



July: Heat Stroke Awareness Month

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Training Schedule:

<i>July 16</i>	<i>Bronze Training</i>
<i>July 23</i>	<i>Silver Training</i>
<i>August 13</i>	<i>Bronze Training</i>
<i>August 20</i>	<i>Gold Training</i>
<i>September 10</i>	<i>Bronze Training</i>
<i>September 17</i>	<i>Silver Training</i>

Now that summer is starting and the weather is getting warmer, there are a few things aides must be aware of regarding the safety of clients. One of the largest concerns for caregivers in the summertime should be watching for heat stroke in our patients; this is especially important in children and the elderly. Here you will find a few tips from the Center for Disease Control on how to prevent heat stroke:

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how

much you should drink while the weather is hot.

- Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters

in your area.

- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- If you believe someone is suffering from heat stroke, get immediate medical attention



Important Announcement—Office Closed

The office will be closed on: July 3, 2009 and July 4, 2009 in observance of Independence Day. If there is an emergency and you need to speak with someone, please use the on-call phone. The on-call phone will be staffed all day, every day.

July Birthdays



Jessica Adams	Katie Davis	Kelle Harkin	Lisa Rainey
Maria Alcini	Louisa DeFilippi	Angela Hooper	Sheila Regular
Roxanne Allen	Chelsie Denham	Allison Jones	Therese Rubino
Rebecca Ashenfelter	Claire Fisher	Rachel Krug	Lisa Williams
Theresa Bieniewicz	Lisa Gibbs	Julie Loucks	Denise Yancey
Chelsie Coaster	Erica Hammons	Falyn McCree	

Employee of the Month: Gloria Campbell



Gloria Campbell is the employee of the month for July. The staffing coordinators speak highly of Gloria saying that she is very dependable and regularly goes above and beyond the requirements of a home health aide. Some examples of this are helping a client

move into a new home and staying on for 24 hours when another aide couldn't be found.

WellsBrooke is very proud to have Gloria as part of our team. We appreciate all the hard work and dedication she puts into her job. Thanks Gloria!!!

July In-Service Training: Diabetes Education



Please join WellsBrooke on Tuesday July 7, 2009 at 2:00 pm for an in-service training dealing with diabetes education and equipment. This in-service will be presented by Solara Medical Supplies and will last until about 4:00 pm. This training will take place at our Plymouth office in the training room.

Please RSVP to: 734-468-1770 if you are interested in attending.

Nurses Corner: Charting Principles

The principles of charting are:

- Conciseness
- Accuracy
- Completeness
- Organization
- Legibility
- Timeliness
- Confidentiality

In charting it is essential to chart:

- Signs and symptoms
- Client behavior
- Nursing interventions
- Medications given
- Physician orders carried out
- Client teaching
- Client responses



Reminders

- If you have not completed your OSHA test, you must send it with your weekly paperwork to the office ASAP. This includes ALL WellsBrooke employees. If you do not turn this in in a timely manner you will be taken off the schedule.
- Please remember that WellsBrooke has instituted a new TB Testing policy. If you have not sent in TB test results to WellsBrooke, you must do so no later that July 31, 2009. If you need to take a TB test, please contact Marissa at (734) 468—1213.
- In an effort to go green, WellsBrooke will be sending more important information out electronically. Please be sure to check your e-mail frequently and be sure to inform us if there are any changes to your e-mail address.