



WE LOVE WHAT WE DO

Pediatric CARE CONNECTION

A PUBLICATION FOR PEDIATRIC CLIENTS AND FAMILIES OF
BAYADA HOME HEALTH CARE

BAYADA Pediatrics Nurse Mat Gunkel, RN

A Message from BAYADA CEO David Baiada



As we all continue to navigate the challenges of the **COVID-19 pandemic**, the spotlight has shifted to another crippling disease with longstanding and pervasive roots in our society: racism.

I feel a deep sadness, frustration, and anger as I grapple with the news of the senseless killing of Black Americans. And I feel isolated and disconnected from others in our BAYADA community as we try to navigate the pain, fear, and frustration felt by communities and people of color within BAYADA and across the country.

Our BAYADA community of compassionate caregivers—comprised of many different races, ethnicities, abilities, sexual orientations, genders, and ages—stand together vigilant and united against racism and discrimination. *The BAYADA Way* has always guided us and continues to serve as a reminder that working with a spirit of universal faith, hope, and love is as important as ever, and extends to everyone in our society.

You have my pledge that BAYADA will continue to uphold and promote equality for all we serve, and to all those who serve you. You can read my full message, *Standing Together with Love and Compassion*, at <https://bit.ly/bayada-ceo>.

With gratitude for the trust you place in us,

David Baiada

CEO, BAYADA Home Health Care

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Standing Together with Love and Compassion,
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Minneapolis Pediatrics Client Featured on TV News

Jen Barton knows all too well how difficult it can be to make care decisions for her 14-year-old daughter, **Elise**, a client with the BAYADA Pediatrics office in Minneapolis, Minnesota. Especially in recent months, when all parents have been feeling extra cautious about preventing the spread of coronavirus, safely caring for children with special medical needs has brought additional considerations.

Elise has Niemann-Pick disease type C, a rare progressive disorder that may affect neurological functions and internal organs. Like many of our pediatric clients, she needs daily respiratory treatments.

"I think you wonder, well, should we be allowing nursing into our house? It's bringing more people in. And then you have to weigh everything," Jen said. **"The treatments that Elise is getting from the nurses to keep her lungs healthy, the things that they're doing to keep her healthy, to us, outweigh the risk."**

Jen and Elise shared their story during a segment on KTSP Channel 5 Eyewitness News, their local ABC affiliate station. The broadcast also featured BAYADA Clinical Manager **Jessica Pearce**, who spoke about her love for her job and her clients.

"I would do anything to be with them and make sure that they're having the best life that they can have," said Jessica.

The story highlighted how essential home health care is for families like the Bartons. Also how, in addition to feeding, bathing, and medical care during the pandemic, the nurses are right by Elise's side, helping her with her education and physical movement, and wearing personal protective gear so they can continue working with their clients safely.



Watch the two-and-a-half-minute television news segment at <https://bit.ly/KTSP-Home>

Keeping You Safe During COVID-19

At BAYADA, our mission is to help people have a safe home life with comfort, independence, and dignity.

Below is helpful information about the coronavirus (COVID-19) and what BAYADA is doing to keep you safe:

- Wash your hands often with soap and water for at least 20 seconds.
- Cover your cough or sneeze with a tissue.
- Don't touch your eyes, nose, or mouth, especially with unwashed hands.
- Avoid close contact with individuals who are showing symptoms of illness.
- Clean and disinfect high-touch surfaces often.
- Stay home if you are sick.

Symptoms of COVID-19

There is a wide range of symptoms of COVID-19 reported, ranging from mild to severe:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



Steps BAYADA is taking to keep you safe:

- BAYADA's Infection Prevention Program provides the highest standards of infection prevention practices as recommended by the Centers for Disease Control and Prevention (CDC).
- Our employees are provided with personal protective equipment (PPE), such as surgical masks, when caring for any client, and additional PPE as appropriate.
- BAYADA employees are trained to recognize signs and symptoms of COVID-19, persons at risk, and measures to take when caring for clients with or exposed to COVID-19.
- Employees are self-screening for symptoms prior to the start of every client visit or shift.
- We encourage clients to notify their BAYADA office if they were exposed to someone with COVID-19.

If you have any additional questions, please contact your clinical manager.

BAYADA Nurse **Hope Cochran, RN**, from the Wilmington, DE office, wearing personal protective equipment to keep her clients safe.



Helping Children Cope with Disruptive Events

Summertime usually brings an uptick of natural disasters such as hurricanes and wildfires. This summer, our communities also are reeling from violent injustice, civil unrest, and a frightening COVID-19 pandemic. These are traumatic times for all of us, to an extent never seen before. It's hard to know, or understand, how such turbulent events are perceived and absorbed by the children in our lives.

