumpkin.



PUMPKIN BARS

4 eggs, beaten
2 cups sugar
1 tsp vanilla
1 tsp baking powder
2 cups flour

1 cup apple sauce
2 cups pumpkin
1 tsp baking soda
1 tsp salt
2 tsp cinnamon

Mix eggs, apple sauce, sugar, pumpkin and vanilla. Add in the dry ingredients – baking soda, baking powder, salt, cinnamon and flour. Pour into an 11 x 7” pan. Bake at 350 degrees for 20 minutes or until a toothpick comes out clean. Cool.

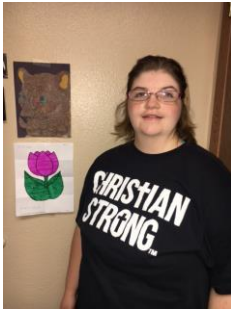
FROSTING

3 ounces cream cheese
½ cup butter

2 cups powdered sugar

Mix cream cheese and butter together. Slowly add in powdered sugar and mix until smooth. Spread on bars and enjoy!!





How To Prevent a Fall By Kayla Marie Duncan

Falling down stairs injures thousands of people a year and the consequences can be painful. Most of these accidents can be easily prevented by following a few simple safety tips. Learning more about the reasons people fall and making some changes in your own habits can be effective in preventing falling down stairs. When you fall you could have a broken bone or something that you weren't expecting to hear at the ER.

I had an accident over the Labor Day weekend just before I was due to go back to work the next morning. I was going down the staircase to come down to my apartment and I thought I had made it to the last step. My hands were full and I didn't ask for help. All of a sudden, I fell off the second to the last step and landed on my right foot and broke two bones in it. I learned my lesson – check the light bulb in the staircase. If it is dim then that means that the light bulb needs to be changed to a new one. Every year someone has an accident happen. Stay safe.

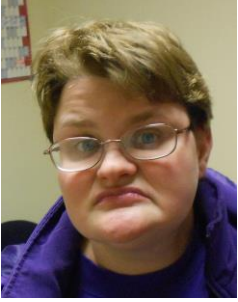
Info from the Centers for Disease Control and Prevention

<https://www.cdc.gov/injury/features/older-adult-falls/index.html>

Falls are not a normal part of aging. You can keep on your feet and avoid the risk of a fall. Take steps to stay safe and independent longer. Learn what you can do to [reduce your chances of falling pdf icon](#)[PDF – 2,367 KB].

A great first step is reading CDC's [Stay Independent brochure pdf icon](#)[PDF – 1,769 KB]. Complete the questionnaire, if you score four or more points, you may be at higher risk for falling. Use the [Check for Safety brochure pdf icon](#)[PDF – 2,625 KB] to help identify and eliminate additional fall hazards in your home.

Use the [Check for Safety brochure pdf icon](#)[PDF – 2,625 KB] to help identify and eliminate additional fall hazards in your home.



Going to the Doctor's Office During Covid-19 **By Sarah Rush**

I had to go to the Doctor's office due to an ear infection. The doors to the clinic were locked and everyone had to make an appointment. I had to wear a mask at all times. I was asked about having a cough or fever and they took my temperature right away. The doctor wore a mask too. Everything else was the same as any other visit.

Be More Involved in your Health **By Laci Meyer**

I order my meds on my phone using an App and when ready my staff pick them up. I fill my meds and do the med sheet count on my computer. I count my meds and after put in my lock boxes. I use a C-Pap which I clean monthly and also use a So Clean machine. I ask my staff when I need more supplies.



SUBMIT AN ARTICLE FOR THE NEXT NEWSLETTER – DUE April 1, 2021

Our next topic will be “ADVOCACY – what is it, when have you advocated for yourself or others, share your story of learning the importance of advocacy”.

Articles, pictures, healthy recipes and resources can be shared by emailing Arlene.poncelet@state.sd.us or mailing to the address below.

HOW I STAY FIT

I've seen a lot of people driving these days. Definitely was something that I wanted to do at a younger age. It wasn't possible. So I have taken on the huge task of walking around town or anywhere I live in. One of the biggest activities that I had never thought that I would enjoy. If anyone thinks that is not work then they could be wrong. I've been doing that activity since my college days in Willmar, Minnesota. It really is great and very difficult exercise in the winter time.

I came across an episode about yoga. This was on a CBS morning show. I watched intensely and thought that I should give it a try. I thought about that after the person mentioned that he had suffered a head injury while snowboarding. It sounded as if it was something that I should try. I've tried lifting weights but that had definitely been a bad activity for me. I thought that lifting weights could help with balance and weight.

