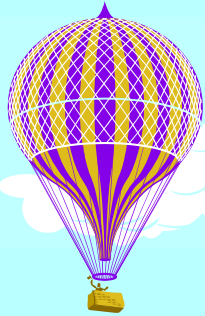


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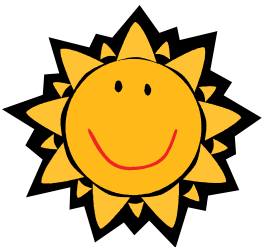
“Making a difference
in the lives of others.”



WellsBrooke
PREMIUM HOME HEALTH CARE

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Training Schedule:

June 24 th	Gold Training
Aug. 12 th	Bronze Training
Aug. 26 th	Silver Training

Michigan Challenge Balloon Festival

The event will take place at Howell High School on June 25 - 27. Balloons launch between 6 and 8 pm, weather permitting. For more info, visit www.michiganchallenge.com.



Planning for Excessive Heat Events

Information for Older Adults and Their Caregivers

Did you know that each year more people die from “excessive heat events” than from hurricanes, lightning, tornadoes, floods and earthquakes combined? Anyone can be adversely affected by excessive heat, but older adults are particularly vulnerable.

Excessive heat events are prolonged periods when temperatures reach 10°F or more above the average high temperature for a region.

Who is At Risk from Extreme Heat?

Older adults, as well as young children, are at high risk from excessive heat events. For the growing number of aging Americans, the body's cooling mechanisms may become impaired. Living alone or being confined to a bed and unable to care for one's self further increases risk.

Existing health conditions such as chronic illness, mental impairment and obesity can also heighten an individual's vulnerability. Persons taking certain medications are likewise susceptible.

Participating in strenuous outdoor activities and consuming

alcohol during unusually hot weather likewise exacerbates heat-related health effects.

How are Excessive Heat and Heat Stroke Related?

Heat stroke, the failure of the body's temperature control system, is the most serious health effect of excessive heat events. When the body loses its ability to cool itself, core body temperature rises rapidly. As a result, heat stroke can cause severe and permanent damage to vital organs.

Victims can be identified by skin that appears hot, dry and red in color. Other warning signs are confusion, hallucinations and aggression.

How Can I Reduce Exposure to Excessive Heat?

The best defense against excessive heat is prevention. Air conditioning is one of the best protective factors against heat-related illness and death. Even a few hours a day in air conditioning can greatly reduce the risk.

During excessive heat events, the following prevention strategies can save lives:

- ☑ Visit air-conditioned buildings in your community if your home is not air conditioned. These may in-

clude senior centers, movie theaters, libraries, shopping malls or designated “cooling centers”.

- ☑ Take a cool shower or bath.
- ☑ Drink lots of fluids. Don't wait until you are thirsty to drink. If a doctor limits your fluid intake, make sure to ask how much to drink when it's hot. Avoid beverages containing caffeine, alcohol, or large amounts of sugar which cause dehydration.
- ☑ Ask your doctor or health care provider if your medications could increase your susceptibility to heat-related illness.
- ☑ Wear lightweight, light-colored and loose-fitting clothing.
- ☑ Visit at-risk individuals at least twice a day, watching for signs such as hot, dry skin, confusion, hallucinations and aggression.
- ☑ Call 9-1-1 if medical attention is needed.

Taken from EPA Fact Sheet
Publication # EPA 100-F-07-025

June Birthdays

Patricia Ardinger	Gary Duquette	Janice Kero	Sarah Lupinski	Fallon Norris
Tiffany Booth-Jones	Drew Franklin	Ronisha King	Lisa Martin	Shana Pero
Herchell Camberlen	Sherry Gast	Tamika Knox	Bridget McGowan	Angela Richey
Donya Clowney	Carey Horvath	Tammy Kulchar	Erin Muir	Connie Scott
				Jamie Tesch



Employee of the Month: Ronisha King



Brooke for the last six months. I want you to know what an asset Ronisha King is. Not only is she a warm and friendly person, but such a good employee for you. She is excellent at her job. I felt I was always a priority when working with her. Even as my balance got better and I was getting more independent, she never took that for granted. If I got up, she would be right there as my shadow, always making sure I was safe and taken care of. I never had to

ask her to do light housework. If I was resting, she would take it upon herself to do laundry, vacuum, etc. I truly believe she made a huge difference with my recovery. She would even help me with my exercises. Employees like Ronisha King need recognition. It's been my pleasure having WellsBrooke because of Ronisha King.

Sincerely,
Barbara and Thomas D.

To Whom It May Concern:
I have been a client of Wells-

Admin Notes: Clients are Our Highest Priority

Just a friendly note: When you have any administrative concerns, such as your pay check or scheduling, please refrain from calling the office when you are with a client. Our clients need for us to pay 100% attention to them and you cannot do that when you are on the phone conducting personal business. We appreciate your cooperation in this matter, as we take it very seriously. Thank you for all the great work you do!

Nurses' Corner: Continuing Ed Hours

It is WellsBrooke's policy that all HHA's successfully complete at least **8 hours of in-service continuing education every 12 months**. Neither WellsBrooke orientation nor yearly OSHA testing applies toward continuing education hours. Employee's in-service continuing education is carefully tracked by coordinators in our StaffMed database along with other QC's. Failure to comply will result in non-utilization of the employee or removal from current assignment until requirements are fulfilled.

In-service hours may be obtained by completing the Bronze, Silver and Gold levels of the WellsBrooke Training and Certification Program, as well as through journaling, participating in online programs, attending conferences and seminars, etc. On the MHHA website where you take your yearly OSHA tests, there are 4 courses that we highly recommend:

- 1 What do I do? Managing Physical and Emotional Symptoms of Dying (HOSP HA2010)
- 2 Approaching Care for Dementia (HHDC 2010)
- 3 Supporting Proper Food and Fluid Intake (HHPF 2010)
- 4 Skin and Wound Care for Health Care Paraprofessional (NASK 2010)

You may also choose other courses of interest to you from the vast array offered. Please check with your staffing coordinator regarding number of hours you need to meet the requirement or any other questions you may have.

Recipe

Rhubarb Cake

- ❖ 2 C. raw rhubarb
- ❖ ½ C. sugar
- ❖ 1 C. milk
- ❖ 1 tsp. baking soda
- ❖ ½ C. shortening
- ❖ 1½ C. sugar
- ❖ 1 egg
- ❖ 1 tsp. vanilla
- ❖ 2 C. all purpose flour
- ❖ 1½ tsp. cinnamon
- ❖ ¼ tsp. salt, or to taste

Combine rhubarb and ½ C. sugar in bowl and set aside. In a separate container, combine milk and baking soda and briefly let set. In a large bowl using an electric mixer, cream shortening and 1½ C. sugar together. Add egg and vanilla, mixing thoroughly. Add dry ingredients (flour, cinnamon and salt), alternating with milk/soda mixture and mix on medium speed until well blended. Using a wooden spoon, add rhubarb and sugar mixture.

In a 9x13 pan, bake at 350° for about 45 minutes or until toothpick, when inserted, comes out clean.

Before serving, sprinkle with powdered sugar. May also be topped with whipped topping and/or sliced strawberries.

From Cheryl Nagel