



DINAMIC HEALTH CARE, LLC

DINAMIC NEWS

IN THIS ISSUE

Welcome to our Newsletter

by Racquel Fields

DINAMIC Health Care is looking to expand its reach, and with that goal comes the promise of great growth and change. As part of our own expansion and growth, we're excited to launch our inaugural DINAMIC News, newsletter. DINAMIC News is specifically designed to provide our patients, partners, staff, and the general public with insight regarding our company goals, mission, and vision.

We have signed you up for our newsletter in the hopes that you will find great value in its content and that it will aid you in your own goals to grow and thrive. If you ever find that what we offer is not for you or if you prefer not to receive our newsletter please just give us a call at 708-832-9908 or e-mail us at info@dinamichealthcare.com, and we will remove you from our list.

With each passing year the world around us changes. Children grow, healthcare laws change, new medications and treatments come about, and adults stay the same age of course!

As 2015 continues on the world of healthcare is ever changing. New insurance requirements, provider services, and advancements and technologies are

impacting healthcare every day. DINAMIC is here to help our patients navigate the changes and continue to provide top-notch medical care in the comfort of their own home.

In addition to providing quality health care DINAMIC is striving to be number one in customer service in the home health industry. Our mission is to serve the whole patient, and this means serving the community around them. In March of 2015 DINAMIC launched its Marketing Department to do just that. This newsletter serves as another avenue for us to keep our patients and the community around them informed, to recognize our staff for providing exceptional care, and to provide transparent information to the public regarding our services and level of care.

We thank you for reading DINAMIC News! Feedback and suggestions are always welcomed by our editors. Contact information is provided on page 6. We plan to publish DINAMIC News monthly, so look out for our next issue in August!



Maintaining Mobility

Our goal is to ensure that our patients are maintaining their mobility and getting an adequate amount of exercise. Below you will find chair exercises that will aid in maintaining your mobility and overall health.

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Questions to Ask Your Doctor

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Nursing Staff Updates

by Ronya Johnson and Richard Ross

Wound Care Documentation

All wound care documentation must be detailed and completed per DINAMIC protocol. Pictures must be taken of all wounds on each Skilled Nurse visit. The Skilled Nurse will assess wounds for S/S of infection, healing status, wound deterioration, and complications. Descriptions of wounds must include: Location, type of wound, stage of pressure ulcer, measurements, s/s of infection, and description of surrounding tissue. The Skilled Nurse will describe Treatment Performed in great detail to include: method of cleansing, medication applied and type of dressing applied. The patient and caregiver should be educated in wound care and asked to perform a return demonstration.

Professional Development Opportunity

All nurses are required by law to continue their education by way of seminars, school, lectures, etc. This following is information regard professional development opportunities for DHC Staff. "Cognition, Diet, & Longevity" is a 6 hour course for RNs LPNs



Case Managers Physical Therapists Occupational Therapists and other health professionals. Tuition for the course is \$81.00.

Presented by Institute for Natural Resources 1-877-246-6336. There are several meeting locations and times for the month of July.

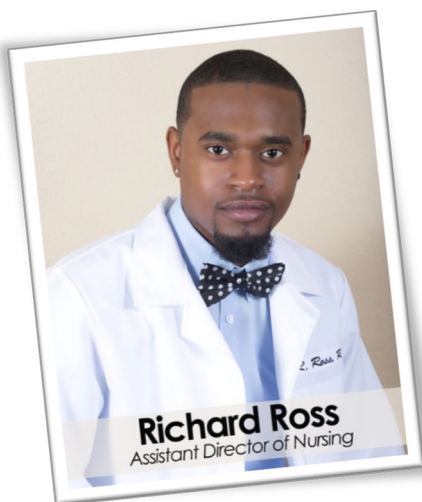
To register visit the website www.INRseminars.com or call 1-877-246-6336.

AS A REMINDER:

**Cognition, Diet, and Longevity
Continuing Education:**

www.INRseminars.com

1-877-246-6336



Richard Ross has served in the position of Assistant Director of Nursing for one year on July 11, 2015.

DHC's Shining Star!

Richard Ross has served as the Assistant Director of Nursing at DINAMIC for one year. Richard has demonstrated exemplary skill in caring for his patients, managing his team, and supporting all of DINAMICs initiatives. Richard also goes above and beyond by volunteering to conduct free health screenings at community events. DINAMIC thanks Richard for all of his hard work and dedication!

Do You Know a Shining Star?

Nominate a DINAMIC employee to receive a mention in the newsletter and an award for exemplary work. Nominations are due on the 15th of each month. You can e-mail us at info@dinamichealthcare.com or call our Marketing team at 708-498-4063.

IMPORTANT DATES:

July 4, 2015:
Happy Independence Day!

