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Your Hometown Home Health since 1988

CMS Health Care, Inc
Named a Top 100
Agency in the Nation!



Early, TX, 1-5-2017—CMS Health Care Inc is proud to announce that it has been named to the Top 100 of the 2016 HomeCare Elite, a recognition of the top-performing home health agencies in the United States. For more than ten years, HomeCare Elite has annually identified the top 25 percent of agencies and highlights the top 100 and top 500 agencies overall. Lisa Callihan Administrator of CMS Health Care Inc, credits a caring, compassionate, hard-working and dedicated team with the agency's ability to achieve recognition as one of HomeCare Elite. " We have been home owned and operated since we started in 1988

and our mission is the same today as then...to give our patients the quality care they deserve and to serve our community. This is a wonderful honor and we are blessed to have received it," said Lisa Callihan.

"We are proud to recognize the top 100 HomeCare Elite agencies for demonstrating a commitment to improving quality patient care at low costs. The clinical best practices and data tracking skills these agencies have implemented can position them for future success in government programs such as value-based purchasing and star ratings," said Marci Heydt, Senior Content Manager, DecisionHealth

The ranking is developed by ABILITY Network, a leading information technology company helping providers and payers simplify the administrative and clinical complexities of healthcare; and sponsored by DecisionHealth, publisher of: *Home health Line, The complete Home Health ICD-10-CM Diagnoses Coding Manual and The Home Health Coding Center.* "Improving quality of care and the patient experience continue to underpin a rapidly evolving healthcare environment," said Christine Lang, Senior Director, Product Management, for ABILITY Network. "At the same time tracking, measuring and interpreting data that support these efforts is becoming more complex. The 2016 HomeCare Elite Winners have demonstrated the highest-quality care in their communities, which is a remarkable achievement. We congratulate CMS Health Care Inc on being one of the top 100 home care agencies in the country."



I hope you get better

A retired man who volunteers to entertain patients in nursing homes and hospitals went to one local hospital in Brooklyn and took his portable keyboard along. He told some jokes and sang some funny songs at patients' bedsides. When he finished he said, in farewell, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."

5 Rules For Actually Succeeding At Your New Year's Resolution

U.S. News & World Report - Health
K. Aleisha Fetters

It's that time of year again: when you hear countless stats on how bad Americans are at keeping New Year's resolutions. But, if you've ever made a resolution, you probably don't need ny reminder there.

FYI, 36 percent of resolution-makers give up by the end of January, according to research.

However, it turns out that it's not us that's the problem. It's our resolutions, according to John Norcross

Here, we explore how to set the right resolution – and finally achieve it – in the coming year.

Think Action, Not Results

"Our actions are controllable, whereas resolutions are often too big and vague to be readily controlled or measured," says psychotherapist Coral Arvon. For example, when you set a resolution to lose weight – even though you can weigh yourself and take

measurements throughout the process – what you are tracking isn't the true achievement, but rather a result of those achievements.

Ditching soda, exercising four days per week, getting more sleep and managing stress levels are the true achievements and, since they are under your complete control and are easily tracked, make great resolutions. Each time you perform one, you can "check it off," and receive the immediate gratification you need to stick with that goal, Norcross explains. The weight loss still comes, but as a natural result of your actions.

Start Small and Add on Later

"Many resolutions fail because our brains can't handle making large-scale changes at one time," Arvon says. After all, we can't expect ourselves to be totally different people just because it's a new year. So expecting yourself to

completely overhaul your eating plan or quit smoking cold turkey on Jan. 1 is really just setting yourself up for failure, explains therapist Paul Hoke-meyer. He recommends his clients identify one single resolution, master it and, only then, add in another habit change.

For instance, if you want to eat healthier in the new year, your resolution could simply be eating breakfast every day. Once you've got that down, you can start trying to limit yourself to one soda per day. Bonus: Actions like eating breakfast are what Arvon calls "keystone habits," meaning that implementing them has a ripple effect, thereby leading to more healthy habits. After all, if you are well-fueled in the morning with a healthy breakfast, you are less likely to need a soda pick-me-up in the afternoon.

Play to Your Strengths

According to one review, the No. 1 predictor of a person's level of physical activity is confidence in his or her exercise ability. It's a self-fulfilling prophecy that applies to every resolution you can make, Norcross adds, ex-

Chocolate covered Peanuts

A tour bus driver is driving with a bus load of seniors down a highway when he is tapped on his shoulder by a little old lady. She offers him a handful of peanuts, which he gratefully munches up. After about 15 minutes, she taps him on his shoulder again and she hands him another handful of peanuts.

She repeats this gesture about five more times. When she is about to hand him another batch again he asks the little old lady, 'Why don't you eat the peanuts yourself?' 'We can't chew them because we've no teeth', she replied. The puzzled driver asks, 'Why do you buy them then?' The old lady replied, 'We just love the chocolate around them.'



