

Or Current Resident

### The "Three Marketeers"

Staci Ishee, Nancy Bailey and Kim Hernandez



"May He grant your heart's desires and make all your plans succeed. May we shout for joy when we hear of your victory and raise a victory banner in the name of our God. May the Lord answer all your prayers."

## Upcoming Events

### July

UV Safe Month

### August

Medic Alert Awareness Month

August 8 - 14 National Health Center Week

### September

September 6th - Labor Day

September 12-18 - National Assisted

Living Week

September 12 - Grandparents Day

September 21-27

National Rehabilitation  
Awareness Week



### Trivia Features:

#### April Question:

What is the meaning of the egg at Easter?  
New life

#### Winners:

Melony @ Dr. Jones  
Courtney @ Dr. Marks  
Atascocita Family  
Medicine Entire Group

#### May Question:

What is the nurse's cap patterned after?  
A nun's habit

#### Winners:

Natalie @ Dr. Finley  
Stormy @ Dr. Bransford  
Lori @ Dr. Badlissi  
Timothy @ Dr. McMahon  
Jackie @ Baptist Hospital  
Case Management

#### June Question:

Which of the following cancers is/are associated with smoking?

a. all of these, b. lung cancer, c. head and neck cancer, d. bladder cancer

#### Winners:



## Surviving Hot Summer Nights

People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs.

Because heat-related deaths are preventable, people need to be aware of who is at greatest risk and what actions can be taken to prevent a heat-related illness or death. The elderly, the very young, and people with mental illness and chronic diseases are at highest risk.

Elderly people (those of age 65 and older) are more prone to heat stress than younger people for several reasons:

- Elderly people do not adjust quickly to sudden changes in temperature. They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

To protect your health when temperatures are extremely high, remember to keep cool and use common sense. The following tips are important:

**Drink Plenty of Fluids:** During hot weather you will need to increase your fluid intake, regardless of your activity level. Drink (16-32 ounces) of cool fluids each hour.

**Replace Salt and Minerals:** A sports beverage can replace the salt and minerals you lose in sweat.

**Wear Appropriate Clothing and Sunscreen:** Choose lightweight, light-colored, loose-fitting clothing. Protect yourself by wearing a wide-brimmed hat, and by putting on sunscreen of SPF 15 or higher.

**Stay Cool Indoors:** Stay indoors and, if at all possible, stay in an air-conditioned place.

**Use a Buddy System:** If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave.

If you see any signs such as extremely high temperature, hot red skin, rapid pulse, headache, dizziness, nausea, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim.

### Angels of Hope:

Our Angels of Hope Volunteers have committed so much time and energy to the support of our Hospice families. During the early part of 2011, we have added several volunteers to our program. They make a big difference in our patient's lives. If you would like to become a Professional Healthcare Volunteer, please contact Tina LaRive @ 409.212.0205

### Remember...It is hurricane season. Are you prepared?



If you have any questions about hurricane preparedness please ask your home health provider or contact us at 212-0205.

### PHC FOUNDATION NEWS:

Send your donations to:

**PHC Foundation**  
2533 Calder, Beaumont,  
TX 77702

The PHC Foundation is currently seeking interested parties to serve on its Board of Directors. This board is responsible to insure that financial allocations made by the foundation are prioritized to meet the most substantial needs such as indigent patient care, employee scholarships and community education. The board is required to meet quarterly and should consist of community professionals, past and/or present family members and Professional Health Care employees. If God has blessed you with abundance, would you please consider making a donation to the foundation?

For more information on being a PHC Foundation board member, please contact LeAnn Rivers at (409) 212-0205

LeAnn Rivers, CEO  
Administrator

*The PHC Foundation is a 501C3 organization.*

*See Reflections on insert.*



## 4th of July Word Search

CONGRESS  
CONNECTICUT  
DELAWARE  
ENGLAND  
FIREWORKS  
FLAG  
FREEDOM  
GEORGIA  
JULY  
KING  
LIBERTY  
MARYLAND  
MASSACHUSETTS-BAY  
NEW HAMPSHIRE  
NEW JERSEY  
NEW YORK  
NORTH CAROLINA  
PARADE  
PENNSYLVANIA  
RHODE ISLAND  
SOUTH CAROLINA  
STATES  
TAXES  
UNITED  
VIRGINIA

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

Happy Birthday America!!



Dear Ann:

*Dear Ann:*

*I am the General Power of Attorney for my mother. Do I also need a Medical Power of Attorney?*

*Absolutely!!! A General Durable Power of Attorney usually does not include health care coverage. Your mother will want to execute a Medical Power of Attorney to ensure someone she trusts is able to make health care decisions if she is unable to do so, either temporarily or permanently.*

*A General Durable Power of Attorney allows the person your Mother names to access her financial accounts immediately. That person can move funds from one account to another, close out accounts, buy or sell property or assets in your name – do anything they want to do with her money or property; the power of attorney gives them permission to act from the day the document is signed. For this reason it is important she names someone she trusts to protect her assets, not use them for their own purpose. A durable power of attorney will need 2 non-family witnesses and be notarized. It also will be filed with the County Clerk and stamped with their official stamp. A Power of Attorney stops at death, at which time the executor of the estate takes over handling the financial affairs.*

*The person appointed to be Medical Power of Attorney should be someone she trusts with her life because they have the ability to make life and death decisions regarding healthcare --- but, only after a physician says she is unable to make decisions herself. The document allows the person named to have access to medical records, to hire/fire medical providers and to make decisions regarding treatment and life support. A medical power of attorney may be used temporarily until the patient is able to make decisions again, such as during surgery, or permanently as with dementia or Alzheimer's illness. A copy of a medical power of attorney needs to be given to every medical provider and kept handy in case of emergency.*

*Everyone over the age of 18 should have a Medical Power of Attorney to ensure a trustworthy person is capable of making healthcare decisions on their behalf.*

*Both documents provide a great deal of power to the person named. Select the person carefully to ensure assets and healthcare decisions are handled they way you want them. The person named does not have to be the same on both documents, nor do they have to live close by, or be the eldest – but, it is important the person named knows you are giving them this power and has consented to fill that role. Ann Hansen - LMSW*

**Going the Extra Degree...** taking time to make our patients and employees experiences the best they can be.



**Never doubt that a small team of thoughtful, committed people can Change the World...Indeed it's the only thing that ever has.**

**Thanks DHC Team for going the extra degree!**

**Coastal Caregivers, Inc.**  
Licensed In-home Elderly  
Care

**409-727-3936**

Caring for the Seniors of  
Southeast Texas



### Monthly Recipe:

### Lemon Pasta with Chicken

#### Ingredients:

- 1 pound dried penne pasta
- 2 chicken cutlets, cut into strips
- Salt and pepper
- 3 cloves garlic, sliced
- ¼ teaspoon red pepper flakes
- 3 tablespoons olive oil
- 2 lemons, juiced
- ½ cup grated parmesan cheese

#### Directions:

- Cook pasta and drain
- Season chicken with salt and pepper. Cook chicken in skillet over medium heat until golden.
- Remove and slice. Add garlic and red pepper flakes to a sauté pan with olive oil and sauté. Add pasta and remove from heat. Mix together. Place pasta in a large bowl, with the chicken. Add the lemon juice and mix. Top with Parmesan cheese before serving.



### Two Magnolia's Garden Restaurant

*(Located inside the Downtown Art Museum)*

Senior Citizen Nightly Prepared meals

Special Event Catering

Children's Summer Cooking Camp

**(409) 833-5913 or (110) 550-2178**