

**"Making a difference
in the lives of others."**

June 3, 2011
Volume 5, Issue 6

WellsBrooke
PREMIUM HOME HEALTH CARE

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WellsBrooke Recognized by MHHA

Since 2007, WellsBrooke has been a member of the Michigan Home Health Association (MHHA). Through this organization, we have gained access to many helpful services, including educational training.

This comprehensive online training was designed specifically for the home health care industry. Each class features fully interactive curriculum created by the Department of Continuing Education and Workforce Development at Rochester Community and Technical College (RCTC). The RCTCLEARN.NET program offers convenience because the courses can be taken anytime, anywhere. Features include printed certificates, links to further information, and quizzes.

All WellsBrooke employees take online classes through MHHA Home Care University's Long Distance Learning Programs. Company standards require that the equivalent of 8 training hours must be completed within a year. At the time of employment as well as yearly, WellsBrooke employees take OSHA courses through this program. Additionally, we select a MHHA module monthly and staff members who complete the course and send in their certificates are eligible to participate in a prize

Training Schedule:

- June 22 CPR Training
- July 14 Bronze Training
- July 28 Gold Training



drawing. Due to our high expectations and a huge effort by our employees, we logged 1,114 courses in 2010.

At the 2011 MHHA annual conference in May, we were very proud to receive the RCTC Long Distance Learning Award. This award is presented to the home care company in Michigan that takes the most courses in one year. Our colleagues were extremely impressed by our achievement.

The management staff at WellsBrooke is very proud of you all for helping us to attain this award. We are thankful that our staff realizes the importance of continuing education, which enables us to take excellent care of our clients. It was exciting to receive a trophy to display at our corporate office as a reminder that WellsBrooke employees are the absolute best.

Cheryl Nagel

Executive Vice President



Our flag honors those who have fought to protect it, and is a reminder of the sacrifice of our nation's founders and heroes. As the ultimate icon of America's storied history, the Stars and Stripes represents the very best of this nation.

Joe Barton

June Birthdays

Patricia Ardinger	Alison Ebling	Tammy Kulchar	Monica Perez
Karri Bemman	Sharon Ford-Austermiller	Sarah Lupinski	Angela Richey
Tiffany Booth-Jones	Courtney Garland	Janice Luther	Connie Scott
Jessica Brantley	Carey Horvath	Fallon Norris	Ashley Sweet
Herchell Camberlen	Keysha Isaac	Karen Ostheimer	Krist Swint
Gary Duquette	Ronisha King	Stacee Palm	Jamie Tesch



Employee of the Month: Margaret Adegoke



“I have been working in the health care field for eleven years in home health care, acute care, residential care and hospice. I love to help people because I believe that we all need somebody to help us in one way or the other. My philosophy of life is that I don't know what tomorrow will say about me or my loved ones, so I have to give my best to my client or anybody that needs my assistance (compassion, dignity, respect, etc.). The love I have for my job and my experience in this field prompts me to pursue my education in Nursing.”

MHHA Course: Assisting with Activity and Exercise

We are continuing our monthly selected MHHA module in 2011 with **Assisting with Activity and Exercise — HHAEE - 2011**. All names of staff who provide proof of completion of this module during June will be placed in a drawing for a gift card or similarly valued prize. Our May winner was **Breanne Hunter** and she will receive a \$25.00 gift card.

Nurses' Corner: HIPAA Simplified

HIPAA regulations, established by the federal government, require that information about our clients be kept confidential. We are under a legal obligation to follow these rules. This may be more challenging when you are out in the community with clients or when visitors stop by their homes. Sometimes you are caught off guard when someone asks who you are or why you are with your clients. Most of you are an excellent example in this area. However there is always room for improvement. Here are some tips:

- ⊗ Think carefully before speaking to outsiders about your client.

- ⊗ Consider what you will say before confronted with situations that could involve confidentiality.
- ⊗ Make sure important documents are put away when visitors stop by the client's home.
- ⊗ Make it a habit to never discuss your clients with family and friends — it makes it easier to avoid saying too much if you just say nothing.
- ⊗ Put yourself in your client's shoes. Consider how you would feel if your personal medical information was made available to strangers on a regular basis. It may help you to be more diligent in following HIPAA.

Recipe: Classic Texas Caviar

Ingredients

- 2 (15.8 ounce) cans black-eyed peas (or 1 can black beans and 1 can black-eyed peas), drained
- 1 (14.5 ounce) can petite diced tomatoes, drained
- 2 fresh medium jalapenos, stemmed, seeded and minced
- 1 small onion, finely diced
- 1/2 yellow bell pepper, stemmed, seeded and finely diced
- 1/4 cup chopped fresh cilantro
- 6 tablespoons red wine vinegar
- 6 tablespoons olive oil (not extra virgin)
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon garlic powder

- 1 teaspoon dried oregano
- 1 1/2 teaspoons ground cumin

Directions

Mix all ingredients in a medium bowl; cover and refrigerate 2 hours or up to 2 days. Before serving, adjust seasonings to taste, adding extra vinegar, salt and pepper. Transfer to a serving bowl and serve with corn chips or pita crisps.



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