

A LIFE RESTORED

March 27, 2009 – Today we celebrated New Century's birthday celebrants for March. But today was one of special significance, for today was a day of appreciation to honor all those heroes involved in saving the life of our co-worker, Gwen White, one of our march celebrants.



March 6, 2009, 4:00 PM - This was a busy day for all office staff. Gwen had just passed out candy Sonia Roldan had brought to share. So when this crisis occurred, everyone responded to help. Suddenly, there was a loud crash. Mark Consolacion stepped out of his office to see what happened. Gwen lay on the floor partially hidden under the desk gasping and shaking. Quickly, Mark called out to the staff for help and immediately dialed 911. Staff came running to help. Daisy Saliganan, RN, the agency's Clinical Nurse Specialist and Quality Assurance Manager who was trained in cardiac and emergency care, along with Donna Ko, an experienced medical personnel and our coding specialist, flew into action. They noticed Gwen, who had turned blue, was unresponsive. They checked for a pulse but could not find it. Immediately they began CPR. When Daisy showed signs of fatigue, Donna took over. Cynthia McAllister, RN Field Supervisor, and Marcia Gallardo, RN Intake Manager, checked for a pulse and signs of breathing but still there was nothing. This continued until the Madison Heights Fire Department Paramedics, headed by Sargeant Dan Garvey, Paul Biliti, Dale Bist and Mike Stefanka, arrived and took over. While the paramedics were working on Gwen, the rest of the staff prayed over her, that she would live. Finally Gwen responded, the whole staff bought time for Gwen and helped saved her life.

March 6, 2009, around 4: 20 PM -The paramedics whisked Gwen to St. John Hospital. Nancy Razalan, our Administrator, and Sylvia Bell, our Director of Clinical Services, went to the hospital to attend to the ER doctors' questions and wait for Gwen's family to arrive. Meanwhile back at the office, Nancy had asked all of the staff to stop working, gather in the conference room and continue to pray for Gwen. Later, we learned that the paramedics stayed for awhile in the ER for Gwen's heart had stopped a second time. The doctor was preparing Gwen's family for the worst. He didn't think she would make it, but God had His hand on the entire situation. The staff continued to pray. Gwen lived; her life was restored. Later paramedic Paul Biliti came by the office and reassured staff that Gwen was going to be alright.



At the appreciation luncheon, Paul Biliti thanked everyone for honoring them. He was very impressed with the family-like atmosphere at New Century and said " We just see this as doing our job but every once in a while, you have a case that sticks with you. This would definitely count as one of those times. I will share this memory with the other guys at work and with my family."

Gwen also thanked everyone and said "As a result of this experience I have made some life promoting changes. I'm eating healthier, I quit smoking and underwent surgery for a heart defibrillator . This experience has truly drawn me closer to God and I believe He wanted me to be at New Century that day. He truly has a purpose for my life."

And so today we are gathered to celebrate, life and to thank all our heroes, and give special thanks to GOD our Father and our Lord Jesus Christ for an answered prayer. He used the staff, the paramedics, the hospital medical team, and our prayers to save Gwen's life, for which she is truly grateful.

-----Sylvia Torres-Guzman, LMSW

New Century Home Health Care

Healthy at Home

BECAUSE HOME IS WHERE YOU WANT TO BE



New Century Home Health Care has been named to the 2008 HomeCare Elite, a compilation of the most successful Medicare-certified home health care providers in the United States. This annual review identifies the top 25 percent of agencies, ranked by an analysis of performance measures in quality outcomes, quality improvement and financial performance.

The 2008 HomeCare Elite also indicates those providers who are included in the Top 100 and Top 500 of providers nationwide.

"The 2008 HomeCare Elite winners exemplify a commitment to providing their patients with optimum care while performing at the highest level," said Nancy Buller, Senior Director of Marketing Communications at OCS, Inc. "We congratulate New Century Home Health Care, Inc. on being one of the Top home care agencies in the country."

