

## NOVEMBER 2024

## Office of Integrated Health Supports Network

### The Office of Integrated Health – Health Supports Network Regional Community Nursing Meetings

*“A safe space for nurses to discuss challenges, experiences, and ask questions.”*

#### Goals

- To ensure individuals with intellectual and developmental disabilities are receiving needed services.
- To provide a forum in which nurses (and others) can discuss ideas, challenges, policy needs (e.g. health policies, which affect individuals with IDD, to bring policy needs forward).
- To provide a forum for caregivers to interact with state agency representatives, to express concerns, develop educational tools and resources, and further enhance train-the-trainer models.

#### Region 1: November 6, 2024

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/bad98533-0d4b-4204-9292-2745f17f3c96@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Kevyn Burn- [kburn@wallresidences.com](mailto:kburn@wallresidences.com)

#### Region 2: November 20, 2024

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/a11dbefd-d129-4a3b-b884-7203b3a197f0@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Beatrice Claiborne - [bclaiborne@mycri.org](mailto:bclaiborne@mycri.org)

#### Meetings Dates

**Regional Nursing Meetings  
will continue to be held  
virtually until further notice.**

#### Region 3: November 15, 2024

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/151e7833-3509-479e-a5a4-c977e8706890@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader: Daphne

Wren - [daphne.wren@mountrorgers.org](mailto:daphne.wren@mountrorgers.org)

#### Region 4: November 12, 2024

11am - 1:00pm

<https://events.gcc.teams.microsoft.com/event/6affc318-364b-411c-9a53-8d9e9210e19d@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Jeannette Gholson- [jjgholson.thc@gmail.com](mailto:jjgholson.thc@gmail.com)

#### Region 5: November 25, 2024

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/76a4cec6-279a-4dda-a8bb-850cb53c3115@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader: Marcia A. Lindsay-

Brothers - [mbrothers@chesapeakeibh.net](mailto:mbrothers@chesapeakeibh.net)

#### Virtual Meeting Platform:

- As of November 1<sup>st</sup>, 2023, the Regional Nursing Meetings will be conducted in the Microsoft Office TEAMS Webinar virtual platform. Registration will continue to be required to receive the meeting URL link, password, and phone access to each meeting. Registering using the URL link prior to the meeting date is recommended to avoid technical issues the day of the meeting.

#### Presentation:

- This month we will have guest speakers from DentaQuest who will present an overview of their services, communication, and their complex case management referral process.

#### Issues and Concerns Relevant to each Region:

- Open Group Discussion. Please feel free to share general issues or concerns you may be having, to obtain suggestions, resources and feedback from others. The meeting is a safe and supportive place for those providing care to individuals with IDD. Please do not share any personal health information about any individual.

#### Monthly CNE Opportunity: OIHSN Health & Safety Alert Review and Discussion:

- This month we will review the Dental Health Awareness Health & Safety Alert. To receive **1 FREE CNE**, you must attend the meeting and return the quiz/evaluation by email, fax, or text. Just scan or take a picture of your completed quiz with your smart phone, and text or email it to your regional RNCC, with your name and email address clearly displayed. Your CNE certificate will be emailed back to you at the address on your quiz.

**NOTE: You don't have to be a nurse to attend. Anyone can attend the Regional Nurses Meeting of their choice. You do not have to attend the Regional Nursing Meeting where you work or reside. Simply register with the link provided to attend.**

#### The Office of Integrated Health Supports Network Registered Nurse Care Consultants

Tammie Williams: Community Nursing Education Lead- [tammie.williams@dbhds.virginia.gov](mailto:tammie.williams@dbhds.virginia.gov)

Brenett Dickerson: [brenett.dickerson@dbhds.virginia.gov](mailto:brenett.dickerson@dbhds.virginia.gov)

Bridget Kopf: [bridget.kopf@dbhds.virginia.gov](mailto:bridget.kopf@dbhds.virginia.gov)

Carrie Browder: [carrie.browder@dbhds.virginia.gov](mailto:carrie.browder@dbhds.virginia.gov)

Christine Kocher: [christine.kocher@dbhds.virginia.gov](mailto:christine.kocher@dbhds.virginia.gov)

Jessa Sprouse: [jessa.sprouse@dbhds.virginia.gov](mailto:jessa.sprouse@dbhds.virginia.gov)

Joy Richardson: [joy.richardson@dbhds.virginia.gov](mailto:joy.richardson@dbhds.virginia.gov)

Katherine Rice: [katherine.rice@dbhds.virginia.gov](mailto:katherine.rice@dbhds.virginia.gov)

Marylou Bryan: [marylou.bryan@dbhds.virginia.gov](mailto:marylou.bryan@dbhds.virginia.gov)

Melissa Blevins: [melissa.blevins@dbhds.virginia.gov](mailto:melissa.blevins@dbhds.virginia.gov)

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## Office of Integrated Health Supports Network



### Fall 2024 OIHSN Training Schedule



#### **Nutrition Part 1 – Thursday, December 5, 2024, between 1:00 p.m. – 3:00 p.m.**

Everything you need to know about basic nutrition, myplate.com, the USDA nutritional guidelines, and the six essential nutrients, etc.

<https://events.gcc.teams.microsoft.com/event/1b6c3526-9b79-4daa-b146-2ea0ff927455@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

#### **Nutrition Part 2 – Tuesday, December 10, 2024, between 10:00 a.m. – 12:00 p.m.**


Everything you need to know about food shopping, food safety, and reading labels, etc.

<https://events.gcc.teams.microsoft.com/event/100186af-f19f-405f-bd3f-9be18ee4b239@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

*After you register and are approved to attend, you will receive a confirmation email with the link and password to join the training on the day of the course. The link should be added to a calendar for easy access the day of the training.*

Don't forget many OIH-HSN training sessions are available 24 hours a day/7 days a week on the Virginia Commonwealth Learning Center (COVLC) website for "FREE". All Virginia state provider agencies, and their employees are eligible to create free accounts to access trainings.

To request an account contact Kieana Bobbitt at [kieana.bobbitt@dbhds.virginia.gov](mailto:kieana.bobbitt@dbhds.virginia.gov).



### Help detect and prevent the spread of COVID-19 Order your FREE at-home rapid antigen tests

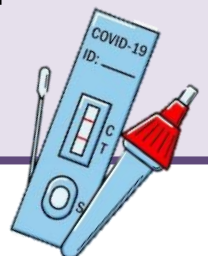
Every U.S. household is eligible to order 4 free at-home COVID-19 tests. These tests are rapid antigen at-home tests which means no lab drop-off is required. Test results show up within 15 - 30 minutes. There is no cost for shipping. To place an order for 4 free at-home COVID-19 antigen tests, visit: <https://covidtests.gov>

A **positive** at-home test result means the test detected the virus and you very likely have COVID-19. If you test positive, follow the latest CDC guidance to prevent the spread of the virus. You can find this information by clicking on or visiting this link: <https://www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html>

A **negative** at-home test result means the test did not detect the COVID-19 virus but does not guarantee you do not have it. To be confident you do not have COVID-19, the FDA recommends 2 negative antigen tests for people with symptoms or 3 antigen tests for people without symptoms, performed 48 hours apart.

*Need help placing an order for your at-home tests?*

Call [1-800-232-0233](tel:1-800-232-0233) (TTY [1-888-720-7489](tel:1-888-720-7489)).



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