

WellsBrooke

PREMIUM HOME CARE SOLUTIONS SM

"Making a difference in the lives of others."

The Great American Smokeout: November 15

The Great American Smokeout is a day set aside nationwide for those who would like to quit smoking. It is a day when you can make contact with others who are also struggling to quit and work together to reach your goal.

Quitting smoking is NOT easy, but you can do it. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help. Here are some organizations that can help:

1. **American Heart Association & American Stroke Association**
Telephone: 1-800-242-8721
Telephone: 1-888-478-7653
www.amhrt.org
www.strokeassociation.org
2. **American Lung Association**
Telephone: 1-800-548-8252
www.lungusa.org
3. **Smokefree.gov**
Online materials, including info on state telephone-based programs
Telephone: 1-800-784-8669
www.smokefree.gov

WellsBrooke's Non-Smoking Policy

Please remember as a WellsBrooke employee, you are expected to comply with our non-smoking policy as stated in our handbook::



When Smokers Quit – What Are the Benefits Over Time?

20 minutes after quitting:
Your heart rate and blood pressure drops.

12 hours after quitting: The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.

1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

"For the good health of all employees and visitors, smoking is prohibited inside all facilities and client locations."



The U.S. Surgeon General has stated, "Smoking cessation (stopping smoking) represents the single most important step that smokers can take to enhance the length and quality of their lives."

1 year after quitting:

The excess risk of coronary heart disease is half that of a smoker's.

5 years after quitting:

Your stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting.

10 years after quitting:

The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease.

15 years after quitting:

The risk of coronary heart disease is that of a nonsmoker's.

Smoking compromises your health in many ways. Don't delay the benefits of becoming a NON-smoker.

Join the movement to kick the habit!

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We're on the Web!

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Meet Your Coordinators: Erin Krey

Nothing about Erin Krey is plain or simple. She is a woman of many interests and talents, and she has a passion about life that comes through in everything she does.

Erin has been a staffing coordinator with WellsBrooke since March 2007. Previously, she spent many years in the field taking care of others, including those with developmental disabilities. Erin lives in the Westland area with her husband, Michael, of 4 years, who works at Murray's. She says they initially became friends because of their mutual love for Star Wars and comic books — among other things.

You might say Erin is a "tree hugger"—she loves the wilderness. As a matter of fact, she and her husband spend a great deal of time hiking various parks



Erin and husband, Michael.

and reserves throughout the state.

Her love for nature is a wonderful complement to her love of photography. Erin loves to use her camera to document her trips and the beautiful landscapes that she has traveled. She also enjoys shooting photos of "real people doing real things". She says

that she prefers to give her photos an artistic angle—making them even more unique.

Erin doesn't limit her affection to her husband—she also has a cute little, seven pound, furry, white dog—a mutt— named "Boo". She was named after the adorable little girl in the movie, "Monsters, Inc."

Erin has developed some excellent skills in scrapbooking, crocheting, stamping, and sewing. Many of her skills were picked up in the time she spent as an event coordinator at Michael's. Watch out, Martha Stewart!

As a staffing coordinator for WellsBrooke, Erin is known as a hard worker who can juggle many things at once and still get the job done — whatever it takes.

WellsBrooke is lucky to have Erin as a staffing coordinator!



Employee of the Month: Kimberly Pope

Kimberly Pope loves her job, and it shows! She says that she thoroughly enjoys

making her client happy and "if her client is happy, everybody's happy". What a wonderful motto!

Kimberly has been with WellsBrooke since April of this year. She consistently exhibits an outstanding attendance record, is always early for her shifts, never asks for time off, but is

known for covering many call offs whenever she is needed.

Kim is a warm, compassionate person who always puts her client's needs first, but is also skilled at multi-tasking. And anyone who knows her can attest to her talent as a cook, which translates into delicious meals for her client.

Most impressive of all is that Kimberly exhibits a positive attitude no matter what may be going on around her.

She continues to be a vital asset to her client's care, and we are proud to call her employee of the month for November!



Congratulations Kimberly!



Happy Birthday to You!

- Tabisha Ali
- Laverne Bailey
- Sally Bailey
- Clarice Bunting
- Susan Haggard
- Linda Handy

- Justin Kime
- Stephanie McGregor
- Susannah Oben
- Tim O'Connor
- Michelle Patterson
- Priscilla Rockett

- Shannon Russell
- Judith Whorton
- Mykia Wooten
- Janet Wright



Welcome, Melissa Chmura!



We are proud to welcome **Melissa Chmura, LPN**, as our new Client Services Supervisor! She will be supervising the staffing coordinators along with overseeing the care of our clients.

Melissa has experience in home health care both as an aide and a nurse. Her experience includes working in nursing facilities with elderly along with providing care for patients with spinal cord injuries in their homes. Her broad knowledge and experience are great assets to our growing WellsBrooke team.

Melissa is a down-to-earth, family-oriented nurse who has a passion about giving patients the care they deserve. As a result, she believes that excellent, ongoing communication between aides in the field (you) and the WellsBrooke office staff is crucial.

She wants to know what is going on with your client, and with you, so that she can be as helpful as possible. She also has a strong desire to stay on top of potential conflicts and resolve them quickly.

