

WellsBrooke

PREMIUM HOME CARE SOLUTIONS SM

*"Making a difference
in the lives of others."*

February is American Heart Month

Yes, Valentine's Day has already come and gone... but there is another reason for our focus on the heart. Heart disease is the number one killer of women in the U.S., so we'd like to join the American Heart Association in reminding you of ways to reduce your risk. Here are a few healthy reminders:

Know your numbers.

Your overall cholesterol number should be less than 200; LDL at less than 100 and HDL at 50 or above; triglycerides should be 150 or less, and blood pressure, ideally, at 120/80 or less.

Discuss your numbers with your doctor and set goals to bring them into a healthy range.

Exercise regularly.

This can be as simple as taking the stairs, vacuuming your living room, going for a walk after dinner, or playing outdoors with your kids. Put away the remote and walk across the room, or park further from the mall and take a

longer walk. Consider all your daily activities and how you might make them more "heart healthy". The most important thing is to get moving!

Be informed.

For more information on heart health, go to www.americanheart.org

Bronze Graduates



We'd like to congratulate **Sheila Regular, Debbie Wooten** and **Jennifer Jacobs** for successfully com-

pleting the Bronze Training course. This training focuses on respect, integrity, etiquette, customer service, and more.

For their efforts, they were treated to a delicious lasagna luncheon along with a beautiful gift bag full of fun prizes.

Good job, ladies!



Volume 1, issue 2

February 23, 2007

42235 E. Ann Arbor Rd.
Plymouth, MI 48170

Phone: 734-525-0640
Fax: 734-525-5966

We're on the Web!

www.Wellsbrooke.com

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Fundraiser for Kimberly Marris-Vincent Fund

Many of you may remember our dear associate and friend, Kimberly Marris-Vincent, who passed away suddenly December 16, 2006. She left behind her husband and twin 3-year-old boys.

A spaghetti dinner fundraiser has been organized to benefit her family.

All You Can Eat Spaghetti Dinner

Saturday, March 3, 2007

2PM until 10PM

Melvindale VFW, Post 6032

18275 Allen Road

Phone: 313-382-6735

Adults: \$8.00 Kids 10 and under: \$4.00

Raffles will be held all day, including 50-50 and many other prizes.



For further information or donations of cash or raffle prizes, please contact: Lori Thomas 313-617-4721, Mary Webb 313-820-1432, or Ann Warren 313-213-0181

Valerie Lampkin, Employee of the Month

We'd like to congratulate Valerie Lampkin as our distinguished employee of the month for February!

Valerie is a dedicated LPN for WellsBrooke, always willing to fill in when an urgent need arises. She is known for her cheerful smile and helpful atti-

tude. She has also been a tremendous help in training aides for several cases.

Valerie's commitment to going above and beyond the call of duty is the number one reason she has been chosen as Employee of the Month for February. *Good job, Valerie!*



Happy Birthday to You!

Wanda Batchelor

Gwendolyn Blanks

Heather Davis

Allison Gasorski

Jodi Gelso

Lori Gough

Mary Graham

Louisa Hogston

Valerie Lampkin

Julie Liedel

Christina Opoku-Diawuo

Laverna Patrick

Julie Perkins

Barbara Shaw

Marna Swim

Sharday Walker

Kathleen Washington

Danielle Welch

The Best Kept Secret

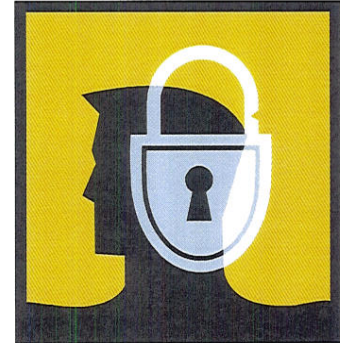
With all the regulations surrounding privacy and confidentiality, such as HIPAA, we have a great responsibility to our clients to keep their private information “private”.

This means being extra careful when having conversations with friends and relatives; it also means that employees need to make sure documents are kept in a concealed location (like a drawer or file cabinet) when visi-

tors drop by. And it means being diligent in your interactions with passersby (in doctor’s offices or grocery stores), not mentioning any private information about your clients.

For more detailed information on protecting your client’s privacy, visit the HIPAA website at

www.HIPAA.org



Prepare to Weather the Storm

With all the extreme cold and snow, keep these tips in mind for being prepared to “weather the storm”:

1. **Stay hydrated.** Remember, shoveling snow or scraping ice can increase the need for hydration.
2. **Dress properly.** If you can’t stay inside, wear several layers of lightweight clothing to stay warm. And don’t forget the gloves, hat, and scarf to prevent loss of body heat and protect your lungs.
3. **Be a good neighbor.** Check on elderly neighbors or those with disabilities to be sure they are safe.
4. **Be careful with alternative heat sources.** Never use cooking appliances for heating. When using coal or wood-burning stoves, fireplaces, or portable heaters, follow all directions and keep all flammables far away. Also, install a carbon monoxide detector to avoid carbon monoxide poisoning.



Paychecks are very important to all of us! In order to be paid on time, your time sheets **must** be turned in by Tuesday morning at 9:00 without fail. If you are responsible for forwarding paperwork from the client’s home, please make sure all documents (including time sheets and flow

sheets) are mailed right away.

Also, remember, an invitation to the **bronze training** is a privilege and honor. If you’re one of the lucky few to receive an invitation, please make every effort to attend.