5 Rules For Actually Succeeding At Your New Year's Resolution

plaining that to make lasting changes, people need to choose goals they feel are attainable. Once they succeed, they get an additional confidence boost that allows them to reach new, higher goals.

Consider Your "Why"

When both choosing and working toward a resolution, it's important to consider why you want to make that change and why achieving your goals is worth any frustration or difficulty. "Change is hard," Hoke-meyer says. "That's why propelling away from discomfort is easier than mov-

ing toward a fantasy goal." For instance, most people will find a diagnosis of heart disease as a more motivating reason to exercise than the desire to participate in an Ironman triathlon.

So think long and hard about why you really, deep down, want to make a change in the new year. Once you've identified it, put a reminder on your phone, refrigerator or anywhere else that will help you keep your true motivation at the forefront of your mind.

Be Patient

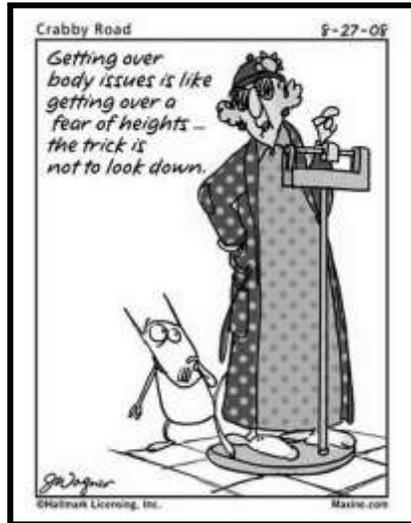
You've probably heard that it takes about 21 days



to form a habit. Unfortunately, the true number is much higher, with the 21-day figure coming from a plastic surgeon who, in the 1960s, noticed that his patients adjusted to their new looks in 21 days.

How long does it really take to cement a healthy lifestyle? According to a study it can take anywhere

from 18 to 254 days, with 66 being the average, for a new habit to stick. So give yourself a couple of months to work on mastering one healthy habit before adding another to your to-do list, and don't be discouraged if you need even more time, Arvon says. Slow results are often the most sustainable over the long term.



Remedies for Icy Car Windows

Harold E. Sconiers

Finding your windshield covered with ice when you're late can ruin your entire day. While you can't control the whims of Mother Nature, though, you can arm yourself with some strategies that take the chill out of ice removal. Keep your credit cards in a wallet, where they belong, instead of scrubbing them across your windshield. There are other, simpler methods that can make de-icing a snap

Water repellents such as Rain-X, or Aquapel, work nicely to prevent icy buildup on car windows. The same ingredients in these products that repel rain, will prevent ice from sticking to your windshield. Doing this won't melt the ice away, but will allow you to brush it off easily.

For a homemade solution, add equal amounts of water and vinegar to a spray bottle, and apply to the windows. This mixture melts ice quickly. If no vinegar can be found, substitute this ingredient with the same amount of rubbing alcohol for a similar effect. Either blend will not only melt the ice, but will also help to keep the ice from re-attaching to the windshield.

One of the simplest ways to keep ice from accumulating, is to lay some type of shield over the window as you go in for the night. The same screen that's placed against the inner window to block sunlight in summer, can be set across the front for winter protection. Take the fasteners on the ends, and close them in the doors, to create a tight barrier against the elements.

Avoid hitting the glass with hot water, as the sudden temperature change will crack the glass. Likewise, refrain from using your automobile's heater against the glass. This may produce similar effects.



This Months Employee All Stars



Debbie
LVN
2 Years



Bonnie
21 Years



Jennifer
ST
9 Years



Denean
3 Years

Heart Of Texas
Network



**At the Brownwood
Chamber of
Commerce**

Home Renovation for the Golden Years

Kaya Laterman

Home renovations often center on upgrading the kitchen cabinets or selecting a new paint color for the bedroom, but as long as you are at it, a well-thought-out redesign might also include modifications to help you stay in your home as you grow older.

These alterations can start with simple things, like installing a grab bar in the bathroom or replacing door-knobs with lever handles. But if your budget allows for an entire kitchen or bathroom overhaul, it's best to think about how you physically may change in the years to come and plan accordingly, said Heather Brin.

"These renovations are all about maintaining independence," Ms. Brin said. "So if you have back pain now, then it's smart to think about getting pullout

shelves to minimize bending."

Take Chandrakant Sheth, a retired engineer and television repairman. At age 81, he has kept healthy with daily walks and is proud that he moves along at a faster clip than his 50-year-old son. He suddenly found himself less mobile, however, after he fell and fractured his right arm in September when a hurried passenger knocked into him as he stepped off a subway escalator.

Buttoning a shirt or taking a shower is now difficult and time consuming, he said. But he is able to navigate the bathroom well enough, since he had installed a grab bar in the bathroom several years ago for his wife, who has since died.

"I never had to use the bar until now, but I'm grateful it was already there," he

said.

