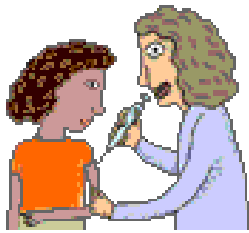
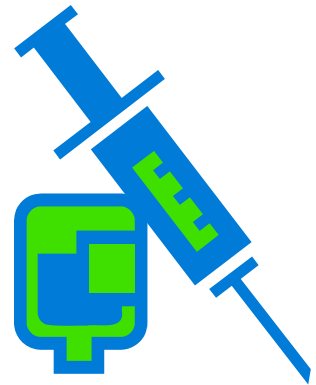


“Making a difference in the lives of others.”



January: Cold and Flu Season

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Cold and flu season is upon us and, contrary to popular belief, Winter does not make you sick. According to the National Institute of Allergy and Infectious disease, cold weather does not give you a cold; it's the increased amount of time we spend breathing germ infested air indoors. One reason cold viruses thrive in winter months is due to dry air. So, what are some things we can do to help ourselves, our families and our clients stay well?

- Hand washing— This is so important, that the Centers for disease control and Prevention made official guidelines stating the use of soap and warm water while scrub-

bing vigorously for at least 20 seconds.

- When to wash your hands—The first thing to do when entering your home or a client's house is to wash your hands. Wash before and after eating a meal or meal prep or touching objects in high traffic areas.
- Get in the habit of cleaning shared items, such as computer keyboards, remote controls and phones.
- Use alcohol based hand sanitizer if unable to wash hands.
- Get a flu shot—The US FDA state that flu vaccinations are effective in preventing the virulent strains of the flu in

70%—90% of healthy adults.

- Use a humidifier— Cold viruses thrive in a dry environment. Make sure to keep moisture in the air.
- Get enough sleep— sleeping 6—8 hours a night is recommended. Not getting enough sleep compromises the immune system.

The 2006 National Center for Health Statistics Survey for US adults found that there are over 1 billion colds a year resulting in more than 50 million lost workdays. You are not only vital to your family, but to WellsBrooke and our clients as well. So Stay Healthy!

Employee of the Month: Rebecca Richards



The staffing coordinators speak highly of Rebecca saying that she is very dependable and helps out whenever her client needs her.

Rebecca is being honored as the employee of the month for the many times that she has gone above and beyond to help cover cases.

Congratulations Rebecca on being our January employee of the month. We are very proud to have you as part of the WellsBrooke team!

Congratulations Rebecca and keep up the good work!

January Birthdays



- | | |
|------------------|----------------------|
| Jessica Borroum | Myesha Lewis |
| Marcella Burns | Paula Montagna |
| Jaquette Culver | Mary Randall |
| Shelly Friedrich | KaRisa Thornton |
| Sherika Gantt | Shanea Turk |
| Cheryl Hartland | Jeniffer VanDen-Boom |
| Demetria Ingram | Kimberly Whalen |
| Yelena Kalinik | |
| Beth Krauziewicz | |

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We're on the web!

www.WellsBrooke.com

Conduct Training Schedule

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