The 2008 HomeCare Elite is the only performance recognition of its kind in the home health industry. The 2008 HomeCare Elite is brought to the industry by OCS, Inc., the leading provider of healthcare informatics, and DecisionHealth, publisher of home care's most respected independent newsletter ...home health line.

INSIDE THIS EDITION!



SLEEPING BETTER

A COLD OR HAYFEVER?



A LIFE RESTORED



PLUS:

*Trouble Sleeping? You are not Alone!
The Future of Home Care Restored!
New Century's Medical Emergency System*

CHAP Accredited
Fully Insured &
Bonded



Medicare & Medicaid
Covered Services:
Registered Nurse
Licensed Practical Nurse
Physical Therapist
Occupational Therapist
Medical Social Worker
Speech Pathologist
Certified Home Health Aides

Spanish Interpreter
Available



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Serving the
Counties of:
Wayne
Oakland
Macomb
St. Clair

Specialty Services:
Wound Care
Diabetic Management
IV Infusion
Pulmonary Rehab
Anodyne Therapy
Telehealth (a remote nurse monitoring system)

THE FUTURE OF HOMECARE IS HERE!

This cutting edge service is included for every New Century Home Health client who qualifies!

The Philips Telehealth is a small lightweight device that uses electronic communication to record a patient's measurements such as blood pressure, blood sugar, weight, oxygen levels, pulse, etc. It offers immediate notification to the homecare nurse if measurements are outside their normal limits.



"The telehealth monitor has been God-sent for me. Whenever I feel dizzy or light-headed, the monitor transmits my vitals immediately. I always get a call from my nurse or physician if medication needs to be adjusted or just to check on me as a result of the readings." ----Edna H. (telemonitoring patient)

Call New Century Home Health Care for a consultation or more information. Track your health everyday and address health problems as they start to occur.

The Philip's Telehealth is easy to use:
ALL YOU NEED IS A PHONE LINE!

Checking your vital signs each day can help your home care nurse watch over your health.

TROUBLE SLEEPING? YOU ARE SURE NOT ALONE!



throughout adulthood. However, sleep patterns may change with age. For example, older people may sleep less at night and take naps during the day.

What can my doctor do to find out why I'm not sleeping?

Your family doctor may ask you and your bed partner some questions about your sleep habits (such as when you go to bed and when you get up), any medicine you take, and the amount of caffeine and alcohol you drink. Your doctor may also ask if you smoke.

Other questions may include how long you've been having insomnia, if you have any pain (such as from arthritis), and if you snore while you sleep. Your doctor may also ask about events or problems in your life that may be upsetting you and making it hard for you to sleep.

What is a sleep diary?

If the cause of your insomnia is not clear, your doctor may suggest that you fill out a sleep diary. The diary will help you keep track of when you go to bed, how long you lie in bed before falling asleep, how often you wake during the night, when you get up in the morning and how well you sleep. A sleep diary may help you and your doctor identify patterns and conditions that may be affecting your sleep.

How is insomnia treated?

The treatment of insomnia can be simple. Often, once the problem that's causing the insomnia is taken care of, the insomnia goes away. The key is to find out what's causing the insomnia so that it can be dealt with directly. Many people find that by making a few simple changes in their habits they enjoy better sleep.

As we age, we may have trouble falling or staying asleep. The reasons are many:

- A need to urinate frequently at night
- Chronic pain caused by diseases such as arthritis
- Chronic diseases such as congestive heart failure
- Depression (depression is a common cause of sleep problems among people of all ages)
- Neurological conditions
- Alzheimer's disease
- Organic brain syndrome
- Prescription drugs, recreational drugs, or alcohol
- Sedentary lifestyle
- Stimulants such as caffeine

What causes insomnia?

Insomnia is the body's way of saying that something isn't right. Things that may cause insomnia include stress, too much caffeine, depression, changes in work shifts, and pain from medical problems, such as arthritis.

Many people have insomnia. People who have insomnia may not be able to fall asleep. They may wake up during the night and not be able to fall back asleep, or they may wake up too early in the morning.

Is insomnia a serious problem?

