



**AMAK Health Care Agency, Inc.**

# The Mirror

A Monthly Newsletter

DECEMBER 2009

VOLUME 1— ISSUE 1



## *From the Director*

Hello Everyone,

As indicated in the November 5, 2009 memo, AMAK Health Care Agency, Inc. (AHCA) is now restarting its monthly newsletter, THE MIRROR!

### **Homecare**

AHCA celebrated National Home Care and Hospice month this past November. I hope you enjoyed the little thank you note and gift, which is a small token of appreciation to say how much you are all very much appreciated.

Are you aware of the value of Home Health Care and the important role it plays in the lives of individuals who receive the service?

Did you know that Home Care helps patients/clients to stay in the comfort of their own homes and receive the type of care that they need?

Did you know that home care is the most affordable and cost-effective way to deliver health care services to patients/clients?

Did you know that patients/clients receive individualized care from caring, unsung heroes such as home health aides (HHAs), personal care aides (PCAs), and nurses (RNs and LPNs)?

These unsung heroes make it all possible.

### **Work**

When you love what you do:

- You do it with a smile on your face and a song in your heart
- You move with grace and ease
- You attend carefully and lovingly to every little detail
- You never tire of what you do
- You do it willingly and joyously for yourself and everyone else
- You talk about what you do with pride

When you love your work:

- You do it with passion
- The joy and pleasure of it shines from within your soul
- You want to do it all the time

If you can say “I love what I do” and mean it, then you are bound to do it well and love doing it well. Your attitude about who you are and what you do is a very little thing that makes a very big difference.

### **Safety**

As a little reminder and with the winter months upon us, be mindful to walk carefully wherever there is snow and ice to prevent slips and falls.

- N. Oriaku.

“Ms. O”

### *This Month's Theme:*

This month's theme is to be engaged in a **labor of love** - to contribute to others happiness is truly fulfilling.

Wisdom Nugget: Do the thing you enjoy most and your life will be thereby enriched, your soul will be embellished, and you will be an inspiration for hope and faith, and encouragement to all with whom you come into contact.

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*Providing quality health care services.*



# Spotlight *Lessons from Geese*

## Caregivers Corner Caregiver Code of Ethics

Think about it, would you want someone to care for you who did not have good moral values? No one would. Therefore, it is important to follow a code of ethics when providing care.

Ethical beliefs are our own feelings about our moral values. Socrates said, "Moral philosophy is hard thought, about right action." The most common "right action" is doing for others what you would want done for you. Good values are essential to proper care giving. - ProvidersWeb

*When your values are clear, your decisions are easy.~ Roy Disney*

Ok, your standard flock of geese may not be the first idea you come up with when searching for inspiration...well, geese may very well not make it into any idea you have in seeking life's lessons. Let's see what we can learn from them, you may be surprised.

1. Fact: As each goose flaps its wings, it creates an "uplift" for the birds that follow. By flying in a "V" formation, the whole flock adds 71% greater flying range than if each bird flew alone.

**Lesson:** People who share a common direction and sense of community can get where they are going quicker and easier because they are traveling on the thrust of one another.

2. Fact: When a goose falls out of formation, it suddenly feels the drag and resistance of flying alone. It quickly moves back into formation to take advantage of the lifting power of the bird immediately in front of it.

