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Caring for People you love.
at Home!**

Your Hometown Home Health since 1988



Breast Cancer Myths Busted

www.health.com

Know the difference between breast cancer facts and fiction? Here's the real deal on risks, symptoms, and more.

Myth: Only women with a family history of breast cancer are at risk.

Reality: Roughly 70% of women diagnosed with breast cancer have no identifiable risk factors for the disease. But the family-history risks are these: If a first-degree relative (a parent, sibling, or child) has had or has breast cancer, your risk of developing the disease approximately doubles. Having two first-degree relatives with the disease increases your risk even more.

Myth: Wearing an underwire bra increases your risk of getting breast cancer

Reality: Claims that underwire bras compress the lymphatic system of the breast, causing toxins to accumulate and cause breast cancer, have been widely debunked as unscientific. The consensus is that neither the type of bra you wear nor the tightness of your underwear

or other clothing has any connection to breast cancer risk.

Myth: Most breast lumps are cancerous.

Reality: Roughly 80% of lumps in women's breasts are caused by benign (noncancerous) changes, cysts, or other conditions. Doctors encourage women to report any changes at all, however, because catching breast cancer early is so beneficial. Your doctor may recommend a mammogram, ultrasound, or biopsy to determine whether a lump is cancerous.

Myth: Exposing a tumor to air during surgery causes cancer to spread.

Reality: Surgery doesn't cause breast cancer and it doesn't cause breast cancer to spread, as far as scientists can tell from the research so far. Your doctor may find out during surgery that your cancer is more widespread than previously thought, however. And some animal studies have shown that removing the primary tumor sometimes enables metastatic cancers to grow, but only temporarily; this has not been demon-

strated in humans.

Myth: Breast implants can raise your cancer risk.

Reality: Women with breast implants are at no greater risk of getting breast cancer, according to research. Standard mammograms don't always work as well on these women, however, so additional X-rays are sometimes needed to more fully examine breast tissue.

Myth: All women have a 1-in-8 chance of getting breast cancer.

Reality: Your risk increases as you get older. A woman's chance of being diagnosed with breast cancer is about 1 in 233 when she's in her 30s and rises to 1 in 8 by the time she's reached 85.

Myth: Wearing antiperspirant increases your risk of getting breast cancer.

Reality: The American Cancer Society pooh-poohs this rumor, but admits that more research is needed. One small study did stumble on traces of parabens in a tiny sample of breast cancer tumors.

Parabens, used as preservatives in some antiperspi-



Our Coleman Staff

Breast Cancer Myths Busted (Cont)

rants, have weak estrogen-like properties, but the study in question made no cause-and-effect connection between parabens and breast cancer, nor did it conclusively identify the source of the parabens found in tumors.

Myth: Small-breasted women have less chance of getting breast cancer.

Reality: There's no connection between the size of your breasts and your risk of getting breast cancer. Very large breasts may be harder to examine than small breasts, with clinical breast exams—and even mammograms and MRIs—more difficult to conduct. But all women, regardless of breast size, should commit to routine screenings and check-ups.

Myth: Breast cancer always comes in the form of a lump.

Reality: A lump may indicate breast cancer (or one of many benign breast conditions), but women

should also be on the alert for other kinds of changes that may be signs of cancer. These include swelling; skin irritation or dimpling; breast or nipple pain; nipple retraction (turning inward); redness, scaliness, or thickening of the nipple or breast skin; or a discharge other than breast milk.

Breast cancer can also spread to underarm lymph nodes and cause swelling there before a tumor in the breast is large enough to be felt. On the other hand, a mammogram may pick up breast cancer that has no outward symptoms at all.

Myth: You can't get breast cancer after a mastectomy.

Reality: Some women do get breast cancer after a mastectomy, sometimes at the site of the scar. Or the original cancer may have spread. For women at high risk of breast cancer who have their breasts removed as a prophylactic or preventive measure, there's still a

chance, though a small one, that they can get breast cancer. After a prophylactic mastectomy a woman's risk for developing breast cancer is reduced by an average of 90%.

