



Holiday Edition



The holidays are a great time to get out into the community for some special activities. We pulled together some regional activities which are at low or no cost to individuals to help everyone celebrate the holidays.



Region 1

- [Lynchburg, VA. Christmas Parade - December 3, 2023 at 4:00 pm at the Lynchburg City Stadium.](#)
- [Lynchburg, VA. - Bright Nights on the Bluff-walk above Jefferson Street below Commerce Street., November 19 - January 14, 2024.](#)
- Lynchburg VA. - Celebration of Lights at Riverside Park from December 1, 2023 - January 1, 2024 from 5:00 pm – 9:00 pm.
- [Amherst, VA Christmas Parade - December 1, 2023 at 6:30 pm. Starting on Main Street.](#)
- [Bedford, VA., Christmas Parade - December 2, 2023 at 11:00 am, at the Centertown Bedford.](#)
- [Harrisonburg, VA. Christmas Parade - December 2, 2023 at 7:00 pm. Starts at the Rockingham County Office Building and ends at City Hall.](#)
- Nelson County Christmas Parade - December 9, 2023 at 6:00 pm. From downtown Lovingson North of Main Street.

Region 2

- [Reston Holiday Parade, November 24, 2023 at 11:00 am, Market Street, Reston, VA.](#)
- [Christmas in Middleburg Parade - December 2, 2023 at 2:00 pm, Middleburg, VA.](#)
- [Manassas Christmas Parade - December 2, 2023 at 10:00 am, Manassas, VA.](#)
- [Warrenton Christmas Parade - December 2, 2023 at 3:00 pm, Main Street, Warrenton, VA.](#)
- [Scottish Christmas Parade in Alexandria, VA - December 2, 2023 at 11:00 am, Old Town Alexandria, VA.](#)
- [First Night in Alexandria, VA - December 31, 2023.](#)
- [Full list of Holiday activities in Fairfax, VA.](#)



Region 3

- [Abingdon, VA Christmas Parade - December 2, 2023 at 5:30 pm.](#)
- [Big Stone Gap, VA Parade and Tree Lighting - December 1, 2023 starting at 6:00 pm.](#)
- [Bristol, VA Christmas Parade - December 7, 2023 starting at 7:00 pm.](#)

Region 3 continued...

- [Christiansburg, VA Christmas Parade - December 8, 2023 starting at 7:00 pm.](#)
- [Lebanon, VA Christmas Parade - December 5, 2023 starting at 6:00 pm.](#)
- [Radford, VA Christmas Parade - December 1, 2023 starting at 7:00 pm.](#)
- [Roanoke, VA Parade - December 8, 2023 starting at 6:30 pm.](#)

Region 4

- [Chester Christmas Parade, YMCA, December 10, 2023, 2:00 pm to 5:00 pm.](#)
- [Colonial Heights Christmas Parade - From Temple Ave. to Colonial Heights Courthouse - December 5, 2023 – 7:00 pm.](#)
- [Mechanicsville Christmas Parade - December 3, 2023 at 2:00 pm.](#)
- Petersburg Holiday Tree Illumination - December 1, 2023 at 5:30 pm.
- Petersburg, VA., Holiday Parade - Sycamore Street to Olde Town, December 2, 2023 at 3:00 pm.
- [Richmond, VA., Tacky Lights Tours, December 1 - 31, 2023.](#)
- [James River Parade of Lights Holiday Boat Parade - December 9, 2023 at 5:00 pm.](#)



Region 5

- Hampton Holly Days Parade - December 9, 2023 at 10:00 pm, Settlers Landing Road.
- [Portsmouth, VA., Old Towne Holiday Musical Festival - December 9, 2023, between 11:00 am - 5:00 pm.](#)
- Smithfield, VA., Christmas Parade - December 9, 2023 at 10:30 am, Smithfield & Isle of Wight Coronation & Visitors Bureau.
- [Smithfield, VA., Holiday Boat Parade - Dec 17, 5:30 pm, Smithfield Station.](#)
- Suffolk, VA., Holiday Parade 2023 - December 9, 2023 at 7:00 pm, Bon Secours In Motion at Downtown.
- [Virginia Beach, VA., Holiday Parade at the Beach -December 2, 2023 at 5:30 pm, Atlantic Avenue from 15th - 25th Streets.](#)
- [Virginia Beach, VA., Winter Wonderland Family Fun - December 17, 2023 at 2:00 pm, Autism Society of Tidewater, VA.](#)



December 2023

Office of Integrated Health Supports Network

ABA Snippets ...



