



# WellsBrooke

PREMIUM HOME HEALTH CARE®

## March: National Brain Injury Awareness Month

### Inside This Issue:

|   |   |
|---|---|
| March Birthdays                                       | 2 |
| Employee of the Month —<br>Stephanie Brown            | 2 |
| Nurses' Corner — CPR<br>Training Requirement          | 2 |
| MHHA Course — Basic<br>Blood Pressure Manage-<br>ment | 2 |
| Recipe of the Month —<br>Loaded Baked Potato<br>Soup  | 2 |



### Training Schedule:

|          |                 |
|----------|-----------------|
| March 3  | Bronze Training |
| March 17 | Gold Training   |
| March 21 | CPR Training    |

Did you know that every 23 seconds someone sustains a traumatic brain injury (TBI) in the United States? Approximately 1.4 million occur each year and out of those, 50,000 people die, 235,000 are hospitalized and over 1 million are treated and released, according to the Brain Injury Association of America. To raise awareness of traumatic brain injury, the Brain Injury Association of America recognizes National Brain Injury Awareness Month in March. We at WellsBrooke want to do our part to keep you informed regarding brain injury and determine how we can take even better care of our clients or family members who may suffer from a TBI.

What is a traumatic brain injury? This occurs when a blow or jolt hits the head hard enough to cause the brain to move within the skull or the skull breaks and the brain is directly impacted. When this happens, the injury disrupts the normal brain function. Not all head injuries result in brain dysfunction. A TBI can cause both short-term and long-term problems, involving impairment of cognitive abilities, physical functioning or both. Brain injury is very complex because no two impairments are the same. How a person

reacts to this type of trauma is unique. The cause, location and severity are factors in how a person handles a brain injury.

### Tips for Caregivers

- ☑ Establish a daily routine for the client.
- ☑ Make sure that all caregivers understand and reinforce the care plan.
- ☑ Allow the client some choices and control.
- ☑ Develop strategies to compensate for deficits — use journals, day planners, watches and alarms, calendars and medication dispensers.
- ☑ Role-play to develop appropriate social skills.
- ☑ Have the person wear an identification bracelet or medical alert jewelry in case of emergency.
- ☑ Establish strengths and always praise good performance to enhance self-esteem.
- ☑ Don't overlook the value of recreation. Some recreation departments have activities specifically designed for their disability.

WellsBrooke is a member of the Brain Injury Associa-

tion of Michigan and goes to conferences and fundraisers throughout the year. We are currently participating in a local fundraiser for one of our more recent brain trauma clients. The SUPER-JESS Bowling Fundraiser is on March 18<sup>th</sup>. WellsBrooke has a good turnout and we've collected money to donate a basket for the raffle. To find out more about Jesse and how you can help, visit [www.carepages.com](http://www.carepages.com) and search for "superjess".

If you or the family member of a client have any questions regarding TBI, please contact the WellsBrooke Plymouth office. For more information, go to the Brain Injury Association of America website at [www.biausa.org](http://www.biausa.org) or the Brain Injury Association of Michigan website at [www.biami.org](http://www.biami.org).

This month and always, let's be more tuned in to our clients with brain injuries and do our part to give them the care and encouragement they need.

*Cheryl Nagel*

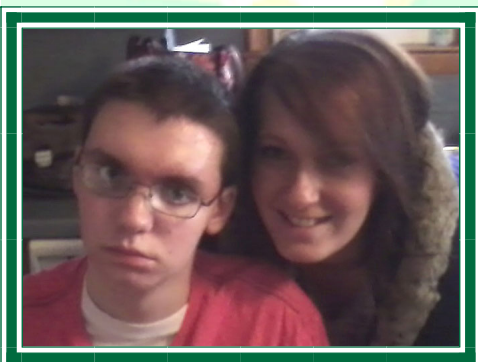
Executive Vice President

## March Birthdays

|                           |                  |                 |                |
|---------------------------|------------------|-----------------|----------------|
| Aquila Buffington-Shepard | Angela Ellison   | Linda Laginess  | Debera Thomas  |
| Cassandra Clark           | Stephanie Fraser | Anna Minott     | Beki Trefil    |
| Rachel Cleary             | Eva Hatfield     | Siedah Munerlyn | Ann Warren     |
| Melissa Combs             | Latoya Hazelwood | Reta Oblinger   | Amanda Wheeler |
| Grant Dilworth            | Elizabeth Holt   | Marissa Tesolin |                |



