



The Homemakers Health Services announces the expansion of its service area to include parts of both Carroll and Rockingham counties.

In addition to providing health care services throughout all of Strafford County, additional towns and cities the home health care agency will be providing services to now include, but are not limited to: Brookfield, Epping, Epsom, Newington, Newmarket, Northwood, Nottingham, Portsmouth and Wakefield.

"Over the past several years, The Homemakers has had numerous requests to provide services in these areas. In addition, the State of New Hampshire has contracted with our Agency this year to provide

homemaker and other services in some of these communities," said Linda Howard, chief executive officer of The Homemakers Health Services.

The NH Bureau of Elderly and Adult Services recently awarded The Homemakers Health Services a \$1.6 million contract to provide nursing, home health aide, homemaker, adult in-home care and adult day care services to low-income elderly and disabled persons through Title XX and Title IIIB funding sources over the next two years.

The Homemakers has partnered with the State through similar contracts for the past 37 years to provide health care services to low income elderly and disabled persons. Incorporated in 1974, services provided by the Agency include skilled nursing, physical therapy, medical social work, home health aide, homemaker, in-home care provider, adult day care, and Alzheimer's respite services.

The largest portion of the State contract is targeted for providing home support services which include light housekeeping, shopping, meal preparation, and companionship and safety oversight for low income older and disabled persons.

According to Howard, these State Title XX monies will be utilized to provide approximately 350 low income elderly and disabled persons with home support services. "For many frail elderly and disabled in our expanded service area, the ability to remain at home is made possible with these home support services," said Howard.

"While many do not meet nursing home eligibility guidelines, they do need help with activities of daily living that many of us take for granted, in order to remain independent and safe in their own homes. Through our home support program and these contracted funds, they will receive the help they need, when they need it."

FUSE From Unity Strength Excels

YEE-HAW!! It's time for the annual Employee Appreciation BBQ!!! Dust off your cowboy boots, hitch up your britches, we're going Country Western!

We hope you join us on Friday, July 15th, from 11:00am-3:00pm for a day filled with food, fun, games & prizes! The annual Dessert-Off contest will also be held during the BBQ.

As **FUSE** made preparations for the Employee Appreciation BBQ, it brought to mind that summer is one of the most celebrated seasons of the year. People enjoy some relaxation away from work, fireworks, BBQ's, and the beach.

Here are some tips, so you can enjoy your summer worry free!

*Always position your grill away from siding, deck railings, overhanging eaves and

overhanging branches.

*When using fireworks you should always buy fireworks from reliable dealers.

*Make sure you read all the directions and follow them closely. Remember they are explosives so it is important that you know what to do.

*Remember your pets when lighting off fireworks. Most pets are very affected by the noise.

*Watch how long your food sits out. Extreme heat can cause food to spoil quickly.

*Apply sunscreen often when exposed to long hours in the sun.

*Stay hydrated! Drink lots of water and non-alcoholic beverages. Don't forget pets will need extra water during extreme heat also!

Upcoming Events



- * **July 4th**
Independence Day Observed.
The Homemakers Health Services offices closed.
- * **July 15th, 11:00AM-3:00PM**
Employee Appreciation Barbeque
- * **August 22nd—25th**
Day Out Senior Olympics
- * **August 26th, 4:00pm-9:00pm**
Day Out Senior Olympics Banquet, held at the American Legion.
- * **September 20th**
Day Out 25th Anniversary—Let's celebrate! Details to follow soon!
- * **September 23rd, 2:00pm-5:00pm**
Employee Health and Wellness Fall Fair.

"What lies behind us and what lies before us are tiny matters compared to what lies within us" – Ralph Waldo Emerson

FUSE MISSION:

From Unity Strength Excels

FUSE recognizes that our employees are our most valuable asset. We believe that the whole is a sum of all parts and that people need to be brought together through education, activity and openness. **FUSE** will support a balanced life here at work and encourage fusion between all employees. If you would like to join the **FUSE** committee or have time you can volunteer to various activities, please contact any of the current committee members: Cheryl Gagnon: **FUSE** Chair, Jackie Egly: **FUSE** Treasurer, Carol Cole: **FUSE** Secretary, Committee Members: Carla Munoz, Donna Hickey, Pam McCauley, LeeAnn Lajoie

HIPAA: Tip For All Staff—Rene Philpott

You're in a local grocery store shopping for a client when you run into another employee of The Homemakers Health Services, who works in the office. You chat briefly and in the course of the conversation tell your co-worker the name of the client you are shopping for as well as share the fact that you're looking for a certain product because this client has diabetes. Is this a HIPAA violation?

