

HOMESTEAD HEALTH CARE SERVICES, INC.
NEWSLETTER

*Professional Home
Health Services
Since 1997*



Volume 6
June, 2009

**Call Us Today
785-4540**

Home Care Services: Questions to Ask



If you or a loved one is recovering from surgery or needs long term care for a chronic illness, you may be interested in home care services. Home care agencies provide services that range from skilled care, such as nurses and therapist, to non-medical home support such as cleaning, cooking and running errands.

It is important to know what questions to ask so that you hire the home care agency that's right for you.

Some examples of questions that you should ask are:

How long has the agency been in business?

Is the agency certified by Medicare?

Can the agency provide references?

What is the professional training of the nursing staff?

Does the agency provide a supervisor to evaluate the quality of home care on a regular basis?

Do employees seem friendly and helpful?

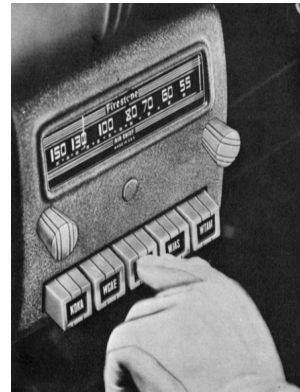
How does the agency handle expenses and billing?

Is the agency a provider for your insurance?

Will you be involved in planning for care?

How many hours of coverage a week are allocated?

After you've found a home health care provider, it's up to you to monitor the care you or your loved one receives to make sure it's what the doctor ordered. Homestead Health Care and Homestead At-Home Services is here to answer any questions you may have. Just call us at 806-785-4540.



Homestead on the Radio: Listen In

Homestead Health Care is now on the air the second and fourth Monday's of the month on KRFE 580 AM radio station from 9 a.m. to 9:30 a.m. The show is hosted by Valeri Carr, R.N. and Nancy Vera, L.V.N, along with Wade Wilkes.

We are happy to be able to come to you live with health topics, health tips, guest speakers from other health providers like Odyssey Hospice, and foundations like the National Kidney Foundation. We welcome listeners to call in with questions or topics they would like for us to address. Our research showed that there is a growing population of people that have health care questions that are not being answered or what resources are out there to help them in certain situations. In addition to calling in during the show you can submit your questions by email to them at vcarr@homesteadhomehealth.com.

We hope that you will join us and be able to use the information to make you more knowledgeable when it comes to you or a loved ones health.

**A friend is one who
knows you and loves
you just the same**

- Elbert Hubbard



**Homestead Health
Care Services, Inc.**

3004-50th Street
Lubbock, Texas 79413

Visit our website at www.HomesteadHomeHealth.com

On your web site you can find out more about our staff, read up on the array of services we provide, and find helpful links for more information in our on-line health library.

**Featured
Physician**

Joel Starnes, M.D. Ph.D.

Specialty: Nephrology

Hometown: Midland,
Texas

Undergraduate: Texas
Tech University

Medical School: Texas
Tech University Health
Science Center
Residency and Fellow-
ship: Texas Tech Uni-
versity Health Scient
Center

Years in Lubbock: 18
Specialize in kidney
disease, hypertension,
and renal transplanta-
tion

Se habla espanol

3506-21st Street,
Suite 607
Lubbock, TX 79410
806-725-4134
Nurse: Estefana



Managing a Headache: Comfort Found

Combining stress management therapies with drugs can be an effective way to manage most headaches. People react differently to various drugs and stress management therapies. Finding the right combination may help you prevent and manage your headaches.

Medicines to treat frequent or severe headaches include pain relievers, as well as antidepressants, seizure medicines, or beta-blockers. Education yourself on the tupe of headache you have and best treatment for it can help you manage your headaches. You may be able to reduce headache symptoms with stress management and non-medication therapy alone. Stress management and non-medication therapies to help prevent and reduce the severity of headaches include:



1. Biofeedback, a relaxation method to help you learn to control a body function that is not normally under conscious control.
2. A relaxation exercise during which you focus on relaxing each muscle group. Relaxation exercises can help with tension headaches.
3. Acupuncture, which involves putting very thin needles into the skin at certain points on the body
4. Transcutaneous electrical nerve simulation (TENS), which may help reduce pain.
5. Cognitive-behavioral therapy or problem-solving therapy during counseling sessions.
6. Yoga
7. Meditation



Call Homestead for Information

Our Agency has provided complete home health care to Lubbock and within a 60 mile range since 1997. We offer:

- *RN available 24 hours, 7 Days
- *LVNs and Certified Nurse Aides
- *Physical Therapy
- *Occupational Therapy
- *Medical Social Services

- *Psychological Therapy
- *Bath and Grooming Services

Homestead is a Medicare approved healthcare provider. We also are on several private insurance panels including Blue Cross and Blue Shield.

We welcome questions about how we can serve you in the home and help you keep your independence. Call Valeri Carr, administrator, to find out more.

785-4540

Featured Agency: National Kidney Foundation



4601-50th Street, Suite 101
Lubbock, Texas 79414
806-797-7753

The National Kidney Foundation, Inc., a major voluntary health organization, seeks to prevent kidney and urinary tract diseases, improve the health and well-being of individuals and families affected by these diseases, and increase the availability of all organs for transplantation.

The West Texas Affiliate was founded in 1990 by a group of concerned physicians, businessmen, patients and family members and we received our national charter in 1993.

