Emergency preparedness in the classroom and at home

Cedars-Sinai’s Community Health Initiative team recently donated 36 emergency backpacks to Queen Anne Place Elementary School in Los Angeles’ Wilshire district. Designed to equip every classroom with basic first-aid supplies, the backpacks were presented at an all-school assembly where students learned emergency tips from Ryan Tuchmayer, Cedars-Sinai’s disaster coordinator.

What tips included:
- Create an emergency kit at home.
- What do you do at an emergency?
- Who do you call?
- Practice implementing the plan using the emergency kit so that you are ready when an emergency strikes.

Back-to-school immunization

A returning middle school student gets a newly mandated back-to-school immunization.

Wash your hands. Hand hygiene is one of the most effective ways of preventing the spread of the pertussis bacterium.

Newborns should be kept at home, safely away from public places where pertussis bacteria might be on the move.

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DOES A NEW VACCINE PREVENT PERTUSSIS?

The Tdap vaccine is recommended for pre-adolescents age 11-12. Infants should have pertussis vaccinations at 2, 4, 6 and 16 months of age.

Children who don’t receive their Tdap vaccine on time may still get pertussis. It is common for children to get sick from pertussis even after vaccination.

The Tdap vaccine will help keep the whole family safe from pertussis.

Following these important steps things you should know to keep accurate records of children’s vaccination history, and immunize any adults in the house who might have let their protection lapse.

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Imagine Los Angeles without cancer. For five sun-soaked hours on a Saturday morning in October, the streets of downtown Los Angeles were transformed into 60 miles of car-free streets, open for walking and bicycling. The atmosphere was electric as an estimated 140,000 people joined in the fun of the second annual CicLAvia.

With 30 buses staffing six aid stations, medical and transportation needs along the route, the “people of CicLAvia” are here taking care of the people of Los Angeles,” said Linda Barnes Bolton, DPM, RN, FAWC, vice president and chief nursing officer. Additionally, Cedars-Sinai served as an organizing partner of this year’s event with the City of Los Angeles, METRO, Choose Health LA, and the Los Angeles County Bicycle Coalition.

From Christians to Elvis Presley to Los Angeles to MacArthur Park, “everyone who shows up to enjoy the benefits the way we have,” said Barnes Bolton, “and so we are.”

Senior screenings focus on diabetes and heart health

Senior screenings focus on diabetes and heart health only for blood pressure, their were three newfree health screenings in 15 underserved communities throughout Los Angeles.

“We had constant requests to check

CICLAVIA MAKES DOWNTOWN LOS ANGELES CAR FREE AND FREEWHEELING

Senior take an active role in maintaining their health at Cedars-Sinai’s free monthly screening services. There are no barriers to entry, no insurance needed.

“The card is a great opportunity to educate people about diabetes, nutrition and weight management.”

–Logan Williams, associate director, Cedars-Sinai Community Health and Education

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“We had constant requests to check
SUPPORT FOR CANCER SURVIVORS MIND, BODY AND SPIRIT continued from page 1

Continued from page 2

who could relate, nodded and smiled.

“...that we need a moment to pause to remember that we are not alone.”

Continued from page 3

(continued on page 4)

CICLAVIA MAKES DOWNTOWN LOS ANGELES CAR FREE AND FREEDWHEELING

Imagine Los Angeles without cars. For five sun-filled hours on a Saturday in October, the streets of downtown Los Angeles were transformed into miles of car-free streets, open for walking and bicycling. The atmosphere was festive as an estimated 150,000 people joined in the fun of the second annual CicLAvia. With 30-plus stations offering free art, health and wellness booths, CicLAvia connected people and created opportunities for everyone to participate and enjoy the healing energy of art.

The eight-week art class is one very important component of the program, as patients can find meaning in their work. "As we practice over and over, we can begin to improve the quality of our lives," said Linda Burns, RN, a program coordinator for the program. In the calm conference room, soft strains of music accompany the six patients at the table working quietly on their art while enjoying slices of fresh fruit. To the heart of the patient, the music is healing. Expressions of Hope and Healing, an art therapy class, is the second component of the revolutionary cancer rehab and support program developed by Asher: "To heal the cancer patient — to get them back to their highest quality of life."
Battling cancer is a personal journey, and the people you surround yourself with can play a significant role in your recovery. A recent study published in the Journal of Clinical Oncology found that having a supportive social network can improve quality of life and decrease the risk of relapse in cancer survivors.

