

“Making a difference in the lives of others.”



April: Stress Awareness Month

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Training Schedule

<i>May 14</i>	<i>Bronze Training</i>
<i>May 21</i>	<i>Silver Training</i>
<i>June 11</i>	<i>Bronze Training</i>

Upcoming Events

May 7, 2009—Nurse & HHA day celebration.
See page 2 for more details

Most of us have felt “stressed out” at one time or another. When this feeling persists day after day, stress becomes chronic. Chronic stress can take a toll on our careers, on our quality of life and on our bodies, making us susceptible to a host of illnesses. In fact, what many of us do not realize—and what medical researchers are confirming in study after study—is that our stress levels are directly linked to our physical well being. Seventy-five percent of our visits to the doctor’s office concern stress-related ailments.

Stress has implications for many other ailments as well. Depression and anxiety, which afflict millions of Americans, can be caused or exacerbated by stress. It also triggers flare-ups of asthma, rheumatoid arthritis, and gastrointestinal problems.

And illness is just the tip of the iceberg. Stress affects you emotionally as well, marring the joy you draw from life and loved ones.

In the course of a lifetime, odds are good that you’ll

experience some very stressful events. You’ll also face a gamut of far smaller, day-to-day stressors. How you deal with these stressful events, big and small, will determine the impact on your physical health and emotional well-being. We all know that stress affects us at work. In fact, one in four people say they have missed work due to work-related stress. When we are under chronic stress, we often have trouble meeting deadlines, concentrating and making decisions.

Our productivity and performance decrease as our stress levels increase. We also may become easily irritated and overwhelmed, and have relationship problems with colleagues. Many people who are over-stressed at work are unable to leave their job-related issues behind at night or they feel immobilized on the job. Stress can also mean more headaches, backaches and colds—and more sick days. Whether the stress originates at the office or at home—or a little of both—we take it with us wherever

we go. The good news is that we now know that caring for our minds as well as our bodies can keep us healthier, happier, and more productive in all aspects of life. Here are some strategies you can use to better manage stress. These tips may seem like common sense, but few of us apply them to our daily lives. They will help if you use them.

Stress Management Strategies

Treat your body right.

Eating right and exercising can increase your tolerance to stress.

Set realistic goals. Do what is possible and carry on.

Set and re-set your priorities. Take care of important and difficult tasks first, and eliminate unessential tasks.

Take one task at a time. Divide large projects into smaller tasks, and make “to do” lists.

Take five. Taking a short break can help slow down your mind long enough to improve your ability to deal with stress later.

April Birthdays



Angela Allman	Kisha Fields	Deanna Kurowicki	Lakesha Toole
Obi Atueyi	Marcy Gibson	Cassandra Land	Paula Turbett
Jennifer Barton	Sara Giesmann	Joanie Lawrence	Jackie Wackerle
Gloria Campbell	Tonya Houlihan	Florence Lone	Dina Wieg
Juanita Clark	Erin Hoye	Vineta Smith	
Katrina Ehr	Angie Johnson	Belinda Terreault	

Employee of the Month: Janice Luther



The employee of the month for April is Janice Luther. Janice has received many compliments on her work from clients, supervisors and co-workers.

While working with her clients, she always takes the extra step to make sure they are receiving the best possible care. This is why

WellsBrooke is proud to have Janice as our employee of the month.

WellsBrooke is very proud to have Janice as part of our team. We appreciate all the hard work and dedication she puts into her job. Thanks Janice!!!

Reminders:

- Nurses & HHA day celebration will be held in the Plymouth office May 7, 2009 from 1pm—5pm. Please stop by for the ice cream sundae bar, chocolate fountain and other fun activities. Nurse & HHA of the year awards will be presented.
- CPR/BCLS classes are starting soon. Call and reserve your spot today. Contact Justin @ (734) 525—5751 for more information.
- Please remember that WellsBrooke has instituted a new TB Testing policy. If you have not sent in TB test results to WellsBrooke, you must do so no later that July 31, 2009. If you need to go in for your TB test, please contact Marissa at (734) 468—1213.

April is Occupational Therapy Month

Occupational therapy enables people of all ages to live life to its fullest by helping them promote health, prevent—or live better with—injury, illness, or disability. It is a practice deeply rooted in science and is evidence-based, meaning that the plan designed for each individual is supported by data, experience, and “best practices” that have been developed and proven over time.

When working with an occupational therapy practitioner, strategies and modifications are

customized for each individual to resolve problems, improve function, and support everyday living activities. The goal is to maximize potential. Through these therapeutic approaches, occupational therapy helps individuals design their lives, develop needed skills, adjust their environments (e.g., home, school, or work) and build health-promoting habits and routines that will allow them to thrive.

WellsBrooke wants to thank all of our occupational therapists