



DINAMIC HEALTH CARE, LLC

DINAMIC NEWS

IN THIS ISSUE

DINAMIC's New Mission and Values

by Racquel Fields

For months the DINAMIC team has been meeting to revise its mission statement and core values. The goal was to ensure that DINAMIC's mission was clear and embodies its goal to provide optimal patient care, cutting edge solutions to medical conditions, and the very best customer service in the industry.

As DINAMIC continues to increase its reach, the team asked the questions: "Who are we? What do we do for the community? What are the most important values that we have? What values are most important to our success? What matters most to our patients?"

DINAMIC Health Care is proud to unveil its new mission and values:

Mission Statement:

DINAMIC Health Care is a team of **DEDICATED** professionals exhibiting the highest level of **INTEGRITY**. Our team **NURTURES** positive relationships and **ADVOCATES** for each of our patients. We demonstrate **MASTERY** in multiple disciplines, and provide **INNOVATIVE** solutions to patient care. At DINAMIC we are **COMMITTED** to helping seniors age successfully.

Values:

D- Dedicated

I- Integrity

N- Nurtures

A- Advocates

M- Mastery

I- Innovation

C- Committed

Each team member at DINAMIC holds these values to highest standard. We are committed to providing the most quality patient care, and ensuring that each patient feels like a member of our family. We are a resource for you and the community around you!

As always, if you or your loved one has any questions, feedback, or concerns please contact us at 708-832-9908.



Living In Spite of Lupus

There were also months of in-home and outpatient physical and speech therapy. Thanks to God, my husband, daughters, family, friends, physicians, nurses and other hospital and rehabilitation staff, I survived a near death situation

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Benefits of Exercise for Seniors

Research links physical activity with slower mental decline. Exercise increases blood flow to all parts of your body, including your brain, and might promote cell growth there.

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Staff Updates

by Erin Brewer and Racquel Fields

Medication Reconciliation

Medication reconciliation refers to the process of avoiding such inadvertent inconsistencies across transitions in care by reviewing the patient's complete medication regimen. Reconciliation is done to avoid medication errors such as omissions, duplications, dosing errors, or drug interactions. Medication reconciliation is done weekly by the skilled nurse. Some patients have multiple doctors and multiple prescribers. Patients often receive new medications or have changes made to their existing medications at times of transitions in care i.e., change in health status or discharge from the hospital to home. The skilled nurse ensures that none of the medications have adverse drug interactions. The skilled nurse must update the patient's medication profile each time the patient receives a new medication. It is the skilled nurse's responsibility to notify the physicians of any medication changes. We pride ourselves on maintaining continuity of care with the patient physicians and other disciplines through communication with our medical team.



New Human Resources Manager

DINAMIC is proud to announce that Pat Kincheloe has joined the team as the new Human Resources Manager. Pat comes to the team with a wealth of knowledge and is eager to support the DINAMIC Team and our clients as needed. You can contact Pat via e-mail at pat@dinamichealthcare.com or by phone at 708-832-9908.

AS A REMINDER:

TO REFER A PATIENT

CONTACT US @

www.dinamichealthcare.com

1-708-832-9908



Virginia Smith has been with DINAMIC Health Care since July, 2014, and is always willing to offer her support whenever requested!

DHC's Shining Star!

Virginia Smith has worked with DINAMIC Health Care for a little over a year. Virginia's bubbly personality and ability to offer top-notch care is greatly appreciated. In addition, Virginia is always willing to fill in when needed while maintaining the DINAMIC Standard of excellence in all that she does! DINAMIC would like you to join us in thanking Virginia for all of her 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:

September 14, 2015:

Senior's Meeting
City of Country Club Hills

September 19, 2015

2nd Annual West Side Men's
Health Fair
Loretto Hospital
Chicago, IL

September 23, 2015

Fall Begins

September 28, 2015:

In-Service 3pm (All Field Staff)

NEWS TO NOTE



DINAMIC IS HIRING!

DINAMIC is expanding! We are looking for highly trained Registered Nurses (RNs) and Licensed Practical Nurses (LPNs). If you or anyone you know may be a good fit for the DINAMIC team, please visit our website at www.dinamichealthcare.com to learn more!



