

Guardian

HEALTHCARE PROVIDERS

NEWS AND INFORMATION FROM GUARDIAN



KUDOS TO OUR SISTER COMPANY, GUARDIAN COMMUNITY LIVING - NASHVILLE



(from left to right) Brenda B. Kim B., Regina M., Melissa W., Nikki H.

Each year the Mayor's Advisory Committee for People with Disabilities awards a Direct Support Professional a Certificate of Recognition for their work. The recipient of the 2011 award was Kim Barranco. On page 2 is the entry that was submitted nominating Kim for this prestigious award:

“Kim Barranco, LPN, has worked for Guardian Community Living since June 2007. During her job as an LPN, she provides direct support services to individuals with intellectual and developmental disabilities that live in their homes in the community. Ms. Barranco not only provides skilled nursing services for the people she supports but also works to improve their quality of life. She regularly seeks out new and

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interesting ways for people to explore their community and meet new people. For example, she has arranged visits for people to visit agricultural centers touring stables, seeing and interacting with farm animals. Most recently Ms. Barranco assisted in organizing and plan a trip to Chattanooga, TN for 6 of the service recipients to visit the aquarium. They saw sharks and sting rays. In the past, Ms. Barranco has given up weekend time in order to ensure that 2 service recipients (who idolize Elvis Presley) could visit Graceland in Memphis and to take a weekend trip to Gatlinburg where 2 recipients got to stay in a hotel and see snow in the mountains.”

CONGRATULATIONS KIM!

Kim Barranco, LPN, has worked for Guardian Community Living since June 2007. During her job as an LPN she provides direct support services to individuals with intellectual and developmental disabilities that live in their own homes in the community. Ms. Barranco not only provides skilled nursing services for the people she supports but also works to improve their quality of life. She regularly seeks out new and interesting ways for people to explore their community and meet new people. For example, she has arranged visits for people to visit agricultural centers touring stables, seeing, and interacting with farm animals. Most recently Ms. Barranco assisted in organizing and plan a trip to Chattanooga, TN for 6 of the service recipients to visit the aquarium. They saw sharks and sting rays. In the past, Ms. Barranco has given up weekend time in order to ensure that 2 service recipients (who idolize Elvis Presley) could visit Graceland in Memphis and to take a weekend trip to Gatlinburg where 2 recipients got to stay in a hotel and see snow in the mountains.



MAYOR'S ADVISORY COMMITTEE FOR PEOPLE WITH DISABILITIES
2011 AWARD NOMINATION FORM

Nominee: Kim Barranco
 Mailing Address: 33413 Perimeter Hill Drive, Suite 120
Nashville TN 37211
 Email: _____ Cell: _____
 Telephone - Home or Business: _____

Nominated by: Regina Medley
 Mailing Address: 33413 Perimeter Hill Drive, Suite 120
Nashville TN 37211
 Email: _____ Cell: _____
 Telephone - Home or Business: _____

AWARD CATEGORIES - Check appropriate category for this nomination:

<input type="checkbox"/> Agency	<input type="checkbox"/> Employer	<input type="checkbox"/> Media / Communications
<input type="checkbox"/> Agent of Change	<input type="checkbox"/> Family	<input type="checkbox"/> Public Policy / Advocacy
<input type="checkbox"/> Artist/Performer/Athlete	<input type="checkbox"/> Health Care Provider	<input type="checkbox"/> Trey Pointer Young Citizen
<input checked="" type="checkbox"/> Direct Support Professional	<input type="checkbox"/> Jo Andrews Award	<input type="checkbox"/> Volunteer
<input type="checkbox"/> Educator	<input type="checkbox"/> Mack West Children's Award	

Mail your nominations to...

ADA Compliance Office
 Attention: Bridget Galvin
 P.O. Box 198300
 Nashville, TN 37219

Email: bridget.galvin@nashville.gov
 Phone: 615-862-6034
 Fax: 615-862-6767

Nominations must be received in the ADA Compliance Office no later than 3:00 PM,
 Friday, September 23, 2011.