Myth: Your father's family history of breast cancer doesn't affect your risk as much as your mother's.

Reality: Your father's family history of breast cancer is just as important as your mother's in understanding your risk. But to find out about the risk stemming from your father's side of the family, you need to look primarily at the women; while men do get breast cancer, women are more vulnerable to it. Associated cancers in men (such as early-onset prostate or colon cancer) on either side are also important to factor in when doing a full family-tree risk assessment.

Myth: Caffeine causes breast cancer.

Reality: No causal connection has been found between drinking caffeine and getting breast cancer; in fact, some research suggests that caffeine may actually lower your risk. So far it's inconclusive whether breast soreness may be linked to caffeine.

Myth: If you're at risk for breast cancer, there's little you can do but watch for the signs.

Reality: There's a lot that women can do to lower their risk, including losing weight if they're obese, getting regular exercise, lowering or eliminating alcohol consumption, being rigorous about examining their own breasts, and having regular clinical exams and mammograms. Quitting smoking wouldn't hurt either.

Some high-risk women also choose to have a prophylactic mastectomy to decrease their risk by roughly 90%. They can take other proactive steps such as having regular MRIs, exploring chemoprevention with treatments



Breast Cancer Myths Busted (Cont)

such as tamoxifen, and participating in clinical trials.

Myth: Women with lumpy breasts (also known as fibrocystic breast changes) have a higher risk of developing breast cancer.

Reality: In the past, women with lumpy, dense, or fibrocystic breasts were believed to be at higher risk of getting breast cancer, but there doesn't appear to be a connection after all. However, when you have lumpy breasts, it can be trickier to differentiate normal tissue from cancerous tissue, so you may experience false alarms. Women with fibrocystic breasts often follow up their mammograms with an ultrasound.

Myth: Annual mammograms expose you to so much radiation that they increase your risk of cancer.

Reality: While it's true that radiation is used in mammography, the amount is so small that any associated risks are tiny when compared to the huge preventive benefits reaped from the test. Mammograms can detect lumps well before they can be felt or otherwise noticed, and the earlier that lumps are caught, the better one's chances for survival. The American Cancer Society recommends that women age 40 and older receive a screening mammogram every one to two years.

Myth: Needle biopsies can disturb cancer cells and cause them to spread to other parts of the body.

Reality: There's no conclusive evidence for this claim. Despite some previous concerns, a 2004 study found no increased spread

of cancer among patients undergoing needle biopsies compared to those who did not have the procedure.

Myth: After heart disease, breast cancer is the nation's leading killer of women.

Reality: Breast cancer kills roughly 40,000 women a year in the United States but stroke (96,000 deaths), lung cancer (71,000), and

chronic lower respiratory disease (67,000) are each responsible for more deaths annually.

Myth: If your mammography report is negative, there is nothing else to worry about.

Reality: Despite their importance for breast cancer screening and diagnosis, mammograms fail to detect around 10% to 20% of breast cancers. This is

why clinical breast exams and, to some extent, breast self-exams are crucial pieces of the screening process.

Myth: Hair straighteners cause breast cancer in African-American women.

Reality: A large 2007 study funded by the National Cancer Institute found no increase in breast cancer risk due to the use of hair straighteners or relaxers. Study participants included African-American women

WORD SEARCH! BACK TO SCHOOL

FIND AND CIRCLE THE WORDS ON THE LIST...WORDS MAY BE FOUND ACROSS, DOWN, OR DIAGONALLY
--FORWARDS, BACKWARDS, AND SOMETIMES OVERLAPPING. HAVE FUN!