Recipe of the Month

SLOW-COOKER CHICKEN AND DUMPLINGS

Ingredients:

- 6 skinless, boneless chicken breast halves (cut into 1-inch pieces)
- 2 medium Yukon gold potatoes, cut into 1-inch pieces (about 2 cups)
- 2 cups whole baby carrots
- 2 stalks celery, sliced (about 1 cup)
- 2 10 3/4 ounce can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 1 cup water
- 1 teaspoon dried thyme leaves, crushed
- 1/4 teaspoon ground black pepper
- 2 cups all-purpose baking mix
- 2/3 cup milk

Directions:

1. Place the chicken, potatoes, carrots and celery into a 6-quart slow cooker.
2. Stir the soup, water, thyme and black pepper in a small bowl. Pour the soup mixture over the chicken and vegetables.
3. Cover and cook on LOW for 7 to 8 hours* or until the chicken is cooked through.
4. Stir the baking mix and milk in a medium bowl. Drop the batter by spoonful onto the chicken mixture. Increase the heat to HIGH. Tilt the lid to vent and cook for 30 minutes or until the dumplings are cooked in the center. *Or on HIGH for 4 to 5 hours.

Kay's Story: Living in Spite of Lupus

by Kay Mimms

I wake up to see the nurse pouring warm water into a white enamel washbasin like the ones in a western movie. The table is draped with a white linen cloth that hangs all the way to the floor. Flaming candles stand at each end of the table. Next to the basin is a stack of white fluffy towels, neatly folded. I see the nurse. She is wearing a white starched uniform and cap. I watch her as she mixes something in the pitcher; then she pours the mixture into the bowl of warm water.

The nurse comes over and whispers in my ear. She says, "I am going to take care of you". On impulse, I jerk my head back from her face. My mind is racing. *Why is she whispering? What is she talking about? How is she going to take care of me? Is she going to kill me like they tried to do before? Is this what they do after someone dies? Is she preparing me for the grave?*

Even though it's midnight, I order the nurse to get my husband on the phone and tell him to rush back to the hospital that something strange is going on. When she told Cecil that I said I wanted him to come back to the hospital, he was shocked. You see, I was in ICU, on a ventilator, unable to talk, unable to walk, sedated off and on, trying to recuperate from a major lupus flare that almost resulted in my death.

That's just one example of the types of dreams I would have during the two months I was in ICU. I am not a medical expert, just a person who has been diagnosed with lupus. I understand lupus to be an autoimmune disease, meaning the body attacks itself. The purpose of the immune system is to fight foreign and harmful substances (bacteria, germs, and viruses) that may enter our body. However, the immune system of a person with lupus may go into overdrive and attack healthy tissues and organs. Lupus does not discriminate and may affect any part of the body (brain, skin, lungs,

kidneys, heart, joints, etc). It is chronic (forever), unpredictable, difficult to diagnose; can lead to organ failure, disability, even death. There is not a cure yet; but lupus organizations report that researchers are aggressively trying to find answers to the many questions that surround this mysterious and potentially devastating disease.

I was diagnosed with Systemic Lupus Erythematosus (SLE) at the age of 59 after suffering with various symptoms throughout my life: cold hands and feet and sensitivity to cold; painful, sore, swollen joints and muscles; low blood count; extreme redness of eyes; thyroid condition; itchy and discolored blotches on skin; blistering after lengthy exposure to sun; chest pain with each breath; itchy, flaky scalp; hair loss; loss of appetite; and fatigue.

My diagnosis almost came too late. After my primary care physician diligently researched the few facts available about lupus, reviewed my symptoms, and examined my laboratory results, he referred me to a rheumatologist who specializes in the care of lupus patients. However, before my scheduled appointment, I experienced nausea, more pain and swelling, difficulty in mobility, and deep coughing, which produced pinkish mucous.

These additional symptoms led me to the hospital emergency room where attendants discovered problems with my lungs and heart. The doctors suspected pericardial and pleural effusion (fluid around heart and lungs). I was admitted to the hospital and then treated with blood thinners, which probably caused me to almost "bleed out". I ended up in ICU, intubated and sedated, for 65 days. When I was finally weaned from the ventilator, I was unable to walk or talk and had to complete three weeks of intensive therapy (occupational, physical, and speech) as an in-patient. (Cont. on pg. 6)

HAPPY BIRTHDAY

Sept. 5th – Lee T.
 Sept. 6th – Dorothy B.
 Sept. 11th – Lance I.
 Sept. 16th – Johnnie H.
 Sept. 18th – Gurtherine F.
 Sept. 19th – Alisha A.
 Sept. 19th – James E.
 Sept. 19th – Violet G.

Staff:

Sept. 10th – Erin B.
 Sept. 12th – Chandra F.
 Sept. 12th – Elishvah H.



