

March 5, 2010

“Making a difference in the lives of others.”

Volume 4, Issue 3

Wells Brooke

PREMIUM HOME HEALTH CARE®



March Madness!

Inside this issue:

| | |
|--|---|
| Birthdays | 2 |
| Employee of the Month — Ranelle Church | 2 |
| Nurses' Corner — US Census | 2 |
| Recipe of the Month — Irish Farmhouse Soup | 2 |
| Payroll Tips — Forms | 2 |

Training Schedule:

| | |
|----------|-----------------|
| April 15 | Bronze Training |
| April 29 | Silver Training |



March looks like it's coming in like a lamb, and then Spring follows in just 3 weeks. So why would we be mad? If you are the least bit into sports, you know that March is when all the college basketball teams try to make it to the final four and hopefully win the championship. If you're following a particular team that's not doing well, that can really make you mad!

Sunday, March 14th, marks the beginning of **Daylight Savings Time**. Don't forget to "spring forward" by setting your clocks one hour ahead.

Daylight Savings Time can take quite a toll on our sleeping schedule. Are you getting enough sleep? According to an Institute of Medicine study, about 50 million Americans aren't. That might explain people running late for work, car accidents and bad moods. The appropriate amount of sleep is so important to our health, yet sometimes we get caught up in taking care of everyone else and forget to pay attention to our own well being.

Here are some tips to help in regulating sleep patterns:

☘ **Go to bed** and get up at the same time every day, even on your days off. This helps to regulate the internal clock.

☘ **Establish a relaxing bedtime routine** such as taking a warm bubble bath, doing some light reading, or listening to pleasant music. A cup of herbal tea is very calming before bed.

☘ **Avoid stimulants** such as caffeine and nicotine from late afternoon on. Be careful taking over-the-counter cold medicines, which can be full of stimulants.

☘ **Squeeze in a daytime fitness routine**. It sounds crazy, but surveys show that regular exercisers fall asleep faster and sleep longer.

☘ **Get help**, if sleep problems keep you from functioning normally during the day. For information, call the National Sleep Foundation at 1-888-673-7533.

St. Patrick's Day is celebrated on March 17th. Whether or not you're Irish, if you plan on partying, please make sure you've made arrangements with your staffing coordinator and, as always, be safe.

Spring officially begins on March 20th, and hopefully the weather will begin to cooperate. We'll have longer, sunny days and all of us will have made it through another Michigan winter. We look forward to warmer temperatures, flowers, green grass, and to leaving this chilly, troublesome white stuff behind! We are grateful for all of you who have chosen to be a part of our team. Thanks for traveling through the snow to your shifts and for your continued dedication in caring for our clients. We look forward to having a beautiful Spring and to the continued growth of Wells-Brooke.

Cheryl Nagel

Executive Director

Irish Blessing: May your neighbors respect you, troubles neglect you, the angels protect you, and Heaven accept you.

March Birthdays



Grant Dilworth

Lisa Dupre

Stephanie Fraser

Libby Holt

Susan Johnson-Jaworski

Linda Laginess

Reta Oblinger

Roseanne Reska

Marissa Tesolin

Beki Trefil

Ann Warren

Amanda Wheeker

Employee of the Month: Ranelle Church

Our Employee of the Month for March is Ranelle Church. According to Ashley Bolish, Staffing Coordinator, "She was chosen because of her hard work and willingness to go the extra mile for her clients." A Bronze Level caregiver, Ranelle enjoys the variety of people she meets in her job, both clients and staff.

She grew up in a big family in Clio, MI, and a bit of news that her family must be excited about is that Ranelle is getting married in October! She's a great fan of the outdoors (her favorite pastimes include camping and sports) and because of her outdoorsy nature, Ranelle would love to spend time in Canada someday so that she can take in all the magnificent mountain scenery.

Thanks, Ranelle for your great care of your clients and for making WellsBrooke shine!



Nurses' Corner: United States Census

In March, the US Census Department will be sending out forms to all households to be completed for the 2010 Census. It is important for everyone to fill out the forms, since funding for many programs is based upon the number of people living in a given area.

According to the Tri-County Office on Aging, here are some ways that WellsBrooke staff can help clients, as well as other older adults and disabled persons:

- 1 Educate yourself on the importance of completing the Census for clients, family and friends.
- 2 Stress the confidentiality of the Census. No names are shared with any other agency, including the Department of Human Services, law enforcement or Immigration.
- 3 Remind clients about the Census and, if asked, help them complete the forms for the household.



If Census forms are not returned in a timely manner, a Census worker will call and then follow up with a personal visit in May.

Payroll Tips: Download Paperwork from Web



Ever run out of Timesheets or Progress Notes? You've called the office to let them know that your case is out of paperwork and it hasn't arrived yet? Not to worry! You can log onto www.wellsbrooke.com and click on **Helpful Links**; a dropdown menu will appear; choose **Employee Forms**. Select the form that you need and print away!!

Recipe

IRISH FARM HOUSE SOUP

- ❖ 2 lbs stew beef, in 1 1/2" cubes
- ❖ 3 quarts water or beef stock
- ❖ 1/2 cup quick cooking (or pre-cooked dry) split peas
- ❖ 1/2 cup barley
- ❖ 1 bay leaf (optional)
- ❖ 1 onion, thinly sliced
- ❖ 1 leek, thinly sliced
- ❖ 2 carrots, thinly sliced
- ❖ 1 turnip, thinly sliced
- ❖ 1 parsnip, thinly sliced (optional)
- ❖ 1 celery stalk, thinly sliced
- ❖ 1/2 head cabbage (Savoy, if available)
- ❖ 3 lbs potatoes
- ❖ Sea salt and pepper, to taste

Wash, peel and chop all vegetables except potatoes and cabbage.

Wash barley. Put everything into the pot and cover with water or beef stock.

Bring to a boil for 1 minute; reduce heat to low and simmer over low heat for 3 hours.

While the soup is simmering, wash cabbage, remove the core and finely shred. When the soup has been simmering for 2 1/2 hours or about 30 minutes before serving, stir in the shredded cabbage. Peel the potatoes, quarter and boil or steam until tender. When the potatoes are tender, drain them well; return them to the hot pan and shake over heat to dry out.

Put the potatoes in soup bowls with vegetables and broth. Sprinkle with a pinch of finely chopped fresh parsley and serve. - *Cooks.com*