



OCTOBER
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Better Home
Healthcare of GA

From the Desk of Renee Owens,

We are striving to create a culture of service excellence here at our BHHCGA. As we look to the future, it is important for me to consider how we will be effective in achieving our goals. In my mind, there is nothing more vital than our culture and I feel it is my responsibility to set the tone for our culture. From my perspective, culture is the atmosphere we create every day, the behaviors that define who we are as a people and further as an organization. Culture also involves our individual values, what we believe in, how we act in good times and through adversity. We're all individuals; however, collectively at BHHCGA, we must stand together as a group and tell our story. Critical to our story is why we exist, what we believe in, and where we are going as a BHHCGA and as a leader in this community of healthcare.

Goals:

- *To Be Quality Focus*
- *Maximize our Units - To ensure that all clients are receiving the best quality care in the state of Georgia*
- *Strive to keep our audit review at 90 and above = 100*
- *Hire the best in all areas: Administration and Field Staff (Licensed, ST, PP, CPS, Nurses, etc.)*
- *We are in the process of being an agency that offer CEU units for our staff during our Quarterly Meetings*
- *Implementing a new payroll system that will execute payroll at a faster pace*
- *Implemented QA calls will be executed 2x per month to ensure we are providing Quality Services*
- *Implementing new processes for our Quality Management Department (please be patience with me)*
- *Implement creative ways to better serve your clients that will ensure that you meet Quality Standards*
- *Maximize our Units as stated above – to increase performance reviews:*
 - *More Benefits*
 - *Competitive rates*
- *(This can be accomplished thru using your units and providing services at least 2 -3x per week)*
- *Attending your Treatment Team Meetings (This is important) so that your team members will know what is going on with your client). Ensure that you respect your Site Manager and follow the TT Meeting Agenda*

Upcoming Reviews: Audits and CARF Accreditation (October thru December) we want to be ready!

I welcome all of you as team members, to join me in creating a culture of service excellence, to view leadership not by position but as a responsibility that we all have through our actions, and to create an atmosphere that inspires us all to put our clients/individuals first every time. The confidence we are able to instill in our clients/individuals and stakeholders by creating positive experiences will be our measure of success and only through this achievement will we attain our vision: When people think of excellent Behavioral healthcare, let them think BHHCGA.

Breast Cancer Awareness

American Cancer Society



A change seen on your mammogram may be the first sign of breast cancer. Or you may have found a lump or other change in your breast.

The doctor asks you questions about your health and does a physical exam. A breast exam is done to look for changes in the nipples or the skin of your breasts. The doctor also checks the lymph (pronounced limf) nodes under your arm and above your collarbone. Swollen or hard lymph nodes might mean breast cancer has spread. If signs are pointing to breast cancer, more tests will be done. Here are some of the tests you may need

Mammogram (pronounced MAM-uh-gram): Mammograms are mostly used to find breast cancer early. But another mammogram may be done to look more closely at the breast problem you might have.

MRI scan: MRIs use radio waves and strong magnets instead of x-rays to take pictures. MRIs can be used to learn more about the size of the cancer and look for other tumors in the breast.

Breast ultrasound: For this test, a small wand is moved around on your skin. It gives off sound waves and picks up the echoes as they bounce off tissues. The echoes are made into a picture that you can see on a computer screen. Ultrasound can help the doctor see if a lump is a fluid-filled cyst (pronounced sist) or a tumor that could be cancer.

Ductogram (pronounced DUCK-tuh-gram): This test may be used

to help find the cause of nipple discharge. To do the test, the doctor places a very thin plastic tube through the nipple and into the duct. A small amount of dye is put into the duct. It outlines the shape of the duct on an x-ray and shows if there's a tumor in the duct.

Nipple discharge exam: If you have fluid coming from your nipple, some of it may be sent to a lab. There, it will be checked to see if there are cancer cells in it.

Questions to ask the doctor

- What tests will I need to have?
- Who will do these tests?
- Where will they be done?
- Who can explain them to me?
- How and when will I get the results?
- Who will explain the results to me?
- What do I need to do next?
- How serious is my cancer?



Squash and Spinach Lasagna

Ingredients

9 no-boil lasagna noodles
 1 tablespoon extra-virgin olive oil
 3 cloves garlic, finely chopped
 1 large onion, finely chopped
 Kosher salt and freshly ground black pepper
 4 cups lowfat (1-percent) milk
 1/4 cup cornstarch
 Two 5-ounce packages baby spinach
 1/2 cup fresh flat-leaf parsley leaves, finely chopped, plus more, for garnish
 1/4 teaspoon freshly grated nutmeg
 1 butternut squash (about 2 1/2 pounds), peeled, seeded, halved lengthwise and cut into 1/4-inch-thick half-moons
 2 cups shredded part-skim mozzarella

Directions

Preheat the oven to 400 degrees F. Soak the lasagna noodles in warm water.

