



## CELEBRATING PATRIOTISM!

"Making A difference in the lives of others"

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With our country's Independence Day coming soon (July 4), our minds turn to all the sacrifices that have been made to preserve our freedom. The American flag is a well-regarded symbol of that freedom and sacrifice. Many are moved to tears when a flag is displayed at a parade or special event. But most of us aren't familiar with "the code of conduct" regarding the flag. Here are a few rules from the code:

- The federal flag code says the universal custom is to display the

U.S. flag from sunrise to sunset, but if you would like to display it around the clock, it should be properly lighted during hours of darkness.

- The flag should not be displayed during bad weather, unless it is an all weather flag.
- The flag should never touch the ground.
- Do not fly the flag upside down unless there is an emergency.

- Do not use the flag as clothing.
- Do not store the flag where it can get dirty.

This is a perfect time to demonstrate your respect for the flag.



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**We're on the Web!**  
**www. Wellsbrooke.com**



With the seasonal heat and summer vacations, everyone is trying to "stay cool". And, as you know, too much heat can be dangerous to your health.

Try these ideas:

1. Wear a hat to keep the

## Keep your cool!

1. sun off your head and neck.
2. Drink plenty of water; don't wait until you're thirsty.
3. When in the sun, take breaks in the shade or air conditioning to avoid heat stroke.
4. Plan outdoor activities early in the morning or later in the evening.
5. Remember, pets need to stay cool, too. Offer them shade and water regularly.

## “Wave the Flag” Cheesecake

- 1 qt. strawberries (about 4 cups), divided
- 1-1/2 cups boiling water
- 1 pkg. (8-serving size) or 2 pkg. (4-serving size each) JELL-O Brand Gelatin, any red flavor
- Ice cubes
- 1 cup cold water
- 1 pkg. (12 oz.) pound cake, cut into 10 slices
- 1-1/3 cups blueberries, divided
- 1 tub (8 oz.) COOL WHIP Whipped Topping, thawed

SLICE 1 cup of the strawberries; set aside. Halve remaining strawberries; set aside.



STIR boiling water into dry gelatin mix in large bowl for 2 minutes until completely dissolved. Add enough ice to cold water to measure 2 cups.

Add to gelatin; stir until ice is melted. Refrigerate 5 minutes or until slightly thickened (consistency of unbeaten egg whites). Meanwhile, line bottom of 13x9-inch dish with cake slices. Add sliced strawberries and 1 cup of the blueberries to thickened gelatin; stir gently. Spoon over cake slices.

REFRIGERATE 4 hours or until firm. Spread whipped topping over gelatin. Arrange strawberry halves on whipped topping for "stripes" of "flag." Arrange remaining 1/3 cup blueberries on whipped topping for "stars." Store leftovers in fridge.

Sarah Heckaman, High Tech Aide, has been a lifesaver in the Hillsdale area over the last few months. Sarah started working for WellsBrooke when a new case opened in the Hillsdale area. When other cases in the area also became

available, not only did Sarah immediately volunteer to fill the gaps, she was quickly eager to learn the case coordinator duties and take on that as well. The staffing coordinators and management at WellsBrooke are proud to call Sarah the June Employee of the Month!

***Congratulations, Sarah!***

**Sarah Heckaman,  
HTA, Employee of  
the Month**



## Happy Birthday!

Herchell Camberlen  
Carolyn Comstock  
Laurie Crotser  
Rubette Dampier  
Tiffany Jones  
Sarah Lupinski

Lisa Martin  
Shana Pero  
Connie Scott  
Lena Stratton  
Mary Whalen

## HIPAA: Plain and Simple

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.

## Prescription Savings

At WellsBrooke, we want to do our part to help make healthcare affordable for you.

The Wal-Mart Prescription Drug program offers hundreds of drugs for the low cost of \$4.00 per prescription! If you have not checked out their list of four dollar medications, go to the Wal-Mart website at

[www.Walmart.com](http://www.Walmart.com) for a pleasant surprise! Many cardiac, diabetes, allergy, and anti-depressant drugs are included!

Another program that many are not aware of is the free prescription program.



Contact Luanne Berk in the office (734-742-0167) to request a brochure about this program or go to the website at [www.FreeMedicine.com](http://www.FreeMedicine.com)

There are specific requirements to qualify.

## Congrats and Upcoming Trainings



**Congratulations** to all those who have completed the **Bronze level** caregiver training program!

We are offering two consecutive **Silver level** training courses soon. The first one is scheduled for Thursday, July 19. The second one is scheduled for Thursday August 16.

Please contact Luanne Berk if you have completed the Bronze and are interested in attending one of these programs. Invitations are being sent out ASAP. Hope to see you there!