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Exercise Made EASY!

The weather is warm and its time to get outside, enjoy the fresh air and EXERCISE. Did you know that walking can add years to your life and life to your years? It's true and it couldn't be easier. You don't have to join an expensive health club or use special equipment to walk and to see the rewards



CONDITIONING:

Walking conditions your heart and lungs and improves your body's ability to use oxygen more efficiently. In one study, women who walked briskly (3-4 miles per hour) at least three hours a week cut their risk of heart attack and stroke by more than half.

PROTECTION:

Walking helps beat other health problems too. It reduces your risk of some forms of cancer and osteoporosis. It fights the battle of the bulge, reducing body fat and building muscle. Walking can even help people with diabetes reduce or eliminate their need for medication.

JOINT SAVER:

Walking can burn about as many calories per mile as jogging does. However it delivers less of a jolt, so it's much easier on your joints and muscles.

STRESS RELIEVER:

Walking is easy on your mind too, since it lessens stress and lightens depression. Beginning walkers usually report that they fall asleep faster, sleep better and that their mental outlook improves.

LONGEVITY:

Best of all, walking has the lowest dropout rate of any form of exercise. So...you're more likely to stick with it and get all these benefits, like better digestion, improved regularity, lower blood pressure and more.

Just put on a sturdy, comfortable pair of shoes and get going! Walk to the store for the Sunday paper; park a few blocks from work or get off the bus one stop early and walk from there; use the stairs instead of the elevators; on bad weather days walk in a mall or on a treadmill. Get Walking!

Call today for a FREE assessment. If you qualify, Medicare will pay 100%! Call today at (816) 232-6800



Letter From The Administrator

Dear Readers,

Once again, a big "Hello" to everyone! I hope that you are all happy, healthy and well cared for by our team. I thought I would take a moment to tell you some news. I am sure that you received my letter a few weeks ago about In-Home Care. We have begun the hiring process and are set for training dates July 18-20th. We are all very excited! This will bring more services to everyone that needs them. Sitters, Companions, Personal Care Aides, and Certified Nurse Aides that will pick up where Home Health and Medicare leave off. This private pay and long-term care company development will allow us to hire our own staff and not have to call other companies anymore to fill the needs of our patients. We plan to have it up and running as of July 23rd so, hang in there and your information will be coming in the mail. Our In-Home Care Manager's name is Debbie LeRette, if you have any questions you can call her at our office.

The other exciting news is that we have started the paperwork process with the State of Missouri to provide Hospice Care. We feel that it is also a service we need to provide. A patient being given a poor diagnosis should not have to switch agencies when they already have a relationship with our nurses. It is just too hard on people. Our staff wants to help them through this difficult time and no longer have to pass referrals on to other providers. We are looking at a potential start up date of September 1st.

It has always been our goal to exceed our patient's expectations for quality and professionalism in health care. We want to be the only provider in Northwest Missouri that can complete the entire continuum of care for a patient and are well on our way to accomplishing that goal. We hope that you are well satisfied with your care.

Wishing you the best of health and happiness,

D. Lynn Stoll-Weaver, RN, BSN, CLNC

Administrator/Owner

**MEET OUR STAFF*****Tracy Gerstner, Billing Department***

My name is Tracy Gerstner. I currently work in the billing department here at Homeward Bound. I have been employed with Homeward Bound since they very first opened. Since I began working here, I have had a few different jobs. We have an employee daycare here which was my first job over five years ago. I have two small children ages 5 and 2, so having the daycare has been a very big convenience for me and my family. I worked as the receptionist for a short while and now work in the billing department.

Occasionally, I help answer the phones. I am sure that I have spoken with a lot of you over the years. I really enjoy my job and look forward to coming to work everyday. I am surrounded by wonderful people and couldn't ask for a better place to work!



GET SOME ZZZZs

Are you getting enough sleep? According to an Institute of Medicine study, about 50 million Americans are not. Yet adequate rest is as vital to health and peak performance as exercise and good nutrition. The following are tips for better sleep:

- **Go to bed and get up at the same times every day**—even on days off. This will help regulate your body's internal clock to get the 7 to 8 hours of sleep that most adults require
- **Establish a relaxing bedtime routine**—try a warm bath, some light reading or listening to pleasant music. Listening to classical or New Age music at bedtime has been shown to help insomnia sufferers fall asleep. The music matches body rhythms and slows the heart rate.
- **Skip the stimulants**—stop your intake of caffeine and nicotine starting late afternoon. Don't use alcohol to induce sleep. As its sedative wears off, alcohol can trigger wakefulness. Don't rely on sleeping pills. They can disrupt your sleep/wake cycle if you depend on them too much.
- **Squeeze in daytime fitness**—in one recent study, regular exercisers not only slept almost an hour longer than non-exercisers; they also fell asleep in half the time.
- **Get help**—if your sleep has been disturbed often during the past month or if sleep problems interfere with your ability to function normally during the day.



Homeward Bound Health Services, Inc. will be adding In-home Care services as of July 23, 2007. Call today if you need assistance with shopping errands, cleaning, laundry, or if you are a caregiver and just need a break! Call (816) 232-6800.

Calendar of Events

We strive to help educate the community on health topics and assist the community with health screenings. If there is a need in the community that you are aware of, please let us know how we could help.

The following is a calendar of events (times and dates are subject to change). For more information about upcoming events or to schedule an event, contact Shae at 816-232-6800 or fax your information to 816-232-6300

July 2007

Blood Pressure Clinics Tuesdays and Thursdays 10am - 12pm at Country Squire

Blood Pressure Clinic July 9th & 23rd from 8:30am to 10:30am at Joyce Ray Patterson

Bingo Sponsored by Homeward Bound July 25th 12:30 pm at Savannah Senior Center

Calendar of Events cont.

Educational Talk Wednesday July 11th at 11:30am at the Mound City Senior Center

Educational Talk Monday July 16th & July 27th at 1:30pm at the Fountains at Corby Place

Educational Talk Wednesday July 29th at 12:30pm at the Savannah Senior Center

Blood Pressure Clinic July 5th & 19th 10am-12pm at Danford Hall

August 2007

Blood Pressure Clinics Tuesdays and Thursdays 10am - 12pm at Country Squire

Blood Pressure Clinic August 13th & 27th from 8:30am to 10:30am at Joyce Ray Patterson

Blood Pressure Clinic August 2nd & 16th 10am - 12pm at Danford Hall

Blood Pressure Clinic August 15th & 29th 10am - 11:30am at St. Francis

September 2007

Blood Pressure Clinics Tuesdays and Thursdays 10am - 12pm at Country Squire

Blood Pressure Clinic Sept. 10th & 24th from 8:30am- 10:30am at Joyce Ray Patterson

Bingo Sponsored by Homeward Bound Sept. 26th 12:30 pm at Savannah Senior Center

Educational Talk Monday Sept. 17th at 1:30pm at the Fountains at Corby Place

Blood Pressure Clinic Monday Sept. 14th - 16th Southside Fall Festival (times to be announced)

Josephine Expo Saturday Sept. 15th at the Civic Arena

Serving 11 Counties in Northwest Missouri • Medicare and Medicaid Certified
Privately Owned and Operated
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Visit Us Online www.homewardboundhs.com

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