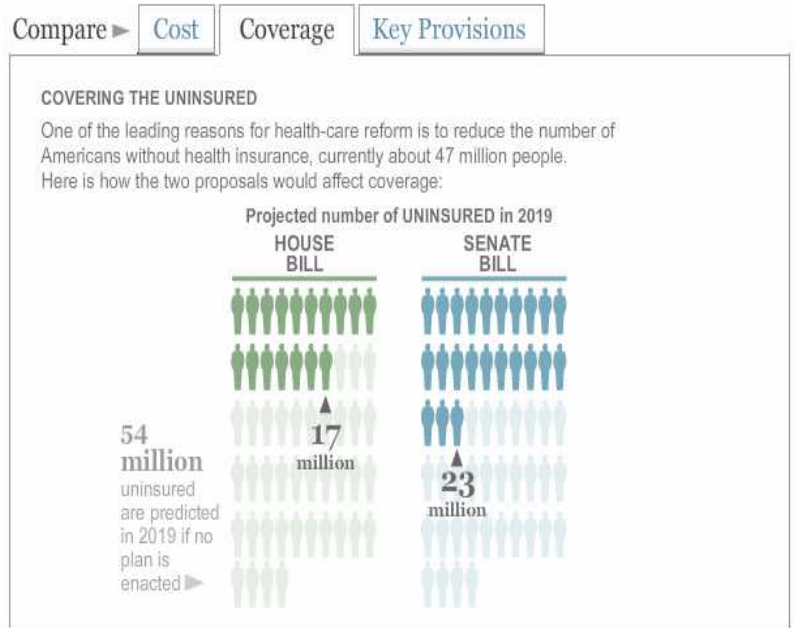
**Lesson:** If we have as much sense as a goose, we stay in formation with those headed where we want to go, too. We are willing to accept their help and give our help to others.

3. Fact: When the lead goose tires, it rotates back into the formation and another goose flies to the point position.

**Lesson:** It pays to take turns doing the hard tasks and sharing leadership. Like geese, we are interdependent on one another's skills, capabilities and unique arrangements of gifts, talents, knowledge or resources.

## In the News

The graph below shows legislation presented November 18, 2009, embodying President Obama's signature domestic initiative, that would place new regulations on insurers and extend coverage to 31 million people who currently do not have any coverage, and add new benefits to Medicare. To view the full article, visit <http://www.washingtonpost.com/wp-srv/special/nation/health/compare-health-plans-2009/?hpid=topnews>.



SOURCES: Congressional Budget Office, staff reports



# Wellness Wall

Stop what you are doing right now and place one hand over your belly. Be sure that when you inhale the belly is rising and expanding. You want to be sure to breathe all the way into your belly, not shallowly into your chest or heart center. That way you will get maximum oxygen with each breath.

Here are some breathing tips:

1. Breathe through your nose!!!
2. If you are feeling worn out, stressed, or tired, go outside into the fresh air and quickly rejuvenate yourself by taking 10-40 very deep breaths through your nose.
3. Remember that fully exhaling is extremely important! This is when we detoxify our bodies. Take at least 3 breaths a day where you exhale completely and hold your breath with the lungs empty for 6 seconds. This will create a vacuum force that will pull toxins from the blood into the lungs to be expelled from the body.

- Kimberly Snyder

4. Fact: Geese flying in formation honk to encourage those up front to maintain the speed.

**Lesson:** We need to make sure our honk is encouraging. In groups where there is encouragement, the production is much greater. The power of encouragement (to stand by one's heart or core values and encourage the heart and core of others) is the quality of honking we seek.

5. Fact: When a goose becomes ill, or is wounded and going down, two geese drop out of formation and follow it down to help and protect it. They stay with their fallen comrade until it dies, or is able to fly again. Then they launch out with another formation or catch up with the flock.

**Lesson:** If we have as much sense as geese, we will stand by each other in difficult times as well as when we are strong.

It is called "teamwork", my dear friend. Think about it: what places or situations could this encouraging teamwork spirit work for you? Work- I bet. School? Of course! Your spiritual center committee? Absolutely! How about your neighborhood, or as close to home as family members.

Give a honk to those in your life you care about today! - John Tesh

source: <http://johnteshblog.typepad.com>

## Seasonal

EIGHT GIFTS THAT DON'T COST A CENT!

Be sensitive to those times and give the gift of solitude to others.

### The Gift of Listening

But you must really listen. Don't interrupt, don't daydream, don't plan your response. Just listen.