When your child has special needs

Children with disabilities or limitations—such as dependence on breathing assistance or a wheelchair—already may feel less control over their own well-being than others, and may have stronger reactions to a perceived, threatened, or actual disaster. They may need more reassurance, more cuddles, hugs and loving touches, repeated explanations of the disruptive event, and whatever else brings them comfort.

Common reactions to distress

Symptoms of psychological distress can vary by individual, and the signs may not look the same for children of different ages. Here are just some of the ways emotional upheaval and stress can manifest in children:



Infant to Age 2

- Crankiness
- Crying
- Need to be held



Age 3 to 6

- Regression to old behaviors (bed wetting, thumb sucking)
- Separation anxiety
- Trouble sleeping
- Tantrum



Age 7 to 10

- Sadness, anger, or fear the event may happen again
- Misinformation from peers and online media
- Trouble concentrating
- Hyper-focus on the event, or not talking about it at all



Preteens and Teens

- Acting out
- Risky or reckless behavior
- Withdraw from friends
- Feeling overwhelmed
- Arguments and fights with loved ones

Ways to create calm in the storm

One of the best things parents can do is to create a “home base” that feels like an oasis in any storm—a place where their children feel calm, safe, loved, and protected.

Strategies that may help:

- Limit everyone’s exposure to media coverage and images of disastrous events.
- Talk about your preparedness and safety plans to give them a sense of confidence and control.
- Stay calm, positive, and reassuring; remember their emotions will mirror your own.
- Encourage them to talk about it and ask questions.
- Give them opportunities to take action safely, such as making donations or volunteering to help others impacted by the disaster.

Where you can go for help

- For help talking to young children about COVID-19, visit the National Child Traumatic Stress Network for their Trinkka and Sam Fighting the Big Virus story and companion questions and answers at <https://bit.ly/Trinka>
- For local resources and immediate crisis counseling in a natural or human-made disaster, call the Disaster Distress Helpline at **1-800-985-5990** any time of day or night.
- For help talking to young children about race and racism, visit PBS for Parents at <https://bit.ly/TalkingAbout-Racism>.



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Content in this newsletter is provided as general summary information for our clients and is not intended to take the place of personalized medical guidance. We encourage you to seek the advice of your physician or other qualified health care professional if you have specific questions about your care.

BAYADA specialty practices include Home Health Care, Pediatrics, Hospice, Behavioral Health, and Habilitation. Services may vary by location.
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Champions Among Us | Legislators are People, too! Don't be Afraid to Ask for Help

When **Jennifer Fritz** received an invitation from BAYADA Director **Candice Proctor** to attend a legislative day last year in Harrisburg, PA, she admits she was a bit nervous at first.

The event brought together advocates from across Pennsylvania to educate legislators about home health care. Jennifer joined BAYADA employees and other clients in a meeting with Representative Barbara Gleim, who was willing to listen, and, even more importantly, to make time to help.

Jennifer, a BAYADA client who lives with paralysis due to an accident, spoke to Representative Gleim about the struggles she had obtaining medical supplies for her care and getting a contractor to make her shower more accessible. Since their meeting in Harrisburg last year, Representative Gleim has helped expedite access to supplies and home modifications. She even contacted Jennifer's insurance company to help her get the nursing care she needs.

"I was a little nervous to speak with Representative Gleim but she was really great, she really came through for me," Jennifer said. *"If you are nervous about contacting your legislators, I say just do it because they are good people and they are there to help."*

Judy Banks, the daughter of a BAYADA client who also attended the legislative day, couldn't agree more. *"Legislators are there to represent our interests. While you may think they are scary, they are people just like you who may be experiencing similar problems with caring for an elderly or disabled family member,"* she said.

During the event, Judy expressed gratitude for the invaluable help she receives from the home health aides who care for her mother, who has Alzheimer's disease.

"I spoke to the legislators about getting better wages for home care workers, because it's a difficult job and an important job," said Judy, who also shared her frustration with completing the application for medical assistance. *"There is so much paperwork required, and it may be difficult for some people to complete, which could deter them from applying. They need to streamline the process and make it easier."*



BAYADA client **Jennifer Fritz** (seated) is surrounded by BAYADA employees during her visit to the PA State Capitol building in Harrisburg for a legislative day. (Photo taken Spring, 2019)

From welcoming a legislator into your home, to sending an email, to attending events, there are many ways to get involved in home care advocacy. To learn more, contact advocacy@bayada.com.