More than one out of four Americans age 65 and older fall each year and one in five falls cause serious injury. That number is expected to rise to about 1.35 million in 2030. As population ages, officials are urging homeowners and landlords to make age-in-place fixes.

"Something as simple and cost-effective as installing a grab bar can pre-

vent debilitating falls and literally save lives," said Donna M. Corrado.

More than 85 percent of older Americans want to stay in their current home rather than move elsewhere, a 2010 survey by AARP found.

Iraida Gonzalez, 68, is one of them. She wants to live for as long as she can in Northern Manhattan in a building that is part of the Fort George Vistas NORC, an acronym for Naturally Occurring Retirement Community.

Ms. Gonzalez and her



Winter Word Search Puzzle

F S K A T I N G H O C K E Y V
 V U S B J T M P W O L P T D W
 P T N P B O O T S F Y S A L T
 S N O W M A N Y C C S T O R M
 E F W T Z L S E I R R U L F S
 S F M L E E L Y E O Y Y D N E
 E O O M E M I A U M A V O I R
 K G B S W O P S B L F W G H U
 A N I H V B P A P W B M N S T
 L I L O B B E N N L O L I K P
 F D E V D U R D O Q U N H I L
 X I N E D B Y W W X J P S I U
 Z L K L N I E L D T L D I N C
 F S V V L R K T F I R D F G S
 T S C R A P E R J W W H I T E

BOOTS SKATING
 DRIFT SKIING
 FISHING SLIDING
 FLAKES SLIPPERY
 FLURRIES SNOWBALL
 FUN SNOWBLOWER
 HOCKEY SNOWMAN
 ICY SNOWMOBILE
 PLAY STORM
 PLOW WHITE
 SALT
 SAND
 SCRAPER
 SCULPTURE
 SHOVEL

Home Renovation for the Golden Years (Cont)

husband, Serafin Baldera, 73, have had numerous health problems, including temporary sight loss, diabetes, arthritis and carpal tunnel syndrome. She used to grab the towel rack in the bathroom to help her get around. "It was scary because I knew it wasn't the best thing to use," she said.

Ms. Gonzalez recently received three free grab bars, a sturdy bathmat with suction cups to prevent it from moving, and some night lights, thanks to a grant secured by Isabella Geriatric Center, the non-profit group that operates the NORC program in her building.

The organization worked with students from the Columbia University School of Nursing to conduct home assessments to identify residents at risk for falls based on their medications, medical history, level of activity and fall history. Then Charles Morano, a physical therapist and the owner of Morano Rehabilitation Home Services in Manhattan, conducted home safety assessments for the individuals found to be in danger.

Workers installed grab bars for Iris Boteler, 99, who said she had difficulty walking because of arthritis and other ailments. "You need things to support you," said Ms. Boteler, who has lived in her building for about 45 years.

Depending on the items used, minor modifications can cost from several hundred to about \$2,000. But if you have more money to spend, customization is key, said Barbara S. Roth.

Ms. Roth described a client — a woman in her early 50s with multiple sclerosis — who wanted more cabinet space for her small, dated kitchen. But a place for a stool near the stove and counter was deemed as important as storage because it was getting harder for the woman to stand for long periods.

Although no one likes to talk about age, health and physical disabilities, Ms. Roth said it is important to discuss these issues so an expensive renovation doesn't become obsolete in a few years.

Because the client's illness can lead to blurred or double vision, Ms. Roth also

talked about installing extra lights and the importance of color contrast in the kitchen so the client could easily determine where the stovetop ended and the counter began. Her client chose ivory and white for the kitchen cabinets and backsplash, and black for the stove top.

"The goal was to not make the new kitchen look institutional," she said.

For large or open kitchens, installing a movable island, either on wheels or with legs that have felt on the bottom, can be an easy addition, said Victor A. Mirontschuk.

"Movable islands give people flexibility because you can push it out of the way," to provide space when needed, he said, if a walker or wheelchair becomes necessary.

Mr. Mirontschuk has designed movable islands for several multifamily developments. Although standard kitchen counters are about 36 inches in height, building an island at 34 inches or lower would also comply with regulations from the Americans With

Disabilities Act, he added, because a lower counter works better for someone in a wheelchair.

Some people decide to make home modifications before the need arises.

Amy Lynn, 59, said she had been waiting for years to redo two dated bathrooms in her raised ranch in Monroe, Conn. So when Ms. Roth advised her to shop for grab bars and a comfort-height toilet, which is about two inches higher than a regular toilet and makes the sitting-to-standing motion easier, as well as for new tiles and a sink, she was surprised. "I just wanted new bathrooms, so I wasn't thinking about what happens when we get older," Ms. Lynn said. But with her knees already bothering her, the additions now "makes complete sense" and cost her only an additional few hundred dollars. Ms. Lynn said she spent about \$12,000 to renovate two bathrooms. Her master bathroom has a new shower stall with a built-in corner seat, a removable shower head and niches so shampoo bottles are kept off the floor. The other bathroom still has a tub, but the old glass door was removed and replaced with a shower curtain.



