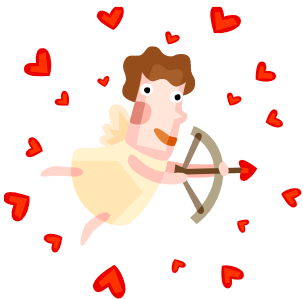


“Making a difference in the lives of others.”



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February: Support Women's Heart Health

February 5th is National Wear Red Day and do you know why? It is to show support for “Women’s Heart Health.” We would like to share some information to help you better understand the risks, signs and symptoms of heart disease.

Often it is thought that heart disease affects men more than women, when in fact it is the #1 killer of women. Heart disease can begin as early as the teen years. Some of the risk factors include smoking, family history, obesity, stress and lack of exercise.

By making a few simple lifestyle

changes, you can decrease your risk of heart disease by as much as 50%.

♥ If you are a smoker, quitting lowers your risk immediately.

♥ Start eating a healthier diet.

♥ Walking for 20 minutes a day is a great way to keep your heart strong and healthy.

♥ Review any history of heart disease with your family physician to make sure that there are no other factors

that affect you.

♥ Relaxing exercises at the end of the day can help lower your stress level, which helps lower your risk.

By following these steps you can be one less woman that may not get heart disease. For more information, you can visit the following web-site:

www.womenshealth.gov

Shawna Graca

Staffing / Intake Coordinator

Reminders from the Payroll Department



As of January 1st, 2010 we implemented the new Client Care Record forms.

I have had great responses from the field staff that there is less paper and that the new paperwork is easier to use. Here are a few things to keep in mind when dealing with the Client Care Record: ☺ Include the client’s name as well as your own. If we are missing either name, it takes a lot of time to track down who worked and for what client. ☺ Remember that WellsBrooke uses the quarter hour system, i.e., .25, .50, and .75. For example, a shift that starts at 4pm and ends at 8:15pm is 4.25 hours. ☺ Most importantly, turn your timesheets in every week before noon on Tuesday. As a courtesy, I try and call to remind staff if I don’t have paperwork when it is due, but this is very time consuming. If we don’t receive your paperwork on time, you run the risk that you will not be paid on time or at all. Thank you for the great job everyone is doing. Please don’t hesitate to call me directly if you have any questions at 734-468-1776.

Tonya Posuniak, Payroll Assistant

WB Newsletter Soon to be Email Only

This edition marks the last time the WellsBrooke Newsletter will be mailed out with pay stubs. We highly recommend that all employees utilize an email account so that we may easily communicate work-related news regarding scheduling, policies and events. If you don’t currently have an email address, Google, Yahoo and Hotmail all offer excellent free email hosting. Please make sure that your staffing coordinator has your correct email address and that you are checking your mail regularly. You can always look for the newsletter and other announcements on our web-site at www.WellsBrooke.com.



February Birthdays

Linda Boykin	Charlese Green	Jennifer Lanham	Courtney Vandeielen
Amie Bradley	Katherine Hahn	Julie Liedel	Chandra Williams
Sandra Collins	Elizabeth Hamlet	Cheryl Nagel	
Laura Fouty	Rebecca Hilliker	Kella Vadnais	



Nurses' Corner: Overtime Policy

WellsBrooke takes pride in delivering the best home care possible to our clients. With the welfare, health and safety of our clients and employees in mind, we have established the following policy on overtime.

- 1 No WellsBrooke employee is allowed to work more than forty-eight hours in a one-week time period.



- 2 All overtime must be scheduled through the staffing coordinators and approved by management.
- 3 WellsBrooke schedules are to be maintained by the staffing coordinators. No changes are to be made by the employee or client. Only the staffing coordinators are authorized to make changes.

Failure to abide by this policy will lead to disciplinary action up to and including termination. Thank you for your cooperation in this matter.

Employee of the Month: Diedre Lingham

The following is an excerpt from a letter written by a client about her caregiver, Diedre Lingham:



Sometimes we are in contact with our Guardian Angel, a very personal unique experience that is colored by one's own acquired spiritual wisdom. I honor an earthly guardian angel, sent from heaven, Ms. Deirdre Lingham, for certainly she fits the definition of an angel. Deirdre works as a Home Health Aide with WellsBrooke. Although I have known her for less than a year, she has made a strong impression about the home health care profession and work ethics. She has patience, she is kind, loyal, committed, willing, hard-working, she initiates and listens to her client's needs and always puts her client first. She works her assigned schedule and fills in whenever needed. She is a team player. It takes a special person to provide and care for others. Deirdre is the kind of caregiver anyone would be proud to have. I must say that finally, an angel has come to the forefront: Diedre Lingham. May she continue to serve as an example for others in health care. Congratulations, Diedre Lingham, Employee of the Month!

Sincerely, Ms. M.

Recipe: Miss Hilda's Favorite Chocolate Peanut Butter Pie

Ingredients

- 1 1/2 cups finely ground graham cracker crumbs
- 1 cup finely ground chocolate cookies (Oreos recommended), cream filling removed
- 4 tablespoons (1/2 stick) unsalted butter, melted
- 6 tablespoons granulated sugar
- 4 ounces cream cheese, at room temperature
- 1/4 cup confectioners' sugar
- 2 tablespoons milk
- 4 ounces melted semisweet chocolate
- 2/3 cup smooth peanut butter
- 1 cup heavy cream
- 1/4 cup toasted chopped peanuts
- Rich Chocolate Sauce, for serving

Directions

Preheat the oven to 375 degrees F.

Combine the graham cracker crumbs, chocolate cookie crumbs, butter, and 4 tablespoons of the granulated sugar in a medium bowl. Stir to thoroughly combine. Press the mixture firmly into a 9-inch pie pan and bake for 15 minutes. Remove the pan from the oven, let the crust cool completely, then wrap it with plastic wrap and place the pan in the freezer for at least 1 hour and for up to 2 weeks. Allow the crust to come to room temperature before filling.

Combine the cream cheese, confectioners' sugar, and milk in a large bowl. Beat with an electric mixer until well blended and smooth, about 1 minute on medium speed. Add the melted chocolate and the peanut butter and continue to blend for another minute on medium speed. Combine the cream with the remaining 2 tablespoons granulated sugar in another medium bowl. Beat with a whisk or electric mixer until stiff peaks form. Gently fold the whipped cream into the chocolate and peanut butter mixture until thoroughly incorporated and smooth. Pour the filling into the pie crust. Smooth the top of the pie

with a spatula, cover, and refrigerate for at least 4 hours before serving.

To serve, use a hot wet knife to slice the pie into 8 portions. Garnish with the peanuts and drizzle with the Rich Chocolate Sauce, if desired.

Rich Chocolate Sauce

- 3/4 cup half-and-half
- 8 ounces semisweet chocolate chips
- 1/4 teaspoon pure vanilla extract
- 1 tablespoon unsalted butter



In a small heavy saucepan, bring the half-and-half to a bare simmer over medium-low heat. Remove from the heat.

Place the chocolate in a medium heatproof bowl. Whisk the half-and-half slowly into the chocolate. Add the vanilla and butter to the sauce and whisk until the butter is completely incorporated. The sauce can be kept refrigerated in an airtight container for several days, but it must be returned to room temperature before serving.

— From Food Network.com