



- ▶ THE HEALING ZONE..... 1
- ▶ CELEBRATE EARTH DAY..... 2
- ▶ WHAT IS CAREGIVER STRESS?..... 2
- ▶ EMPLOYEE SPOTLIGHT..... 2
- ▶ CPR CLASS..... 3
- ▶ EMPLOYEE CELEBRATIONS..... 3
- ▶ HEALTHY LIVING TIPS..... 3
- ▶ HEART NOTES..... 4
- ▶ HOME HEALTH CARE IS ESSENTIAL..... 4



SECOND QUARTER
APRIL 2009

Home Health *focus*



ADDRESSING THE CHALLENGES OF HOME HEALTH NURSES
AND THEIR PATIENTS

The HEALING zone

Healing doesn't really begin until active treatment has ended. And once you enter what some call "the healing zone," you can be there for a long time. You may never heal completely, but your goal is to heal as optimally as you can.

And as your body works to recover its health, don't accept more pain, fatigue or disability than you need to. Even recovering from a chronic illness, such as arthritis, offers the chance to improve your overall quality of life.

If you have been ill, once you leave the hospital, you actively need to reverse patterns from being in the hospital, where you were bedridden, ate whatever and whenever they wanted and slept for a large portion of the day.

You may need to be less active than what your normal life was before because you're tired and your appetite has been affected. You need to rebuild your strength in ways that are especially tailored to healing. For instance, don't push a lawn mower that will just wear you out. Instead, choose therapeutic activities that build strength and endurance like taking long walks and doing gentle strengthening exercises.

The following factors can aid in recovery:

- ♥ **Exercise/Physical activity:** Get a pedometer. Add 500 steps per day each week until you get up to 10,000 per day.
- ♥ **Diet which will give you the energy to heal:** "Eat five times per day. Watch portion sizes. This approach will keep

Continued on page 3



Competent Care BUCKS

Look in your pay envelope and you just might find a surprise. Starting April 1, employees who go OVER AND BEYOND will receive Competent Care Bucks to let you know how much we appreciate what you do. Spend them now or save them for a larger gift card later. They will be given retroactively from January 1, 2009 (we've been keeping track) for those of you who have:

- ♥ Referred someone who became our patient
- ♥ Took a shift at the last minute
- ♥ Turned in your notes on time consistently (Monday at 4:00 p.m.)
- ♥ Attended an inservice at our office

Celebrate EARTH day

In 1970, Gaylord Nelson of Wisconsin proclaimed April 22 to be "Earth Day." Earth Day 1970 became the largest organized demonstration in US history. More than 20 million people participated in the event that gave birth to the modern environmental movement.

Today Earth Day is celebrated around the world with marches, rallies, concerts, festivals, clean-ups, planting and other events.

Contact your local municipal office, library or community center to see if events are planned and join in!

Can't find an event or activity in your community? There are many Earth Day web pages to help you get involved.

Learn about recycling, composting, protecting our forests and wildlife and the



simple things even kids can do to help. Every little bit helps!

Learn how to recycle and reuse at www.globalstewards.org.

Learn about composting at www.composting101.com.

What is caregiver STRESS?

Caregiver stress is the emotional strain of caregiving. It takes a toll on physical and emotional health. Caregivers are more likely to suffer from depression than their peers. They may also be more likely to have health problems like diabetes and heart disease than non-caregivers.

Caregiving takes a lot of time, effort, and work. Most caregivers juggle caregiving with full-time jobs and parenting. Many time caregivers put their own needs aside and do not look after their own health in terms of exercise, nutrition, and doctor's visits. Caregivers often end up feeling angry, anxious, isolated and sad.

Caregivers for people with Alzheimer's disease (AD) or other kinds of dementia are particularly vulnerable to burnout. Research shows that most dementia caregivers suffer from depression and stress. Also, studies show that the more hours spent on caregiving, the greater the risk of anxiety and depression.

Women caregivers are particularly prone to feeling stress and overwhelmed.

Studies show that female caregivers have more emotional and physical health problems, employment-related problems, and financial strain than male caregivers. Other research shows that people who care for their spouses are more prone to caregiving-related stress than those who care for other family members.

