

CHANGING TIMES

**JULY /AUGUST /SEPTMEBER
2016**



**Pictures from
the CHHS
Annual Picnic!**

Our Mission:

To provide support services, to educate and advocate for all to remain independent while living in their home and participating their community



Inside this issue:

Winter Safety	2
Who to contact	3
Shingles	4-5
Announcements	6
Hipaa	7
Action Pac	8
Puzzle	8
Staff of Quarter	9



Community Home and Health Services

657 Chestnut Court
Gaylord, MI 49735
989-732-6374
Fax: 989-732-0325
Email: office@chhs.co



WINTER IS COMING



For most of us it is an unfortunate reality that colder weather, snow, sleet, ice and wind are just around the corner! We all should remember that when the roads are bad we need to slow down and take our time. Here are some other tips to make sure your vehicle is ready for the road after those flurries start falling.

- Check antifreeze
- Check and replace older batteries
- Remember to keep the gas tank near full to avoid freezing water in the fuel line
 - Check tires and spare tire for proper inflation

Make sure automobiles contain the following emergency supplies to handle winter road hazards.

- Bag of sand, road salt or non-clumping cat litter. The bag's extra weight means better traction, and the contents can be spread under slipping tires.
 - Ice scraper
 - Jumper cables
- Small shovel (to dig snow away from wheels, or scatter sand on roadway)
 - Tire chains (every driver should practice putting them on)
- Flares or reflective triangle to warn other motorists if you break down
 - Blanket
 - Flashlight and batteries
 - Gallon jug of drinking water
 - First aid kit

In order to be a Direct Care Worker you need to be a compassionate and caring individual. DCW's spend their days taking care of others. A Direct Care Worker is an unlicensed person who provides personal care of other services and supports to persons with disabilities or to the elderly to enhance their well-being, and who is involved in face-to-face direct contact with the person and is compensated through state or federal funds. DCW's deserve to be paid more, and if we all work together we may be able to make this happen. We are encouraging all of you to write these government officials and tell them what you do every day. They need to know that in most cases the only support our clients receive comes from you! Make it personal! Share a story about why you love what you do! Ask them any questions you may have, and share your opinions with them. It's time to hold our elected representatives accountable!

Nick Lyon, Director
Michigan DHHS
South Grand Bldg.
333 S. Grand Avenue
Lansing, MI 48933

Lynda Zeller, Deputy Director
Behavioral Health and
Developmental Disabilities
South Grand Bldg.
333 S. Grand Avenue
Lansing, MI 48933

Senator Jim Marleau, Chair
Senate Appropriations
Subcommittee on Health and
Human Services
Michigan Senate
P.O. Box 30036
Lansing, MI 48909-7536

Rep. Rob VerHeulen, Chair
House Appropriations
Subcommittee on Health and
Human Services
Michigan House of Representatives

Rep. Chris Afendoulis
House Appropriations
Subcommittee on Health and
Human Services
Michigan House of Representatives
P.O. Box 30014
Lansing, MI 48909-7514

Senator Jim Stamas
Senate Appropriations Committee
Michigan Senate
P.O. Box 30036
Lansing, MI 48909-7536

P.O. Box 30014
Lansing, MI 48909-7514
Senator Wayne Schmidt
Michigan Senate
P.O. Box 30036
Lansing, MI 48909-7536

Representative Triston Cole
Michigan House of
Representatives
P.O. Box 30014
Lansing, MI 48909-7514

Representative Lee Chatfield
Michigan House of Representatives
P.O. Box 30014
Lansing, MI 48909-7514

AgePage – Important Information on Shingles

What Is Shingles?

Shingles is a disease that affects your nerves. It can cause burning, shooting pain, tingling, and/or itching, as well as a rash and blisters.

You may recall having chickenpox as a child. Shingles is caused by the same virus, the varicella-zoster virus (VZV). After you recover from chickenpox, the virus continues to live in some of your nerve cells. It is usually inactive, so you don't even know it's there.

In fact, most adults live with VZV in their body and never get shingles. But, for about one in three adults, the virus will become active again. Instead of causing another case of chickenpox, it produces shingles. We do not totally understand what makes the virus go from inactive to active.

Can You Catch Shingles?

Shingles is not contagious. You can't catch it from someone. But, you can catch chickenpox from someone with shingles. So, if you've never had chickenpox, try to stay away from anyone who has shingles.

If you have shingles, try to stay away from anyone who has not had chickenpox or who might have a weak immune system.