I got a FITBIT for a birthday gift. I thought that I really had no idea how to use it. I was glad that my youngest brother was there to help. That was something that I didn't know would help with my health.

So now I've figured out that my Fitbit and my yoga experience has improved myself even more than what I thought it would've. That's great. I really did not think that Fitbit or yoga would've helped me within my late 30's but it has. I've been really amazed for sure at the healthy results.



DILLON HAUG

TO GET YOUR OWN COPY OF

“Advocates TALK!”

– send your name and address or your email to Arlene Poncelet, SD Council on Developmental Disabilities, 2520 E Franklin Street, Suite 4, Pierre, SD 57501 or

arlene.poncelet@state.sd.us



COVID-19 Vaccine Information



What is a vaccine?

A **shot** that gives your body medicine. It helps your body fight illnesses that can make you sick, like COVID-19. Getting the vaccine is the best way to protect yourself and others from getting the virus that causes COVID-19. A doctor or nurse, also called a healthcare professional will give you your vaccine.

Is it safe?

The government tested COVID-19 vaccines on many people of different ages and backgrounds. They feel it's safe for most people. Getting the vaccine will not give you COVID-19. The vaccine is the best way to protect yourself and others from getting sick.

Is there more than one kind of vaccine?

Two vaccines are approved for the United States. One is from a company called Moderna and the other is from a company called Pfizer/BioNTech.

How much does it cost?

It will be free for most people but there may be a fee for giving the shot. Check with your healthcare professional to see if you have to pay a fee.

If I've already had COVID-19, do I still need a vaccine?

Yes. You can get COVID-19 again even if you've already had it. The vaccine is the best way to protect yourself and others from getting it again.

How many shots do I need?

Most people need **two (2)** shots about **three (3) weeks apart**. Without the second shot your body won't be able to fight the virus as well as it should. The person giving you your shot will tell you when to get your second one. Both shots need to be the same vaccine.

When will I get one?

Companies are working hard to make enough vaccines for everyone. The Government and the State of South Dakota created a plan for who gets the vaccine and when. You can see the plan at <https://doh.sd.gov/COVID/Vaccine/default.aspx> People who are more likely to get sick from COVID-19 will get the vaccine first. The goal is for everybody to get a vaccine by this summer. Healthcare professionals will let you know when it's your turn to get the vaccine.

What happens when I get my first shot?

Wear your mask! The person giving you your shot will watch you for 15 minutes to make sure you're ok. You will get a card telling you what vaccine you had, where you had it and when to get your next one.

How will I feel after the shot?

Your arm may be sore, you might get a headache, fever, sore muscles or be tired for a couple days. These are called side effects. They are normal and mean that your body is working to build up protection to the virus. Get the second shot even if you have side effects after the first one, unless a vaccination provider or your doctor tells you not to.

How long will it take to work?

It usually takes a few weeks to build up protection, or immunity. You can still get sick or make someone else sick during that time so it's important to wear your mask, wash your hands and stay at least 6 feet away from others until doctors tell you not to.

What happens if I miss my second shot?

You can still get your second shot. Contact the place that gave you your first shot right away and they can help get you scheduled for your second shot.

Talk to your healthcare professional to get all the information you need to make the best decision for you!

Some questions to ask your doctor about the vaccine:

- Is it safe for me?
- Where do I go to get it?
- When will I get it?
- How will I feel after?

For more information visit <https://covid.sd.gov/>



2520 East Franklin St., Suite 4
Pierre, SD 57501

RETURN SERVICE REQUESTED PLEASE



Bret Pederson, President
 Mitchell, SD

Arlene Poncelet,
Executive Director

SD Council on Developmental
 Disabilities
 2520 East Franklin St, Suite 4
 Pierre, SD 57501
 605.773.6369
Arlene.Poncelet@state.sd.us

**INTERESTED IN BECOMING A MEMBER OF THE
 SOUTH DAKOTA ADVOCATES FOR CHANGE
 LEADERSHIP TEAM?**

We are looking for 6-8 new people to join our group.

Applications are accepted anytime. Contact Arlene at the SD Council on Developmental Disabilities to get a copy of application form. Call 605-773-6369 or email Arlene at Arlene.poncelet@state.sd.us

This newsletter is not intended to take the place of professional medical advice. It is a product of the South Dakota Council on Developmental Disabilities through grant funds from the Federal Department of Health and Human Services; Administration on Community Living grant #2001SDSCDD-03. The contents are solely the responsibility of the authors and do not necessarily represent the official views of any other associated or supporting agency.