

AUGUST 2010

Referral Number
1.800.950.1004

Sun Safety

As the summer continues to heat up, take the following precautions to stay safe in the sun:



- Wear dark-colored clothing – it provides more sun protection. Think blue or red instead of yellow or white, and choose tightly woven fabrics over loose knits.
- Limit direct sun exposure to no more than three hours per day.
- Use sunscreen and plenty of it. Apply no less than one ounce – about the size of a half dollar – in the palm of your hand, and reapply at least every two hours.
- Stay hydrated during extreme heat. About 318 Americans die every year of heat-related illnesses, according to the Centers for Disease Control and Prevention. Most of these deaths are preventable – if the victims better understood the realities of dehydration and heat-related illness.

Learn more ways to beat the heat at the Centers for Disease Control and Prevention's website, www.cdc.gov/Features/ExtremeHeat.

New England Home Care is using "Zoe"

Innovative device helps keep patients out of the hospital as part of its Healthy@Home care delivery model

No one looks forward to a stay in the hospital, but for patients with ongoing health problems, hospitalization is often a frequent occurrence to treat or stabilize their conditions.

One condition that can cause numerous re-hospitalizations is congestive heart failure (CHF). Individuals with CHF are two times as likely to be re-hospitalized than those without CHF. CHF is the heart's inability to pump enough blood throughout the body. Symptoms such as fatigue; shortness of breath; swelling in the legs, ankles and feet; fluid retention; and sudden weight gain due to excess fluid indicate that the condition has worsened. By the time a person exhibits these symptoms, hospitalization is required to treat them.

However, a battery-operated monitor called the **Zoe Fluid Status Monitor** may help to reduce repeated hospital stays by alerting the doctor of changes before a patient shows symptoms. The monitor is new to Connecticut and new to cardiologists in Connecticut.

New England Home Care is using the Zoe in its Healthy@Home care delivery model. When a doctor approves the monitor's use for patients with CHF, the home care nurses use Zoe monitors to track the amount of fluid in a patient's chest. The monitor can find changes two weeks before the patient begins to show symptoms. Through electrodes placed on the skin, the non-invasive treatment measures the time it takes a small-frequency electric current to travel from the top to the bottom of the thorax. The less resistance the current meets, the more fluid exists in the chest. Conversely, more resistance is a sign that less fluid is in the chest. By determining if fluid is beginning to build up, the doctor and home health care nurse can use drugs or other treatments to reduce the fluids before other symptoms occur. Patients are monitored very carefully with the goal of early intervention to prevent hospital repeats.



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Community Outreach

NEHC walks for a cause

Relay for Life

New England Home Care is proud to announce its support and participation in Relay For Life, The American Cancer Society's nationwide signature fundraising event, which was held on June 5, 2010 at Crosby High School, 300 Pierpont Road, Waterbury, Conn. The "Walk With Joy 2010" team (21 members) raised a total of \$5,000 this year. The theme this year was "Birthday," so the team celebrated the concepts of birthday and life. Touching moments were shared throughout the entire event. Thank you to all who contributed.

Wesley Village 5K Road Race

NEHC will be sponsoring Wesley Village's 5K Road Race on August 28, 2010 in Shelton, Conn. Proceeds will benefit Spooner House and the Wesley Village "Journey of Dreams" program. Please contact Lisa Nardelli in the Shelton branch (800.950.1004) if you would like to join the New England Home Care team and support these very worthy causes. Find out more at www.wesleyvillage-ct.org/road_race.html.

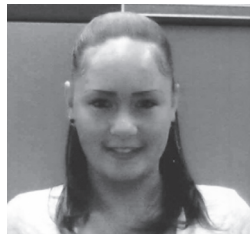
Quote

OF THE MONTH

"The most beautiful things in life cannot be seen or even touched. They must be felt with the heart."
– Hellen Keller

The Spirit of being a New England Home Care Home Health Aide Contest

New England Home Care recently sponsored a contest that asked Home Health Aides to describe why they love caring for their patients. The winner, **Heather Clauss**, received four tickets to American Idol Live. Here is her winning entry:



My name is Heather Clauss and I have been employed with NEHC for almost 10 years. First, I would like to say I love my job. Not only do I take pride in representing NEHC, but I also receive a personal gratification when I know every patient is receiving the highest quality of care I am able to offer in their times of need. I meet so many different, wonderful people, and in the end there is one common goal, which is excellence, reliability and satisfaction when performing my services.

I have been with families for long and short periods of time. All are treated with the same level of needs that pertain to their plan of care. A particular family I have been with for seven years continuously expresses their trust, happiness and appreciation. This is just one example of the heart-warming accomplishments I have on a daily basis.

It is such an honor to work with such great families, and when they express to me how much I have helped them just by coming to work and doing my job, it is completely rewarding. When I enter a patient's home, sometimes I can sense the fear, aggravation and distrust they may feel because they have a complete stranger in their home. So when the patient starts to trust and feel comfortable around me, I know I'm accomplishing my goal as an employee of NEHC. I relate to those situations by envisioning myself or a family member who could possibly be in a position that may require home care. I perform my services with lots of patience and understanding to each and every client. I sympathize with families and hope to leave a positive lasting impression.

As for working for NEHC, I can honestly say they are one of the best agencies in the health care field. I have worked with other agencies, but from day one of receiving my CNA license I have been employed and never considered leaving or switching agencies. I believe a big part of NEHC's key factor to success is good communication, among other numerous values that reflect on their outstanding reputation. I can always rely on getting in touch with any staff member to communicate with when I have a question in any department. NEHC has an excellent staff, it is a pleasure to work with them, and they remain a great agency because they maintain a higher standard of the best experience for clients when they are chosen to work in their homes. I will continue to contribute my skills, compassion and sensitivity acquired over the years when given any case I take on. I realize NEHC's reputation is their number one priority and plan on doing my part to continue putting our clients' needs and satisfaction first. Thank you for making my employment with NEHC a pleasurable experience.

New England Home Care honorable mentions in the "Spirit of being a New England Home Care Home Health Aide Contest" include: Barbara Trasacco, Chandra Gary, Ellen Burns, Marianne Hood, Wendy Allister Ford and Yvonne Garci.