How Do You Get Shingles?

Anyone who had chickenpox has VZV in their body and is at risk for getting shingles. Right now, there is no way of knowing who will get the disease. But, some things make it more likely:

- *Advanced age.* The risk of getting shingles increases as you age. People may have a harder time fighting off infections as they get older. About half of all shingles cases are in adults age 60 or older. The chance of getting shingles becomes much greater by age 70.
- *Trouble fighting infections.* Your immune system is the part of your body that responds to infections. Age can affect your immune system. So can an HIV infection, cancer, cancer treatments, too much sun, or organ transplant drugs. Even stress or a cold can weaken your immune system for a short time. These all can put you at risk for shingles.

What Are the Symptoms of Shingles?

Usually, shingles develops only on one side of the body or face and in a small area rather than all over. The most common place for shingles is a band that goes around one side of your waistline.

Most people have some of the following shingles symptoms:

- Burning, tingling, or numbness of the skin
- Feeling sick—chills, fever, upset stomach, or headache
- Fluid-filled blisters
- Skin that is sensitive to touch
- Mild itching to strong pain

Depending on where shingles develops, it could also cause symptoms like loss of vision or even hiccups.

How Long Does Shingles Last?

Most cases of shingles last 3 to 5 weeks.

Shingles follows a pattern:

- The first sign is often burning or tingling pain; sometimes, it includes numbness or itching on one side of the body.
- Somewhere between 1 and 5 days after the tingling or burning feeling on the skin, a red rash will appear.
- A few days later, the rash will turn into fluid-filled blisters.
- About a week to 10 days after that, the blisters dry up and crust over.
- A couple of weeks later, the scabs clear up.

Most people get shingles only one time.

But it is possible to have it more than once.

The Shingles Vaccine

The shingles vaccine is a safe and easy, one-time shot that may keep you from getting shingles. Most people age 60 and older should get vaccinated. You should get the shot even if you already had shingles or don't remember having chickenpox. However, if you have a weak immune system or allergies to certain medicines, make sure to check with your doctor first.

You can get the shingles vaccine at your doctor's office and at some pharmacies. All Medicare Part D plans and most private health insurance plans will cover the cost.

Long-Term Pain and Other Lasting Problems

After the shingles rash goes away, some people may be left with ongoing pain called post-herpetic neuralgia or PHN. The pain is felt in the area where the rash had been. For some people, PHN is the longest lasting and worst part of shingles. The older you are when you get shingles, the greater your chance of developing PHN.

The PHN pain can cause depression, anxiety, sleeplessness, and weight loss. Some people with PHN find it hard to go about their daily activities, like dressing, cooking, and eating. Talk with your doctor if you have any of these problems.

There are medicines that may help with PHN. Steroids may lessen the pain and shorten the time you're sick. Analgesics, antidepressants, and anticonvulsants may also reduce the pain. Usually, PHN will get better over time.

Some people have other problems that last after shingles has cleared up. For example, the blisters caused by shingles can become infected. They may also leave a scar. It is important to keep the area clean and try not to scratch the blisters. Your doctor can prescribe an antibiotic treatment if needed.

See your doctor *right away* if you notice blisters on your face—this is an urgent problem. Blisters near or in the eye can cause lasting eye damage or blindness. Hearing loss, a brief paralysis of the face, or, very rarely, swelling of the brain (encephalitis) can also occur.

For More Information

Centers for Disease Control and Prevention

1-800-232-4636 (toll-free)

1-888-232-6348 (TTY/toll-free)

cdcinfo@cdc.gov (email)

www.cdc.gov/shingles

BIRTHDAYS

July

Christina Brandow
Casey Bunheirao
Curtis Bunheirao
Holly Cronk
Steven Hamblin
Larry Martin
Rose O'Hare
Lori Szymanski

August

Lisa Bentley
Danielle Bristley
Sandra Calleaux
Deliaenid Colon Oquendo Thompson
Kayla Fame
Vicki Lester
Aneava Limmel
Mary Wheeler

September

Dorothy Argue
Andrea Ashton
Michelle Burchacki
Sarah Carter
Theresa Fame
Jazmyn Gagnon
Angie Grabiec
Steven Hoppe
Cheryl McCloud
Barb Smith
Peggy Szocinski

NEW HIRES

Lisa Bentley
Joseph Brown
Michelle Burchacki
Samantha Cole
Xaview Remsing
Aubrey Schley
Patrick Schoenith
William Venci
Joanne Wolbrock