WORD BANK

FISHING
 SALMON
 LIFE PRESERVER
 LURES
 CARP
 ROD
 TACKLE BOX
 BAIT
 CATFISH
 WORM
 SPORT
 SINKER
 WAITING
 MINNOW
 RELEASE
 LINE
 FILLET
 RELAXING
 WHOPPER
 BOAT STRINGER DRIFTING
 WEEKEND NIBBLE BOBBER

GONE FISHIN' WORD SEARCH

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

DINAMIC Cares

by Elishevah Hampton

At DINAMIC Health Care we are continuously looking for new and innovative ways that we can improve upon our services. One of the best ways that we can make those improvements is YOU! We care about our patients & need your feedback. The Client Relations department will be forwarding surveys to all patients and would love if you can take 5 minutes to give us your honest feedback. Again, this is another way for DINAMIC Health Care to hear your voice and for us to continue providing the utmost, cutting edge health care.

Please monitor your mailbox as well be sending out survey cards this month. Send your survey back, and as a thank you we will send you a free gift!



QUESTIONS? COMMENTS? CONCERNS?

Elishevah Hampton can be
 contacted Directly at:

708-223-7046 or
 ehampton@dinamichealthcare.com



DINAMIC Health Care would like to send a special happy birthday to Gurtherine F. Warmest wishes to you on your special day! May every minute of your 103rd birthday be filled with happiness and everlasting joy. Thank you for choosing DINAMIC!



The Surprising Extra Benefits of Exercise for Seniors

by Janet Crozier [Find the full article @ www.aarp.com](http://www.aarp.com)

We've all heard about the many benefits of exercise — a healthier heart, stronger bones, improved appearance and flexibility — but exercise has many additional benefits, especially for seniors.

Even moderate physical activity can help seniors to:

Increase mental capacity

Research links physical activity with slower mental decline. Exercise increases blood flow to all parts of your body, including your brain, and might promote cell growth there. Exercise — particularly if it starts early and is maintained over time — is beneficial in preventing dementia and Alzheimer's disease. (Source: Senior Journal.com)

Prevent disease

Exercise may delay or prevent many diseases associated with aging, such as diabetes, colon cancer, heart disease, stroke, and others, and may reduce overall death and hospitalization rates, according to the National Institute of Aging.

Improve healing

Injuries and wounds take longer to heal as people age. Regular exercise by older adults may speed up the wound-healing process by as much as 25 percent. (Source: Senior Journal.com)

Improve quality of life

A new study has found that previously sedentary senior citizens who incorporated exercise into their lifestyles not only improved physical function, but experienced psychological benefits as well. (Source: SeniorJournal.com)

Increase balance

This helps prevent falls, a major cause of broken hips and other injuries that often lead to disability and loss of independence. (Source: Senior Journal.com)

Increase life expectancy

Benefits are greater among the most active persons, but are also evident among those who reported moderate activity, according to the CDC.

A little goes a long way

"When it comes to exercise for seniors, consistency is more important than intensity," explains Montgomery.

Researchers have found that you don't have to engage in strenuous exercises to gain health benefits. "Moderate exercise, such as walking five or more days a week, can lead to substantial health benefits. Even brief amounts of physical activity, say 10 minutes at a time, can be beneficial."

Never too late

According to the National Institute of Aging, exercise isn't just for seniors in the younger age range. People who are 80, 90 or older can also benefit greatly from physical activity. Exercising regularly can help prevent or delay some diseases and disabilities as people age. In some cases, it can improve health and independence for older people who already have diseases and disabilities, if it's done on a long-term, regular basis.

"The key is to find something geared to your fitness level that you enjoy doing," says Montgomery. "And it's important to start at a level you can manage and work your way up slowly." Start by seeing your doctor before beginning an exercise program.

Tips for sticking with an exercise program:

Have a plan

Identify obstacles and find ways around them. For instance, your fitness routine easily could run off track during the holidays and vacations. Look for hotels with a health club, and include a walking or biking tour of scenic or historic places in your vacation plans.

Review your goals

If you start to feel it's just not worth it, think about why you decided to change in the first place. Maybe you wanted to lose weight. Perhaps you've lowered your blood pressure or are beginning to control your diabetes. Reminding yourself of the goals you've realized and the ones you're still striving for will help you push ahead.

Mobilize your support system

Call on friends, family members, or neighbors who have been your cheerleaders. They can encourage you to stick with it.

Be easy on yourself

Falling off track doesn't mean throwing in the towel. Remind yourself that change takes time.

