



“It Was An Excellent Day!”

Last month Nurse Force held a contest on Facebook and gave two lucky winners four tickets to the Iowa State Fair. We asked them to let us know how their day at the fair went and we received the following letter from one of our winners . . .

“I just wanted to tell you “Thanks” so much for the Iowa State Fair tickets. On the day that I received them I had just got home from seeing my doctor and found out that the surgery that I had, (where they had removed a tumor that was cancer), that my test results came back and that my margins were excellent and that they got all the cancer and I wouldn’t have to have chemo or radiation. It was an excellent day.

My daughter and I went to the fair on Friday the 18th. We don’t have no little ones so we gave them (two child admission tickets) to a mom at the fair gate that had three children and she was very happy to get them. She kept telling me thanks and I told her that I had won them from Nurse Force and I wanted someone else to enjoy them since we couldn’t.

I’m always impressed with the Iowa State Fair. There is always so much to do and see and I can’t imagine anyone not liking it. I’ve been going to the Fair ever since I was a little boy.

Thanks again for a great day at the Fair!”

In today’s world it is so heart-warming to hear of people being kind to one another, spending time with family and having the chance to relive childhood memories. We were so pleased at Nurse Force to have been able to share in some small way in helping spread a little sunshine in the lives of just not one family but two!

Our motto at Nurse Force is “Home care that feels like family”. We enjoy being able to share in the lives of our clients, employees and extended family and friends on Facebook. We hear repeatedly from clients how much they enjoy and appreciate having our staff in their homes. Our employees share with us conversations they’ve had with our clients about their earlier childhood and life lived in a different era. All of these interactions help make the world a bit brighter for everyone and connect us to each other on an entirely different level.

We encourage you, dear reader, to look at those you come in contact with daily. Give some thought as to how you can help make their day “an excellent day” as a direct result of you having crossed their path!

Nurse Force Does It Again!



Nurse Force owner, Sherri Lange, is proud to announce that Nurse Force has now received a coveted 5-star rating from the Centers for Medicare and Medicaid Services (CMS).

We wish to thank all our staff for their hard work and dedication which made this newest recognition possible!

How You Can Help!

We've all seen the news footage of the recent devastation experienced in Houston and the surrounding Gulf Coast area as well as most of Florida.

Many lowan's would like to help but are unsure who to contact. Nurse Force would like to recommend two 501 (c3) non-profit organizations you can send your tax-deductible donations to for assistance.

International Disaster Emergency Services (IDES) - 100% of all donations to relief efforts go directly to impacted victims. Their website is ides.org and they have a link specifically for US hurricane relief efforts. Otherwise, you may mail a check with US Hurricanes in the memo section to them at:

IDES
PO Box 379
Noblesville, IN 46061

American Red Cross—approximately 91% of all donations go directly to impacted victims (remainder goes toward administrative costs, etc). Here are two ways you can donate today:

- Call 1(800)-RED-CROSS
- Visit redcross.org and select DONATE at the top of the page. Once on their donation page, you can select which disaster relief you'd like your donation to be directed towards.

Have you Noticed?

Have you noticed that the daylight hours are now becoming shorter? And we haven't even ended Daylight Savings time yet!

Did you know that with days becoming shorter we also experience more driving accidents? According to the National Safety Council, the risk of a fatal crash is three times greater at night. While we do approximately one quarter of our driving at night, 50% of traffic deaths happen at night.

So what factors contribute to these statistics? Fatigue; darkness; compromised night vision; rush hour; and impaired drivers.



Since most of our employees and family of client's find themselves driving in darkness at some point during their daily activities, Nurse Force offers the following suggestions to help keep you safe on the road:

- Get seven to nine hours of sleep a night.
- Keep headlights clean and properly aligned. Avoid looking directly at the glare of oncoming headlights.
- Have annual vision exams to help maintain your ability to see well in low-light conditions. Limit driving to daytime hours if recommended or if it becomes necessary.
- Don't be an impatient driver during rush hour. Avoid distractions such as your cell phone, eating/drinking, changing radio stations, etc.
- Don't drive if you've consumed alcohol or have taken medications or other drugs that may impair your driving

The final message is stay alert and stay alive. By taking some extra precautions we can all contribute to reducing the number of night-time accidents. For additional safety tips, visit the National Safety Council's website at www.nsc.org.

Sources include: nsc.org; aarp.org

From Needles to a Patch: Immunizations—Then & Now

If you were a parent in the 1600's or 1700's, your children stood little chance of surviving any type of serious childhood disease. Actually, many immunizations we have readily available today weren't developed until the 20th century!