July 12, 2015:
Country Club Hills Senior
Center Blood Pressure
Screenings

July 15, 2015
Shining Star Nominations
Due

July 20, 2015:
In-Service (All Field Staff)
3:00pm

July 25, 2015:
A Taste of Victory Fair

NEWS TO NOTE



A Note from our Founder

DINAMIC is reaching new heights in 2015! Excelling in customer service is our goal. Please join us in reading Exceptional Customer Service by Lisa Ford. We are on a mission to make every client feel as though they are the only client. – Vernice Nelson



Recipe of the Month

Celebrate the summer and make delicious BBQ without fussing with the grill. Below is a quick recipe for oven roasted BBQ chicken that will pair well with any side!

OVEN ROASTED BBQ DRUMSTICKS

Ingredients:

- 6 Chicken Drumsticks
- ½ Cup of Water
- 1/3 Cup of Ketchup
- 1/3 Cup of White Vinegar
- ¼ Cup of Brown Sugar
- 4 Teaspoons of Butter
- 2 Teaspoons of Salt
- 2 Teaspoons of Worcestershire Sauce, or to taste
- 2 Teaspoon of dry mustard
- 2 Teaspoons of Chili Powder, or to taste

Directions:

1. Preheat oven to 400 degrees F (200 degrees C). Place drumsticks in a baking dish.
2. Whisk water, ketchup, vinegar, brown sugar, butter, salt, Worcestershire sauce, mustard, and chili powder together in a bowl; pour mixture over drumsticks. Cover with aluminum foil.
3. Bake in preheated oven until no longer pink at the bone and the juices run clear, about 1 hour, turning chicken about halfway through. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Below are resources that are available to DHC staff. Please feel free to contact our



Our Human Resources Department, headed by Kimberly Rodgers, is here to support our staff with all of their employment needs. Please feel free to contact her at our general number.

Human Resources Update

by Kimberly Rodgers

Human Resource Department with any questions you may have.



Employees depend on having the right benefits.

Protect your employees from out-of-pocket costs

Help protect your employees with the cash to help cover their bills in the event of a covered sickness or injury. And now they can get their claims paid in just a day with Aflac's One Day Pay™.

No direct cost

Offering Aflac is as easy as adding a new payroll deduction. After that, there's no direct cost to you.

Give your benefits a boost

In today's healthcare climate, benefits matter. Offering Aflac makes more sense than ever before — even if you don't offer major medical. What better reason to choose the #1 voluntary provider in U.S.

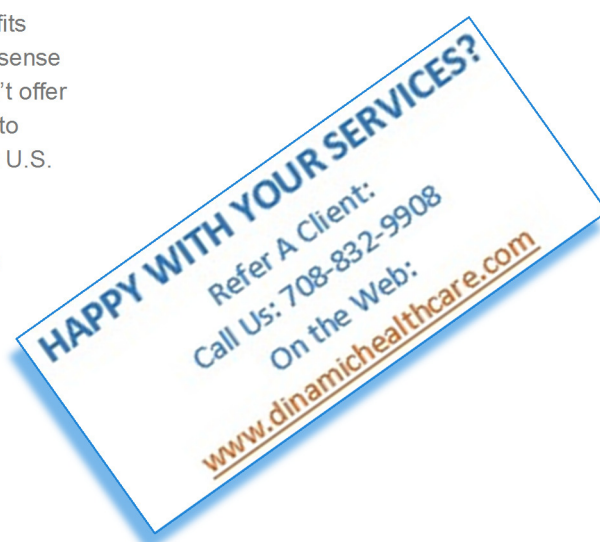
For more information reach out to Kimberly Rodgers at 708-832-9908

Whether you are looking for a great place



to do your banking, apply for a loan, or receive financial counseling, you'll find what you need at Credit Union 1 find out more about the benefits you can receive as a member of Credit Union 1.

Please visit their website and indicate DINAMIC Health Care, LLC as your employer. www.creditunion1.org



HAPPY BIRTHDAY

July 7th – Martha B.
 July 9th – Margaret B.
 July 11th – Florine P.
 July 23rd – Juanita R.
 July 23rd – Lorraine B.
 July 28th – Donald B.
 July 29th – Dorthen H.
 July 29th – Marlene D.
 July 31st – Bridgitte M.
 Staff:
 July 28th – Virginia S.