AROUND TOWN



Venetian Night

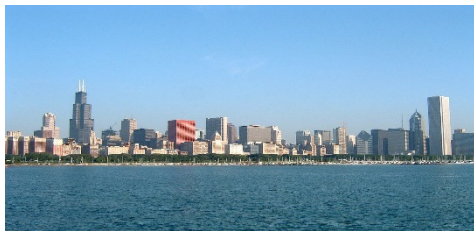
Venetian Night makes a spectacular return on Saturday, September 12 with the theme of "Once Upon a Time" at Navy Pier! This **FREE** aquatic parade of illuminated boats is followed by a dazzling Navy Pier fireworks show. Along with the fireworks display, live bands will be performing at the LandShark Beer Garden Saturday night. For more information call: 800-595-Pier (7437)



Peggy Notebaert Nature Museum

Right next to the free Lincoln Park Zoo if you have the time and energy for both, the Peggy Notebaert Nature Museum can be a fun and educational time for people of all ages. The kids can enjoy interactive educational games and water play areas (where the adults can sit and watch them burn off some steam) but the butterfly enclosure is often everyone's favorite. Pictures are often taken when beautiful butterflies softly land on visitors to the museum. As a bonus, free days are available for Chicago residents.

For more information call: 773-755-5100



Architectural Tour

Not only is it one of the most interesting tours of Chicago, where even city natives will likely learn something new, but it allows you to kick back and soak up the sun cruising up the river on a large comfy boat. Refreshments are available for purchase during the tour, which winds up the entirety of the Chicago River and back. There are even ways to avoid the stairs down to the boat if necessary. But best of all, the tour can be an engaging rest if your legs are tired from walking around but your mind is still ready to absorb the city! For more information call: 847-358-1330

Kay's Story (Cont.)

by Kay Mimms

There were also months of in-home and outpatient physical and speech therapy. Thanks to God, my husband, daughters, family, friends, physicians, nurses and other hospital and rehabilitation staff, I survived a near death situation.

Today, I try to express gratitude for every day that I am still alive and am able to take care of myself. I awake each day being thankful that even though I have painful and sore joints and find it difficult to walk sometimes, even though my voice is raspy and I am not able to sing like I used to, even though I still have a mild productive cough, even though I fatigue easily, even though I forget or may not fully understand things at times, even though I second-guess most things I do, even though I have to take lots of medications, **I AM STILL ALIVE.**

Since God allowed me to overcome a near death lupus flare in 2006, I have discovered a new *calling*: to increase lupus awareness and raise funds for research that would lead to better treatments and eventually a cure. I am committed to helping to solve the cruel mystery of lupus and alleviate its devastating impact on millions of lives.

These are some of my volunteer activities:

- 1.) When I was well enough, I joined the Hazel Crest Lupus Support Group, renamed The Lupus Connection. Later I became the leader and served in that capacity for three years. I am now a member of the Executive Committee Member of the Lupus Connection Support Group.
- 2.) My husband, Cecil, and I began volunteering with the Lupus Foundation of America, Illinois Chapter (LFAI), now known as the Lupus Society of Illinois (LSI).
- 3.) Recently, I coordinated what I call the Lupus Book Project. The title of the book is: **FIGHTING LUPUS BATTLES – HOPE FOR A CURE (True Stories from Lupus Warriors).**

In conclusion, I'd like to leave you with my summary of the *Lupus Fact Sheet*, published by the *Lupus Society of Illinois*. (LSI)

1. Lupus is a chronic autoimmune disease. Lupus is a disease where the body attacks itself. It is difficult to diagnose because symptoms vary by individual and may come and go over time. Also the symptoms may mimic other diseases and are often dismissed as nothing serious.

2. Lupus is not contagious. It is not related to cancer or HIV/AIDS.

3. Though 90% of lupus patients are females, anyone (males also) at any age (children and older individuals also) can be diagnosed with lupus. LSI reports that lupus is more common among African Americans, Asian Americans, Hispanics/Latinos, and Native Americans.

4. Lupus is incurable at this time, unpredictable, complex, and potentially life threatening. But researchers are working to learn more about the disease, improve diagnosis, establish new treatment plans, improve patients' quality of life, and ultimately discover ways to prevent and cure the disease.

5.) We need to get involved in research and help to find a cure.

6.) We also need to help raise funds so that lupus patients and their families may receive the benefits of programs and services that provide financial assistance, educational events, support groups, and other services for the lupus community.

For more information, please contact
Lupus Society of Illinois
525 W. Monroe St., Ste. 900
Chicago, IL 60661
312-542-0002 lupusil.org



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www.dinamichealthcare.com

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