Alzheimer's Support Group



Redstone Park

Retirement & Assisted Living

2410 Songbird Circle, Brownwood - 325-643-9056

Home Renovation for the Golden Years (Cont)

A walk-in shower is ideal for people with leg and vision problems, since it gets harder to step in and out of a tub as you age, said Chrysanne Eichner.

Building industry professionals are taking note. Since the National Association of Home Builders started to offer a Certified Aging-in-Place Specialist program in 2002, nearly 7,000 contractors, architects, interior designers and occupational therapists have become credentialed by attending a one-day class, according to Elizabeth Thompson, a spokeswoman for the association.

Erik Listou, a founder of the Living in Place Institute, said about 200 people have

taken its Certified Living in Place Professional class, which started about a year ago. The firm offers the two-day program nationwide.

"These certifications bring industry professionals, like therapists, contractors and product makers to put ideas together" to make homes safe and accessible, Mr. Listou said.

Without divulging any specific data, Moen, a manufacturer of bathroom and kitchen products, said the market for its bath safety line has expanded over the past three years, after it started offering more stylish grab bars that match other bath products.

"When you remove the stigma that bath safety isn't

attractive, it invites consumers to purchase," said Chris Nealon, a Moen product manager.

Joyce Jed and her husband, Arnold Wendroff, both 74, are ahead of the game at their home on the parlor and second floors of their three-story row house. Ms. Jed said she started to weary of the many steep steps she had to climb inside her home every day. If she is bothered now, she wondered, how would it be in a few more years?

Since the couple knew they wanted to stay in their home, they decided to spend about \$150,000 to fix up their ground-floor space, which over the years had primarily been used to house visiting family and friends. They chose to widen a hallway and two doors, open the back room to install an open kitchen and living area, and add windows for more light, among other things. Ms. Jed said much of her focus was on the design of a new bathroom with a walk-in shower and a wide ledge on the side of the bathtub

so she could sit and "swing my legs over" to get in.

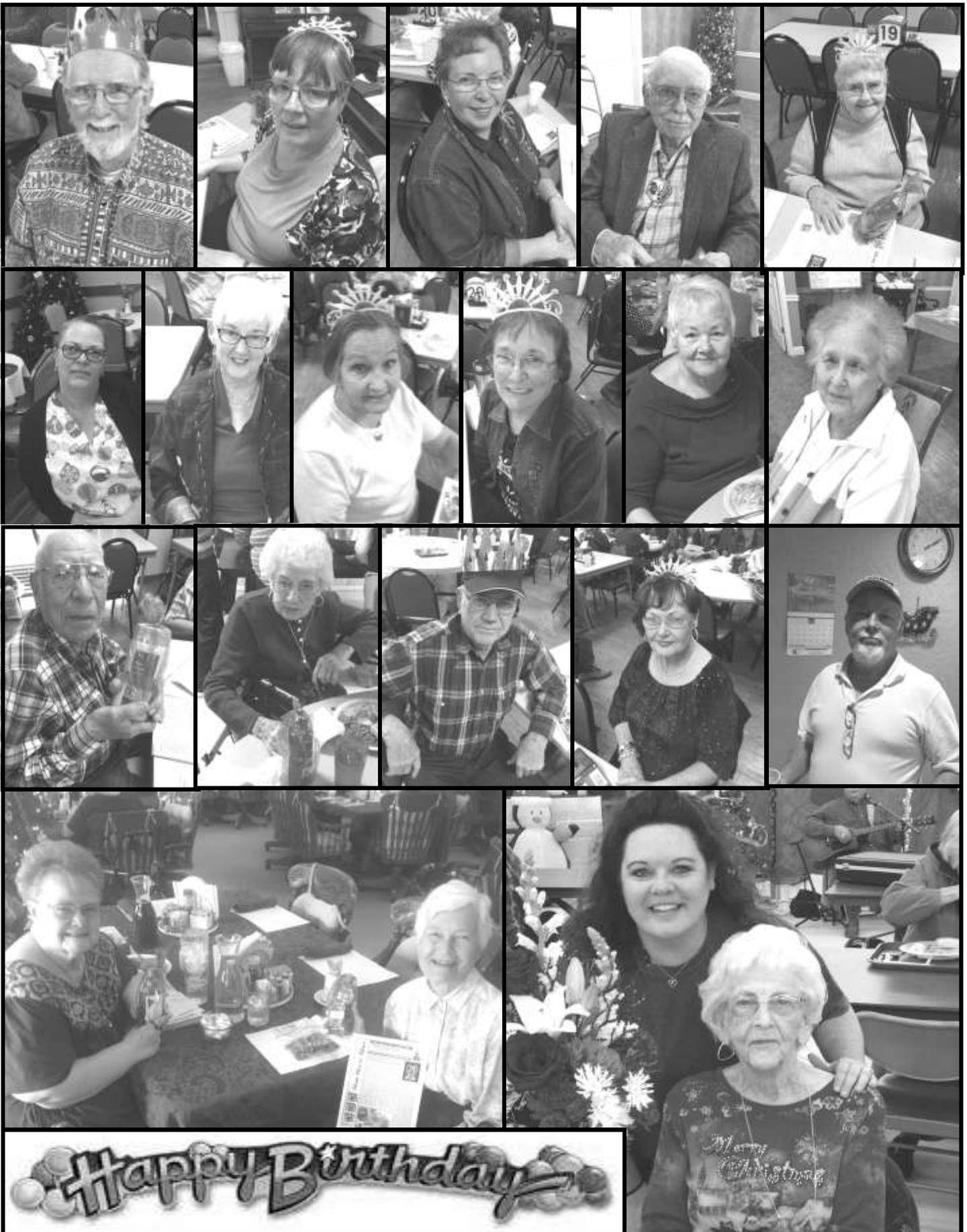
Soon after the construction wrapped up in April, the couple's granddaughter Alyssa Jed was accepted by the Fashion Institute of Technology as a freshman and needed a place in the city. So for now, she is enjoying living on the renovated ground floor. But her grandmother said she feels good knowing that the ground-floor apartment is in move-in condition for the day that she feels even less inclined to climb the stairs.

