

Healthy at Home

Because Home is Where You Want to Be

DEAR FRIENDS:

March is Colorectal Cancer Awareness Month. Other than skin cancer, Colorectal cancer is the third most common cancer found in men and women in this country. The American Cancer Society estimates that there will be about 112,340 new cases of colon cancer and 41,420 new cases of rectal cancer in 2007 in the United States. Combined, they will cause about 52,180 deaths.

For the past 15 years, the death rate from colorectal cancer has been going down meaning there are fewer cases recorded. Thanks to colorectal cancer screening, polyps are found and removed before they become malignant. Therefore, we urge our readers who have a history of colorectal cancer in their families to ask their doctor for advice about screening tests. Early detection saves lives.

Please make sure to read about our latest telecommunication technology for home patient care. The "Remote Nurse" is creating lots of buzz and we are proud to be on the cutting edge of this new technology!

We received a heart-warming letter recently, and I wanted to share it with our readers. It's from one of our favorite patients, who has loving thoughts about our staff.

All my best,
Nancy Razalan, Administrator

LESSENING THE EFFECTS OF COPD

You may already know there is no cure for chronic obstructive pulmonary disease (COPD). However, it's important that you know there is hope. Much can be done to lessen the side effects and symptoms of the disease. You can lead active and rewarding lives by following the advice of your physician and by following some simple tips.



simplify work and other activities in order to save energy. Eliminate unnecessary tasks. Break activities down into steps and alternate them with frequent periods

of rest. It's best to plan ahead and avoid rushing.

Watch Your Diet

Try to maintain a normal weight. If you're underweight, you will have less energy stores to pull from. If overweight, your heart has to work harder and you will experience more shortness of breath.

Continued Inside

Stay Active

It's easier to stay active if you

Medicare & Medicaid Covered Services:

- Registered Nurse
- Licensed Practical Nurse
- Physical Therapist
- Occupational Therapist
- Medical Social Worker
- Speech Pathologist
- Certified Home Health Aides

CHAP Accredited
Fully Insured &
Bonded



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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)

Spanish Interpreter
Available

NEW CENTURY'S ANODYNE THERAPY TREATMENT

Anodyne Therapy is a new form of treatment developed in the past few years to reduce pain and improve sensation, particularly for patients with peripheral neuropathy. It is also used to help heal wounds.

Anodyne Therapy can be administered by a Physical Therapist in the patient's home in conjunction with a physician's plan of treatment. The therapist uses an anodyne therapy machine consisting of flexible pads containing infrared lights which are placed over the wound or affected area. After about 30 minutes of treatment, blood flow is enhanced by approximately 400%. The effects from this treatment last several hours after the pads are removed. Increased circulation restores sensation in patients, which helps to improve their balance, which in turn leads to a reduction in falls.

Anodyne Therapy has become very popular due to the rarity of non-invasive, drug-free methods of reducing pain and increasing circulation. Anodyne Therapy is not only utilized by hospitals, health care facilities, and in the home by health care professionals; it is also used by the United States Military to treat soldiers. Anodyne Therapy is a covered service by Medicare Home Health and is reimbursed by most private insurance companies making it an affordable option for patients.

If you are interested in learning more about this therapy or would like to make a referral for anodyne therapy, please contact New Century Home Health Toll Free at: 1-866-885-5639.

CONSIDERING HIP REPLACEMENT?

An Occupational Therapist Will Help You Recover Faster!

Occupational therapy education is based on the physical and psychological implications of illness and injury and their effects on people's ability to perform the tasks of daily living. The clinician's knowledge of adapting tasks and modifying the environment to compensate for functional limitations is used to increase the involvement of clients and to promote safety and success.

During hospitalization and as you prepare to return home, your occupational therapist will:

Instruct You in the Proper Seating Position

It is important not to bend forward in your chair or cross your knees or ankles until your doctor gives permission. Sit in a raised chair or an elevated surface for maximum safety and comfort.



Teach You How to Use a Walker:

- Teach how much weight to put on the operated leg and how to keep your hip properly aligned.
- Demonstrate safe techniques for entering and

exiting from a car

- Teach you methods for transferring from the walker to a chair, a bed, or a bath chair in the tub or shower
- Educate your family and caregivers about your surgical hip precautions and

the best way to help you

Provide You With Equipment for Dressing:

- a dressing stick to pull on underwear or slacks without bending from the waist
- a sock aid to position and draw a sock or stocking onto the operated leg
- a shoe horn to put on shoes without bending at the waist

Demonstrate Safe Techniques for Getting Into and Out of Bed and Positioning the Hip Properly While Sleeping:

A firm bed that is not too low is the most safe and comfortable option.

