

### May 2012

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Monday - Friday



### Sue's Corner CPR Update

If it is time for you to refresh your CPR knowledge, watch the video on the new CPR technique approved by American Heart. You do not need to be certified. You do need to send in a slip saying that you did watch it. It takes less than 15 minutes. Just google "youtube Sarver heart center" and watch the CPR video or come to the office and watch the DVD here.

### **Inservice a Success**

Tuesday we had an inservice in Pine City and one in Linwood. Several people helped with the inservice. A special thanks to Judy Beauchamp for her help. A lot of good discussion took place. Thanks for all who attended. P.S. The treats were great.



# **New Employees**

We have had quite a few new employees start in the last two months. Welcome to the following: JoJo Beckman, Julie Bochet, Donna Gutwiler, Paul Kreger, Peggy Lawrence, Melissa Plunkett, Erin Prokop, Sharon St.Hilaire, Heather Semler Kathy Peterson, Chris Langer and Nancy Volk.

# Caregiver of the Year 2011

Mary Taillefer has been selected as the Sunrise Health Caregiver of the Year for 2011. Mary has been a Home Health Aide with Sunrise since 2008 and was among those honored as an Employee of the Month in 2011. She is a delight to work with.

The Sunrise Health staff was pleased to have Mary join us at one of our inservice meetings in May when we recognized her accomplishments and thanked her in person for the exemplary care she gives to each person she works with. I was very curious when Mary told me that she works with "green ducks" so of course I had to hear the rest of the story. Mary said everyone is either a yellow duck or a green duck. Yellow ducks are the common ones but a green duck is unique! Mary has given each of her clients a green duck (WalMart variety) and told them how special they are to her. Congratulations, Mary!





Sunrise Office Staff
Sue Linda Dodee Karen Jean Anne Paul

### Client miles for running errands

Check the care plan to see what is appropriate for errands for client. If information is care plan the maximum roundtrip distance is 20 miles.



# **Slippery Ice**

We have been blessed with nice weather this winter. One down side to the warm weather is the falling on the ice.

- Now is not the time to be wearing fashionable foot ware. Snow boots will help you not to slip on the ice better than hard shoes or even tennis shoes
- Take shorter steps and put your foot gently down
- Move your feet slightly and bend your knees and walk
- Wear gloves
- Protect you dominant arm. Make a habit of carring your coat, purse, etc. with your dominant hand. If you fall your other hand will break your fall and your dominant hand will be protected.
- If you start to fall, relax yourself and roll into the fall
- If you fall turn over on your hands and knees, then slowly get up

#### **Funny Words of Wisdom**

"I often quote myself. It adds spice to my conversation."

~George Bernard Shaw

"Laziness is nothing more than the habit of resting before you get tired."

~Jules Renard

"My marriage had it's ups and downs like everyone's, but when it came down to it, I knew it was solid. I miss that sort of connection with someone."

~John Scalzi

"There are only two kinds of people who are really fascinating: people who know absolutely everything and people who know absolutely nothing."

~Oscar Wilde

"The trouble with the rat-race is that, even if you win, you're still a rat."

~American comedienne Lily Tomlin

"Fashion is a form of ugliness so intolerable that we have to alter it every six months."

~Oscar Wilde