Approximately 200 years ago, an English physician and scientist by the name of Edward Jenner noticed that some dairy maids appeared to be protected from smallpox if they had already been infected by the less dangerous virus that caused cowpox. In 1796, he began experimenting by infecting an 8-year-old boy with matter obtained from a cowpox sore in a dairy maid. Later he repeated the experiment in the same child but also added a small amount of smallpox into the same child, hoping the previous exposure to cowpox would then immunize the child against smallpox. His experiment worked and the foundation for immunizations was laid.

The next major advancement came nearly 100 years later when Louis Pasteur, MD proved that many diseases could be prevented by infecting humans with weaker versions of the disease causing micro-organisms. In 1885, he used a vaccine to successfully prevent rabies. By the mid-20th century, Jonas Salk, MD and Albert Sabin, MD made what are perhaps the best known advances—the development of inactivated polio vaccines and live polio vaccine, respectively. As a result of the work, countless children worldwide have been saved from a life lived dependent upon wheelchairs or crutches.

Because of the work of these scientists and physicians, immunizations are one of the major success stories of modern medicine! Diseases such as smallpox, polio, mumps, measles, rubella, diphtheria, and whooping cough have been eradicated or had their numbers dramatically reduced due to immunizations. Before the existence of preventative measures such as immunizations and related therapies, these infectious diseases topped the list of childhood killers. In 1952, polio reportedly paralyzed 21,000 people in the United States alone; however, with the development of vaccines, the rate has gone down by more than 99 percent.

In the nineteenth and twentieth centuries, many vaccinations were made mandatory under law and often overseen by local or federal government agencies. With the founding of the World Health Organization (WHO) and similar agencies, vaccine programs went global. With this surge in need, production was moved away from governmental entities and into commercial hands. Ideally this would have resulted in superior production and lower costs. Unfortunately, many pharmaceutical companies now avoid the vaccine business because it is restricted by regulatory barriers and is often costly to produce. The best example of this scenario is best seen by looking at the 2004 flu vaccine shortage in the United States. Warner Lambert (now Pfizer) stopped making Fluogen vaccine for influenza because of regulatory obstacles and financial loss. It then sold its Fluogen factory to another pharmaceutical company which soon gave up production plans due to the financial cost to bring their new factory into federal compliance.

Development of a press-on patch to deliver flu vaccine painlessly is now underway. Administration would take place through tiny needle-like points on the patch that are made out of the vaccine itself. When pressed into the skin, the needles dissolve, delivering the dried vaccine into the outer layer of the skin. Once administered, you would peel the patch off like a band-aid and place in the garbage! One test subject described the patch as pressing down on a piece of Velcro—you could feel it was hard but was not painful at all. If approved, could be applied to other vaccines such as those for measles, rubella and polio. Researchers indicated that while it will likely cost the same as an injection, the cost of having it administered would be reduced if you do it yourself. It could also be mailed and last for a year without needing refrigeration!



As you can see, we've come a long way since the 1700's. One can only wonder what the next major advancement will be in regards to immunizations and its effect on eradicating disease and global epidemics!

Sources include: [healthy children.org](http://healthychildren.org); healthaffairs.org; medical.net and aarp.org

Laughter IS the Best Medicine!



Have you ever been in a tense or difficult situation when suddenly you burst into a fit of the giggles? Or how about experiencing a sudden feeling of relaxation or rejuvenation after watching a side-splitting comedy on TV or at the theater?

While a good sense of humor can't cure all ailments, there is some truth to the old saying "laughter is the best medicine". Over the past several decades, researchers have found some interesting information about laughter. See what you think. Studies show laughing provides the following benefits:

- Improves blood flow and reduces the stress response. It stimulates the heart and lungs and triggers the release of endorphins that help you feel more relaxed, both physically and mentally.
- Boosts Immunity. According to Robert Provine, professor of psychology and neuroscience at the University of Maryland, increased stress is associated with a decreased immune system response. It is believed that humor can raise the level of infection-fighting antibodies and boosts the level of immune cells.
- Helps combat depression. Laughter, no matter how small or deep, releases a combination of hormones, neuropeptides and dopamine that can start to improve your mood.
- Helps relieve pain. Laughing doesn't eliminate pain but it does seem to help people be less bothered by the pain they do experience. It's all about the perceived level of pain. Laughter helps a person believe that they can cope, thus reducing the perceived pain levels.
- Lastly, one study involving people with diabetes showed the participants having lower blood sugar levels after eating and watching a comedy compared to eating and attending a tedious lecture the day before.

Apple Nachos



- 4 Granny Smith apples, cored and thinly sliced
- 1 c. white chocolate, melted
- 3/4 c. caramel, warmed in microwave
- 1 c. chopped pretzels
- 2 Heath bars, broken into pieces

On a large plate, arrange apple slices on top of one another in pinwheel fashion.

