

DIVERSIFIED DIGEST

JANUARY, FEBRUARY, MARCH 2007

JANUARY IS NATIONAL VOLUNTEER BLOOD DONOR MONTH

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Why Donate Blood?

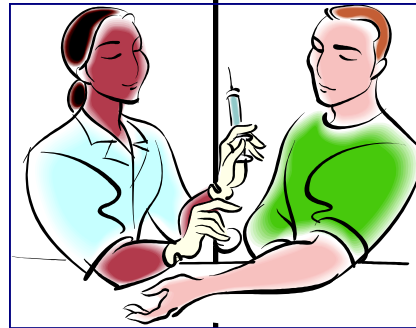
A blood donation truly is a "gift of life" that a healthy individual can give to others in their community who are sick or injured. In one hour's time, a person can donate one unit of blood that can be separated into four individual components that could help save multiple lives.

From one unit of blood, red blood cells can be extracted for use in trauma or surgical patients. Plasma, the liquid part of blood, is administered to patients with clotting problems. The third component of blood, platelets, clot the blood when cuts or other open wounds occur, and are often used in cancer and transplant patients. Cryoprecipitated anti-hemophilic factor (AHF) is also used for clotting factors.

In a recent study supported by the [National Blood Foundation](#) (*TRANSFUSION*

2002;42:122S), more than 5,000 individuals who were current blood donors at the time or who had given blood in the past were asked why they donate blood. Nearly three-quarters of the respondents said that they give blood to help others.

Respondents also said that giving blood makes them feel good about themselves; supports their local communities and hospitals; supports their community culture; and "pays back" society for the times when they or their families have needed blood transfusions in the past.



For all of these reasons and more, donating blood is a good idea. To find out more about where to donate blood locally, contact your American Red Cross.

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www.aabb.org/Content/Donate_Blood/Why_Donate/whydonate.htm

DHCMC WISHES HAPPY BIRTHDAY

JANUARY

1- Dina Lee

6- Jennifer Kerr

FEBRUARY

19- Jaime Robinson

*Please let us know when your birthday is and we will wish you a Happy Birthday!

INTRODUCING NEW MEMBERS OF OUR TEAM !

As Diversified continues to grow, so does our TEAM. We are proud to introduce Sam Datta and Patricia Luley. Sam and Patricia are NEW Medical Case Managers adding over 30 years of nursing experience to Diversified's Medical Team. We

would also like to welcome Anne Scott. Anne is the Vocational Case Manager Supervisor. Sam, Patricia and Anne are proving to be a valued members of the Diversified family and we are happy to have them aboard!

Seniors Can Beat Injury this Winter

What many people regard as a winter wonderland can be a minefield of safety hazards for older adults, with snow and ice a major cause of debilitating falls. Cold weather, lack of exercise and isolation can take their toll, too.

To help seniors stay safe this winter, experts at the University of Indianapolis offer up these tips:

- **Put your best foot forward.** Wear appropriate footwear with good traction when outdoors.
- **Clear the way.** Spread road salt, sand or kitty litter on sidewalks and driveways.
- **Don't do too much.** If public sidewalks haven't been cleared, ask friends or neighbors for help with grocery shopping and other errands. Find someone else to handle snow shoveling and other strenuous and potentially dangerous outdoor chores.
- **Exercise indoors.** This could mean walking in place, riding a stationary bicycle or working out with a fitness video. Daily stretching exercises help maintain flexibility. Before you start any exercise program, consult with your doctor.

- **Dress for the weather.** Cold temperatures are a serious threat to seniors, especially those with dementia or Alzheimer's disease. Inadequate warm clothing can result in frostbite and hypothermia.
- **Stay warm inside.** Keep houses heated to above 65 degrees F and dress in layers to maintain body heat. Individuals who have difficulty paying the heating bill should contact their heating supplier for ways to continue services through the winter.
- **Watch out for a silent killer.** If you have a fireplace, gas furnace or gas-powered heater, install carbon monoxide detectors in your home.
- **Stay in touch.** Make an effort to socialize with family, friends, and neighbors. Depression is more common in the winter and bad weather can mean social isolation for older adults. If you can't visit in person, have a telephone chat.



Source: University of Indianapolis, news release. Dec. 2006

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2007 National Health Observances

January:

- National Volunteer Blood Donor Month
- Thyroid Awareness Month
- National Birth Defects Prevention Month
- Cataract Awareness Month
- Cervical Health Awareness Month

February:

- Heart Health Month
- National Children's Dental Health Month
- Wise Health Consumer Month

March:

- Mental Retardation Awareness Month
- National Colorectal Cancer Awareness Month
- National Kidney Month
- National Chronic Fatigue Syndrome Awareness Month
- National Eye Donor Month
- National Nutrition Month
- Workplace Eye Health and Safety Month
- National Multiple Sclerosis Education and Awareness Month
- American Red Cross Month

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At Diversified Health Care Management Consultants, Inc. it is our purpose to provide preventive, restorative and the highest quality of services in the patients place of residence. We vow to treat all our patients as individuals and ensure their rights to confidentiality and respectful service. More importantly, we promise to assist the patient and family to maintain as normal a lifestyle as possible.

- If you have any information you would like added to the *Diversified Digest* please use the contact information on the left side of this page.
- Watch for Diversified Health Care's upcoming Lunch and Learn dates.

DHMC Services

Diversified Health Care Manage Consultants Inc. specialize in a wide range of services. Below is a complete list of services that we provide:

- **Medical Case Management**
 - Vocational Rehabilitation
 - Job Club
 - Life Care Planning
 - Medicare Set-Aside
- **IME (Independent Medical Evaluation)**
- **Home Care Services**
- **Geriatric Care Management**
- **Coming soon—Medical Bill Review**

**FOR MORE INFORMATION: CONTACT JAIME
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