

STAYING HEALTHY THIS WINTER

The summer has finally drawn to a close and as fall arrives and then turns to winter, cold and flu season moves into full swing. Last year was a record year for colds and flu and this year it is predicted that we will have more of the same. All of us should take precautions so that the flu and cold season does not catch us off guard.

Although no one is immune to colds or flu, certain individuals are at a higher risk to contract either the flu or a cold. These individuals are to be considered high risk:

- Senior Citizens
- Heart Patients
- Individuals with chronic diseases receiving chemotherapy or radiation
- Those with compromised immune systems
- Diabetics
- Pregnant Women

If you are an individual in this category, you should speak to your physician about the best course of treatment for your winter health.

Did you know...?

Colds are more prevalent during the cold winter months because people spend more time indoors with windows shut as they try to stay warm – actually increasing the chances of transmission!

For those of us who are not in the high risk category, there are some things you can do to reduce the chance of coming down with a cold or the flu.

Did you know...?

You can have a cold and not suffer symptoms! That's right; approximately 25% of people do not suffer any symptoms when infected with the cold virus.

1. Hand Washing: Wash your hands frequently throughout the day using warm water and a generous amount of soap. Carry alcohol based sanitizer with you at all times. Avoid touching your face, especially if you shake hands with a lot of people during the day.

2. Stay Well Hydrated:

Be sure to drink plenty of fluids. Good hydration will help to flush out toxins.

3. Healthy Food Choices: Eat well balanced meals with plenty of foods that include antioxidants. (Fiber, fruits and vegetables). These foods will help fight colds and flu.

4. Rest and Exercise: Give your body both the rest and physical activity it needs to stay healthy.

5. Just in Case: Consider taking a multivitamin.

6. Get a Flu Shot: Unless your physician has advised you that a flu shot is contraindicated for you, try to get your shot before winter sets in.

Aide of the Month

Hackensack Office



October 2010

Darny Flores has been with AHS since 7/27/10. Darny has continually shown us her empathy and dedication in caring for her clients. Shortly after Darny joined AHS we received a call requesting urgent services for an individual with very specific needs. Darny's skills and experience were the perfect fit for this person; without a second thought she headed to the patient's home to care for her. The family was grateful we were able to meet their last minute request and could not believe the quality of service received.



November 2010

Jane Kristof has been with AHS since 9/8/2009. Recently we received a desperate call from a family requiring care for their loved one on hospice. Jane's experience and skills were a match for Mr. B. After a few days we received a call from Mrs. B. stating "Not only was Jane able to perform quality care for Mr. B., but her reliability, compassion, and commitment to him are beyond words. Jane was a blessing for the entire family throughout this very difficult time.



December 2010

Yaritza Tavarez has been with AHS since 8/6/10. Yaritza has such insight, and is so attentive towards her clients that we did not think twice requesting her assistance with a fill-in for another aide. Although it was quite a distance for her, Yaritza didn't hesitate. Once again we received a call regarding her extraordinary capability. Compassionate, understanding and experienced were just a few compliments we passed on from the family.

South Orange Office



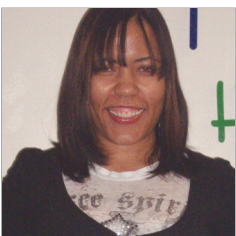
October 2010

Jesreel Alvarez joined AHS 7/30/10. Jesreel has years of CHHA experience, and is currently caring for a patient with a traumatic brain injury. Jesreel has made it possible for the family to return to work, go shopping, and attend personal functions with total confidence. The family could not believe that such care could be provided by anyone that was not a family member. Jesreel has changed their lives in such a positive way that they had to share their appreciation with us.



November 2010

Ponzetta Blue has been with AHS since 7/02/07. Ponzetta is currently caring for an autistic child that even the family expressed they have difficulty with. According to the family, Ponzetta has passed everyone's expectations. "She is committed, patient, caring, and has complete insight on caring for our son – we would be lost without her".