As a cancer survivor, it’s important to reach out for support. This support can come from family, friends, or professional counselors. Engaging in activities that you enjoy can also help you maintain a positive outlook and cope with the challenges that come with cancer treatment.

In this article, we’ll explore the importance of support for cancer survivors and discuss how to find the right support to help you on your journey.

Support From Family and Friends

Family and friends are often the first line of support for cancer survivors. They can provide emotional support and help you feel less alone during your treatment.

For example, Carol Parks, a cancer survivor, credits her family for helping her through her cancer journey. She says, “My family was always there for me. They helped me through the ups and downs of treatment.”

Support From Professional Counselors

Professional counselors can also play a vital role in supporting cancer survivors. They can help you work through your feelings and develop coping strategies to manage the challenges of cancer.

For example, Arash Asher, a radiation oncologist at Cedars-Sinai, says, “We understand the emotional challenges that come with cancer treatment, and we’re here to support our patients through it.”

Support From Support Groups

Support groups can also provide a supportive community for cancer survivors. These groups can help you meet others who are going through similar experiences and offer a space to share your experiences and listen to others.

For example, Flori Hendron, a cancer survivor, says, “Being part of a support group has been incredibly helpful. I’ve met others who are going through the same thing I am, and it’s helped me feel less alone.”

Finding the Right Support

There are many ways to find support for cancer survivors. You can start by speaking with your healthcare provider to find resources in your area. You can also search online for support groups or read studies about support for cancer survivors.

In conclusion, support is crucial for cancer survivors. Whether it comes from family, friends, or professional counselors, support can help you navigate the challenges of cancer treatment and improve your quality of life.

If you or someone you know is facing cancer, remember that you’re not alone. There is a community of support available to help you through your journey.

References:


Keep accurate records of children’s vaccines and make sure your kids are safe from pertussis.

Following these important steps:

HEALTH EXPRESS: Four things you should know to prevent pertussis

1. The Tdap vaccine is recommended for children 11-12 years of age and adolescents 13 years and older. It is safe and should be given along with other vaccines.

2. Pertussis can be prevented by getting the vaccine recommended for 11-12-year-olds. Infants should be vaccinated at 2, 4, 6, and 15 months of age.

3. Newborns should be kept at home, safely away from public places until they receive their tetanus shots. Medicaid pays for these vaccines.

4. Wash your hands. Hand hygiene is one of the most effective ways of preventing the spread of the pertussis bacteria.

COACH Puts the Brakes on Pertussis and Gets Kids Back to School

Cedars-Sinai’s Community Health Initiatives team recently donated 36 emergency backpacks to Queen Anne Place Elementary School in Los Angeles’ Wilshire district. Designed to equip every classroom with basic first-aid supplies, the backpacks were presented at an all-school assembly where students learned emergency tips from Rynes Technique, Cedars-Sinai’s Disaster Charge nurse.

What tips included:

- First-aid kit
- Flashlight
- Portable radio
- Batteries
- Water
- Towels
- Keys
- Prescriptions

Develop a plan for an emergency. It’s one way to be ready when an emergency strikes.

- What do you do in an emergency?
- Who do you call?
- Who can you call?

Practice implementing the plan and using the emergency kit so that you are ready when an emergency strikes.

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Health Express: Four Vaccinations at One Shot

The Tdap vaccine prevents pertussis bacteria. The Tdap vaccine is given to women before pregnancy, to infants and to any adults who might have let their immunizations lapse.

Newborns should be kept at home, safely away from public places where pertussis bacteria might be on the move.

A returning middle school student gets a newly mandated back-to-school immunization. A returning middle school student gets a newly mandated back-to-school immunization.

The Tdap vaccine, also known as whooping cough, is a highly contagious bacterial infection. A returning middle school student gets a newly mandated back-to-school immunization.

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