

## Page Two:

- For Your Info
- Reminders
- Check Mail Dates

## Birthdays

### *Employees*

- Jackie Blake, 9/6
- Mary Brown, 9/6
- Erika McLean, 9/11
- Stacy Armstrong, 9/16
- Mary E. Summey, 9/22
- Velda McLean, 9/29

### *Clients*

- Virginia Webb, 9/1
- Charlotte Whitman, 9/1
- Delia Sain, 9/5
- Matilda McKinney, 9/6
- Virginia Sisk, 9/9
- William Johnson, 9/11
- Sister Ross, 9/21
- Martha Vance, 9/22
- Perditha Witherspoon, 9/23
- Timothy Sweitzer, 9/25
- Gloria Elliot, 9/27

## Anniversaries

### *Employee*

- Joyce Bridges, 9/5
- Lori Haney, 9/5
- Leonor Sandi, 9/8
- Adalene McQuinn, 9/9
- Ann George, 9/11
- Coleen Clippard, 9/12
- Hazel Piercy, 9/15

(Continued on page 2)

Our people make the difference

# HEMEEARE

Management Corporation

# BULLETIN

## Client Spotlight

### Martha Vance

For Martha Vance, it's all about trust. Not only is she able to trust that her family won't have to worry about her care, but she also knows that she can count on her caregiver — Adalene McQuinn.

Adalene is one of 12 children that Martha Vance raised, and the proud mother is finding that she equipped her daughter with the proper tools to be a compassionate caregiver.

"She's wonderful," she said. "Adalene goes above and beyond what is expected of her."

Maria Bailey always enjoys visiting

with Martha.

"She is a wonderful woman and a pleasure to visit with. The love of her family and her faith seem to keep Martha going strong no matter what's going on in her life."

Martha, who has been a HOMECARE client for two years, lives in Granite Falls with her two parakeets.

### PROFILE

**hometown:** Granite Falls

**favorite tv show:** Walker Texas Ranger

**favorite book:** The Bible

**claim to fame:** Getting children raised

## Employee

## of the Month

Please congratulate Adalene McQuinn, HOMECARE Management Corporation's September Employee of the Month.

She was nominated by her supervisor Maria Bailey, RN.

Previously a furniture factory worker, Adalene has found a new career with HOMECARE as a caregiver providing services to her mother.

In a short time she has learned how to be more compassionate and that she loves the opportunity to help her mother.

In her spare time she enjoys church activities, working out and being at home with her family.

Maria describes Adalene as a great caregiver and applauds her hard work to earn her CNAI.

"The bond between Ada and her mom is evident in the wonderful way Ada makes sure that Martha gets the best care."

Adalene is married to Craylon and has three grown children.

### PROFILE

**hometown:** Granite Falls

**nickname:** Ada

**favorite book:** The Bible

**Favorite tv shows:** Family shows

**long-term goals:** "To be a better person."

(Continued from page 1)

- Anna Davis Campbell, 9/23
- Brenda Stanley, 9/26
- Lashonda Mayfield, 9/30

## Reminders

1. **Only three more months 'til Christmas:** The holidays are upon us soon with Thanksgiving, Christmas and New Year's, so please start planning your time with your clients and families. Remember there are no subs available on these holidays.
2. **In-Service:** First of all, the sessions all are mandatory for CNAIs and NAIs, and two (of which one needs to be BBP/ABP) are required for IHAs. When you are called and asked if you are coming, please be honest especially if you say you are bringing someone with you. It takes a lot of planning and the amount of food is based on the number coming. Last in-service in Lincoln County, more than 62 people said they were coming to in-service but only 42 showed up. In Caldwell County 50 said yes but only 35 came. In Alexander everyone came and in McDowell two people did not come, but did call to be excused.

## Check mail dates

Time sheets must be mailed on the 15th and the last of each month to ensure you'll receive your paychecks on time. Please remember to send your time sheets to : P.O. Box 2640, Lenoir, NC 28645. Upcoming check mail dates are:

- Thursday, Sept. 20
- Thursday, Oct. 4
- Friday, Oct. 19

# Training schedule

The October 2007 in-service topic is: **Universal Precautions: Bloodborne Pathogens and Airborne Pathogens.** In-service training means better care for your clients and it's mandatory.

Call HOMECARE at 800-223-2841 or 754-3665 to let us know if you can or cannot come, as this is very important to planning for the class.

### ALEXANDER

- 4:30 p.m.- 6:30 p.m., Thursday, **Oct. 4**, Alexander Department of Social Services, 334 7th St. SW, Taylorsville

### LINCOLN

- 4:30 p.m. - 6:30 p.m., Thursday, **Oct. 11**, Senior Center at Gaston College, 514 S. Academy St., (usual place)

### CALDWELL

- 4:30 p.m. - 6:30 p.m., Thursday, **Oct. 18**, United Presbyterian Church, 415 Pennell St., in Lenoir (fellowship hall behind the church)

### McDOWELL

- 4:30 p.m. - 6:30 p.m., Thursday, **Oct. 25**, Grandview Baptist Church fellowship hall, 303 Reservoir Road, Marion

- **BURKE/CATAWBA**  
Please attend the session closest to you.

# For your Info

## Women, men and heart attack key differences

Women are less likelier than men to believe they are having a heart attack and more likely to delay seeking emergency treatment. Further, women tend to be about 10 years older than men when they have a first heart attack. They also are more likely to have other conditions such as diabetes, high blood pressure and congestive heart failure — making it all the more vital that they get proper treatment fast. As with men, women's most common heart attack symptom is chest pain or discomfort. However, women are somewhat more likelier than men to experience some of the other symptoms such as shortness of breath, nausea/vomiting, or back or jaw pain. Nearly as many women die of heart attacks as men do.

### Warning signs that a woman may be at risk for a heart attack

1. Feeling really tired — even after getting enough sleep
2. Trouble breathing
3. Trouble sleeping
4. Feeling sick to the stomach
5. Feeling scared or nervous
6. New or worse headaches
7. An ache or burning feeling in the chest, feeling "heavy" or "tight" in the chest.
8. Pain in the back, between the shoulders.
9. Pain or tightness in the chest that spreads to the jaw, neck, shoulders, ears or the inside of the arms
10. Pain in the belly, above the belly button

*Should you feel these signs — DO NOT IGNORE THEM. Go to the doctor or ER right away.*