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FROM THE EDUCATION CORNER

A SIMPLE SOLUTION TO A BAD PROBLEM - C. DIFF

Many elderly patients who are hospitalized or are residing in skilled/long term care facilities are at risk for Clostridium difficile infection (CDI or C. diff) particularly if they are taking antibiotics for another infection. C. diff is an infection that causes diarrhea and more serious intestinal conditions and can even be fatal.



C. diff bacteria are found in the feces of an infected person. Other people can become infected if they touch items or surfaces that are contaminated with the bacteria and then touch their mouth. The MOST effective way to prevent the spread of C. diff is through handwashing. The use of soap and warm water to wash the hands as long as it takes to sing 3 rounds of Happy Birthday, has proven to be the most effective method of prevention against C. diff.

For those persons who are infected with the C. diff bacteria, a new drug has received FDA approval for treating this infection. Previously the infection was treated with oral vancomycin. In May, 2011 the FDA determined the drug Dificid (fidaxomicin) to be a more effective treatment for sustaining a cure than vancomycin. Dificid should be taken orally twice a day X 10 days. The drug may be taken with or without food. The most common side effects reported with Dificid included nausea, vomiting, headache, abdominal pain and diarrhea.

Sources: www.fda.gov
www.cdc.gov

SPEECH-LANGUAGE PATHOLOGISTS – CONTINUING EDUCATION



For our SLP, the web links below are excellent for continuing education.

www.asha.org/events.aspx

www.asha.org/ce/

BELLY FLATTENING BREAKFAST CHOICES



By Dr. Mehmet C. Oz and Dr. Michael F. Roizen

Need weight-loss help? This will make a big belly difference. Start your day with a high-protein breakfast (think eggs, maybe in a frittata). This shifts our appetite into neutral, where it will idle happily till lunch. Add some fiber to the meal, such as whole-wheat toast, and you'll curb afternoon cravings. Imagine getting halfway through a day of healthy weight loss without needing any will power! That's because having plenty of protein and fiber early keeps you fueled and full for hours. (Discover why breakfast makes you happier as well as slimmer).

Not an egg lover? Have oatmeal topped with walnuts (make it overnight in the slow cooker), or smear peanut butter on your whole-wheat toast. Ready to just grab the toast solo as you zoom out the door? Think again....You'll be elbow-deep in the candy bowl before lunch.

Block Snack Attacks with Protein

News flash: If you don't get a certain amount of protein each day, but especially in the morning, your appetite shifts into snack-attack mode. Not only do you overeat but you eat high-calorie, high-fat, high-sugar snacks,,the kinds of foods that go straight to your waistline and make your belly bigger.

Adults usually get plenty of protein, just not in the morning. About half get none because they skip breakfast entirely, which is another reason breakfast skippers tend to put on pounds. They haven't eaten since the night before, so their bodies get panicky by mid-morning, wondering when/if the next meal is coming. The result? Their bodies start storing calories instead of burning them. (If you're ready to lose belly fat forever, start here).

Successful weight loss, which includes not gaining back your hard-lost pounds, is about staying full, not going hungry. Hunger and cravings are your enemies. Feeling full and content are your allies. Morning protein and fiber....They're your secret weapons.

THE GUARDIAN GROUP FINALIST

The Guardian Group Inc, is made up of three companies: Guardian Healthcare Providers Inc., a health care staffing company; Guardian Community Living LLC; and Guardian Community Living-Kentucky, which provides supported living for mentally retarded and developmentally disabled individuals.



DESCRIBE SOME OF YOUR WELLNESS INITIATIVES: Some of our activities include: biometric screening; health assessments with gift cards for not only our employees who participate, but for their dependents as well; an annual “Biggest Loser” contest; and an annual “Guardian Stakes”, which runs around the same time as the Kentucky Derby, where each employee is given a paper horse and their horse is moved on a race track based on mileage completed each week by the employee.

