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“Making a difference
in the lives of others.”

Wells Brooke

PREMIUM HOME HEALTH CARE®



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Training Schedule:

February 16	CPR Training
February 23	CPR Training
March 3	Bronze Training
March 17	Gold Training

February: Not Just About Hearts and Flowers

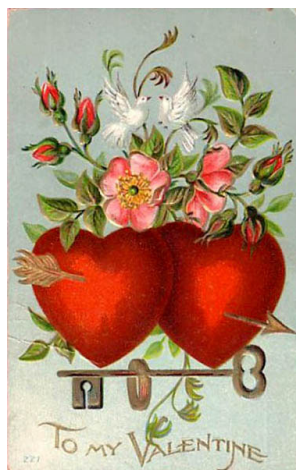
February is not just about Valentine hearts — it's also a time for us to think about our own hearts. Sixty-five percent of women surveyed by the American Heart Association know that heart disease is women's number one health threat. They're also aware that it's the leading cause of death among women. The sad news is that too many women still aren't doing enough to reduce their risk.

Taking action may feel like a daunting task, but research shows that small tweaks can make a big difference. A study of almost 80,000 women found that more than half of all sudden cardiac deaths could have been prevented by staying at a healthy weight, eating well, exercising and not smoking.

So what's in our way? The biggest obstacle women mentioned in the American Heart Association survey: Family obligations and caring for others. In our vocation of home health care, we're all guilty of putting everyone else before ourselves. The survey went on to say that 28 percent articulated that they were too stressed to do what's necessary to protect their hearts. Ironically, exercise, which

strengthens our hearts, also reduces stress.

The survey reveals that women tend to underestimate their personal risk of heart disease. Some women think they don't have to worry about heart disease until they are older; but what we do in our 20's and 30's impacts our risk



later. We all need to know our risk factors, which include: Smoking, high blood pressure and cholesterol, excess weight and waist circumference, lack of exercise, diabetes, and stress.

This month, look at your health and heart and start making small changes to prevent heart disease and heart attack. Get a physical

if you haven't had one and have your blood pressure and cholesterol checked. Quit smoking — there's an abundance of available help with this. Begin exercising by walking around your neighborhood or the mall. Start following a healthy diet and reduce your sodium intake. Check your weight regularly. Practice self-enrichment — get involved in activities at church, school or through your city's recreation department and rely on the support of friends and relatives.

For more heart healthy information, check out the following websites:

- ♥ goredforwomen.org
- ♥ womenheart.org
- ♥ hearttruth.gov
- ♥ sistertosister.org

as well as the February issue of Woman's Day magazine, from which portions of this article were taken.

Again, don't just think about the Valentine heart or your sweetie — take care of your own heart.

Cheryl Nagel

Executive Vice President

February Birthdays

Audrey Arocha	Shannon Dagg	Rebecca Hilliker	Abby Offenburg
Linda Boykin	Amber Giroux	Deahanna Hubbard	Barbara Samson
Holli-Marie Coleman	Lindsay Goff	Jennifer Lanham	Catherine Sommerville
Sandra Collins	Katherine Hahn	Cheryl Nagel	Jennifer Thatcher
			Courtney Vandeilen



Employee of the Month: Deahanna Hubbard



I'm the mom of 2 teenagers. God help me! I started working with the elderly when I was 16 through a school co-op program. I became a CNA when I was 18. My goal is to finish my degree when my children are done with

school, as they have all my free time now. I love being a caregiver because I enjoy helping others.

On a personal note, I was in a situation where I had to have a caregiver for about a

year. I just keep thinking how much it meant when they showed up, gave me a shower or helped prepare my meals. I felt embarrassment at first, but later, a gratitude that I could never explain. This gave me a new perspective on how the person in need feels and it's made me a more humble and compassionate person. I realize how much our clients rely on us. Sometimes just going that extra small step is a very big thing for them, and it's those small things that keep me happy — that's why I love my job. I can have the worst day in the world, but going to work usually makes it better — knowing I made someone's night just by being there.

Nurses' Corner: CPR Training Requirement

Effective January 1, 2011, all WellsBrooke staff must be CPR certified. Many of our employees already are and need only provide proof of certification to the Plymouth office. For those of you not certified or who need re-certification, you must meet this requirement before March 1 or you will be removed from your current assignment until you have done so. All certification cards must be turned in to the staffing coordinators before March 1.

You may take CPR training through WellsBrooke or you local Red Cross or Fire Department. We will be hosting 2 CPR classes on consecutive Wednesdays: **February 16 and 23**. These will take place at the Ply-

mouth location in the basement training room **from 10 am — 1 pm**.

The cost is \$50.00. WellsBrooke will take credit cards, debit and cash. Credit cards accepted are Discover, Mastercard and Visa. Payment must be received before attendance of the course. CPR certification will be good for two years and offers 4 CEU's to skilled staff for re-licensure. Space is limited, so please call 734-468-1770 to reserve your seat.



MHA Course: Pulse and Resp. Management

We are continuing our monthly selected MHA module in 2011 with **Basic Pulse and Respiration Measurement — HHRP 2011**. All names of staff who provide proof of completion of this module during February will be placed in a drawing for a gift card or similarly valued prize. Our January winner was **Debbie Romero** and she will receive a \$25.00 gift card.

Recipe

Heart Healthy Sweet & Spicy Chicken Stir-fry

- ♥ 1 cup brown rice
- ♥ ½ cup apricot preserves
- ♥ 2 Tbsp. cider vinegar
- ♥ 1 Tbsp. grated fresh ginger
- ♥ ¼ to ½ tsp. crushed red pepper flakes
- ♥ 3 tsp. canola oil
- ♥ 1 lb. boneless, skinless chicken breasts, sliced crosswise ¼ in. thick
- ♥ 2 medium carrots, cut into very thin strips
- ♥ ½ lb. snow peas, halved diagonally lengthwise

Cook the rice according to package directions.

Meanwhile, combine the apricot preserves, vinegar, ginger, red pepper flakes and 1 Tbsp. water in a small bowl; set aside.

Heat the oil in a large skillet over medium-high heat. In batches, cook the chicken until golden brown, 1 to 2 minutes per side; transfer to a plate.

Add the carrots, snow peas and remaining tsp. oil and cook, tossing, for 2 minutes. Return the chicken to the skillet, add the apricot mixture and cook until the chicken is cooked through and the vegetables are just tender, 2 to 3 minutes more. Serve over rice.

From *Woman's Day*