Caring for someone can also create positive emotional change. Aside from feeling stress, many caregivers say their role has had many positive effects on their lives. For example, caregivers report that caregiving has given them a sense of purpose, they feel useful, capable and they are making a difference in the life of a loved one.



Are you stressed?

Following are symptoms of caregiving stress:

- ♥ Sleeping problems
- ♥ Change in eating habits
- ♥ Feeling tired or without energy
- ♥ Loss of interest in activities you used to enjoy
- ♥ Easily irritated, angered or saddened
- ♥ Frequent headaches, stomach aches or other physical problems

How can you prevent or relieve stress?

Take care of yourself. In the process, you'll become a better caregiver. ♥

Employee SPOTLIGHT



Karen Vicente Staffing Coordinator

Karen, a resident of Compton, was born in Guatemala 26 years ago. Her parents moved to Tustin when she was just two years old.

She attended Tustin High School and Orange Coast College where she completed her general education classes.

Karen is currently attending Stanbridge College in Irvine and will graduate in September 2009 with her LVN license.

Even as a child, Karen was interested in becoming a nurse. As she matured, she decided to pursue a career as a mortician.

"I'm not the kind of woman who likes 'chick flicks,'" she explains. "I like horror flicks."

She plans on attaining her RN before she attends Cypress College that has a program focused on mortuary science.

Karen has been employed at Competent Care since October 2007 and plans on continuing her employment while she completes her degrees.

"I'm getting both degrees just to cover all the bases," she continues.

As Staffing Coordinator, she is responsible for maintaining the nursing schedule, speaking with our patients and their families, working closely with Tsitsi, our Intake Coordinator as well as Katherine, our Nursing Supervisor.

Karen is a valuable member of our team! ♥

Don't give excuses. Give LIFE.

Don't give excuses. Give life.
The time to learn CPR and First Aid is now!

Take advantage of this opportunity to get trained and certified in CPR and First Aid by the American Red Cross.

TRAINING SCHEDULE

Adult/Child CPR Training and Certification*
8:00 am, 9:00 am, 10:00 am, 11:00 am, 12 noon
8:30 am and 10:30 am Vietnamese
12:30 pm Spanish
Each session will last approximately 2 hours

First Aid Training and Certification*
8:00 am, 10:00 am and 12:00 noon English only
Session will last approximately 1 hour

AED Orientation (Non-certification)
Infant CPR not included. Special discount for Adult CPR scheduled on 4/23/09 or 5/3/09
*Certification available upon successful completion of both written and skills testing.

SATURDAY, APRIL 18, 2009
ANGELS STADIUM, EXHIBITION CENTER
2000 Gene Autry Way, Anaheim

Pre-registration: **\$5 CPR / \$5 FIRST AID**
(\$10.00 at the door)

RSVP TODAY Space is limited.
www.oc-redcross.org 714-481-6361

SUPER CPR DAY

HEALTHY living tips

Following are things you can do today that will help you improve your health:

- ♥ **Eat well:** What you eat and drink makes a big difference in managing your health. Eat at least five servings of fruits and vegetables daily and eat balanced meals. Watch portion sizes.
- ♥ **Watch your weight:** People who carry excess weight have increased risks for certain health conditions, such as diabetes and heart disease.
- ♥ **Exercise frequently:** Adults should exercise a minimum of

30 minutes on most days of the week.

- ♥ **Don't smoke:** Smoking triples the risk of dying from heart disease. If you need help quitting, talk to your pharmacist or doctor today.
- ♥ **Keep up with exams, screenings and vaccinations:** Talk to your doctor about which are right for you.
- ♥ **Minimize alcohol intake:** Alcohol can increase your risk for certain health conditions such as liver problems and diabetes.



- ♥ **Reduce stress:** Stress can contribute to health complications and decrease job performance.
- ♥ **Learn your family health history:** Discover what you may be at risk for and learn about prevention options.

