



The *first* place you look for support during life's *last* great challenges.



Alpha Home Health Alpha Omega Hospice

Spring

2010

Newsletter

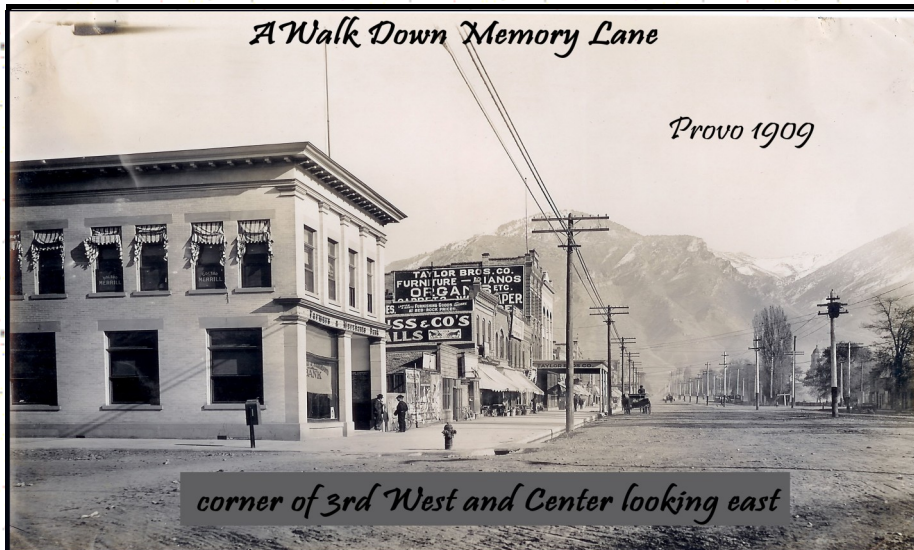
What Qualifies One to Receive Home Health Care?

Recovering from an illness or a surgery can be difficult. Being in the familiar surroundings of your home can provide an important therapeutic value in a person's recovery. Home health professionals can assist with the rehabilitation and the gaining of strength that helps one regain their independence. In order for Medicare to cover these services you need to meet these three conditions:

- A physician must decide that skilled care is needed and make a plan for care at home.
- You must need at least one of the following: intermittent (not full time) skilled nursing care or physical therapy or speech language pathology services.
- You must be homebound. This means that leaving home is a taxing effort.

For more information and possible services please call: (801) 225-1080

Special Feature— Provo 100 years ago



This photo was taken just over 100 years ago by an unknown photographer. The streets of Provo are dirt and power poles go down the middle of the street. No cars are to be seen, just horses and buggies. The building on the corner (Merchant and Farmers Bank) still stands and is currently a law office.

Spot Light:



~ Candy Kinser ~

Candy is our Hospice Nurse. Candy comes to work each day with a remarkable attitude about hospice. She shares her knowledge and smiles with all of her co-workers. A few interesting things to know about Candy are: She is a brilliant writer. She loves spending time with her grandchildren. She prefers fresh fruit and vegetables. If she could travel anywhere she would go to Southern Utah Red Rock Country, and her favorite music is The Mormon Tabernacle, John Denver, and of course the 50's! "I am always interested in increasing the quality of life of my team mates and patients." Thank you Candy for your admirable work!!

Learning To Control Stress

All stress isn't bad. Stress can help us change. Yet, when stress builds up, it can be dangerous to our being, and cause us to keep from concentrating, and even cause bodily injury.

Recognizing your stressors is the key to managing stress. Once you have found this, space them out. Try asking yourself what is causing you to feel this way, and why.

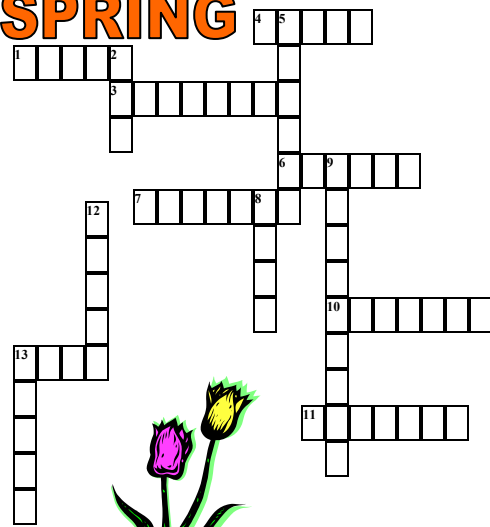
Tips To Manage Stress

Take in a deep breath or two it adds oxygen to your system, which almost instantly helps you relax. Also, taking a moment to step back can help you maintain your composure and help you rationalize through most issues.

Other Tips

- Listen to your favorite music.
- Exercise, engage in fun activity.
- Plan out your time and prioritize.
- Talk to a friend about your problems, don't hold it in.
- Get a massage.
- Take a nap.

SPRING



CROSSWORD

Across

1. Plant these in the ground.
3. Protects you from rain.
4. ___ showers bring May flowers.
6. Special Spring flower.
7. They come in different kinds and colors.
10. A *ROAR* in the clouds.
11. 6 and 8 legged creatures.
13. Black and yellow flies.

Down

2. Lights up the earth.
5. They grow from seeds.
8. Water falling from the sky.
9. Electricity in the sky.
12. They soar in the wind, and you hold it by the string.
13. The early ___ catches the worm.

OUR MAIN OREM OFFICE

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Alpha Omega Hospice*
250 W Center Street,
Orem, Utah 84057

Phone: 801-225-1080 Fax: 801-225-1069
Toll Free Number: 1-877-852-1080

Our Salt Lake County Location

Alpha Home Health ~ Alpha Omega Hospice
1323 West 7900 South,
Suite 102
West Jordan, Utah 84088

Phone: 801-566-1490 Fax: 801-566-1494
Toll Free Number: 1-877-852-1080

Attention!!

Bereavement group is starting up at the beginning of May. Anyone who would like to attend is welcome, please call Heather S.S.W. for any additional questions (801)225-1080.

WELCOME

Bill Cox, Social Worker,

Kate Dutson, Community Relations,

and

Kelly Springer, Home Health R.N.

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