Our foundation has started to grow and has been more visible over the last 10 years. Our growth has prompted us to expand our services for those who suffer from kidney disease.

Many people who need transplants of organs and tissues cannot get them because of a shortage of donations. Every month, more than 2,000 new names are added to the national waiting list for organ transplants. About 20 people die every day while waiting for a transplant of a vital organ such as a kidney,

heart or liver.

Event Calendar

- Monday July 13, 2009- Patient Symposium 9 a.m. – 3:15 p.m. McInturff Conf Ctr
- Wednesday July 15, 2009- Walk Kickoff for Teams 7 a.m. – 8 a.m. American State Bank Ave Q
- Saturday July 18, 2009- Walk Kickoff Sign-up 12 p.m. – 2 p.m. Fuddruckers on Slide
- Saturday July 25, 2009- Walk Kickoff Sign-up 11 a.m. – 1 p.m. Firestone Mall location



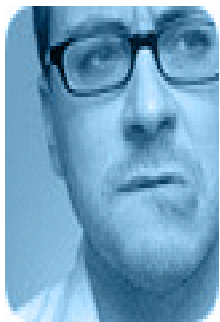
June Dates

This month we observe

- Home Safety
- Scoliosis Awareness
- Vision research
- Men's Health Week
- Headache Awareness

- Wednesday July 29, 2009- Walk Kickoff Sign-up 11 a.m. – 1 p.m. McAlisters Deli on 82nd Street
- Saturday Sept 19, 2009 Kidney Walk
- Fall KEEP Screening – call office for more information and to set an appointment

Six Ways to Stop Dwelling on It



Dwelling on work projects, finances, family crisis or the traffic jam on the way home often leads to depression. So if you're prone to obsessing, try these tactics to head off the next full-tilt mental spin.

1. Put on music and dance, scrub the bathtub spotless, whatever engrosses you- for at least 10 minutes. That's about the minimum time needed to break a cycle of thoughts.
2. Tell yourself you can obsess all you want from 6 p.m. to 7 p.m., but until then, you're banned. This will help you be able to think things through more clearly.
3. For one minute, eyes closed, acknowledge all the thoughts going through your mind. For the next minute, just focus on your breathing. Spend the last minute expanding your awareness from your breath to your entire body. Paying attention in this way gives you the room to see the questions you're asking yourself with less urgency and to reconsider them from a different perspective.
4. "What's the worst that could happen?" and "How would I cope?" Visualizing yourself handling the most extreme outcome should alleviate some anxiety. Then consider the likelihood that the worst will actually occur. Next, imagine the best possible outcome, by this point, you'll be in a more positive frame of mind and better able to assess the situation more realistically.
5. Ask a friend or relative to be your point person when your thoughts start to speed out of control.
6. Accept that you're human and make mistakes-and then move on. It's harder than it sounds, so keep practicing.



Homestead Health Care Services
3004-50th St. Suite D
Lubbock, TX 79413
Tel: 806 785-4540
Fax: 806 785-4549
info@homesteadhomehealth.com



*Homestead is there...to treat you with
the care that we give family*

Put Label Here

Homestead Health Care Services, Inc. Locally Owned and Operated with Care

Unlike so many other agencies Homestead was established by the same people who provide the care. Understanding the importance of helping our patients stay in their homes and restoring their health is mission one. We don't work for someone else. We work for you and your loved ones. Welcome home to Homestead.

Non-Discrimination Policy

As a recipient of Federal financial assistance, HOMESTEAD HEALTH CARE SERVICES, INC. does not exclude, deny benefits to, or otherwise discriminate against any person on the ground of race, color, or national origin, or on the basis of disability or age in admission to, participation in, or receipt of the services and benefits under any of its programs and activities, whether carried out by HOMESTEAD HEALTH CARE SERVICES, INC. directly or through a contractor or any other entity with which HOMESTEAD HEALTH CARE SERVICES, INC. arranges to carry out its programs and activities.

This statement is in accordance with the provisions of Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and Regulations of the U.S. Department of Health and Human Services issued pursuant to these statutes at Title 45 Code of Federal Regulations Parts 80, 84, and 91. In case of questions, please contact:

Valeri A. Carr, R.N. Administrator
HOMESTEAD HEALTH CARE SERVICES,
INC.

Telephone number: (806) 785-4540

Tips for Pet Owners

Nothing is quite as rewarding as watching your dog's tail wag in approval as you brush his coat. The good news is that brushing your pet feels great and has many health benefits. Here are some tips for maximizing the time spent grooming your cat or dog:

It's a good idea to begin brushing habits when your pet is young. Be sure to include plenty of praise and the occasional treat to make brushing a rewarding time of the day. You should trim your pet's nails about once a month. You'll need to purchase specially designed clippers for the type of animal you have, and it's also wise to have a bottle of blood clotting agent for those inevitable

clips. You'll have to be patient when clipping your pet's nails, as many animals do not like having their paws handled. As always, use plenty of praise and treats and go slow. Cleaning your pet's ears is an important step to preventing painful ear infections that could lead to permanent hearing loss. A warm, moist cotton ball should be used to clean around the opening and into the canal and flaps. Bathing your pet once every few months is a great way to keep him smelling clean and to remove mats and tangled hair. Use a



specially designed for animals and gently rub it all over your pet's body.