Yes, it is. The fact that a patient is receiving services from The Homemakers' is protected health information and should not be casually disclosed nor should a pa-

tient's medical diagnosis be disclosed. Patient information that is shared verbally with another person who does not have a right to it is also a HIPAA violation.

In general Protected Health Information (PHI) means that anything you say or write about a patient must not be overheard or read by anyone unless that person has a right to hear or see that information. As there are penalties and fines for breaking HIPAA rules, it is best to take certain precautions so as not to disclose information inadvertently.

Never discuss clients in a public place,

including hallways, etc. at The Homemakers' offices and only share information about clients with those who you are assured have a need to know.

Guard your visit notes and other papers so that no one else can see them. Don't leave papers lying around your house, on your car seat or the office.

Make certain that all paperwork taken into a home is kept confidential. Do not put papers containing patient information into the garbage. We do have specific boxes in the office for shredding this information.

Home Support Scoop—Theresa Syvinski

THINK GREEN! 12 Ways to Save Gas, Money, & the Environment

1. Purchase the correct fuel. If your vehicle does not require premium or mid-grade fuel, purchase less expensive regular unleaded gasoline. Producing higher-octane gasoline uses more crude oil than the lower octane gasoline, and may often involve use of toxic substances - which means the environment suffers. Savings \$0.19 p/gallon

2. Keep engine properly tuned. Ignition timing, spark plugs and wiring, and idle speed setting. Savings \$0.26 p/gallon. Fuel Benefit per Gallon: 4.1% - 20%.

3. Check and replace air filters regularly. Savings \$0.20 p/gallon. Fuel Benefit per Gallon up to 3%.

4. Keep tires properly inflated. Under-inflated tires can lower gas mileage by 0.4 percent for every psi drop in pressure of all four tires. Sav-

ings \$0.06 p/gallon. Fuel Benefit per Gallon up to 3%.

5. Use recommended grade of motor oil. Savings \$0.02 p/gallon. Fuel Benefit per Gallon 1% - 2%.

6. Drive sensibly. Aggressive driving wastes gas. Avoid quick starts and sudden stops. This wastes fuel, is harder on vehicle components and increases the odds of a traffic crash. Savings \$0.14 p/gallon. Fuel Benefit per Gallon 7% - 23%.

7. Keep ignition and emission systems operating properly. Savings \$0.80 p/gallon. Fuel Benefit per Gallon 40% if you have a faulty oxygen sensor.

8. Use air conditioner only when needed. Savings \$0.10 p/gallon. Fuel Benefits per Gallon 5% - 20%.

9. Avoid idling. Sitting idle gets zero miles per gallon and consumes between one half and one gallon of gasoline per hour.

10. Use correct replacement gas cap. A leaking or missing gas cap can result in the release of 30 gallons of fuel per year into the atmosphere.

11. Don't top off your gas tank. This can result in paying for gasoline that is fed back into the station's tanks because your tank is full. If you overfill you gas tank, the extra gas may evaporate into your vehicle's vapor collection system. That system may become fouled and will not work properly causing your vehicle to run poorly and have high gas emissions. Gasoline vapors contribute to bad ozone days and are a source of benzene. Evaporation from the spillage of gas from overfilling can occur, contributing to the air pollution problem. Remember, you pay for the gas that evaporates or is spilled on the ground.

12. Limit your daytime driving. Whenever possible, take the bus, car-pool, bike or walk.

Self Care 101— by Donna Chouinard, RN

Summer Oven....had me a blast!

Summer Oven....happens so fast!

Summer heat is the number one weather related cause of death in the United States.

During the summer months if the daily high temperature is 10 degrees or more above the region's high average for three consecutive days, it is defined as a heat wave. In our region, that is typically 92 degrees. When high heat is combined with high humidity it poses a risk for heat related illness and death.

Individuals who are most at risk are people who live in urban areas, children, the elderly, the overweight, men, and those with chronic cardiopulmonary issues.

High heat conditions can cause mild reactions such as heat rash and heat cramps, as well

as the more serious and life threatening heat exhaustion, heat stroke, and severe sunburn.

Sunburn, like hangovers, is 100% preventable. Sunburn can lead to dehydration, scarring, premature aging of the skin, and several types of skin cancers.