Drizzle half the white chocolate and caramel onto the slices, then top with pretzels and Heath bars.

Drizzle remaining white chocolate and caramel over the slices.

Note: You could also substitute crushed Reese's Pieces or M & M's in place of Heath bars. Or, you could also add 1/2 c. of your favorite chopped nuts for additional crunch and flavor!

Finding something humorous may not be something you do easily. If not, spend time with friends who make you laugh. Place items around your work area that make you chuckle. Bone up on knock-knock jokes. Keep funny movies, books or comedy albums on hand for additional humor. Most of all, learn to laugh at yourself. Not only will it help reduce your stress but will also help lighten the mood of those around you!

Sources include: mayoclinic.org; webmd.com; chopra.com

August & September Employees of the Month

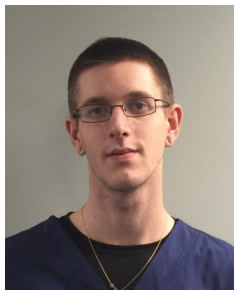


Our nurse recipient for August Employee of the Month is Laura, RN BSN.

Laura has been employed with Nurse Force for 11 years and currently serves as our Client Services Director.

In her free time, she enjoys reading, golfing and spending time with her family and friends. She recently got a new puppy named KaCee Royal (after her favorite team, Kansas City Royals, of course!).

She loves her current position and states there is no better satisfaction than keeping our clients in their home where they are the happiest. She also loves to see our staff working together and growing as a team.



Matt is our August recipient for the Home Health Aide Employee of the Month award and has been with Nurse Force for almost 3 years.

During his free time, Matt enjoys doing body work on cars, and spending time with his fiancée and their cat, Mikko.

Every year at the fair, he and his fiancée have a caricature done of themselves as a fun bit of entertainment. Otherwise, vacations are enjoyed at "St. Pete's beach in Florida".

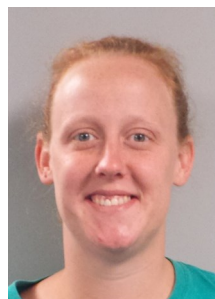
When it comes to spending time with his clients, Matt enjoys listening as they share stories about growing up in a different time and era.

Jessica, RN, is our nurse recipient for September Employee of the Month and has been with Nurse Force for over 6 years.

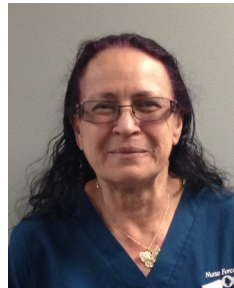
In her free time she likes fishing and going to the movies.

Jessica considers spending time with her family in Council Bluffs as the best way to enjoy her vacation.

When it comes to nursing, Jessica loves her job. She is presently taking on-line courses to obtain



her BSN. In the meantime, Jessica enjoys helping her clients live to their full potential.



Barb is our September recipient for the Home Health Aide Employee of the Month award.

Even though Barb started off her career in the medical field as a Candy Striper back in the 1960's, she has been employed with Nurse Force for approximately six months.

Barb enjoys spending time sewing, crocheting, doing bead work and visiting her family in Colorado. Since her move to Iowa, she loves watching the trees change color to red, orange, and deep russet. She states, "there are only two colors of trees during the fall in Colorado, green and yellow. Although the yellow aspens are pretty."

While she hasn't lived in Iowa long enough to become a Hawkeye or Cyclone fan, she is leaning toward the Cyclones.

When it comes to working with her clients, she enjoys every day because they "make her happy and feel like she's part of their family."

Be sure to visit our website nurseforce.com to see our past Employee of the Month recipients!

Whether it is posts about nutrition, health concerns, driving or home safety, fun facts or trivia, you'll always find something new, exciting, and informational on the Nurse Force Facebook page.

Haven't visited our page yet? Check it out today and don't forget to "like" us!





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Homefront

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President: Sherri Lange
Editor: Garlynn Imel

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WORD SEARCH

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

With fall being right around the corner, we wanted to challenge you with some of the colorful foliage you may see if you do a tour of colors. We've hidden 18 trees and shrubs that burst with fall colors. Remember, they can go any direction!

AMUR MAPLE
 BALD CYPRESS
 BURNING BUSH
 CHOKE BERRY
 DOGWOOD
 FORTHERGILLA
 JAPANESE MAPLE
 OAK LEAF HYDRANGEA
 SERVICE BERRY

SMOKE BUSH
 STEWARTIA
 SUGAR MAPLE
 SUMAC
 SWEET BIRCH
 SWEET GUM
 VIBURNUM
 VIRGINIA SWEET SPIRE
 WITCH HAZEL