ANNIVERSARIES

1 Year

Michelle Beesley
Sarah Bourque
Curtis Bunheirao
Jory Harland
Susan Metzger
Gerry Troglin

2 Year

Linda Becks
Margaret Budd

3 Year

Susan Chevalier

5 or more Years

Monica Knight- 5 Years
Rose O'Hare- 5 Years
Renee Smith- 5 Years
Terri Emaus- 6 Years
Carol Godmar- 9 Years
Larry Martin – 15 Years
Veronica Martin – 16 Years



2016

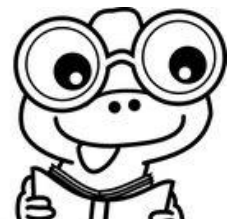


WHAT IS HIPAA?

HIPAA: Acronym that stands for the Health Insurance Portability and Accountability Act, a US law designed to provide privacy standards to protect patients' medical records and other health information provided to health plans, doctors, hospitals and other health care providers

A HIPAA violation usually occurs when you knowingly give information to an outsider regarding the health and welfare of a person in your care to an individual that is not entitled to that information. However, did you know that you may be violating HIPAA without even knowing it? You may think that it is okay to tell another staff something about your client because you both work for the same company. This is not true. Only people who have a need to know are allowed to know anything at all about your client. Talking to staff who work at other homes or staff who are no longer employed with the company is a violation of HIPAA. Talking about your clients with a staff that directly works with the same clients as you can be a violation if you are within hearing distance of someone else. Please take care and be mindful of who you talk to. A HIPAA violation could cost you your job.

MOTIVATION



1. DETERMINE GOALS
2. MAINTAIN A POSITIVE ATTITUDE
3. LEAVE PERSONAL PROBLEMS ASIDE
4. UPGRADE YOUR KNOWLEDGE AND SKILLS
5. BE PASSIONATE DECREASE OR ELIMINATE ENERGY DRAINS
6. PRACTICE SELF-TALK
7. CONFRONT CHALLENGES AND FEARS
8. MEDITATION
9. ACKNOWLEDGE AND REWARD SUCCESS

ATTENTION ACTION PAK MEMBERS

WE WILL BE HAVING A MEETING ON DECEMBER 2, 2016 AT 2PM. THIS MEETING WILL BE TO DISCUSS FUNDRAISING IDEAS FOR OUR FIRST ACTION PAK OUTING TO AVALANCHE BAY. A DATE HAS NOT BEEN SET FOR THE OUTING. WE NEED TO KNOW HOW MANY PEOPLE ARE INTERESTED IN ATTENDING. YOU MUST PARTICIPATE IN THE FUNDRAISER TO PARTICIPATE IN THE OUTING. WE LOOK FORWARD TO SEEING YOU ON THE 2ND!

SUDUKO

	4	7	1					5
	9			2		1		
				4	3		9	
8		9			7		5	
	3		5			8		2
	2		9	8				
		1		5			6	
3					1	5	2	

We need volunteers from the houses to join the Activities Committee! If you are interested please call Veronica Martin. The Activities Committee is bringing back some of past activities that our clients enjoyed being part of such as the Red Hats, and will also be coming up with new ideas. Any suggestions are welcome and encouraged!



Congratulations to **Marlene Peterson,**

HCS employee of the quarter.

Marlene has been with CHHS for 4 years. She was nominated because of her work ethic and her willingness to pick up shifts and work any time she is asked.

Marlene received the best birthday present she could ask for this year, when her very first grandchild was born on the same day as her!

Marlene spends her days with her clients learning all there is to know about them. She is passionate about helping them in any way she can, and often goes above and beyond her job responsibilities to make sure they are comfortable. The safety of her clients is never compromised, and she is always loving and compassionate towards them.

Congratulations Marlene! Thank you for all you do!!

Congratulations to **Jasmine Gagnon,**

Residential employee of the quarter.

Jasmine has been with the company for almost a year. She was nominated for this recognition due to her overwhelming attention to detail and perseverance.

Jasmine is a college student, studying forensic psychology.. She is caring, compassionate and loving to her clients. She is intelligent and has a great work ethic.

Congratulations Jasmine. Thanks you for all your hard work! CHHS is proud to have!

CONGRATULATIONS TO THESE OTHER NOMINEES!

CHRISTINE BLEEDA ANTHONY EWING

SUSAN METZGER VICKI LESTER

BARBARA SMITH DARLA BAILEY

JOE BROWN ANGELA ORMSBEE