

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



## February: Heart Disease Awareness Month

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### Training Schedule

February 12	Bronze Training
February 19	Gold Training
March 12	Bronze Training
March 19	Silver Training

In the United States one woman dies every minute from a cardiovascular event. Many people are unaware that coronary heart disease is the main killer among women over the age of 65; their biggest fear usually being breast cancer. Women do appear to develop the heart disease 7-8 years later than men, but by the age of 65 a woman's risk is almost the same as a man's.

#### Reality check:

- 1 in 4 women in the United States die from heart disease, while 1 in 30 die from breast cancer.

- 23% of women will die within 1-year of having a heart attack.

- Within 6 years of having a heart attack, about 46% of women become disabled with heart failure.

- 2/3 of women who have a heart attack fail to make a full recovery.

*The good news* is that all women can take steps to lower their risk of developing heart disease. If you're a woman aged between 40-60, it's particularly important that you immediately begin taking steps to lower

your risk.

#### Risk factors for heart disease in women:

- Being 55 or older - as women grow older, their risk of heart disease and stroke increases, and keeps rising with age.
- Having a family history of coronary artery disease before the age of 60.
- Having a previous heart attack, stroke or transient ischemic attack ("mini-stroke")
- Having high blood pressure.
- Having a high total cholesterol, LDL cholesterol, or triglyceride level, and/or reduced HDL cholesterol.

- Having diabetes.
- Being obese or overweight.
- Being physically inactive.
- Being a smoker.

#### What symptoms should women look out for?

Women tend to have more atypical symptoms than men. These include:

- Pain in the shoulders, or between the shoulder blades.

- GI symptoms - nausea, abdominal discomfort, vomiting or an upset stomach.

- Back pain.
- Shortness of breath.
- Burning in the chest area.
- Fatigue.

The symptoms above are not exclusive to women, with some men also experiencing similar symptoms. There are also a number of women who experience the classic chest pain symptoms. Therefore, it is important to prepare yourself by being familiar with the classic symptoms, *and* the less common symptoms as well.

#### Following a healthy lifestyle

Research shows that women can lower their heart disease risk by as much as 82% simply by leading a healthy lifestyle. Lifestyle changes to help lower blood pressure, include: weight control, increased physical activity, alcohol moderation, sodium restriction, increased intake of fresh fruits, vegetables, and eating low-fat dairy products.

## Documentation Tip of the Month



Please remember to complete a client care record for each shift worked. Review the client record before the end of your shift to make sure you have written the clients name, date, shift and your signature is at the bottom of the record. Please write ONLY in the designated areas on the client care record. Writing on the side, top or bottom of the page is not permitted. If you use a progress note make sure you have written the clients name, date, shift and your signature is at the bottom of the record.

## Employee of the Month: Maria Alcini



Maria Alcini is a PT. She has been giving therapy to a client in the Tecumseh area for about a month or so. We have received many calls from the client’s case manager stating she was very pleased with Maria and the work she has done with the client.

The client had not been walking for some time and now he is up walking around.

Maria also works for our clients at ResCare, a rehab facility. The managers at ResCare have stated that Maria is a wonderful

therapist and person; she has a great attitude and gives great care to all the clients.

**WellsBrooke is very proud to have Maria as part of our team. We appreciate all the hard work and dedication she puts**

## Recipe: Healthy Hearts



Move over, Cupid. These edible valentines will win the heart of everyone in the family. They're also sure to be a hit as a classroom snack.

### RECIPE INGREDIENTS:

- Watermelon slices
- Orange slices
- Bamboo kitchen skewers

Use a heart-shaped cookie cutter on watermelon slices. Poke a bamboo kitchen skewer through each heart, then complete the arrow with an orange slice tip and tail.

## Reminder:

- CPR/BCLS classes are starting shortly, call and reserve your spot today. Contact Justin @ (734) 525—5751 for more information.



## February Birthdays

- |                  |                     |
|------------------|---------------------|
| Audrey Arocha    | Deanna Koen         |
| Linda Boykin     | Denise Moore        |
| Nicole Frost     | Anna Royal          |
| Katherine Hahn   | Kathleen Washington |
| Rebecca Hilliker |                     |