

Guardian

HEALTHCARE PROVIDERS

NEWS AND INFORMATION FROM GUARDIAN



INTERIM CHIEF OPERATIONS OFFICER

I am pleased to announce that effective Monday, August 29nd, Renae McGregor assumed the role of Interim Chief Operations Officer for Guardian Healthcare Providers, Inc. As many of you know, Renae served as COO for The Guardian Group, Inc. from 2001 until her retirement in December, 2008.



During her original tenure with The Guardian Group, our subsidiary, Guardian Community Living, LLC., was incepted, and our healthcare staffing division, Guardian Healthcare Providers, Inc. experienced unprecedented service line diversification, geographic expansion, and revenue growth.

Since retirement from her full-time employment with Guardian, Renae has continued to serve our companies in a consultant capacity, and has remained on the Board of Directors of The Guardian Group, Guardian Community Living, LLC., and Guardian Healthcare Providers, Inc. Renae brings to this interim role, a wealth of company and industry knowledge and expertise. Please join me in supporting her endeavors, and in welcoming her back to active employment with Guardian.

– Joe Owen

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FROM THE EDUCATION CORNER

According to the CDC, more than one third of adults 65 and older fall each year in the United States and 20% to 30% of people who fall suffer moderate to severe injuries. Physical therapists can help in risk reduction and prevention of falls. Below are some informational/reference sites:



- **CDC: Preventing Falls Among Older Adults** www.cdc.gov/ncipc/preventingfalls/

This site includes information for clinicians, consumers, and educators and a number of links to additional programs and resources. Resources and tools such as fact sheets, data and statistics information, and downloadable brochures and posters are available. All of the materials are available online for download at no cost. We encourage you to share this information and promote it throughout your organization.

- **Free Falls Coalition** www.healthyagingprograms.org

The Falls Free Coalition is a group of national organizations, including the APTA, and state coalitions working to reduce the growing number of falls and fall-related injuries among older adults. This site provides a link to the National Action Plan in addition to numerous resources and tools for falls prevention including brochures, presentations, legislative updates, etc.

- **The Fall Prevention Project** www.temple.edu/older_adult/

The objective of this project is to inform and educate older adults, students and educators, and clinicians about the causes of falls in older adults, and the assessment, rehabilitative, and health promotion measures, which can be taken to reduce the risk of falls in this age group. This site includes brochures on home safety tips, causes of falls, and prevention in multiple languages, program manuals, and various training tools.

- **Stopfalls.org** www.stopfalls.org

This site identifies best practices in falls prevention and helps communities offer falls prevention programs to older people who are at risk of falling as a service of the Fall Prevention Center of Excellence created by the California Fall Prevention Consortium (CFPC). This Web site includes information for clinicians, consumers, and educators and a number of links to additional resources.

- **Aging in the Know** www.healthinaging.org/agingintheknow/

Created by the American Geriatrics Society Foundation for Health in Aging (FHA), Aging in the Know offers up-to-date information for consumers on health and aging. This site links to a falls resources page which includes a number of resources related to falls prevention. Resources include FAQs on falls and balance problems, a consumer prevention pamphlet, choosing and starting an exercise program and much more.

Source: APTA web site

DECREASE YOUR FRUSTRATION WITH YOUR ESS ACCOUNT



The Guardian Group

Welcome to Guardian's Employee Self-Service (ESS)!

- New User? - click on **"CREATE NEW LOGIN"** to begin.
- Forgotten your username or password? - click on **"CHANGE OR RESET PASSWORD"** to reset your account.

TIP! Type names in all CAPS / SSN's with dashes (xxx-xx-xxxx)

Technical Support: (800) 369-5767 x221 or x228

User Name:

Password:

[Create New Login](#) | [Change or Reset Password](#)

Having trouble logging into your ESS account?

USING CAPITAL LETTERS IS THE KEY.

To correctly enter your user name, you **MUST** use **CAPITAL** letters. If you are entering your SSN, then you **MUST** use a dash (-) between the sets of numbers.

No need to be frustrated. Just hit the Caps lock button and remember the dashes.

SMART MOVES FOR FAMILIES



Making a commitment to be physically active is one of the best ways families can prevent or combat obesity and its consequences. Physical therapists support the Department of Health and Human Services' Physical Activity Guidelines, which states:

- Children should get 1 hour or more of physical activity a day.
- Adults should do 2 hours and 30 minutes a week of moderate-intensity, or 1 hour and 15 minutes a week of vigorous-intensity aerobic physical activity.

SMART MOVES FOR FAMILIES – CONTINUED

The following tips were designed by physical therapists to help families stay active and incorporate physical activities into their daily lives:

“SMART MOVES” FOR FAMILIES

- Plan weekend family activities involving physical activity, such as hiking, swimming, bicycling, mini-golf, tennis, or bowling.
- Help your child plan physical activities with friends and neighbors, such as skating or softball.
- Have your kids brainstorm a “rainy day” game plan of indoor activities involving fitness games such as Wii Fit or Dance Dance Revolution.