"It was a big undertaking, but I'm glad we did all of this while we're spry and alert," Ms. Jed said.

Renovations that help people's mobility will reduce social isolation as we age, said Kimberly S. George, the executive director of Rebuilding Together NYC, a nonprofit that helps seniors and disabled low-income residents improve the accessibility of their homes.

"Ideally, you shouldn't rely on family members or friends to help you get around the house," she said. "You don't want your own home to be a hazard."

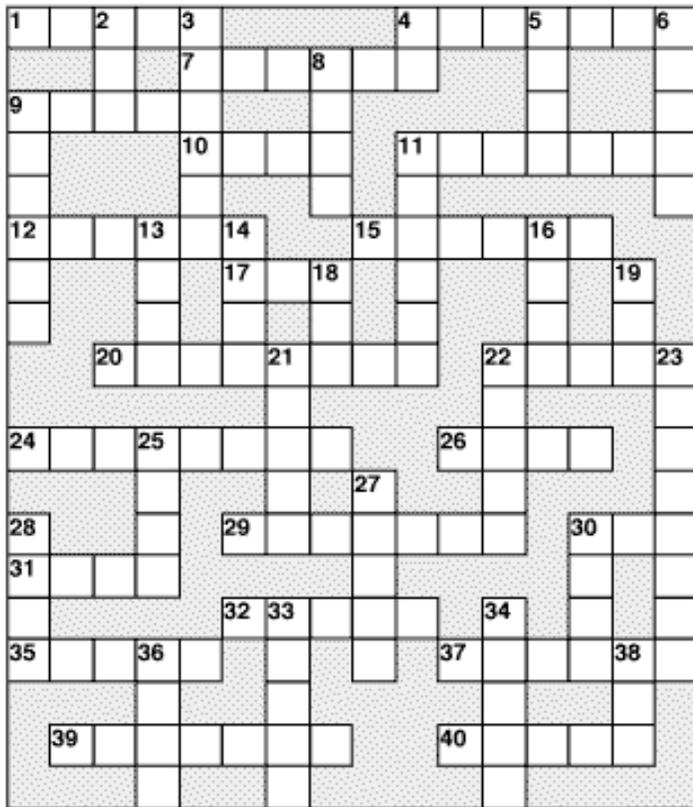








Winter Crossword



Down:

- 2. Frozen water
- 3. Small
- 4. Myself
- 5. Small pie
- 6. Neck warmer
- 8. Chilly
- 9. Used to move snow
- 11. A season
- 13. Strong emotion
- 14. Ripped
- 16. Nil
- 18. Bath _____
- 19. Cloud of water vapour
- 21. Last month of winter
- 22. Wooden snow vehicles
- 23. Winter road condition
- 25. Be carried on
- 27. Locomotive
- 28. Carried along by wind
- 30. Piece of hockey equipment
- 33. Make this in the snow
- 34. Winter foot wear
- 36. Faucets can do this
- 38. You hear with this

Across:

- 1. Sudden cold breeze
- 4. Hand warmers
- 7. Hanging spike of ice
- 9. Freezing rain
- 10. Show and _____
- 11. Conditions outside
- 12. Flowering plant, colour
- 15. Achoo
- 17. Not in
- 20. Month of winter
- 22. Carols, etc.
- 24. Valentine month
- 26. Thaw
- 29. Keeps drinks warm
- 30. Small dog
- 31. Winter Olympic sport
- 32. Silky material
- 35. Breezy
- 37. Ice sport
- 39. Foot warmer
- 40. Direct a vehicle's course