WORD LIST

ACADEMY
ALGEBRA
BELL
BLACKBOARD
BOOKS
BUS
CAFETERIA
CHALK
CIVICS
CLASS
DESK
GEOGRAPHY
GEOMETRY
GOVERNMENT
HALL MONITOR
HISTORY
LANGUAGE
LIBRARY
LITERATURE
LOCKERS
MATH
PLAYGROUND
READING
RECESS
SCHOOL
SCIENCE
STUDENT
STUDY
TEACHER

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



Breast Cancer Myths Busted (Cont)

who had used straighteners seven or more times a year for 20 years or longer.

Myth: Removing the entire breast gives you a better chance of surviving cancer than having a lumpectomy with radiation therapy.

Reality: Survival rates are about the same for women who have mastectomies and for women who choose the breast-conserving option of removing only part of the breast and following the surgery with radiation treatments. However, there are some cases—such as with extensive DCIS disease, the presence of BRCA gene mutations, or particularly large tumors—when lumpectomy and radiation may not be an appropriate treatment option.

Myth: Overweight women have the same breast cancer risk as other women.

Reality: Being overweight or obese does increase your breast cancer risk—especially if you're past menopause and/or you gained the weight later in life.

Myth: Fertility treatments increase the risk of getting breast cancer.

Reality: Given estrogen's connection to breast cancer, fertility treatments have come under suspicion. But several studies have found that prospective moms are likely to have no higher risk of breast cancer. As yet, no large, long-term, randomized studies have eliminated this concern entirely; it merits more research to find a definite answer.

Myth: Living near power lines can cause breast cancer.

Reality: A 2003 study aimed at explaining what appeared to be a high incidence of breast cancer in certain counties on Long Island, N.Y., found no link between the disease and electromagnetic fields emitted by power lines. An earlier study conducted in the Seattle area yielded a similar conclusion. Research into potential environmental risk factors is ongoing.

Myth: Breast cancer is preventable.

Reality: Alas, no. Although it is possible to identify risk factors (such as family history and inherited gene mutations) and make lifestyle changes that can lower your risk (reducing or eliminating alcohol consumption, losing weight, getting regular exercise and screenings, and quitting smoking), roughly 70% of women diagnosed with breast cancer have no identifiable risk factors, meaning that the disease occurs largely by chance and according to as-yet-unexplained factors.



Deleting Sheep

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

WANT ANY of them there sheep?" said Farmer Jowls to a prospective buyer at the livestock market. The buyer surveyed the flock, which were secured in sixty-four pens arranged in a 8x8 square grid, the number in each pen being shown above. "I want to make a tidy sum out of it," said the farmer. So, in line with the farmer's wish, the buyer bought all the sheep in sixteen of the pens.

Delete two numbers in each row so that each horizontal and vertical line totals 30.

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We are proud to announce that CMS Health Care, Inc has been selected as SHP Best Home Health Patient Satisfaction Top 5% for 2016!

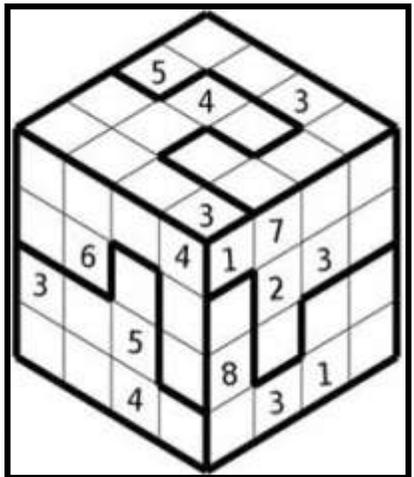
Thanks to everyone who voted for CMS Health Care, Inc. for the Best of Brown County for 2017.

We appreciate each and everyone!





*Happy
Birthday!*



Back To School I-Spy

x _____ x _____ x _____ x _____ x _____ x _____
 x _____ x _____ x _____ x _____ x _____ x _____
 x _____ x _____ x _____ x _____ x _____ x _____

www.pleasantestthing.com



98-Year-Old Has Written Nearly 7,000 Letters To Troops Overseas: 'I am Going To Write As Long as I Can'

Elle Nicholson

Alleen Cooper started writing letters to her son during the Vietnam War, when he was deployed by the army to serve there. Despite suffering from post traumatic stress disorder, her son Larry survived the war and came home. But she has not stopped writing since then. Cooper has been writing letters to overseas military members, even those that she does not personally know. By her estimate, Cooper has written close to 7,000 letters in more than 40 years.