- Remember that your family does not need to join a health club or buy fancy equipment to be active. Walking isn't costly and it's easy. So is designing a backyard obstacle course. Weights can be made from soda or detergent bottles filled with sand or water!
- Provide positive rewards for your child when he or she engages in physical activities, such as workout clothes, a new basketball, or an evening of roller-skating.
- Provide positive feedback about your child's lifestyle changes. Remember not to focus on the scale (for you or your child).
- Be your child's “exercise buddy.” Plan daily walks or bike rides and set goals together for increasing physical activity rather than for losing weight. It's also great “bonding” time!
- As you schedule your child's extracurricular activities, remember to plan time for exercise and activity as a priority for the entire family. Don't just “squeeze it in.”
- Encourage children to try individualized sports such as tennis and swimming. Studies show such activities are the basis of lifelong fitness habits.
- Parents and children can do exercises while watching television (or at least during commercials), such as sit-ups, push-ups, or running in place. Discourage snacking or eating meals while watching.

WANTED

THE MEXIA, TEXAS GANG



Back Row, Left to Right: Chris R, OTR, Jeffrey R, RPT, Charlese T, SLP-CCC. Gloria M RPT
Front Row, Left to Right: Ashley C, SLP-CCC; Candy Q RPT, Fran H, SLP-CCC

GHP has worked tirelessly to develop a staffing relationship with the Texas Department of Aging and Disabilities, within the State Supported Living Centers, for the past three years. Our bid to bring the Mexia State Supported Living Center up to mandate in the area of therapist staffing was awarded last December. Staffing efforts began in earnest last January. In 60 days, GHP regional teams staffed 100% of the vacant positions and have remained at this level since. Our reward was a contract renewal! This has been made possible by the heroic team of therapists who have dedicated themselves to this assignment and the Mexia SSLC residents. We are proud to recognize them in this edition of the GHP newsletter.



Chris R, OTR, was originally employed by GHP in 2006 assigned to The Hazelwood Center in Louisville, KY. He is very dedicated to providing services in the DD niche. When GHP ramped up the Mexia staffing project, he jumped at the chance to continue his professional development, and moved his entire family from Louisville to Mexia. Our big Texas hat is off to Chris!

Fran H, SLP-CCC, has a wealth of experience in residential DD settings, and worked for GHP Tennessee region in 2002. She is a perfect fit for the Mexia project. GHP is so very glad to have Fran associated with us once again.

Jeffrey R, RPT, joined the Guardian Healthcare family in January, 2011. He brings a wealth of experience in both acute care and outpatient rehab to Mexia. We are very pleased to have Jeff as a team member.

Candy Q, RPT, also joined the Guardian Healthcare family in January, 2011. Candy's previous experiences were primarily hospital based. She has effectively transferred these skills to the residents at Mexia. Candy's bubbly personality is sure to put a smile on everyone's face. Welcome!

Ashley C, SLP-CCC, received her Degree at Murray State University in KY. GHP employed her as she successfully completed her CFY in 2008. She continued with GHP, assigned to Cloverbottom Developmental Center in Nashville, from 2009 until this year, when she embraced the opportunity to bring her expertise to Mexia. We appreciate Ashley's dedication to the residents at Mexia.

Gloria M, DPT, has been a practicing PT for several years and in 2009 received her Doctor of Physical Therapy . During that time Gloria has worked in a variety of settings to include schools, hospitals and MRDD facilities. Gloria has several years of experience as a Rehab Director and she has worked in NY, IL, MI and Texas during her time as a PT. Gloria is also the mother of our SLP Charlese T.

Charlese T, SLP-CCC, has been a SLP since 2003 and is the daughter of Gloria M. Charlese has worked in many geographical areas of the US with experience in schools, hospitals, outpatient facilities and home care. Charlese has been "traveling" for the past several years and started with Guardian in Dec of 2010.

WANTED

THE MEXIA, TEXAS GANG



GHP subcontractors at Mexia.

Left to Right: Kay F, OTR, Harvey E, OTR. Shelia M, OTR.

Thanks to Kay, Harvey, and Shelia for the expertise in occupational therapy they provide to the Mexia residents. We appreciate your efforts and are glad to have you as members of the GHP team.

HOW TO TAKE ADVANTAGE OF THE WIRELESS EMPLOYEE DISCOUNTS



AT&T

For 25% discount offerings on wireless voice communication products and data service plans, visit www.att.com/wireless/premiergpo. Enter your 8-digit Foundation Account Number (FAN)--03623671

CHAMPS members and employees can also visit an AT&T corporate-owned/stand-alone store (not an authorized retail); employees will need to provide proof of employment.

Note: As long as an employee is the primary account holder, his/her family is eligible to receive the discount.

VERIZON WIRELESS

For 22% off the monthly access fee and 250 free texts on qualifying voice plans with monthly access fee above \$34.99 and 25% off accessories, visit www.verizonwireless.com/discount.

Register by entering your work e-mail address (personal e-mail addresses will not work). Once registered, you will receive an e-mail to view discount offerings, see “Offers & Promotions.” If you do not have a work e-mail address, select the appropriate action under “Don’t Have a Work E-mail Address?”

CHAMPS members and employees can also visit a local Verizon Wireless communications store (stand alone) or authorized retailer. Employees must provide identification (employee badge or recent pay stub within 90 days) or call Verizon Wireless at 800-899-4249.

If you have questions, contact CHAMPS Client Services at 877-476-1777 or email clientservices@chanet.org with “Wireless Employee Discount” in the subject line.