Suggest Tips for Completing Household Tasks Easily and Safely:

- carry hot liquids in covered containers
- slide objects along the counter rather than lifting them
- sit on a high stool when working at the counter
- use a reacher to pick up objects from the floor
- use a basket or bag attached to your walker to free your hands
- remove scatter rugs to prevent tripping.



~Introducing~
RemoteNurse™
 PATIENT MONITORING SYSTEM



**MONITOR YOUR HEALTH
 FROM HOME EVERYDAY!**
 All you need is a phone line!

This service is INCLUDED
 for home health care
 patients who qualify.

Wouldn't you feel more comfortable
 knowing your loved-one's health
 is being monitored by a nurse
 7 days a week?

The Future of Home Care Is Here!

The "Remote Nurse" is a small lightweight device that uses electronic communication to record a patient's measurements such as blood pressure, blood sugar, weight, oxygen level, pulse, etc. It offers immediate notification to the home care nurse if measurements are outside their normal limits. The "Remote Nurse" is easy to

use and speaks four languages. ALL YOU NEED IS A PHONE LINE!

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

AN ANGEL ON MY SHOULDER

Sometimes an angel can appear in the most unexpected of places!

As a very "foxy" senior living at Park Place Towers, in Mount Clemens, Michigan I had always been a bit hard headed and independent. After some long hard fought battles with cancer I had found no one I would trust and ask for help. The health service companies that had been coming to our building I felt were only there for money, never taking time to talk with our seniors. So, I would say a prayer each night: "Lord, I need some help, could you please send me an angel that cares?" Well He did, and her name is *Brenda Cope-Perry*.

I had gone down stairs to get my flu shot one day, and was having fun talking with the nurses giving the shots when I began watching the woman that I thought was in charge. She was moving and talking with all of the seniors and seemed to be truly interested in each of them. I decided she was worth keeping an eye on, so I joined some friends and continued to watch her as she moved among the seniors. I saw that she talked with people looking them in the eye and there was no doubt that she was intent on hearing every word, and displayed something I had never seen in anyone in the service field before, she was a truly caring person when talking with seniors.

To make a long story short, the Lord whispered in my ear: "There's your angel." And Brenda has indeed become my angel and my friend. Within days Brenda saw that I had the greatest RN in my world Evelyn, who has cared for me and once saved my life and then came Patrick my P.T. Who goes far beyond in helping me with the pain by explaining what I should do and what I should not do. And then there is Maria who helps

me bathe and dress twice a week and shares with me a love of other people. Maria is a hoot, who can bathe me in places I have not been able to reach in a year. However, Brenda did not stop there; she also connected me with another angel by the name of Cynthia Snyder, who is over seeing the needs my Doctors have asked for, like finding a better Oxygen service and a Power Chair.

You know, I have always believed that the Lord places people in our lives to see us through every situation. So, if you need someone who cares I'll introduce you to my Angel Brenda, because, I am willing to share the good things that I have been given in this life. And always remember that the challenges we are called upon to face each day can never defeat us-only we can do that.

I write only to make you think-I. J.

LESSENING THE EFFECTS OF COPD

...continued from front cover

Drink Plenty of Fluids

Drink three to four quarts of liquid per day unless your doctor advises otherwise. This will keep your mucus thin and easier to cough up.

Relax

Fatigue and tension can contribute to shortness of breath, so take time each day to relax, both physically and mentally. Take naps if you feel the need. Rest mentally by listening to soothing music or by doing something else you find relaxing. If you have difficulty relaxing, consult your doctor.

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)



Consultant to Residents 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.
- 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.

NEW CENTURY HOME HEALTH CARE, INC. RANKED AMONG TOP 25% OF HOME HEALTH PROVIDERS IN COUNTRY



Madison Heights, MI January 10, 2007

New Century today announced that it has been named to the 2006 HomeCare Elite, the inaugural compilation of the most successful home care providers in the country. This ground-breaking review names the Medicare-certified agencies whose performance measures in quality, improvement and financial performance are among the top 25% of providers nationwide.

“We applaud the success of all the providers named to the 2006 HomeCare Elite”, said Bill Bassett, Senior Director of Market Strategy at OCS, Inc. “Being noted as one of the top performers in the nation in this very competitive environment shows that New Century is dedicated to quality and performance.”

“As performance improvement, both clinical and financial, continues to be a critical metric for home care agencies, it's wonderful that we now have an award that recognizes our industry's highest achievers,” said Tonya Nevin, Executive Publisher of DecisionHealth. “We congratulate New Century on being one of the top 25% best performing home care agencies in the country.”

The 2006 HomeCare Elite is the first performance recognition of its kind in the home health industry. The 2006 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. The data used for this analysis was compiled from publicly available information. The entire list of the 2006 HomeCare Elite agencies can be viewed by visiting the OCS web site (www.ocsys.com).