Heat the oil in a large skillet over medium heat. Add the garlic, onions and salt and pepper. Cook, stirring occasionally, until the vegetables are tender and browned, about 10 minutes. If the mixture becomes too dry, add a tablespoon or two of water.

Meanwhile, stir together 1/2 cup of the milk and the cornstarch in a small bowl until smooth. Heat the remaining 3 1/2 cups milk in a large saucepan until bubbling. Stir the cornstarch mixture into the milk and bring to a boil. Simmer, stirring, until the milk thickens to the consistency of a thin batter, about 5 minutes.

Stir in the onion mixture, spinach, parsley and nutmeg, and cook until the spinach wilts. Season with salt and pepper. Remove from the heat.

Drain the noodles. Spread 1 cup of the spinach mixture over the bottom of a 13- by 9- by 2-inch glass or ceramic baking dish. Arrange 3 lasagna noodles over the spinach. Arrange half of the squash over the noodles, overlapping slightly, and sprinkle with one-third of the mozzarella. Spoon 1 cup spinach mixture over the cheese, and top with 3 noodles, the remaining squash and another third of the mozzarella. Top with 1 cup spinach mixture, followed by the last 3 noodles and the remaining 1 cup spinach mixture.

Cover tightly with foil; reserve the remaining mozzarella.

Bake for 40 minutes.

Uncover and sprinkle the remaining mozzarella over the top. Bake until bubbling and the squash is tender, about 15 minutes. Let stand at least 10 minutes before serving.

Cook's Note: For freezing and reheating, allow the lasagna to cool completely. Divide into 8 even portions and store in a freezer-safe resealable plastic bag or container. Transfer to a microwave-safe plate, loosely cover with plastic wrap and microwave until hot, 4 to 5 minutes.

Quote of Month:

"The big secret is that there's no big secret. What your goal, you can get there if you're willing to work."—Oprah



Tamara Meadows 10/1
 Michele Abdul-Qawiy 10/12
 Angela Cannon 10/20

Joseph Adams 10/2015
 Donna Eding 10/2012
 Damion Farrow 10/2015
 Angela Fields 10/2015
 Joy Fields 10/2015
 Janiah Ford 10/2015
 Dr. Imam 10/2014
 Latorya Jackson 10/2015
 James McDowell 10/2015
 Rachel Pierre 10/2015
 Shantreze Russell Anderson 10/2015

Lori Smith 10/2015
 Roma Williams 10/2015

“October Word Search”

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

- POSITIVE
- ROME
- HOME
- LAGRANGE
- ATLANTA CHILDREN
- DOOLY
- CANTON
- ATLANTA ADULTS
- CARE
- HEALTH
- TEAMWORK
- OCTOBER
- BETTER

3rd Quarter Meeting was Awesome!!!!





Troup Corn Maze & Halloween Fun - Oct. 1-29, 2016



Dublin GA

Find your way through a huge corn maze, and have fun with the farm's 20 other attractions, including a cow train, bounce house and pony rides!

PUMPKIN FESTIVAL AT STONE MOUNTAIN PARK -10/1/2016-10/30/2016

Stone Mountain Park

Highway 78 East

Stone Mountain, GA 30086

770.498.5690

Festivals

Emory \ Decatur \ Stone Mountain Ga, in your way through a huge corn maze, and have fun with the farm's 20 other attractions

State Fair - south

October 6 - 9, 2016

30 miles south

Georgia State Fair offers rides, shows, music, and vendors at Atlanta Motor Speedway in Hampton.



Family Festival

October 8, 2016

13 miles NE

Atlanta Parent's Family Festival offers family activities, a petting zoo, pony rides, games, entertainment, food & craft booths, and music at Mercer University in Atlanta.

Taste of Atlanta -October 21-22,23

5th Street& Spring St.

Atlanta Ga 30308

Taste of Atlanta is proud to support home grown Atlanta charities. Lots of love for Open Hand Atlanta, Georgia Organics, Second Helpings Atlanta.



Football

October 23 & 30, 2016

0.7 miles west

Watch the Atlanta Falcons play at the Georgia Dome.