Handwashing is a Behavior

Every month many of us from the OIH at DBHDS write this newsletter as resource for medical and behavioral health. The most recent OIH health and safety alert is on infection control which highlights the importance of hand hygiene (4). What does this have to do with behavioral science?

Good question!

Handwashing is a behavior. To be more technical, handwashing is a chain of multiple behaviors that result in clean hands. A **behavior chain** is the ABA term for a sequence of behaviors. These behaviors can be organized as a **task analysis (TA)**, which is the term for breaking a behavior or behaviors into smaller teachable units (3). The Centers for Disease Control provides a wonderful handwashing task analysis consisting of five steps.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands **for at least 20 seconds**. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or an air dryer.

This TA is great, but it may need to be modified for some people and some situations. A mechanic may need specific soap and repeated steps. A person with limb differences may need to account for a prosthetic hand.

Over the next two months the OIH ABA Snippet will provide ways to improve handwashing by treating it as a behavior to improve and increase. Next month, Improving Caregiver Hand Hygiene.

You may contact DBHDS about these efforts via the following:

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References

1. [Centers for Disease Control and Prevention. \(2022, November 15\). When and how to wash your hands.](#)
2. Cooper, J.O., Heron, T.E., & Heward, W.L. (2020, July). Positive Punishment. In J.O. Cooper, T.E. Heron, & W.L. Heward (Eds.). *Applied behavior analysis: third edition* (pp. 787, 801). Pearson Education, Inc.
3. [Office of Integrated Health Supports Network. \(2023, November\). Infection Control Health & Safety Alert. Department of Behavioral Health and Developmental Services \(DBHDS\).](#)

App of the Month



Free, fast and straight forward Christmas countdown app. Features: Reliable Christmas Countdown with days, hours, minutes and seconds. Unlimited background images that allow you to set background as your phone wallpaper. App contains ads. Great for everyone of all ages. (App of the Month is not endorsed by DBHDS Office of Integrated Health Supports Network. User accepts full responsibility for utilization of app).

Respiratory Syncytial Virus (RSV) Vaccine



The Respiratory Syncytial Virus (RSV) is a common respiratory virus which typically causes mild, cold-like symptoms in people of all ages.

RSV spreads through direct contact with the virus, such as droplets from another person's cough or sneezes. It can also be spread by touching a surface contaminated with the virus, like a doorknob or light switch, then touching the face before washing the hands.

Symptoms of RSV infection can include runny nose, reduced appetite, coughing, sneezing, fever, or wheezing. In very young infants, symptoms may also include increased fussiness, decreased activity, or apnea which is a pause in breathing that may last 10 seconds or more.

When infected with RSV the average person typically will recover in a week or two. In some individuals RSV symptoms can increase to include shortness of breath and low oxygen levels. It can develop into bronchiolitis or pneumonia, along with worsening symptoms of asthma, chronic obstructive pulmonary disease (COPD), or congestive heart failure (CHF).

Older adults and infants who get very sick from RSV may need to be hospitalized. Some may even die. The RSV vaccine can prevent lower respiratory tract disease caused by RSV and improve outcomes.

The CDC recommends adults 60 years of age and older have the option to receive a single dose of RSV vaccine, based on discussions between the individual and their primary care provider (PCP).

The CDC recommends a single dose of RSV vaccine for pregnant women from week 32 of pregnancy for the prevention of RSV disease in infants under 6 months of age; 1 dose for all infants aged 8 months and younger; 1 dose for infants and children aged 8–19 months who are at increased risk for severe RSV disease.

Before administering the vaccine the individual's PCP should be made aware of any past allergic reaction after a vaccine, and any other severe, life-threatening allergies.

Common vaccine reactions may include pain, redness, and swelling at the injection site, fatigue, fever, headache, nausea, diarrhea, and muscle or joint pain.

If there are signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness) after receiving any vaccine, call 9-1-1 and get the individual to the nearest hospital. Severe allergic reactions to vaccines should be reported to the individual's PCP.

References

1. [Centers of Disease Control and Prevention \(CDC\) \(2023, October\). Respiratory Syncytial Virus \(RSV\) Vaccine VIS. RSV Vaccine: What You Need to Know. 1-3.](#)



From the Office of Integrated Health Supports Network