HOW DO YOU ENCOURAGE PARTICIPATION? We provide a constant focus on encouraging healthy lifestyles through the use of health articles, fliers, contests, etc.

HAVE ANY INITIATIVES IMPACTED YOUR COMPANY'S HEALTH CARE COSTS? Since we changed carriers in April 2011 and added new initiatives, it would be difficult to quantify the effect our health initiatives have had on the plan, but given the great participation and reception of these initiatives from our employees, we do foresee a positive impact on our benefits plan for the upcoming renewal.

WHAT DO YOU SPEND ON YOUR HEALTH INITIATIVES? In excess of \$20,000 annually.

WHAT ADVICE WOULD YOU GIVE A COMPANY SEEKING TO START ITS OWN HEALTH INITIATIVE? We recommend that a company have well-defined goals and methods of communicating the goals. We would also recommend that they pilot their initiatives in certain segments of their company and then expand to the entire company.

Reprinted from Nashville Business Journal. December 19, 2011 edition.

WANT TO LOOK, FEEL AND ACT YOUNGER...

THAN THE NUMBER OF BIRTHDAYS YOU'VE CELEBRATED?

Here are a few tips from Dr. Oz that you can do to make that happen

1. Walk 30 minutes a day. Walking makes your heart and immune system healthier. Bonus: Use your GHP pedometer and aim for 10,000 steps per day.
2. Floss and Brush the teeth you wish to keep. Do it also for the heart you wish to nurture, the wrinkles you wish to prevent, and the sexual satisfaction you wish to enjoy. And see a dental professional every six months.
3. Take omega-3 DHA pills (900 mg total) or have non-fried salmon and trout three times a week. Salmon and trout have DHA, the active omega-3 for eyes and brain (it converts to good heart stuff too).
4. Meditate for at least five minutes each day. Your brain (and soul) needs moments of silence to recharge, refocus and rejuvenate.
5. Drink three or more cups of coffee a day (if it agrees with you—caffeinated tea works as well) and eat curry dishes or foods with mustard to decrease your risk of Alzheimer's disease.
6. Plan to sleep 7-8 hours. Before you go to bed:
 - Finish any “must-do” tasks.
 - Take care of your nighttime hygiene.
 - Perform deep breathing and/or meditation.
 - Avoid anything too stimulating, such as watching TV or working out. Sex, though stimulatory (we hope), is OK. In fact it's recommended.
7. Vitamin D-3 helps prevent cancer, incorporate calcium in the bones and slow the aging of arteries. Get 1,000 IU a day if you're younger than 60 or 1,200 IU a day if you're 60 or older.
8. If you're over the age of 40 (women) or 35 (men), take two baby aspirin (162 mg total) at breakfast; just make sure to get your doctor's approval first. It decreases your risk of heart attack, stroke, impotence, wrinkles and some cancers.
9. Know your numbers: blood pressure (115/75), Low-density and high-density lipoprotein (LDL <100 and HDL>50) cholesterol, triglycerides (TGs) <100 and high sensitivity C-reactive protein (hs-CRP) <1.
10. Always get second opinions on any medications you take for three days or more.

By Dr. Mehmet C. Oz and Dr. Michael F. Roizen



live well, work well

Brought to you by: The Guardian Group

The Time is Now: Quit Smoking for Good!

Lung cancer is the leading cause of cancer death in the United States, and represents one in every three cancer deaths, according to the Lung Cancer Alliance. The risk factor that causes about 87 percent of lung cancer cases: smoking cigarettes.

After you quit smoking, your body experiences positive changes within hours. Body function improves and health risks continue to decrease for several years. Ten years after quitting, your risk of dying from lung cancer is half that of a current smoker.

If the medical reasons aren't enough motivation to quit, think of all the money you'll save. A pack-a-day smoker could save over \$200 a month – imagine all the ways you could spend that money.

And don't forget to consider your loved ones. If you smoke in your home or car, you are endangering your family, friends and pets. Secondhand smoke can cause a variety of health conditions and diseases, and causes thousands of deaths each year in nonsmokers.