Pay attention to the local weather reports for the "tanning index". The higher the "tanning index" is the greater the need for sun protection. Skin will burn from unprotected sun exposure. The risk is highest for fair skinned individuals, children, and the elderly. Hats with visors, sunglasses, long sleeves are recommended along with a blocking lotion with an SPF of at least 15. Lotions with an SPF of 30 do not deliver twice the sun protection. You are really only getting an additional

1% blocking of UV rays. Sun blocks are less effective as they age. Throw out expired products and start fresh. Sunscreens, even waterproof varieties need to be re-applied. They rinse off after 80 minutes of being in the water. Water resistant varieties rinse off in half that amount of time.

Staying hydrated (not with "adult" beverages), avoiding strenuous outside activity between the hours of 10 am and 2 pm, will go a long way to preventing the dangerous exposure to high heat and UV rays that can cause serious injury and death.

After all, it's summertime, and the living is supposed to be easy.



HR News - Carla Munoz

2011 Employees of the Year



Jeff Taylor
February 2011
Board of Directors



Pamela McCauley
March 2011
Administrative Team



Pastor Fredi Vega
April 2011
Volunteer Team



Deborah Boucher
May 2011
Skilled Division Team



Linda Howard
June 2011
Sr. Management Team

The Homemakers Health Services is fortunate to have dedicated and loyal employees who work hard every day to ensure The Homemakers Health Services achieves its mission. Each month we recognize a specific division and a member of that team who has gone above and beyond providing exceptional service. The selected Team Member is honored at a luncheon with the Chief Executive Officer and receives a paid day off.

You may vote during any month that you feel a team member deserves

special recognition. Please see Human Resources for ballots. Notices will go out with voting deadlines for each month.

February: Board of Directors
March: Administrative Team
April: Volunteer Team
May: Skilled Division Team
June: Senior Management Team
July: Homemaker Team
August: In-Home Provider Team
September: Day Out Team

Employee Assistance Program (EAP) Behind the Scenes Benefits

Everything is not what it seems, and often times there are things right in front of us that we can not see or touch. We all know what benefits are, we are offered benefits through our employer, we receive benefits if we sign up for something within a deadline, but what are the benefits all around us that we may be missing? Is it the helping hand that was offered but we said "No, I think I'm okay"? All the while saying no because we are programmed to do it ourselves and not "burden" others. Is it the subtle support when you are feeling down or wrestling with a personal problem that you don't have the inner strength to accept? What is hard and almost contradictory to this, is we

often times expect or wish that people would read our minds and just know how to help and insist that they do, perhaps so we don't have to ask or decide that we need it. It is easy with all of this to get caught up in the time eaters that really don't give back real connections to healthy living and relationships like overeating, overworking, drinking /drug abuse, obsessive/negative thinking...the list goes on but we can stop it... look below for some easy reminders of ways to utilize all the behind the scenes benefits that surround you every day.

- * Spend time with others whose company you enjoy
- * Stay in contact with important people in your life



Employee Health and Wellness Fall Fair

Have you ever tried massage therapy or Reiki? Did you know that The Homemakers Health Services will pay half of a AAA membership for eligible employees? Is your financial health in order?

Stop in for our First Health and Wellness Fair to learn about how to maintain your own health and wellness as well as refresh your memory as to some of the benefits The Homemakers Health Services offers its employees !

When: Friday, September 23rd
Where: The Homemakers Health Services
Time: 2:00 pm to 5:00 pm

All employees are encouraged to attend this Employee Benefits Fair! There will be a gift just for coming, with plenty of food, games and raffles!

We are so excited to be able to provide this Benefits Fair for all of you!



HAPPY BIRTHDAY!

July	August
07/01 Beverly Sherwood	08/04 Barbara Crawford
07/07 Tina Dixon	08/07 Bonnie Garland
07/08 James McBride	08/11 Frank Evans
07/14 Patsy Ring	08/11 Paul Eja
07/14 Rebecca Colby	08/24 Florence Braga
07/17 Karen Dawley	08/25 Donna Hickey
07/22 Elaine Michaud	
07/26 Virginia Cole	
07/30 Virginia Hermann	
07/30 Lela Manning	
07/31 Sandra Fogarty	



- * Re-read a favorite book, go to library or join a book club
- * Watch or re-watch a favorite movie with someone you like
- * Identify comforting/satisfying activities, people, relationships and places and seek them out with someone who has helped you recently
- * Allow yourself to laugh and/or cry with someone you have helped or has helped you
- * Express yourself through social action for a cause important to you and meet others of like mind

For Additional Help or Guidance, call Ginny Cole, Employee Assistance Program Counselor (603)817-4219.