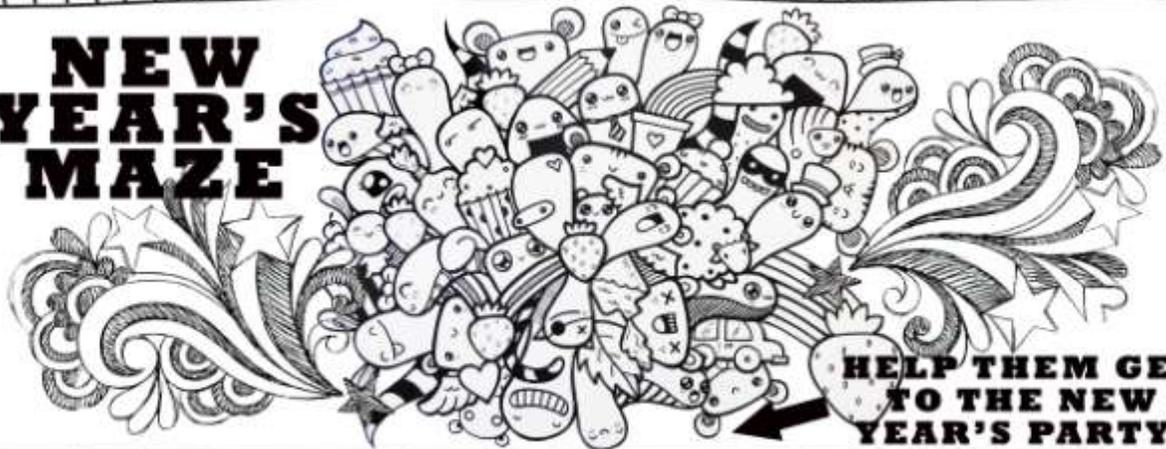
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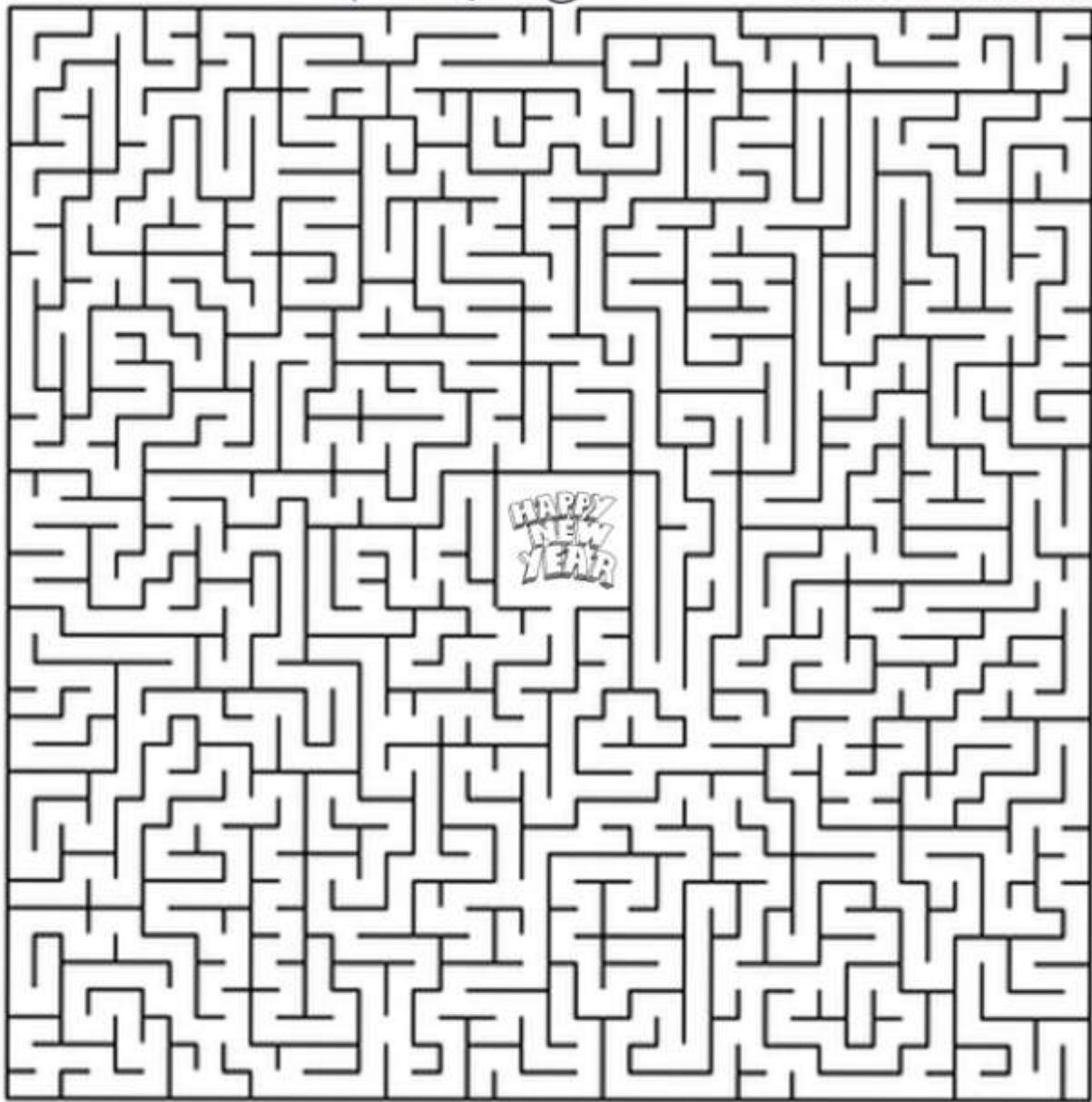
- Across**
- 1. Chill
 - 4. Mittens
 - 7. Iclce
 - 9. Sleet
 - 10. Tell
 - 11. Weather
 - 12. Violet
 - 15. Sneeze
 - 17. Out
 - 20. December
 - 22. Songs
 - 24. February
 - 26. Melt
 - 29. Thermos
 - 30. Pup
 - 31. Luge
 - 32. Satin
 - 35. Windy
 - 37. Hockey
 - 39. Slipper
 - 40. Steer
- Down**
- 2. Ice
 - 3. Little
 - 4. Me
 - 5. Tart
 - 6. Scarf
 - 8. Cold
 - 9. Shovel
 - 11. Winter
 - 13. Love
 - 14. Tore
 - 16. Zero
 - 18. Tub
 - 19. Fog
 - 21. March
 - 22. Sleds
 - 23. Slippery
 - 25. Ride
 - 27. Train
 - 28. Blow
 - 30. Puck
 - 33. Angel
 - 34. Boots
 - 36. Drip
 - 38. Ear



