

Employee Anniversaries

Annette D.	01/05/2008
Pauline H.	01/08/2001
Simone H.	01/10/2009
Barbara M.	01/12/2007
Junivan D.	01/14/2001
Marie S.	01/16/2006
Marckentoche J.B.	01/24/2009
Nirva G.	01/25/2008
Rosemary V.	01/30/2006
Deborah D.	02/02/2006
Simone V.	02/02/2006
Julienne St.J.	02/11/2008
Darline E.	02/13/2007
Donna C.	02/16/2009
Beverly Mc L.	02/18/2004
Stephanie P.	02/25/1995
Ermithé P.	02/28/2006
Marie Nicole N.	03/02/2007
Catherine O.	03/02/2007
Yvania S.	03/04/2008
Dorothy F.	03/06/2009
Kerlyne St.L.	03/06/2009
Lillian C.	03/17/2005
Marie A.	03/19/2009
Minora Mc F.	03/19/2009

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Heart Disease

Heart disease is a broad term used to describe a range of diseases that affect your heart, and in some cases, your blood vessels. The various diseases that fall under the umbrella of heart disease include diseases of your blood vessels, such as coronary artery disease; heart rhythm problems (arrhythmias); and heart defects you're born with (congenital heart defects).

The term "heart disease" is often used interchangeably with "cardiovascular disease" a term that generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke.

Heart disease is the Number 1 worldwide killer of men and women. For example, heart disease is responsible for 40 percent of all the deaths in the United States, more than all forms of cancer combined. Many forms of heart disease can be prevented or treated with healthy lifestyle choices and diet and exercise.

Although sometimes there are no warning signs for heart disease, the following are some of the most common symptoms:

- An uncomfortable pain or feeling of pressure in the center of the chest, known as angina, that lasts for more than a few minutes
- A burning feeling or indigestion in the chest
- Pain or discomfort in the shoulders or arms
- Feeling weak, light-headed or faint
- Chest discomfort with a tight or choking feeling in the throat
- Shortness of breath
- Pain in you neck back or jaw
- Pain between the shoulder blades

Heart disease is easier to treat when it's detected early, so talk to your doctor about any concerns you have about your heart health. If you don't have heart disease, but are concerned about developing heart disease, talk to your doctor about steps you can take to reduce your heart disease risk. This is especially true if you have a family history of heart disease.



Employee of the Quarter



Jackie G. received a very nice compliment from her clients husband. He praised the excellent care Jackie gave his wife and he was so glad she was there with his wife in a very difficult time. Jackie is very compassionate and thoughtful. She always treats her clients with respect and kindness. Jackie is commented to putting her clients needs first and giving the best care to them. Responsive truly appreciates an employee like Jackie.

Personal Safety Tips For Caregivers

“Never let your guard down. Stay aware of your surroundings at all times.”

Trust your gut:

- If you see something unusual or you have a bad feeling, pay attention to your instincts.
- Don't stop—keep going.

If the coast is clear:

- Park close to the clients home in a lighted area.
- If you park on the street, park so you can leave quickly if you need to.
- Carry car keys, ID and valuables in your pocket.
- Leave non-essential personal belongings and other valuables in a secure place such as at home.

When you are walking towards the client's home:

- Walk with confidence.
- If a stranger approaches you on the street, eye contact and a brief hello can help ward off trouble.
- Stay alert for suspicious people in elevators and stairwells.
- When you knock on the client's door, stand to the side of the door.

When you leave:

- Avoid walking down alleys or taking shortcuts in deserted areas.
- Look out for suspicious people.
- Always walk with confidence.

RESPONSIVE

HOME HEALTH, INC.

"RESPONDING WITH CARE SINCE 1994"



Employee Birthdays

Patricia H.	Jan-06
Marie C.	Jan-07
Rosemary V.	Jan-07
Junivan D.	Jan-12
Magaly H.	Jan-12
Claudette D.	Jan-15
Catherine O.	Jan-15
Angeline J.	Jan-22
Gloria Mc.	Jan-30
Gersel J.	Feb-04
Jacqueline G.	Feb-07
Pucelle D.	Feb-08
Andrea H.	Feb-09
Pauline W.	Feb-17
Myrtle S.	Feb-18
Anita S.	Feb-20
Lillian C.	Feb-28
Nirva G.	Feb-28
Barbara M.	Feb-28
Rosemarie C.	Mar-04
Tammy F.	Mar-06
Beverly W.	Mar-11
Karlene B.	Mar-14
Gloria S.	Mar-16
Nerlande J.	Mar-20