Recently, Cooper was able to correspond to a Ma-

rine that she had previously written to. Staff Sgt Chris Cantos was in a remote area in Afghanistan when he received a letter from Cooper. According to Cantos, there was not internet on the remote station and the only contact he had was from the letter that copper sent.

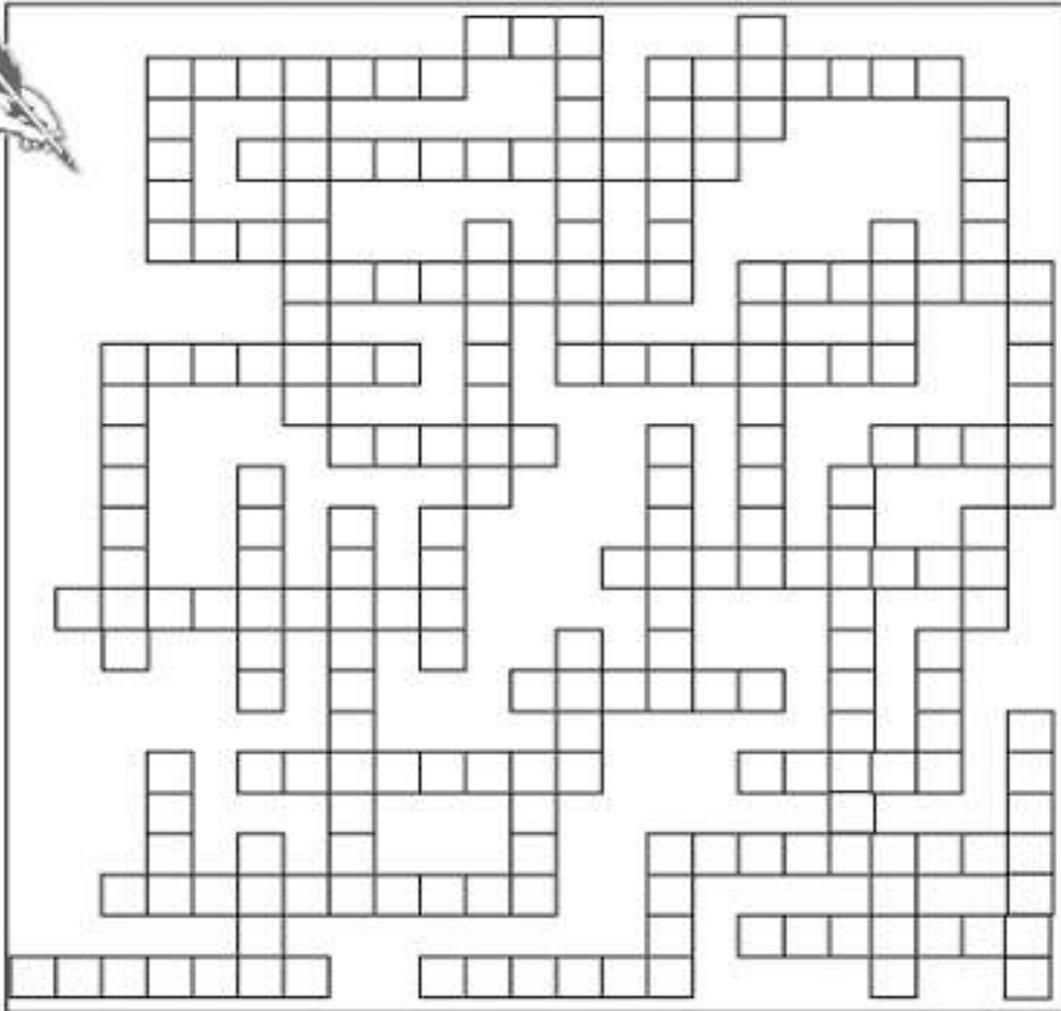
"She would always send us clippings and jokes. She would tell us about her day," said Cantos

