



DECEMBER 2021, ISSUE 6

The Bridge

A Healthcare Community Connection

It is hard to believe 2021 is almost over. We have missed seeing all of your faces and look forward to starting the in-person meetings again in January.

In the December edition of your monthly newsletter, you will find some holiday safety tips along with links to important updates. We also included a word search and festive cookie recipe to help get you into the holiday spirit!

Heather and I sincerely wish all of you the happiest of holiday seasons this year and look forward to an exciting 2022!

Happy Holidays!
Jennifer

"May your walls know joy, may every room hold laughter, and every window open to great possibility." –Mary Anne Radmacher

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Holiday Safety Tips



1. Replace Old Lights and Use Them Correctly

The lights bring holiday cheer for sure, but they can be a safety hazard. Use indoor lights indoors and outdoor lights outdoors, and always turn them off when leaving the house or going to bed. Be sure to replace light sets that have broken sockets or frayed wires.

2. Be Mindful of Poisonous Plants

Eating mistletoe is actually toxic. Keep it away from pets, along with other potentially poisonous plants like holly berries, Jerusalem cherry and amaryllis. Don't miss our checklist to help "pet proof" your house for the holidays.

3. Practice Car Safety When Traveling

It's always important to drive safely, but the Christmas travel season can be especially dangerous. Have your car serviced before leaving on a road trip, carry an emergency kit and give yourself extra time to avoid rushing. Remember to decrease your speed if you're driving in snow or ice, and wait for snowplows and sanding trucks to clear the roadways before starting your journey.

4. Watch Out for Online Shopping Fraud

Unfortunately, the holiday shopping season is fraught with fraud. While you shop, carefully check that the website address is spelled correctly—fraudulent websites with similar spelling can trick you into giving away your credit card information. When checking out, be sure the payment page address begins with "https" (the "s" stands for "secure"). And as always, never click a link from an unsolicited email.

5. Don't Make the Tree a Fire Hazard

To avoid the same fate as Clark Griswold's tree in National Lampoon's Christmas Vacation, be aware of fire safety. Have the tree vendor cut off about 2" of the trunk to expose fresh wood for better water absorption, and make sure there's always water in the tree stand. Keep your tree at least three feet away from radiators or fireplaces. And if you buy an artificial tree, check that it's labeled "fire resistant."

6. Properly Secure the Tree

No one wants Santa to get squished by a fallen Christmas tree. Make sure your tree is properly secured with a strong stand that doesn't lean. If you have a fresh tree, don't whittle or taper the trunk to fit your stand; this makes the tree less stable.

7. Don't Burn Wrapping Paper in the Fireplace

Sure, a crackling fire in the fireplace is a must-have for cozy holiday events. Just avoid any fire accidents by practicing proper fireplace safety. Don't burn trees, wreaths or wrapping paper; and always use a fireplace screen.

8. Keep the Raw Turkey Away From the Salad

One thing is for sure, nothing will ruin your Christmas dinner faster than guests coming down with food poisoning. Handle food safely with these simple reminders: keep raw meat away from fresh produce, wash your hands frequently, use a meat thermometer and use separate cutting boards for cooked and uncooked meats. See the food safety mistakes we're all making.

9. Be Careful with Candles

The top three days for home fires started by candles are Christmas Day, New Year's Eve and New Year's Day. To avoid a disaster, keep candles at least a foot away from anything flammable. Make sure candles are in stable holders that can't be easily knocked down, and never leave burning candles unattended.

10. Hang Breakable Ornaments up High

Those colorful and shiny vintage ornaments are just too tempting for little ones! Instead, hang breakable ornaments at top of the tree. That way, kids can get in on the decorating fun without the worry of broken glass.



Updates from ASPR

Useful Links (Click below)

- [CDC Expands COVID-19 Booster Recommendations](#)
- [What You Need to Know About Variants](#)
- [COVID-19 Vaccine Booster Shots](#)
- [Increasing Seasonal Influenza A \(H3N2\) Activity, Especially Among Young Adults and in College and University Settings, During SARS-CoV-2 Co-Circulation](#)
- [CDC Orders](#)
- [CDC Statement on B.1.1.529 \(Omicron variant\)](#)
- [How to Protect Yourself & Others](#)
- [COVID-19 Travel Recommendations by Destination](#)

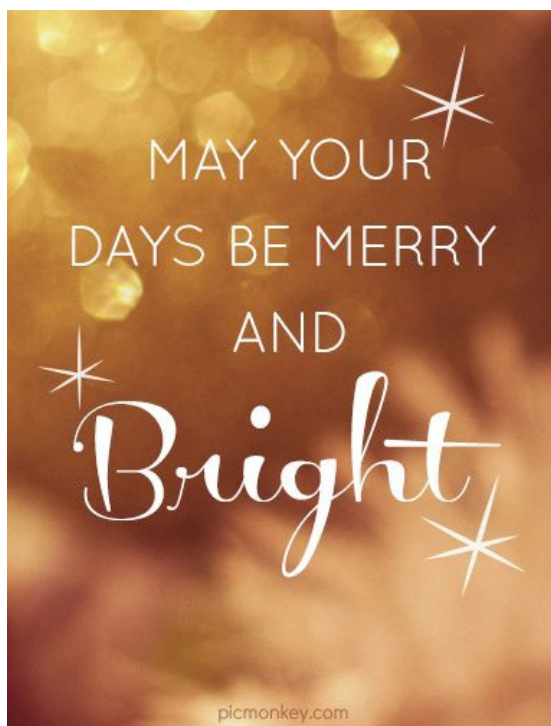
New Meeting Schedule

Register [HERE](#) to receive updated calendar invites, meeting location information and agenda

- **January 19**- Executive Board
- **January 20**- MSPEC Full Coalition
- **January 21**- Non-Hospital In-Patient Providers
- **February 16**- Executive Board
- **February 17**- Non-Hospital Out-Patient Providers
- **February 18**- Non-Hospital In-Patient Providers
- **March 16**- Executive Board
- **March 18**- Non-Hospital In-Patient Providers



Now scheduling Active Shooter (CRASE) classes! This course takes about 2 hours to complete. If your facility is interested in scheduling, please contact Jennifer Skelton at jskelton@midsouthepec.org



The Emergency Preparedness Rule Website Resources: Click [HERE](#)

Take a Mental Health Break with a Christmas Word Search!

Christmas Tree

B
H Y H
M R H K O
S A I G D G A
V G G R E E N H F
I W O X R
N C B R C E N
S A A G N I T B R
S U A L C A T N A S N
B D X M E I P
Y O J Q E M W D S
P G U S T N E S E R P
A L B G P W T N M K W Q F
C H R I S T M A S
O M S U N T R E E N W
Z N C D E K H D X J O V D
B G Z U R R L G I C V W R V F
P X M A E I Y Q H K U
M R M G W G L H D V K N E
X C X R J E N C M A M R R U X
B C Z O W V P A E G W F L H S Q I
U E V
C J A
V W D

Angel
Boughs
Christmas
Excitement

Green
Joy
Lights
Magical

Ornaments
Presents
Santa Claus
Snow

Tree
Twinkle
Winter



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Facebook

We want to hear from you! Upcoming editions of this newsletter will include highlights of members or facilities. Use the link [here](#) to nominate a person or facility of interest! Let us know why they are being nominated so we can all get to know each other better!

We also want to make this newsletter something useful. It can be as informative as you wish it to be. Send ideas of what to include next month to:
jskelton@midsouthepc.org.