NEW YEAR'S MAZE



HELP THEM GET
TO THE NEW
YEAR'S PARTY!



SQUIGLY'S ALPHABET PUZZLE



Squigly has hidden 26 winter words in this puzzle. Using each letter of the alphabet only once, can you find out what the words are? Once you have used a letter, cross it out.

Letters

A
B
C
D
E
F
G
H
I
J
K
L
M
N
O
P
Q
R
S
T
U
V
W
X
Y
Z

E	D	E	P	L	O	A	L	L	D	E	R
X	B	T	O	B	O	G	A	N	R	T	S
B	R	B	L	I	Z	A	R	D	J	N	M
M	J	K	B	E	L	W	S	Y	H	Q	U
O	Y	S	N	O	W	A	L	L	I	P	V
Q	Y	J	Z	C	O	R	E	E	Z	E	C
W	Y	C	W	I	N	E	R	H	Y	L	L
S	B	O	T	G	S	I	I	N	E	R	Z
Y	N	S	J	E	P	U	I	E	T	R	D
F	I	R	E	P	L	C	E	M	B	E	R
G	B	P	B	S	L	S	H	N	E	A	Y
V	X	C	S	L	E	H	Y	I	S	T	W
M	C	C	H	I	M	E	Y	U	P	C	Z
H	P	O	P	F	E	A	M	E	X	R	O
L	E	G	Q	J	W	N	D	S	T	W	U
P	S	T	H	E	R	O	S	E	O	N	P
G	K	O	S	C	S	A	R	F	L	K	T
T	O	V	S	L	I	P	E	R	Y	L	E
W	I	E	D	I	C	M	B	E	R	D	P
F	S	A	E	C	O	D	R	E	L	S	T
P	S	Q	Y	A	E	K	A	T	E	P	D
R	I	J	C	T	X	U	M	P	J	L	X
D	B	Q	S	N	E	Z	E	E	T	W	X
K	N	M	A	S	C	I	L	L	E	W	H
O	D	A	S	H	I	E	R	S	T	F	S
F	K	I	S	T	O	M	L	E	M	I	K



The peacock is a bird that does not lay eggs. How do they get baby peacocks?

Parkinson's Support Group

OAK RIDGE MANOR

2501 Morris Sheppard Dr., Brownwood, TX 76801

For More Information Contact Tina at 325-642-5305



New Do's And Don'ts For Earwax Removal

Mary Brophy Marcus / CBS News

Q-tips, pencils, hairpins, pen caps, jewelry, even Barbie doll accessories — people stick all kinds of things in their ears to remove earwax or to scratch an itchy ear. But wedging a foreign object into the ear canal to dislodge wax is a really bad idea, warn experts who've released updated guidelines for dealing with the condition.