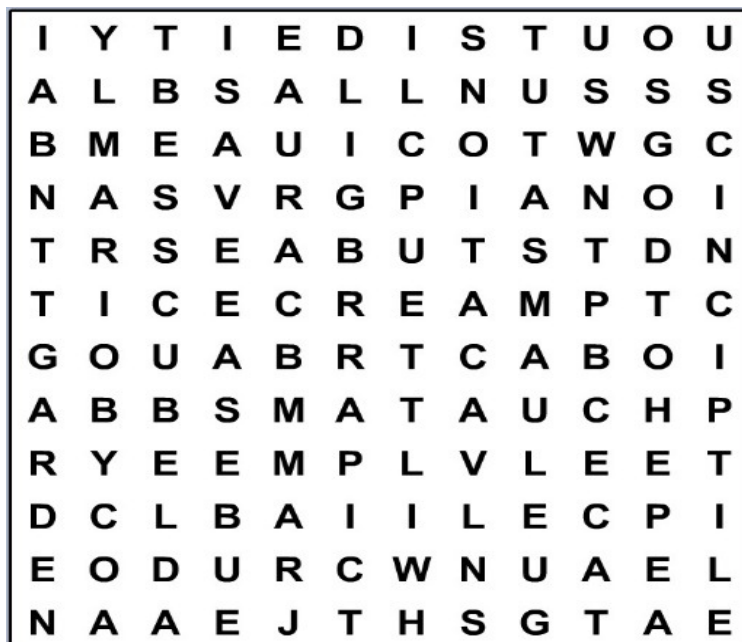


FROM DINAMIC!!!

WORD BANK

AUGUST
 BEACH
 HOT DOGS
 OUTSIDE
 SUN
 VACATION
 PICNIC
 ICE CREAM
 BARBECUE
 TRAVEL
 JULY
 GARDEN
 POPSICLE
 WATERMELON
 CAMPING

SUMMER CROSSWORD PUZZLE



DINAMIC Cares

by Elishevah Hampton

Starting the month of July, DINAMIC's Client Relations department will be launching its Home Visits initiative. Our Client Relations Specialist, Elishevah Hampton, will be visiting the homes of our patients to continue to build relationships and to put a face with a voice. Some patients have had the pleasure of speaking with Elishevah over the phone as an informal welcome or a random check in from the company. This new initiative gives DINAMIC the advantage to continue to build upon the relationships that already exist with our patients and their doctors and nurses.



DINAMIC is genuinely concerned with the health and wellbeing of each and every one of our patients. It is very exciting to for the Client Relations Department to get out and connect face-to-face with our patients. We not only want to ensure that patients are happy with their medical services, but that they are receiving the highest level of customer care. DHC staff strives to treat our patients like family. Spending time to understand their needs is another way to ensure we are meeting that standard.

QUESTIONS? COMMENTS? CONCERNS?

Elishevah Hampton can be
 contacted Directly at: 708-223-
 7046 or
[ehampton@dinamichealthcare.co](mailto:ehampton@dinamichealthcare.com)
 m



PATIENT TESTIMONY:

"I've been through two home health care agencies before finding DINAMIC & I'm completely satisfied with my services!!!! Every time I mention any concern about pain or anything else I need, it's addressed right away. I don't have to wait around for weeks before receiving care like I did at the other agencies. Also, my physical therapist, Asharf Elkossel, is doing an excellent job. If I'd been with him since starting therapy I would be walking already. - Eileen G.

Maintaining Mobility: A Note from our Therapy Department

by Erin Brewer

Welcome everyone to our first edition of DINAMIC News on behalf of the Therapy Department!

DINAMIC Health Care employs a comprehensive team of therapy professionals that service our patients in many areas. Our team can satisfy all of our patients' needs in the comfort of their own home. We traditionally offer three therapy types speech, occupational, and physical. However, if you have a need that lies outside of traditional services, please feel free to contact us, and we will do our best to accommodate you.

Our goal is to ensure that our patients are maintaining their mobility and getting an adequate amount of exercise. Below you will find chair exercises that will aid in maintaining your mobility and over all health.

Chair Exercises:

It's best to be in a chair with No arm if possible. Let's get started!

Working Your Calves

Stretch your calves to avoid lower leg cramping by extending your leg from your knee, flexing your ankle. Point the toes towards the knee and you will feel the calf muscle stretching and elongating. Hold it there for about 20 seconds and repeat two to three times on each leg.

Aiding Your Legs

Exercising the front of your leg -- your quadriceps -- can stabilize your knee joint and strengthen the muscles that aid in getting up from a chair and even walking or climbing stairs. Straighten your leg, extending it forward and tighten your knee cap, as if you are pushing on a gas pedal. Release and repeat, completing one repetition. Perform 12 repetitions, two to three times, on each leg.

Back and Hams

To stretch your lower back and the back of your leg -- your hamstrings -- circle your ankle, while simultaneously bringing your knee to your chest. Repeat up to eight times, with each knee. Having mobility and flexibility in the back of your leg and your lower back both work together to prevent low back pain.

Keeping Your Spine in Line

Stabilize your spine by reaching up with your right arm while simultaneously reaching down with your left arm, stretching in both directions. Hold for at least 20 seconds and repeat with your left arm up and your right arm down. Complete two to three times on each side.