## Employee of the Month: Stephanie Brown



Mary Drew, the mother of our client, Webb Drew, wrote this nice note regarding our Employee of the Month, Stephanie Brown.

Stephanie has been assisting my son just over a month and we love her! She travels with him to his therapy appointments, gets him ready in the morning, works with him at home on the days he doesn't have therapy, and today, since the transportation forgot to pick them up, she was more than happy to use her own car and gas to get him to and from Ann Arbor for his scheduled appointments. She takes great pride in caring for her patients.

*WellsBrooke wants to thank Stephanie for taking great care of Webb and for going the extra mile when needed.*

## Recipe

### Loaded Baked Potato Soup

- 12 oz. Applewood smoked bacon
- 4 stalks celery finely diced
- 2 large carrots, peeled and diced
- 1 jalapeno, seeded, membrane removed and finely chopped
- 1 large onion, finely chopped
- ½ Cup red bell pepper, chopped
- 4 cloves garlic, minced
- 1 cup sliced Canadian bacon or ham
- 32 oz. chicken broth
- 6 oz. half and half
- 10 med. baked potatoes, peeled and mashed
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ Cup milk
- 4 oz. sour cream
- 1½ Cups shredded cheddar cheese
- ½ Cup sour cream
- 1 Cup shredded cheddar cheese
- 1 Cup sliced green onion tops

Heat large dutch oven over medium heat. Cut bacon into pieces and cook until crisp. Transfer bacon to a paper towel lined plate. Discard bacon fat, reserving 2 Tablespoons to sauté veggies. Sauté celery, carrots, jalapeno, onion and bell pepper in bacon fat, stirring often until softened. Stir in garlic and ham; cook for 3 more minutes. Stir in chicken broth and half and half.

Place mashed potatoes in an electric mixer. Mix on medium speed adding salt, pepper and milk. Stir mashed potatoes into soup until combined. Heat for 10 minutes.

Stir in sour cream and cheese until smooth. Season with additional salt and pepper to taste. Simmer on low until ready to serve. Top with sour cream, bacon, cheese and green onion.

## Nurses' Corner: CPR Training Requirement

Effective January 1, 2011, all WellsBrooke staff must be CPR certified. Many of our employees already are and need only provide proof of certification to the Plymouth office. For those not meeting this criteria, WellsBrooke has extended the grace period, provided you are enrolled in a class by the beginning of March. Otherwise, you will be removed from your current assignment until you have done so. All certification cards must be turned in to the staffing coordinators .

You may take CPR training through WellsBrooke or you local Red Cross or Fire Department. We will be hosting a CPR class on Monday, **March 21st** at the Plymouth location in the basement training room **from**

**1— 4 pm.**

The cost is \$50.00. WellsBrooke will take credit cards, debit and cash. Credit cards accepted are Discover, Mastercard and Visa. Payment must be received before attendance of the course. CPR certification will be good for two years and offers 4 CEU's to skilled staff for re-licensure. Space is limited, so please call 734-468-1770 to reserve your seat.



## MHHA Course: Basic Blood Pressure Measurement

We are continuing our monthly selected MHHA module in 2011 with **Basic Blood Pressure Measurement — HHBP 2011**. All names of staff who provide proof of completion of this module during March will be placed in a drawing for a gift card or similarly valued prize. Our February winner was **Heather Keeth** and she will receive a \$25.00 gift card.