December 2010

Cristina Carvajal has been with AHS since 6/15/08. Cristina has been caring for the same patient since she started with AHS. The family has expressed the comfort, trust and gratitude they feel knowing that their loved one is being cared for by someone that is caring, sympathetic, thoughtful and compassionate. Cristina is extremely reliable and dependable, and their appreciation is beyond words.

Did you know...?

There are over 41,000 home health aides in the state of New Jersey.

Visit www.accreditedhs.com or CALL 877-200-0606 to request a consultation

Specialty Training Facts

Accredited Health Services is one of the leading Home Care Agencies in New Jersey.

We have over 30 years of experience as an organization with senior management having 100+ years of combined home care knowledge. This priceless wisdom and understanding is obtained from many dedicated individuals.

At Accredited Health Services we select our caregivers with one very specific thought; "Would I let this person take care of my loved one." Compassion, understanding, awareness and empathy are characteristics that we strongly consider when selecting our staff. Many of our Certified Home Health Aides choose this profession because they were, at one time, caring for an ailing loved one. Their knowledge is obtained from first hand experience.

We at Accredited have recognized this insight and devotion and taken it to the next level with the training we provide our aides.

Did you know...?

We carefully screen our Healthcare Team to ensure we only hire fully trained, competent and trustworthy employees.

Our A Team training serves as an introduction to our Specialty Training Program. This class focuses on creating a seamless transition into the client's home. Topics discussed are as follows:

Did you know...?

We are an approved NJ training facility providing the Homemaker-Home Health Aide certification program established by the NJ Board of Nursing.

- Cultural Diversity
- Socialization
- Meal Preparation
- Pet Care
- Relationships
- Shopping

Furthermore, we understand the importance of having the knowledge

and perception into various disease entities and most importantly on how to interact with clients suffering from these illnesses. Specialty instruction is provided but not limited to:

- Alzheimer's
- Parkinson's
- TBI (Traumatic Brain Injury)
- Dementia
- Hospice

Continuous education is the key to successfully caring for your loved ones, and we pride ourselves on being the best.

Accredited Attends the Annual Home Health Aide Recognition Day



Standing from left to right. Patricia Joseph Home Health Aide of the Year with 20 Years of Service - Hackensack Office, Sharon Marshmon Rookie of the Year - South Orange Office, Eric Elcolk, Home Health Aide of the Year with 15 Years of Services - South Orange Office, Lynna Troung, Rookie of the Year - Hackensack Office

Aides of the Year

This years event was held on November 4th at the PNC Bank Arts Center in Holmdel, NJ. It was a special day filled with guest speakers, raffles, and recognition. Four of Accredited's HHA's were honored for the outstanding care they provide to our clients every day and for their dedication and commitment to our company.

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Word Search

The object of the puzzle is to find the listed hidden words. There are at least 23 words related to home care. The words may be hidden in any direction: horizontally, vertically, diagonally, and forwards and backwards.

Did you know...?

Evidence suggests that exercises like puzzles can help keep the brain fit.

HOME CARE 101

V	T	C	A	R	E	E	S	H	O	M	E	M	A	K	E	R	E	R	A
B	H	O	M	E	X	O	C	E	R	T	I	F	I	E	D	I	E	D	T
S	E	M	E	D	I	C	A	R	E	A	D	V	O	C	A	T	E	M	E
C	R	M	S	O	G	B	G	C	O	M	M	U	N	I	T	Y	P	D	A
R	A	U	A	C	C	R	E	D	I	T	E	D	D	G	S	D	J	L	M
E	P	N	I	T	O	D	O	S	M	M	H	N	B	A	T	H	I	N	G
E	Y	I	D	O	A	O	A	G	E	N	C	Y	U	V	Y	T	W	K	K
N	T	T	E	R	H	O	S	P	I	C	E	E	H	E	A	L	T	H	A
I	L	R	E	F	E	R	R	A	L	S	G	T	R	A	I	N	I	N	G
N	M	E	D	I	C	A	T	I	O	N	I	O	N	J	N	U	R	S	E
G	C	A	R	E	G	I	V	E	R	V	E	R	H	S	E	N	I	O	R

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