### The Gift of a Favor

Every day, go out of your way to do something kind.

### The Gift of Affection

Be generous with appropriate hugs, kisses, pats on the back and hand-holds. Let these small actions demonstrate the love you have for family and friends.

### The Gift of a Written Note

It can be a simple "Thanks for the help" note or a full sonnet. A brief, handwritten note may be remembered for a lifetime.

### The Gift of Laughter

Clip cartoons. Share articles and funny stories. Your gift will say, "I love to laugh with you."

### The Gift of a Compliment

A simple and sincere, "You look great in red," "You did a super job," or "That was a wonderful meal" can make someone's day.

### The Gift of Solitude

There are times when we want nothing better than to be left alone.

### The Gift of a Cheerful Disposition

The easiest way to feel good is to extend a kind word to someone.

(Author unknown)

### Sudoku...a numbers game

The rules for solving Sudoku puzzles are very simple: each row, column and block must contain one of the numbers from "1" to "9". No number may appear more than once in any row, column, or block. When you have filled the entire grid, the puzzle is solved.

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

# Food for Thought

## BENEFITS OF ROOIBOS TEA



Rooibos or Redbush, as it is more commonly known, is an herbal tea that is grown only in the South African highlands. It comes from the plant *Aspalathus linearis*. Rooibos is pronounced “roy-bos”.

The brew is a distinctive red color and offers a very sweet and slightly nutty flavor. It contains a variety of antioxidant substances, some of which are entirely exclusive to the Redbush plant.

As well as being decaffeinated with low **tannin** content, the tea contains Vitamin C and many minerals and can almost be considered a nutritional supplement. Mid-morning is the traditional time to revive yourself with a delicious cup of Rooibos - as it is or with honey and/or milk.

The minerals contained in a cup of Redbush tea are:

- Zinc
- Manganese
- Alpha-hydroxy (great for the skin)
- Magnesium
- Copper
- Iron
- Potassium
- Calcium
- Fluoride

***Tannin:** phenolic compounds that interfere with iron absorption.*

Various studies have shown the many health problems that can be helped by drinking this tea on a regular basis:

- Can be used to treat hay fever, asthma and eczema
- Placed directly on the skin, it can slow the aging process
- Boosts the immune system, nervous tension and insomnia
- Acts as an anti-spasmodic agent,
- Contains no oxalic acid, so people who are prone to kidney stones can safely consume it

Mothers in South Africa have long been aware of the benefits of the herbal brew and it is traditional to give this tea to children. A small amount of Redbush tea added to milk could soothe babies and help ease symptoms of colic. -Uma Mays, owner of Teaworld, UK

### Did you know?

You can create your own pro-health program by putting your attention on maintaining good health: drinking water and eating nutrient rich foods, doing moderate exercise, getting adequate rest, and practicing a technique to dissolve stress. Get moving!



Submit articles to: Adele Egwu, Editor  
Contact: (716) 832 - 0875

# Happy Holidays!!

## Yummy Recipes



### PUMPKIN BREAD

#### Ingredients

- 1 (15-ounce) organic can pumpkin
- 1 cup canola or safflower oil
- 2/3 cup water
- 4 large eggs
- 3 1/3 cups all-purpose flour
- 3 cups organic cane sugar
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves

#### Instructions

1. Preheat oven to 350°F. Grease 2 (8x5-inch) loaf pans. In a medium bowl, beat pumpkin, oil, water, and eggs at medium speed with an electric mixer until smooth.
2. In a separate medium bowl, sift together flour, sugar, baking soda, cinnamon, nutmeg, and cloves. Gradually add to pumpkin mixture, stirring to combine.
3. Pour into pans, and bake for 1 hour, or until a wooden pick inserted in center comes out clean. Let cool in pans 10 minutes. Remove from pans, and cool completely on wire racks. Enjoy!

source: Pauladeen.com

### Sudoku solution

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