Employee CELEBRATIONS

New HIRES:

Jayne Cramer	02/19/09
Jill Milligan	02/20/09
Violet Eyongeta.....	12/31/08
Shirley Donaldson.....	03/07/09

BIRTHDAYS

April

Monica Mutambara	4/15
Gina Mago	4/18
Jackie Valenzuela	4/19

May

Chris Carter	5/1
Karen Olukanmi	5/9
Linda Pitre.....	5/15
Leslie Nelson	5/20
Pam Walters	5/22
Violet Eyongeta.....	5/31

June

Fred Pitts	6/1
Tsitsi Muradzikwa	6/4
Jovey Dalton	6/7
Anna Alberto	6/17
Jen Quan	6/29

ANNIVERSARIES

April

Linda Goh	04/04/08
Janine Akers	04/10/97
Brita Palomino	04/10/08
Nestor Moya	04/12/01
Oscar Carrillo.....	04/14/03
Penny Llanos	04/18/08
Linda Helms.....	04/21/06
Teresa Sammon	04/26/06
Tsitsi Muradzikwa	04/30/07

May

Barbara Campos.....	05/01/90
Katherine Collier	05/01/06
Debbie Hajjar	05/13/03
Jay Lee	05/25/05

June

Pam Walter	06/15/00
Susan Tunstall	06/16/97
Felicia Lane	06/26/08
Basia Christ	06/30/08



Seth brightens our days at the office!

The HEALING zone

Continued from page 1

you from having peaks and valleys of energy levels, digestion, nutrients, etc. It's a better way to fuel the body than eating fewer larger meals. Don't wait until noon to have your first nutritious food.

♥ **Don't nap in the middle of the day.** Sleeping through the night is far more restorative. Once you eliminate napping, if you still have trouble sleeping through the night, investigate why with your doctor and work on ways to correct that.

Besides the physical changes you can make to increase healing, there are emotional and spiritual aspects to recovering from an illness.

There is also a mind-body connection that helps to promote healing. People who feel loved heal better than those who don't. If you're trying to heal and don't feel loved, reach out for it. People who've been sick tend to withdraw and avoid contact with others. Make a point of connecting with other people.



They probably will have a better sense of your needs and be more inclined to help you with them, if you do.

And among the other ways to take advantage of the mind-body connection include prayer, meditation or communing with nature. ♥

Home health care is ESSENTIAL

History is repeating itself! Nursing, one of the oldest careers, is now also the newest. Home care, which actually preceded hospital care for the sick poor in the 1800s, has become a critical link in the health care system.

Health care reform and the national move to cost-efficient health care has been a major force in the growth of home care services.

Today, with cost-containment pressures and the increase of complex services available in the patient's home, home care is growing at a phenomenal pace.

Home care nurses instruct patients and caregivers how to manage

ventilators, ambulatory dialysis and continuous infusion of medications.

Innovative home-based programs, such as cardiac recovery programs and crisis intervention for psychiatric patients, have also added to the marketability of home care services.

Home care has once again become an essential aspect of the health care system. To reap the benefits of understanding from the past and apply them to contemporary issues is a critical task for those working in the home care arena.



In place of the 19th century diseases such as severe diarrhea, cholera, and typhus, chronic illnesses are now the primary causes of death in the United States. The health care system is facing the challenge of providing effective services to patients and their families while controlling overall costs. Home care is an alternative to meeting this growing need. ♥

HEART Notes



By
Denise Kennard,
Administrator

We know it in our hearts, but sometimes we forget to appreciate what we have. I was reminded several weeks ago when my stepmother called and said my dad suffered a stroke while they were vacationing in Maui. I flew there and stayed while he was treated in ICU.

I held his hand and memories of my mom flooded back. I tried not to cry as I remembered her life and saw how frail he was. He called my stepmother by my mom's name. I could tell it hurt her feelings, but she didn't correct him. She just smiled and continued comforting him. I could feel her love for him and was happy she was there.

I realized how fragile life is – how it can change in an instant. We get caught up in daily tasks and forget the importance of family and friends. We collect possessions, but they are of no comfort when we need a hug from someone who loves us. Or hug someone who needs one.

A valuable life lesson I won't forget. I contacted loved ones I haven't spoken to in awhile. No email. No texting. I called and asked how they were doing – and really listened. I said I love them and I'm happy they're in my life.

My dad is doing well now at Loma Linda. I've remembered what's important again. ♥