It's not really a serious problem for your health, but it can make you feel tired, depressed and irritable. It can also make it hard to concentrate during the day.

How much sleep do I need?

Most adults need about 7 to 8 hours of sleep each night. You know you're getting enough sleep if you don't feel sleepy during the day. The amount of sleep you need stays about the same

New Century Home Health Care, Inc.

recently acquired a

MEDICAL EMERGENCY ALERT SYSTEM

as part of its Falls and Re-hospitalization Prevention Program.

If you or a loved one lives alone, is elderly, disabled or has health concerns, you shouldn't be without a medical emergency alert system. Just press the button and help is on the way. It's FREE!! Call Lucille at (248) 398-9600 for details.



Is it Hay Fever?

YOU MIGHT ASSUME IT'S A COLD...BUT IT'S NOT!



Hay fever, also called allergic rhinitis, causes cold-like symptoms such as a runny nose, congestion, sneezing and sinus pressure. But unlike a cold, hay fever isn't caused by a virus — it's caused by an allergic response to indoor or outdoor airborne allergens, such as pollen, dust mites or pet dander. Some people have hay fever year-round. For others, hay

fever gets worse at certain times of the year, usually in the spring, summer or fall.

For some people hay fever symptoms are a minor, temporary nuisance. But if your symptoms are more persistent, they can make you miserable and affect your performance at work, school or leisure activities. Finding the right hay fever treatment probably won't completely eliminate your symptoms — but for most people, it makes a big difference

Symptoms

Signs and symptoms of hay fever usually develop immediately after you're exposed to specific allergy-causing substances

(allergens) and can include:

- Runny nose and nasal congestion
- Watery or itchy eyes
- Sneezing
- Cough
- Itchy nose, roof of mouth or throat
- Sinus pressure and facial pain
- Swollen, blue-colored skin under the eyes (allergic shiners)
- Decreased sense of smell or taste

Hay fever symptoms that can interfere with your day-to-day activities and have an impact on your quality of life include:

- Sleeplessness
- Fatigue
- Irritability

Although hay fever can begin at any age, you're most likely to develop it during childhood or early adulthood. It's common for the severity of hay fever reactions to change over the years. For most people, symptoms tend to diminish slowly, often over decades.

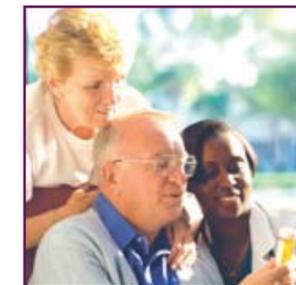
There are a number of over-the-counter and prescription medications available. Many people get the best relief from a combination of allergy medications. Over-the-counter medications may be enough to relieve your symptoms or you may need a prescription from your doctor. --- (mayoclinic.com)

NEW CENTURY HOME HEALTH CARE COMMUNITY OUTREACH PROGRAMS FOR SENIORS

New Century offers many educational programs and assistance to Senior Residences, Assisted Living Facilities, Senior Centers and Churches.

Professional Nursing Services

- Blood Pressure Screenings
- Glucose Testing
- Influenza Vaccine (Medicare covered)
- Educational Talks on Healthy Living and Safety
- Health Fairs and Bone Density Testing (Medicare Covered)



- Senior Service Coordinators and Managers, to assist in obtaining services to keep the resident independent and safe in their homes.
- Our nurses can help arrange an in home appointment with a Visiting Physician, Ophthalmologist, Podiatrist, Dentist, or private duty chore provider.

YOU CAN QUALIFY FOR HOME CARE SERVICES IF:

- You are homebound and leaving home would require considerable effort;
- You are medically unstable and under the care of a physician;
- You are in need of the skilled services of a nurse or therapist, on a part time or intermittent basis;
- You have recently been discharged from a hospital, nursing home or rehabilitation center.

Consultant to Resident and Families dealing with health care issues

- Education on the Health Care system
- Resources and services available in the community

Liaison to Service Providers

- Discharge Planner of Hospital or Rehabilitation Center, to coordinate care and return to patient's residence.