Oct. 23 San Diego Chargers discount tickets \$33

Oct. 30 Green Bay Packers discount tickets \$119

Child and Adolescent Mental Health

Article by Mental Health America



Mental health conditions and disorders don't only affect adults. Children and teens can experience mental health problems too. In fact, research has now shown that most mental disorders follow a developmental course that typically starts early in life. This is true not only of conditions such as autism and ADHD, which are well known for having onset in childhood, but also for mood, anxiety, and psychotic disorders. So, many people who suffer from depression, social phobia, obsessive compulsive disorder, bipolar disorder, or schizophrenia showed signs before they were 24 years old.

Like adults, children and teens can sometimes experience intense emotions as they get older or go through stressful or traumatic events in their lives. For example, it is common for children to feel anxious about school or friendships, or for teens to have short periods of depression after a death in the family.

Mental disorders are different. They can cause ongoing, severe symptoms that affect how a child feels, thinks, acts, and handles daily activities, such as going to school, sleeping, or eating. It is important to know the signs and seek help if needed.

Warning Signs

Children and teens can develop the same mental health disorders and conditions as adults, but their symptoms may be different or hard to identify. Your child or teen might need help if he or she:

- Often feels very angry or very worried
- Can't sleep or eat
- Is unable to enjoy pleasurable activities any more
- Isolates her/himself and avoids social interactions
- Feels grief for a long time after a loss or death
- Uses alcohol or drugs
- Exercises, diets and/or binge-eats obsessively
- Hurts other people or destroys property
- Has low or no energy
- Smokes, drinks, or use drugs
- Feels like he or she can't control own emotions
- Has thoughts of suicide
- Harms her/himself, such as cutting or burning her/his skin
- Thinks his or her mind is controlled or out of control
- Hears voices

Mental health problems can be treated. If you are a child or teen, talk to your parents, school counselor, or health care provider. If you are a parent and need help starting a conversation with your child or teen about mental health, visit <http://www.mentalhealth.gov/>. If you are unsure where to go for help, ask your family doctor or [visit NIMH's Help for Mental Illness](#) webpage.

It may be helpful for children and teens to save several emergency numbers to their cell phones. The ability to get immediate help for themselves or for a friend can make a difference.

- The phone number for a trusted friend or relative
- The non-emergency number for the local police department
- The Crisis Text Line: 741741
- The National Suicide Prevention Lifeline: 1-800-273-TALK (8255).

If you or your child is thinking about harming yourself get help immediately. You can call 911 or the [National Suicide Prevention Line](#) at 1.800.273.TALK (8255).



12 Ways to Eliminate Stress at Work

By: Jenna Gourneau

The average business professional has 30 to 100 projects on their plate. Modern workers are interrupted seven times an hour and distracted up to 2.1 hours a day. And four out of 10 people working at large companies are experiencing a major corporate restructuring, and therefore facing uncertainty about their futures. This may be why more than 40% of adults say they lie awake at night plagued by the stressful events of the day.

"People are asking me for answers," says Sharon Melnick, Ph.D., a business psychologist and author of just released *Success Under Stress*. "Everyone feels overwhelmed and overly busy."

Is there a way to maintain steady focus throughout the day? Is it possible to do everything that needs to get done and still have energy left over after work? How do you keep cool under so many demands? Informed by 10 years of Harvard research and field-tested by more than 6,000 clients and trainees, Melnick offers the following strategies to take your work stress down a peg, before it takes over your life.

Act Rather Than React

"We experience stress when we feel that situations are out of our control," says Melnick. It activates the stress hormone and, if chronic, wears down confidence, concentration and well-being. She advises that you identify the aspects of the situation you can control and aspects you can't. Typically, you're in control of your actions and responses, but not in control of macro forces or someone else's tone, for example. "Be impeccable for your 50%," she advises. And try to let go of the rest.

Take A Deep Breath

If you're feeling overwhelmed or are coming out of a tense meeting and need to clear your head, a few minutes of deep breathing will restore balance, says Melnick. Simply inhale for five seconds, hold and exhale in equal counts through the nose. "It's like getting the calm and focus of a 90-minute yoga class in three minutes or less at your desk," she says.

Eliminate Interruptions

"Most of us are bombarded during the day," says Melnick. Emails, phone calls, pop ins, instant messages and sudden, urgent deadlines conspire to make today's workers more distracted than ever. While you may not have control over the interrupters, you can control your response. Melnick advises responding in one of three ways: Accept the interruption, cut it off, or diagnosis its importance and make a plan. Many interruptions are recurring and can be anticipated. "You want to have preset criteria for which response you want to make," she says. You can also train those around you by answering email during certain windows, setting up office hours to talk in person or closing the door when you need to focus.

