ARCADIA
HealthCare

CAREGIVER CONNECTION

"Providing Solutions for the Caregiver"

ARE YOU DRINKING ENOUGH WATER?

WATER. Did you know…

- 75% of Americans are chronically dehydrated (likely applies to ½ the world population).
- In 37% of American's the thirst mechanism is so weak that it is often mistaken for hunger.
- Even mild dehydration will slow down one's metabolism as much as 39%.
- 1 glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in the U-Washington Study.
- Lack of water, the number one trigger of daytime fatigue.
- Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of suffers.
- A mere 2% drop in body water can trigger fuzzy short term memory trouble with basic math skills and difficulty focusing on the computer screen or on a printed page.

Did you know that drinking just 5 glasses of water daily

- Decreases the risk of colon cancer by 45% .
- It can slash the risk of breast cancer by 79% .
- You'll be 50% less likely to develop bladder cancer.

Drink To Your Health!!

Private Duty Home Care Levels of Care Coming Soon!

Arcadia will be standardizing its levels of care in the next few months. It will better communicate the different levels of care Aides provide and offer an Aide an opportunity to grow in their job.

A NEWSLETTER FOR CAREGIVERS- SPRING 2010

Caregiver Council's First Meeting

Congratulations and welcome to our new Council Members:

Corrine "Carrie" Baker RN-Daytona
Deborah Barkley PCA-Redding
Willadene Shields PCA-Chico
Phyllis Grubb PCA-Mebane
Tyja Owens HHA-Brighton
Valery Marietta PCA-Lansing
Barbara O'Neal PCA-Memphis

The Council held its first meeting and established some key elements to guide caregivers as members of the home care team: A mission and a creed. **Mission; Arcadia caregivers will make a positive difference in the health and well being of people, supporting their recovery and life at home through compassionate and competent care**."

Watch for this creed to be rolled out to every Arcadia Caregiver.

Caregiver Creed

- I will treat my clients as I would want to be treated.
- I will be on time for every assignment I am given.
- I will remain alert and awake while on duty.
- I will dress appropriately and have a photo ID available at all times.
- I will complete my assignment before leaving a client's home.
- I will call the office within 4 hours of my reporting time if I can't make my scheduled assignment.
- I will call the office weekly to advise staff of my availability for work.
- I will follow all house rules and accurately report my time.
- I will contact the office immediately in the event of an unusual client request, problem, or change.
- I will schedule or change schedules with the office rather than the client.
- I will call the office in the event that a client requests any additions, deletions or changes in the schedule.
- I will report any damage to the client's possessions or environment immediately to the office.
- I will keep my personal phone numbers and addresses private.
- I will refuse gifts, payments or loans from clients or their families.
- I will report to work without any family members or friends.
- I will limit personal phone calls to emergencies and only use my own phone.
- I will give my assignment my undivided attention.
- I will diligently support and use all technology provided to me for the benefit of the client.
- I will always do the right thing.

Contact us at caregiverconnection@arcadiahealthcare.com

Editorial Staff- Barbara Gay & Samantha Jeckewicz

Login on the Arcadia website as an employee and receive valuable CEUs

Ethics and Compliance News

Employee training on Arcadia's Code of Ethics and Compliance Plan is required by federal law. The Arcadia Code of Ethics and Compliance policy is available at every location, included in the Arcadia Administration Manual and posted on the Arcadia intranet. Every employee is required to review the policy and complete the Code of Ethics and Compliance acknowledgement form annually. The acknowledgement form is the last page of the policy. This year the Ethics and Compliance home study course is available at every Arcadia location. Continuing education credits are available when the course is completed on Arcadia's intranet.

New/Revised Home Study Modules

This month, Arcadia will have new or updated Home Study Modules and CEU courses available on Arcadia's intranet. The home study modules are: **Nutrition** and **Dealing with Difficult People**. The CEU courses (approved by the CA Board of Nursing) are: **Fraud and Abuse** and **Ethics and Compliance**. All active Arcadia employees may read the modules, take a post-test and receive their certificate of completion on the intranet.

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