Cooper says she started writing letters to provide comfort for the soldiers that are deployed overseas. All of her letters are at least four pages long and she

makes sure that each letter is unique and new. Cooper has been rewarded for her work, and many soldiers have sent her commendations and trinkets from their overseas bases. One such trinket is an American flag from an actual army outpost. Despite the advent of technology such as the internet, Cooper still believes in the art of writing. And although she has started to feel more and more tired when she writes, Cooper says she will continue to write as long as she can.



Back To School



Directions: Words are listed in alphabetical order according to length. Fit them their proper places in the framework, crossing the words off as you go. Good luck!

3 Letters:

Art
Gym
Lab

4 Letters:

Bell
Case
Desk
Fees
Glue
Mark
Neat
Pens
Seat
Sums
Tidy

5 Letters:

Chalk
Music
Snack
Tests

6 Letters:

Eraser
Lesson
Pencil
Recess
Rulers

7 Letters:

Binders
Compass
Educate
Friends
History
Project
Reading
Science
Teacher

8 Letters:

Backpack
Homework
Spelling
Students

9 Letters:

Classroom
Fieldtrip
Geography
Principal
Restrooms
Textbooks

10 Letters:

Attendance
Blackboard
Reportcard

11 Letters:

Mathematics



Parkinson's Support Group

Meets 2nd Thursday of every month at 12:00 pm

OAK RIDGE MANOR

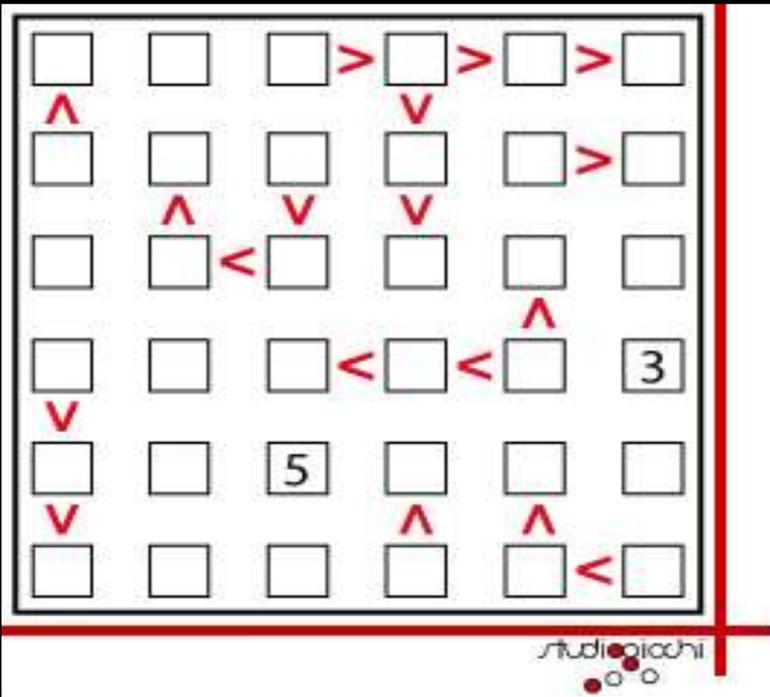
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325-643-2746



How to solve Futoshiki puzzles

A standard Futoshiki puzzle consists of a grid of squares, with each neighbouring pair of squares separated by either empty space or an inequality sign: greater-than (>) or less-than (<).

The aim is simple: place the digits 1 to 5, or 1 to whatever the size of the puzzle is, into the puzzle grid so that each digit occurs exactly once in every row and column. You must also obey all of the inequality signs.



