

“Making a difference in the lives of others.”



March: Nutrition Awareness Month

Inside this issue:

- Employee of the Month* 2
- Documentation Tip of the Month* 2
- Reminders* 2
- Birthdays* 2
- Recipe of the Month* 2

Diet fads come and go, some may even help you lose weight in the short term. For National Nutrition Month 2009, the American Dietetic Association says the most effective long-term way to achieve a healthful lifestyle is to be 100% Fad Free.

The lure of quick and easy weight loss is hard to resist. That's especially true for those of us who struggle to make changes that will optimize our health. We may wind up on fad diets that can be harmful to our health in the long run.

The reality is... no "super food" or diet approach can reverse weight gain resulting from overeating and inactivity. And because most fad diets do not teach new eating habits and many require you to give up your favorite foods, people

usually do not stick with them. The ADA encourages everyone to keep in mind these National Nutrition Month key messages to enjoy a 100% Fad-Free lifestyle:

- Develop an eating plan for life-long health. Too often, people adopt the latest food fad rather than focusing on overall health. Get back to basics and use the new Dietary Guidelines for Americans as a guide to healthy eating.
- Choose foods sensibly by looking at the big picture. A single food or meal won't make or break a healthful diet. When consumed in moderation in appropriate portions, all foods can fit into a healthy diet.
- Learn how to spot a food fad. Unreasonable or exaggerated claims that eating (or not eat-

ing) specific foods, nutrient supplements, or combinations of foods may cure disease or offer quick weight loss are key features of fad diets.

· Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

· Food and nutrition misinformation can have harmful effects on your health and well-being, as well as your wallet. Registered Dietitians are uniquely qualified to communicate current and emerging science-based nutrition information and are an instrumental part of developing a diet plan that meets your individual needs.

Training Schedule

<i>March 12</i>	<i>Bronze Training</i>
<i>March 19</i>	<i>Silver Training</i>
<i>April 9</i>	<i>Bronze Training</i>
<i>April 16</i>	<i>Gold Training</i>
<i>May 14</i>	<i>Bronze Training</i>

Supporting Our Troops

Deborah Welch is a Staffing Coordinator at Wellsbrooke and her father, Thomas, is serving in Iraq as Asst Chief at Ar Ramadi about 60 miles west of Baghdad. At Christmas time Wellsbrooke employees collected donations and purchased gifts for Asst Chief Welch and the Fire Rescue Group.

Wellsbrooke recently received a Thank You card, a commemorative coin and a US Flag that “was proudly flown at Forward Operating Base Camp Ar Ramadi, Iraq” December 25, 2008.

Thomas is a member of the Fire Rescue group that – as the coin reads – “The Dog Pound” “We Fight What You Fear”. All of us were thrilled with the gifts and we will continue to **Support our Troops!**



Employee of the Month: Patricia Taylor



The employee of the month for March is Patricia Taylor. Patricia has been a great help to WellsBrooke by helping out on several very difficult cases. Even when a case is out of her way, she will help cover a shift if asked.

As one staffing coordinator

said “We wouldn’t have been able to provide coverage on several cases without Pat’s help”.

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

March Birthdays



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|-------------------|-----------------|
| Rochelle Anderson | Zoe Mcunu |
| Karen Colombo | Anna Minott |
| Grant Dilworth | Reta Oblinger |
| Stephanie Fraser | Maulik Pancholi |
| Lindsey Griffith | Mary Pellow |
| Cathleen Gross | |

Documentation Tip of the Month

Not Documented, Not Done

If you didn’t document it, you didn’t do it!

Document thoroughly and carefully. It is difficult to prove what you have done, if it is not recorded in written form. Notes can show attention to, or lack of attention to, client care. Please complete documentation at the end of each shift. Your documentation is a reflection of you and your care giving.



Recipe: No Bake Peanut Butter Balls

Ingredients:

- 1/2 cup peanut butter
- 1/2 cup honey
- 1 cup crushed corn flakes cereal
- 2 tablespoons powdered milk

Directions:

- Set corn flakes aside.
- Mix all other ingredients well.
- Roll into balls.
- Then roll again in Cornflakes until covered.
- Refrigerate leftovers!!



Reminders:

- The WellsBrooke Care-giver Retreat will be held Thursday March 19 in Okemos, MI. For more information and to reserve a space, please contact Sherry at (517) 507-3222 or download the brochure at www.wellsbrooke.com.
- CPR/BCLS classes are starting soon. Call and reserve your spot today. Contact Justin @ (734) 525—5751 for more information.
- Please remember that the on-call phone is for emergencies only. If you have an issue that can wait, such as checking the schedule, please call the office between 9 am – 5 pm.
- Please remember that WellsBrooke has instituted a new TB Testing policy. If you have not sent in TB results to WellsBrooke, you must do so no later that July 31, 2009. If you need to go in for your TB test, please contact Marissa at (734) 468—1213.