Ready to quit? Tell your doctor about your plan to quit and consider using a prescription quit aid.



Start planning now. Mark the date on your calendar and tell family and friends of your plan to make sure you follow through. Tell your doctor about your plan to quit and consider using a prescription quit aid.

Prepare for the challenges you will face after quitting. You may need to change your routine or activities to avoid situations that worsen your cravings. Make a list of times you may feel tempted to smoke, and come up with coping methods. For instance, you may want to keep gum or healthy snacks handy to occupy your mouth.

For additional advice and support, visit www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index.

Banish Back Pain

Feeling pain or soreness in your back? These tips can help you reduce your pain and prevent it in the future:

- When lifting, bend your knees, not your waist.
- Invest in a good mattress – it can make a world of difference in your pain level and your sleep quality.
- Sit up straight! Good posture reduces the strain on your back.
- Strive to reduce your stress level. Stress can increase tension in your body and cause back pain.
- Always warm up before doing a physical activity.

DID YOU KNOW?

Improving your physical fitness is one of the best things to do for a sore back. Maintaining a healthy weight, improving flexibility and strengthening back, abdominal and leg muscles can help reduce and prevent back pain. Exercising may be difficult with back pain, so ask your doctor what type of exercises and stretches would be best for you.



Eating Out? You Can Still Eat Healthy

Hectic schedules mean that convenience often trumps nutrition when it comes to meals. But if you choose wisely, eating out doesn't have to bust your diet. Whether you're grabbing fast food or sitting down at a restaurant, remember these tips:

- Choose water to drink instead of soda, juice or alcohol.
- Order your food without dressing or sauces, such as mayo, cheese and sour cream. Or, ask for the dressing on the side and use just a little.
- Watch out for words like deep-fried, pan-fried, batter-dipped, breaded, creamy, crispy and au gratin – these dishes tend to have more calories.
- Choose leaner meats, such as chicken or turkey instead of beef. Substitute a side salad for fries, or ask for vegetables instead of potatoes. Opt for whole wheat for bread or pasta.



- Split a dinner portion with someone or ask the server to wrap up half of your meal right away – so you aren't tempted to consume the giant portion served to you.
- Don't add salt – restaurant food tends to already be high in sodium, especially fast food.

Is Your Family Protected?



It's not pleasant to think about, but if you died unexpectedly, could your family cope financially without your income? Life insurance protects your loved ones in the event of your untimely death, but many people don't realize its true value. Ask yourself:

- Are you the primary household income?
- Do you have a mortgage, college loans or other debt?
- How would your family support themselves if you died?
- Could you (or your family) afford tens of thousands of dollars in medical bills and/or funeral costs?
- Who would have the burden of paying any debt or other financial responsibilities that you leave behind?
- If you do have a policy, does it pay out enough to cover all of these financial responsibilities for your loved ones?

Whether you are young and single, middle-aged with a family or nearing retirement, having adequate life insurance is vital. Speak with a financial adviser about your needs and coverage options. You may think you can't afford another monthly premium, but can your family afford it if you don't?

Vinaigrette Salad Dressing

Salad is a healthy choice, but most dressings are loaded with calories – try this delicious dressing as a light alternative.

- 1 bulb garlic, separated and peeled
- ½ cup water
- 1 tbsp. red wine vinegar
- ¼ tsp. honey
- 1 tbsp. virgin olive oil
- ¼ tsp. black pepper

Place the garlic cloves in a small saucepan and pour water to cover them. Bring water to a boil, then reduce heat and simmer until garlic is tender (about 15 minutes). Reduce the liquid to two tablespoons and increase the heat for three minutes. Pour the contents into a small sieve over a bowl, and with a wooden spoon mash the garlic through the sieve into the bowl. Whisk the vinegar into the garlic mixture; incorporate the oil, honey and pepper. Yields 4 servings at 33 calories per serving.

Source: *National Heart, Lung & Blood Institute*