For more information Contact
 Joan Countess 325-643-5820

Heart Of Texas Ostomy Support Group

**At Brownwood Regional
 Medical Center**

SQUIGLY'S ALPHABET PUZZLE

Squigly has hidden 26 autumn words in this puzzle. Using each letter of the alphabet only once can you find out what the words are?



Directions: Cross out each letter as you use it.

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



Back to School

Directions: Circle the words hidden in the puzzle.
The words are spelled vertically and horizontally.

A	L	U	S	C	H	O	O	L	S
H	F	B	O	H	R	A	L	T	M
E	R	E	A	D	I	N	G	E	A
B	I	T	W	S	G	E	R	A	T
O	E	M	A	E	L	U	N	C	H
O	N	R	E	C	E	S	S	H	O
K	D	S	C	I	E	N	C	E	T
S	S	M	A	S	L	E	A	R	N
A	H	W	R	I	T	I	N	G	



Word Box:

- school
- books
- learn
- recess
- science
- math
- writing
- reading
- friends
- teacher
- lunch



Teacher at the beginning of the school year



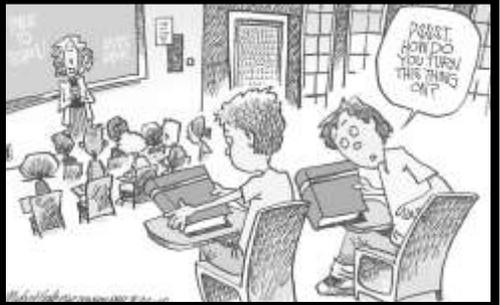
Teacher at the end of the school year



FIRST DAY OF SCHOOL



FIRST DAY OF COLLEGE



In bed, it's 6 AM you close your eyes for 5 minutes, it's 7:45. At In School its 1:30, close your eyes for 5 minutes, it's 1:31.





Skye
RN
2 Years

This Months Employee All Stars



O. E.
PT
12 Years



Chris
PTA
5 Years



Dena
RN
5 Years



Mary D
CNA
19 Years



Regina
LVN
5 Years

Can You Take Medications Past Their Expiration Date?

Julie Davis / CBS News

The expiration dates on over-the-counter and prescription medications seem pretty black and white, but there's some question about whether drugs last even longer.

Expiration dates typically range from 12 to 60 months after production. But manufacturers aren't required to determine how long they'll remain potent after that, enabling them to set their own expiration dates and possibly short-change consumers.

Testing reported in JAMA Internal Medicine showed that eight medications with 15 different active ingredients were

still potent decades beyond their expiration dates.

The U.S. government's own Shelf Life Extension Program extends the dates on some drugs in federal stockpiles to save the military from the cost of replacing them. Its own study found that more than 100 drugs were perfectly good even 15 years after expiration.

But what about the meds in your home?

A lot depends

on how carefully you store them -- you probably don't do as good a job as the U.S. Army. That's why the U.S. Food and Drug Administration recommends never taking drugs beyond their expiration date -- it's just too risky. In particular, nitroglycerin, insulin and liquid antibi-

otics shouldn't be used after their expiration dates.

To safeguard all medications, protect them from heat, light and humidity by keeping them in a cool, dry, dark place. A steamy bathroom isn't a good environment.

Know, too, that some drugs can lose their potency more quickly than others, including aspirin. If you take aspirin for heart health, be sure to replace

Animal Connections

Try to move from the start to the end by following the chain of animals. The last letter of each animal's name is the first letter of the next animal's name. We've joined up the first three for you (The last one is a bit of a trick)

START ↓

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

END ↓

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

Deleting Sheep

1	5	2	6	3	4
2	3	5	4	1	6
4	6	1	2	5	3
6	2	3	1	4	5
5	1	4	3	6	2
3	4	1	3	4	1
4	6	2	5	2	1



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DeAnne Green, OT
Amy Hardy, LPT
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29
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