Even though her position at WellsBrooke can be challenging at times, Melissa also has her hands full at home. In addition to her husband Dave, she has 3 active boys: Tyler, 8; Josh, 7; and Ryan, 2. Their interests

include basketball, baseball, Boy Scouts, and fishing with dad. Recently, Melissa also was nominated to be Den leader for the Boy Scout troop, which has added another level of excitement to her already busy life!

Welcome, Melissa!

Holiday Coverage



With the holiday season fast approaching, we would like to address scheduling issues. As you know, in the healthcare industry, it is impossible for everyone to have every holiday off.

Therefore, WellsBrooke would like to ask that aides volunteer for holiday shifts, and any shifts that are left unstaffed will be assigned by the office after considering the previous year's holiday schedule.

Holiday shifts are as follows: Thanksgiving Day, Christmas Eve/Day, New Year's Eve/Day. (Not all shifts are paid at the holiday rate.)

As for Thanksgiving; it's one day — let's try to work together. If you didn't work it last year, please work it this year and give others a chance to enjoy it, too. Holiday shift assignments will not be the same as your "normal" scheduled shifts. Of course, we also ask that you make any child care changes, as needed.

In addition, any call offs over the holidays will be grounds for immediate disciplinary action, up to, and including termination.

We all must work together to try to make our clients' holidays as pleasant as we would like our own to be.



It's Holiday Party Time! December 4

Mark your calendars for December 4. WellsBrooke will once again be hosting a holiday party for clients and field staff. The celebration will take place at a restaurant near our Plymouth office. Watch for details in your paycheck mailings. RSV is required.

The Smock Closet

Do you have some scrubs that you no longer wear? Do you have friends or family that might have an extra set of scrubs they don't need?

WellBrooke is taking donations! In order to provide scrubs to some of our newer aides or those who need some extra assistance, we are asking other employees, friends, neighbors, and relatives to donate scrubs. Perhaps you have lost weight or have some extras you wouldn't mind offering to someone else. If so, contact the office and let us know. All that we ask is that you only donate items that are in good condition.

We will have more information on this in upcoming newsletters. If you have any questions, contact Laura Welsh at 734-468-1770 or email at lwelsh@wellsbrooke.com

Affordable Prescriptions

Check out this state sponsored website to find the least expensive location to purchase your prescription drugs:

MichiganDrugPrices.com

This site allows you to search based on your location for the most affordable drugs in your area. And don't forget, Walmart still offers many drugs for 4 dollars per prescription!





Who should get a flu shot?

There are many *myths* about influenza (flu) which lead many to choose **NOT** to have a flu shot. Some myths include: “Flu is not a serious disease; the flu shot can cause the flu”; or “the flu shot doesn’t work.”

According to the Centers for Disease Control and Prevention (CDC), *none of these statements are true!* The truth is: Influenza (flu) is a serious disease of the nose, throat, and lungs, and it can lead to pneumonia. Each year about 200,000 people in the U.S. are hospitalized and about 36,000 people die because of the flu. Most who die are 65 years and older. But small children less than 2 years old are as likely as those over 65 to have to go to the hospital because of the flu. The flu shot *cannot* cause the flu. Some people get a little soreness or redness where they get the shot. It goes away in a day or two. Serious problems from the flu shot are very rare. And, most of the time the flu shot will prevent the flu. In scientific studies, the effectiveness of the flu shot has ranged from 70% to 90% when there is a good match between circulating viruses and those in the vaccine. ***Getting the vaccine is your best protection against this disease.***

The CDC recommends annual vaccination against influenza for targeted groups listed below:

- all persons, including school-aged children, who want to reduce the risk of becoming ill with influenza or of transmitting influenza to others;
- all children aged 6–59 months (i.e., 6 months–4 years);
- all persons aged 50 years and older;
- Children and adolescents (aged 6 months–18 years) receiving long-term aspirin therapy who therefore might be at risk for experiencing Reye syndrome after influenza virus infection;
- women who will be pregnant during the influenza season;
- adults and children who have chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, hematological or metabolic disorders (including diabetes mellitus);
- adults and children who have immunosuppression (including immunosuppression caused by medications or by human immunodeficiency virus);
- adults and children who have any condition (e.g., cognitive dysfunction, spinal cord injuries, seizure disorders, or other neuromuscular disorders) that can compromise respiratory function or the handling of respiratory secretions or that can increase the risk for aspiration;
- residents of nursing homes and other chronic-care facilities;
- health-care personnel;
- healthy household contacts (including children) and caregivers of children aged <5 years and adults aged 50 years and older, with particular emphasis on vaccinating contacts of children aged <6 months; and healthy household contacts (including children) and caregivers of persons with medical conditions that put them at higher risk for severe complications from influenza.

As an employee of WellsBrooke, you do fall under at least one (or more) category on the list above (health care personnel). If you are interested in being vaccinated against flu, check out some of these area businesses/organizations that offer flu shots (times and locations vary):

- All 26 Concentra locations — 25\$ —see www.Concentra.com or call 734-513-2000
- Kroger locations—\$24.99 — see www.Kroger.com
- CVS Pharmacies—\$30 — see www.CVS.com or call 1-800-746-7287
- Meijer — \$30— www.Meijer.com—Go to Pharmacy/In-Store Clinic Schedules
- Your personal Healthcare provider (doctor, nurse practitioner, etc.)
- Many local churches—check with those in your area

