

January 2026

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: January 7, 2026

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/t/8edf12fc-8387-45d6-b5f9-32de1aacc7@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Kevyn Burn- kburn@wallresidences.com

Region 2: January 21, 2026

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/t/e5b004d1-e776-41d1-b88b-30a3c5ef522b@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Vacant

Meeting Dates

Region 3: January 16, 2026

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/1a1a5f74-a4d8-4e8b-845c-6c7da23b3fa7@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Vacant

Region 4: January 12, 2026

11am - 1:00pm

<https://events.gcc.teams.microsoft.com/event/66f91fac-80f5-4cd9-8cce-cc932a8089f6@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Jeannette Gholson- jgholson.thc@gmail.com

Region 5: January 26, 2026

10am - 12:00pm

<https://events.gcc.teams.microsoft.com/event/1369b6cc-0759-4f9a-aeb6-c1138679b542@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Community Nurse Leader:

Crystal Parker- cparker@uecares.com

Virtual Meeting Platform:

- 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, 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. Some regions are beginning to meet in-person and/or hold hybrid meetings.

Presentation:

- The regional Registered Nurse Care Consultants will be reviewing the Annual Healthcare Visits Toolkit meant to bolster identified factors which improve the quality of healthcare individuals with developmental disabilities (DD) receive by using documents developed to streamline all steps of the 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 the CNE topic will be Annual Healthcare Visits 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
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Office of Integrated Health Supports Network

OIHSN February Training Schedule

Nutrition: Part 2 – Reviews food shopping, food safety and reading food labels.

Thursday, February 5, 2026, between 1:00 p.m. – 2:30 p.m.

Registration: <https://events.gcc.teams.microsoft.com/event/d083c3cc-e4f0-4c80-864e-0555119e5d7c@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Dysphagia & Modified Diets – Signs, symptoms, and risks related to dysphagia.

Tuesday, February 10, 2026, between 11:00 a.m. – 12:30 p.m.

Registration: <https://events.gcc.teams.microsoft.com/event/d6c328d5-4385-4bbd-9418-025cc6a92311@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>

Fatal Seven: Part 1 – Dehydration, constipation, falls and pressure injuries.

Tuesday, February 24, 2026, between 1:00 p.m. – 2:30 p.m.

Registration: <https://events.gcc.teams.microsoft.com/event/0a43e851-8567-4799-a6e2-9fac5ac5d23e@620ae5a9-4ec1-4fa0-8641-5d9f386c7309>



New Year Safety Checks



Check All Smoke Alarms & Carbon Monoxide Detectors

- To reduce life threatening emergencies, caregivers and individuals should practice fire safety. In addition to actively reviewing and practicing fire evacuation plans it is important to check all batteries in smoke alarms and carbon monoxide (CO) detectors.

Know The Alert Sound For Each Alarm

- The National Fire Prevention Association (NFPA) suggests everyone know the sound of each alarm when it goes off and know what actions they should take when the sound is heard.
- Homes with any gas-powered appliances should be equipped with carbon monoxide (CO) detectors and smoke alarms. CO is a deadly gas which cannot be seen or smelled.

Know The Alert Sound For Weak Batteries

- If short chirping sounds are heard every 30 to 60 seconds from either the smoke alarm or the CO detector this means the battery needs to be replaced.
- If the battery has been replaced and the chirping sounds continue then it's time to replace the smoke alarm or CO detector. The NFPA recommends smoke alarms and CO detectors be replaced every 10 years.

Stay Safe During Electrical Outages

- During electrical outages, gas powered generators are often used. Generators should be placed *at least 20 feet away from a home* and should never be placed near a window, a basement entry, a cellar door opening, or any intake for your home's ventilation system, such as a heat pump.
- Why? Carbon monoxide is sneaky and can easily find its way into the smallest crack around a window casing or under a door.
- For example, if a gas-powered generator is placed near your heat pump intake, the CO can be easily sucked into the home's ventilation system (i.e., ductwork) and distributed throughout the whole house in a matter of minutes.

Fire Safety Resources

- You can download the National Fire Protection Agency's fire safety tip sheets and resources [here](#).

Reference

- Johnson-Arbor, K. K., Quental, A. S., & Li, D. (2014). A comparison of carbon monoxide exposures after snowstorms and power outages. *American journal of preventive medicine*, 46(5), 481-486.
- Mahoney, S. (2022, February). Smoke alarm troubleshooting. *National Fire Protection Association (NFPA)*. 1-6.
- National Fire Protection Association (2024). *Fire Safety Tips for Cold Weather*.

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