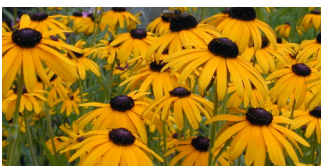




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August: Summer Safety Tips

In the midst of all the fun in the sun, don't forget to stay safe. Here's a review of some common summer hazards and how to avoid them.

Sunscreen. Put it on 15 to 30 minutes before going out, and reapply every two hours or after swimming or sweating.

Avoid alcohol: Especially when boating, driving or swimming. All of these activities require mental alertness to stay safe.

Food borne illness. Harmful bacteria can quickly multiply on food in the summer heat. For picnics, make sure you keep foods that you'd normally refrigerate on a bed of ice.

Epinephrine: If you're allergic to insects that sting, make sure you have your injection device with you at all outdoor events.

Ticks. Check everyone for ticks after spending time in tall grass or wooded areas.

Yard work: When running any yard machinery (mower, edger, trimmer), make sure children are kept indoors to prevent injuries from flying debris.

Another reminder: These tips aren't just for you; remember your clients, too! They're depending on you to help them with everyday situations — help them stay safe this summer.

Congratulations, Gold Level Graduates!

Training Schedule:

Aug. 31	CPR Training
Sept. 15	Bronze Training
Sept. 29	Silver Training



We'd like to congratulate the following employees for completing the Gold Level of the WellsBrooke Training and Certification Program:

- ◆ Deborah Davis
- ◆ Cheryl Middleditch
- ◆ LaCinda Mickens
- ◆ Rosalind Tucker
- ◆ Sada Williams
- ◆ Christina Montes
- ◆ Meganne Fabian
- ◆ Tonya Posuniak
- ◆ Theresa Kittridge
- ◆ Breanne Hunter
- ◆ Kara Wells
- ◆ Stacey Palm

Wonderful letters written by the clients about our trainees were read and discussed. Training was conducted by Cheryl Nagel, Executive Vice President, and Karla Rouland, Director of Nursing, focusing on personal safety in the home care setting.

Upon completion of the course, graduates were each awarded a Gold Level Certificate, an engraved business card carrier with personalized Gold Level Caregiver cards, the WellsBrooke Difference lapel pin and a pay bonus.

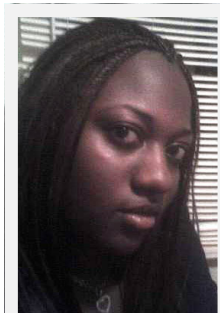
Good job, graduates!

August Birthdays

Ashley Bolish	Charmonique Guyton	Teresa May	Karla Rouland
Sarah Busack	Brittany Hanenkrath	Cynthia Meade	Tammy Stanley
Kimberly Carico	Sarah Heckaman	Julia Morrill	Kaitlin Stratton
Kleann Damron	Stacie Howard	Danielle Mruzek	Chante Staunton
Evelyn Ekeng	Lynn Kaiser	Paula Neys	Luanne Stewart
Jennifer Geiger	Terresa Lyons-Young	Karen Roberts	Dasia Walker
		Jatona Ross	Delandra Wilson



Employee of the Month: Charmonique Guyton



August's EOM is Charmonique Guyton. She has been an HHA for about 3 years and is now studying to become an RN. Her ambition is to become a Director of Nursing. Charmonique says that she has always had compassion for people and enjoys helping others. She likes home care because the clients are more at ease and she can get to know them well.

She takes care of her clients as she would her own family and loves her job and the people she works with. One person she has provided care for is someone she will never forget. Charmonique confides that he can be a firecracker, but that he is the most honest person she has met while doing home health care. She recently was given clients whom she believes are the nicest people she has met while in the home health field.

We at WellsBrooke thank Charmonique for her dedication to her clients as well as her hard work.

MHHA Course: Communicating Effectively HHC 2011

We are continuing our monthly selected MHHA module in 2011 with **Communicating Effectively HHC 2011**. All names of staff who provide proof of completion of this module during August will be placed in a drawing for a gift card or similarly valued prize. Our July winner was **Margaret Adgoke** and she will receive a \$25.00 gift card.

Tech Info: WellsBrooke to Implement Web-Based Staffing

WellsBrooke will soon be implementing a new web-based program to better serve our clients and employees. With this feature-packed medical staffing system, employees will be able to log in and view schedules, make time off requests, update availability and much more. This marvel will even make quality controls management a breeze. Not only will it give reminders of what is due and when, but it will allow you to upload your submissions straight to the database!

It is very important that we all put our best efforts into making

this conversion as smooth as possible. Please make sure that the staffing coordinators have your valid email address and current phone numbers, along with the name of your wireless carrier.

We are very excited to have this system fully functional and ask for your cooperation so that we can realize all of its considerable benefits. Thank you for your efforts as we make this much-needed transition.

— WellsBrooke Staff

Recipe: Baked Stuffed Jalapeños

Cream Cheese Filling Version

- 12 jalapeño peppers
- 1/4 cup minced onion
- 1/4 cup chopped fresh cilantro
- 3/4 cup cream cheese
- 1 1/2 teaspoon cumin
- 1 teaspoon salt (or to taste)
- 2 oz. jack cheese, cut into 2 1/2 - in. long sticks

Bacon and Jack Cheese Filling Version

- 12 jalapeño peppers
- 1/4 cup chopped cooked bacon
- 1/4 cup minced onion
- 1/2 cup grated jack cheese plus 2 oz. jack cheese, cut into 2 1/2 - in. long sticks
- 1/4 cup chopped fresh cilantro
- 1 1/2 teaspoon cumin
- 1 teaspoon dried oregano

Before touching peppers, put on disposable gloves or coat hands with oil. Wash hands thoroughly afterwards. Don't touch eyes for several hours after handling peppers.

Directions

- 1 Preheat oven to 375°.
- 2 Slice jalapeños in half lengthwise or cut off top one-third (lengthwise) of each to make boat shape. Halved jalapeños will make twice as many stuffed peppers, but you can put more filling into the boat-shaped peppers. If you make boats, you can mince tops and add to filling for extra heat. Scrape out all the seeds and ribs from each jalapeño with a spoon.
- 3 Mix together all filling ingredients except jack cheese sticks.
- 4 Pack filling into peppers, nestling a stick of jack cheese onto the filling of each one. Arrange the peppers on foil-lined baking sheet and bake for 20-30 minutes, or until cheese is bubbly and lightly browned and peppers are cooked.



Allow to cool for 5 minutes before serving. Makes 12-24 servings, depending on how you cut jalapeños.

From <http://simplyrecipes.com>