



Healthy Tips Healthy Holidays



Welcome to Sentara Quality Care Network (or SQCN, pronounced "sequin")

Welcome to the December edition of *Healthy Tips*. You are receiving this because your doctor or provider is in the SQCN network. They have chosen to come together to offer you seamless healthcare.

This month we are covering these important topics:

- Depression and the holiday blues
- Kids and meditation
- Maternal health disparities
- Flu prevention and hygiene
- Hospice myth of the month

Did you know you have access to customizable, no-cost [care management services](#)? Contact us at SQCN@sentara.com to get started today.

Please note that we no longer have a partnership with Pyx Health. If you have the Pyx Health app, you will automatically be transferred to a complimentary membership.

We look forward to serving you!

Depression and the holiday blues

The holidays can be a hard time for many people. In addition to learning some [coping tips](#), ask yourself:

- What winter/holiday activities do I enjoy?
- How do I keep active when the weather is colder?
- Have I noticed any changes in my sleep or appetite?

NAMI TIPS FOR THE HOLIDAY BLUES

Kids and meditation

Mindfulness is often used by athletes and artists to help improve performance. A couple of tools you can teach your kids:

- Breath exercises that can be done anywhere.
- Write down or talk about three good things that happen each day.





Maternal health help

The Consortium for Infant and Child Health (CINCH) is a community-based coalition working to eliminate black maternal care disparities through empowerment, advocacy, provider accountability, and healthcare system changes.

[Read more.](#)

Clean hands count

It's handwashing week. Here's a fact: Healthcare providers might need to clean their hands as many as 100 times per 12-hour shift, depending on the number of patients and intensity of care. Know what it could take to keep your patients safe. See more [information from the CDC here.](#)



Ask Your Pharmacist: Flu shot and prevention

The flu vaccine prevents millions of illnesses and flu-related doctor's visits. Everyone 6 months and older should get vaccinated every season for influenza.

The flu vaccines available in the United States help prevent three influenza viruses: influenza (H3N2) virus, influenza (H1N2) virus, and one B virus.

Preventing the spread of the flu

- Use tissues to cover the mouth and nose when coughing or sneezing.
- Avoid touching their eyes, nose, and mouth.
- Make sure to wash hands regularly with soap and warm water.
- Clean surfaces such as keyboard, telephone and door handle regularly to get rid of the germs.
- Avoid close contact with others.
- Stay at home.

Symptoms

- Fever/cough/chills
- Body pain or muscle pain
- Sore throat
- Metallic taste in mouth
- Reduced sense of smell
- Headache
- Runny nose
- Sneezing

If you are experiencing flu symptoms, talk to your provider about antivirals. Antivirals are available by prescription and can help lessen symptoms and the time you are sick.

Source: [CDC Flu information](#)

Hospice Myth of the Month

Myth: Hospice is for when there is no hope.

Fact: When death is in sight, there are two options: submit without hope or live life as fully as ever until the end.

The gift of hospice is its capacity to help families see how much can be shared at the end of life through personal and spiritual connections often left behind. It is no wonder that many family members can look back upon their hospice experience with gratitude, and with the knowledge that everything possible was done towards a peaceful death.

Source: [Sentara Hospice Services](#)

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