Oregon Behavioral Health Support Program

Member Newsletter

Issue 9: Winter 2023

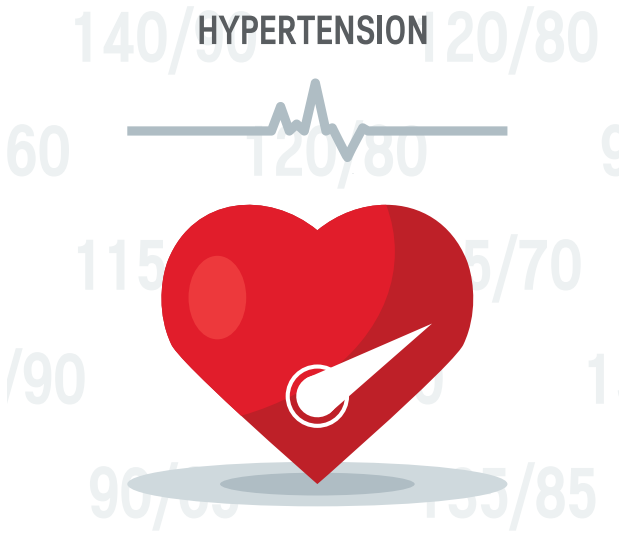


February is Heart Health Month

Heart disease is the leading cause of death for Americans. February is heart health awareness month. This year, health organizations are focusing on hypertension (high blood pressure).

Regularly monitoring your blood pressure, with support from your health care team, can help lower your risk for heart disease and stroke. You can check your blood pressure at the doctor's office, at a pharmacy or even at home.

Learn more from CDC: https://bit.ly/2iFB6U5



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Comagine Health

Stay Healthy this Winter

This has been a winter of the "tripledemic." Between COVID-19, the flu and respiratory syncytial virus (RSV), the health care system has been hit hard. Thankfully, the worst seems to be over, but these viruses are still circulating and causing illness.

It's not too late to get a flu shot if you haven't already. Also, don't forget your COVID booster.

- Talk to your doctor about getting a COVID-19 booster: https://bit.ly/3ekwOUh.
- Get tested for COVID-19 if you feel sick (fever, body aches, sore throat, etc.).
- CDC recommends that everyone over six months of age get a flu shot each year. This protects from serious illness and hospitalization. Flu vaccination is very important for:
  - Those with chronic health conditions like heart disease or diabetes
  - Everyone 65 years and older



We Want to Hear from You

If you would like to be featured in the newsletter, please talk to your Comagine Health care manager or care coordinator. We welcome your suggestions for this newsletter.

Send your ideas to ORBHSupport@comagine.org.

We're Here for You

We're here to support you. Please contact us with any questions or concerns.

- Call us at 888-416-3184.
- If you use TTY/TDD, you can call us by dialing 711 and then our phone number: 888-416-3184.
- Send an email to: ORBHSupport@comagine.org.
- Send us a message by using our contact form: https://bit.ly/3BgqXbx

Translation

This newsletter is also available on our website in Spanish: https://comagine.org/resource/2501 and English: https://comagine.org/resource/2500

If you would like a copy in another language, please let us know by email us: ORBHSupport@comagine.org.

Member Success Story: Jennifer

Jennifer became isolated during the pandemic and struggled with feelings of anxiety and depression. Also, Jennifer's care home changed providers last year, which was stressful for her. When a new provider took over the care home this year, they encouraged Jennifer and her housemates to spend more time socializing. This had a positive impact on Jennifer.

In the past, Jennifer was not able to participate in annual assessments because her guardian felt it was too stressful for her. This year, not only did Jennifer attend her annual redetermination assessment, but she set several new goals for herself. One of these goals was to engage creatively with her peers to encourage socializing and natural supports. Jennifer's other interests include baking, drawing, coloring and listening to music.

Jennifer's guardian said that this is the most improvement Jennifer has made since residing at her placement. She said that Jennifer's mood has greatly improved now that she has support to meet her goals. Jennifer sounds more relaxed and happier. Her guardian said, "I love our conversations. She is always engaged and asking me questions."

Her guardian said Jennifer seems less stressed and her genuine personality is coming back. "I think she's doing great. In the past, she has not even been able to attend assessments. I'm amazed she felt relaxed enough to participate. It's a new Jennifer. It's the old Jennifer coming back from decades ago."