Sit and Row

Strengthen your upper back and the arms and shoulders by performing a seated row exercise. Sit on the edge of your chair and hold your arms out in front of you with your thumbs toward the ceiling and your elbows bent. Bring both elbows back as far as possible while squeezing your shoulder blades together. Release and perform eight to 10 repetitions of two to three sets. This can be done with or without light dumbbells.

A Quick Note:

As a reminder, if you are utilizing or in need of durable medical equipment (walkers, canes, braces, etc...), Medicare requires most DME supply companies to have a form filled out by your physician along with other documentation. If you have questions about your durable medical equipment please ask your nurse for assistance or contact our main office.

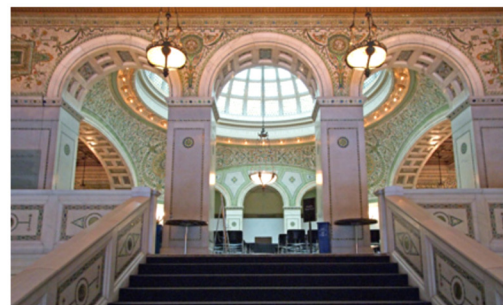
AROUND TOWN



Mather's Café

Mather's—More Than a Café locations across Chicagoland offer more than just a place to get a delicious, made-to-order breakfast or lunch made from fresh, wholesome ingredients by our talented culinary staff. They're places that offer....**more.**

Join a fitness class, brush up on your painting, enjoy great live music (blues, jazz, classical), attend a stimulating lecture on traveling or history, get smart economical tips from experts, or just stay and chat over a cup o' joe with pals—whatever your interest, you can gather with newfound friends and have fun! For more information call: 773-488-2801



Chicago Cultural Center

Drawn by its beauty and the fabulous free public events, hundreds of thousands of visitors come to the Chicago Cultural Center every year, making it one of the most visited attractions in Chicago. The stunning landmark building is home to two magnificent stained-glass domes, as well as free music, dance and theater events, films, lectures, art exhibitions and family events. For more information call: 708-744-3315



Chicago Park District

Get fit in a safe, fun and non-intimidating exercise class. No matter your age or ability, we offer a fitness class that is right for you. Chicago Park District fitness classes offer a high-quality, low cost alternative to commercial gyms. All classes are taught by certified fitness instructors, select classes are taught by former military personnel. Class offerings, schedules and class fees vary per location. There are 10 classes per session. For more information call: 312-742-PLAY (7529)

Questions to Ask your Physician about Type 2 Diabetes

by [Jen Laskey](#) | Medically reviewed by [Asqual Getaneh, MD](#)



Basic questions to ask about Type 2 Diabetes:

Type 2 diabetes is the most common form of diabetes. If you have type 2 diabetes, it means that your body either doesn't make insulin or doesn't use it efficiently. However, type 2 diabetes can be managed by decreasing insulin demand, by means of dietary changes, exercise, and medication, for example, as well as with treatments that increase insulin supply, including medications like sulfonylureas and meglitinides, as well as insulin itself.

If you haven't yet been diagnosed with type 2 diabetes but think you may have symptoms, talk to your doctor about arranging a diabetes evaluation.

Once you have a formal diagnosis, your doctor will give you information about type 2 diabetes and recommend a course of treatment. You may have some questions or concerns about your diagnosis and how type 2 diabetes will affect your health and your life. Consider asking your doctor the following:

- What is type 2 diabetes? Is it curable?
- What kinds of tests determined that I have type 2 diabetes?
- Are there any pre-appointment restrictions I need to know about for future visits? For example, do I need to fast if I'm going to have a blood sugar test?
- What caused my type 2 diabetes? Did I do something to cause it? Is it a hereditary condition?
- Does eating carbohydrates cause type 2 diabetes?
- I have a family history of heart attack and/or stroke; how might that affect my health?
- Does type 2 diabetes put me at risk for complications such as heart disease, blindness (retinopathy), nerve damage (neuropathy), or kidney damage (nephropathy)? How can I avoid such complications?
- What is the difference between hyperglycemia and hypoglycemia?
- How can I tell if my blood sugar is too high or too low? Will I have to test my own blood sugar at home? What should I do about either high or low blood sugar?
- What are urine ketones? Will I have to measure those too?
- What are the best treatments for type 2 diabetes?
- What are the risks of not treating type 2 diabetes?
- How will type 2 diabetes affect me over the long term?
- How can I keep my diabetes from worsening?
- What should I do if my symptoms worsen, or if I experience new symptoms?
- Is it possible for type 2 diabetes to go away on its own?



**DINAMIC Health Care
LLC**

1313 Sibley Blvd,
Calumet City, IL 60409
708-832-9908 (phone)
708-832-9935 (fax)

*Quality Care in the Comfort
of Your Own Home!*

Find Us on the Web @:
www.dinamichealthcare.com

Postage

NAME

ADDRESS

CITY, STATE, ZIP CODE