Most of us go through the day using a "push, push, push" approach, thinking if we work the full eight to 10 hours, we'll get more done. Instead, productivity goes down, stress levels go up and you have very little energy left over for your family, Melnick says. She advises scheduling breaks throughout the day to walk, stretch at your desk or do a breathing exercise. "Tony Schwartz of the Energy Project has shown that if we have intense concentration for about 90 minutes, followed by a brief period of recovery, we can clear the buildup of stress and rejuvenate ourselves," she says.

Eat Right and Sleep Well

"Eating badly will stress your system," says Melnick, who advises eating a low-sugar, high-protein diet. "And when you're not sleeping well, you're not getting the rejuvenating effects." According to the CDC, an estimated 60 million Americans do not get sufficient sleep, which is a critical recovery period for the body. If racing thoughts keep you from falling asleep or you wake up in the night and can't get back to sleep, Melnick suggests a simple breathing trick that will knock you out fast: Cover your right nostril and breathe through your left for three to five minutes.

Change Your Story

Your perspective of stressful office events is typically a subjective interpretation of the facts, often seen through the filter of your own self-doubt, says Melnick. However, if you can step back and take a more objective view, you'll be more effective and less likely to take things personally. She recalls one client who sent a request to human resources for more people on an important project. When she was denied, she immediately got angry and defensive, thinking they didn't trust her to know what she needed. Yet she never stopped to even consider there might be budgetary issues on their end. Once she was able to remove herself from the situation, she called the HR director and said: Tell me where you're coming from, I'll tell you where I'm coming from and then let's see if we can find a solution. Ultimately, it worked

Cool Down Quickly

"When you feel frustrated or angry, it's a heated feeling in your body that can cause you to react," says Melnick. Instead of immediately reacting—and likely overreacting—she suggests trying a "cooling breath" technique: Breathe in through your mouth as if you are sipping through a straw, and then breathe out normally through your nose. Done right, you'll feel a cooling, drying sensation over the top of your tongue. It's like hitting the "pause" button, giving you time to think about your response. She says, "It's so powerful it will even calm the *other* person down."

Identify Self-Imposed Stress

"Learn to stop self-imposing stress by building your own self-confidence rather than seeking other's approval," says Melnick. If you're too caught up in others' perceptions of you, which you can't control, you become stressed out by the minutia or participate in avoidance behaviors like procrastination. Ironically, once you shift your focus from others' perception of your work to the work itself, you're more likely to impress them.

Prioritize Your Priorities

With competing deadlines and fast-changing priorities, it's critical to define what's truly important and why. That requires clarity, says Melnick. It's important to understand your role in the organization, the company's strategic priorities, and your personal goals and strengths. Cull your to-do list by focusing on those projects that will have the most impact and are best aligned with your goals.

Reset The Panic Button

For those who become panic-y and short of breath before a presentation, Melnick says you can quickly reduce your anxiety with the right acupressure point. Positioning your thumb on the side of your middle finger and applying pressure instantly helps regulate your blood pressure.

Influence Others

Even if you're responsible for your behavior and outlook, you're still left dealing with other people's stressful behavior, Melnick notes. She advises confronting a problem coworker or employee by stating the bad behavior in a respectful tone, describing the impact on the team and the individual, and requesting a change. For example, constant negativity might be addressed in this way: "When you speak in a critical tone, it makes others uncomfortable and less likely to see you as a leader. I understand your frustration but request that you bring concerns directly to me, so we can talk them through." By transferring the ownership of the problem, you're more likely to resolve it.

Be Your Own Best Critic

Some 60,000 thoughts stream through your mind each day, Melnick says, and internal negativity is just as likely to stress you out as an external event. The fix? Instead of being harsh and critical of yourself, try pumping yourself up. Encouraging thoughts will help motivate you to achieve and ultimately train you to inspire others.

Answers: BHHGCGA word search

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- - - - - S
- - - - - E - - - - L - - - - T - - - -
- - - - - M - - - - A - - - - L - - - -
- - - - - R - O - - - - H - Y - G - - - - U - - - -
- - - - - E - R - O - L - - - - R - D - - - -
- - - - - T - - - - M - O - - - - A - A - - - -
- - - - - N - T - E - O - - - - H - N - E - - - -
- - - - - O - E - D - - - - A - E - - - - G - V - - - -
- - - - - T - B - - - - T - A - - - - I - E - - - -
- - - - - N - - - - - N - L - - - - T - - - -
- - - - - A - - - - - A - T - - - - I - - - -
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