The problem of earwax has a medical name: cerumen impaction. The American Academy of Otolaryngology-Head and Neck Surgery published new guidelines Tuesday on how to treat the condition, updating their previous recommendations issued in 2008.

The academy included a list of what to do and what to avoid when it comes to dealing with earwax:

DON'T over-clean your ears. It may irritate the ear canal, cause infection, and even increase impacted wax.

DON'T put anything smaller than your elbow in your ear. Cotton swabs, hair pins, car keys, toothpicks — all can cause injury to the delicate ear canal, including a cut, perforation of the eardrum, or a dislocation of the tiny bones in the ear that enable hearing. Injury can lead to hearing loss, dizziness, ringing in the ears and other problems.

DON'T use ear candles. "Candling" is an alternative health fad purported to help with everything from earwax to cancer, but doctors say there is no evidence to back up any of those claims. Candling does not remove impacted earwax, and it can cause serious damage to the ear canal and eardrum.

DO seek medical help if

you have symptoms of hearing loss, ear fullness and ear pain.

DO ask your doctor about home remedies for treating earwax impaction. But first, be sure you don't have a medical or ear condition that could make some options unsafe.

DO seek medical attention if you experience ear pain, drainage, bleeding, hearing changes, an odor coming from the ear or other noticeable change.

Dr. Seth Schwartz, chair of the guideline update group, told CBS News, "The updated guidelines are much more patient friendly."

The group reviewed the latest medical literature in order to give doctors a set of "best practices" when it comes to earwax problems, and they wanted patients to know that earwax isn't necessarily a bad thing.

"The primary factor is that, really, earwax is a naturally occurring substance that is protective in the ear canal and it doesn't need cleaning away unless

it's causing symptoms or making it impossible to examine the ear when we need to do that," Schwartz said.

It's the body's way of keeping dirt and dust and other debris from getting farther into the ear, and it acts as a moisturizer for the ear canal.

Old wax naturally sloughs away and out of the ear over time and during bathing, but sometimes problems crop up. About one in 10 children, and one in 20 adults, will experience cerumen build-up that leads to a block or a partial block in the ear canal. Older patients and developmentally delayed children and adults are even

more prone to wax impaction.

Schwartz says if safe home remedies don't work, see your health care provider because there are other conditions that can cause hearing issues or feel like wax build-up, too.

For example, he noted, a sudden change in hearing can be caused a virus.

But definitely don't stick things in your ears to clear the wax yourself, he stressed. "It's quite common for people to traumatize the skin inside the ear and end up with an infection."

Among the weirdest things he's seen someone stick in a waxy ear: a Barbie doll shoe.



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

➔

9	3	2
8	1	5
4	6	7

4 = Even
8,6 = Even

Senior Citizen Food Safety

Jane Hart

Do you have a favorite family recipe that has been passed down from generation to generation? Most of us have a favorite or two passed down from mom or grandma. Unknowingly, we may use these recipes, or even pass them on to others, with outdated directions not consistent with what we now know about food safety.

New bacteria have emerged and others have gotten stronger since many of our favorite recipes were developed. For example, in 1990, the United States Public Health Service called E. coli, salmonella, listeria and campylobacter the four most serious food borne pathogens in the United States. Twenty years before that, three of these—campylobacter, listeria and E. coli—were not even recognized as a source of food-borne disease! Today the “big six” of food borne illnesses consist of salmonella typhi, non-typhoidal salmonella, E.coli, shigella, norovirus and hepatitis A.

Senior citizens are one of the groups more susceptible to food borne illness; the others are infants and toddlers and those adults with weakened immune systems. Michigan

State University Extension recommends we evaluate our old recipes for food safety:

- The oven temperature should be at least 325 degrees Fahrenheit for cooking meat and poultry and casseroles containing those ingredients. Lower temperatures may not heat the food fast enough to prevent bacterial growth. Avoid partially cooking or browning foods to cook later. Any bacteria present will not be destroyed. If you are partially cooking food in the microwave for any reason, finish cooking by another method immediately afterwards.
- Avoid recipes in which eggs remain raw or are only partially cooked. Cook eggs until the yolk and whites are firm; not runny. Be especially careful of dishes like Caesar's salad dressing, mousses, chiffons, homemade ice cream, mayonnaise, hollandaise sauce or egnog. When making these dishes, start with a cooked custard base that has been heated to a temperature of 160 F and then chilled, or use

pasteurized eggs or egg products.

- Marinate in a covered container in the refrigerator, not on the counter. Marinating time in the refrigerator should not exceed the recommended storage time for the type and cut of fresh meat or

poultry being used. Do not reuse leftover marinade unless you boil it. It can be rife with bacteria.

The next time you make an old time family favorite dish or share a recipe with a friend, check to see if you should do a food safety update.



For more information Contact
Joan Countess 325-643-5820

Heart Of Texas Ostomy Support Group

At Brownwood Regional
Medical Center



CMS HEALTH CARE, INC

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