

HOME HEALTH

CONNECTION

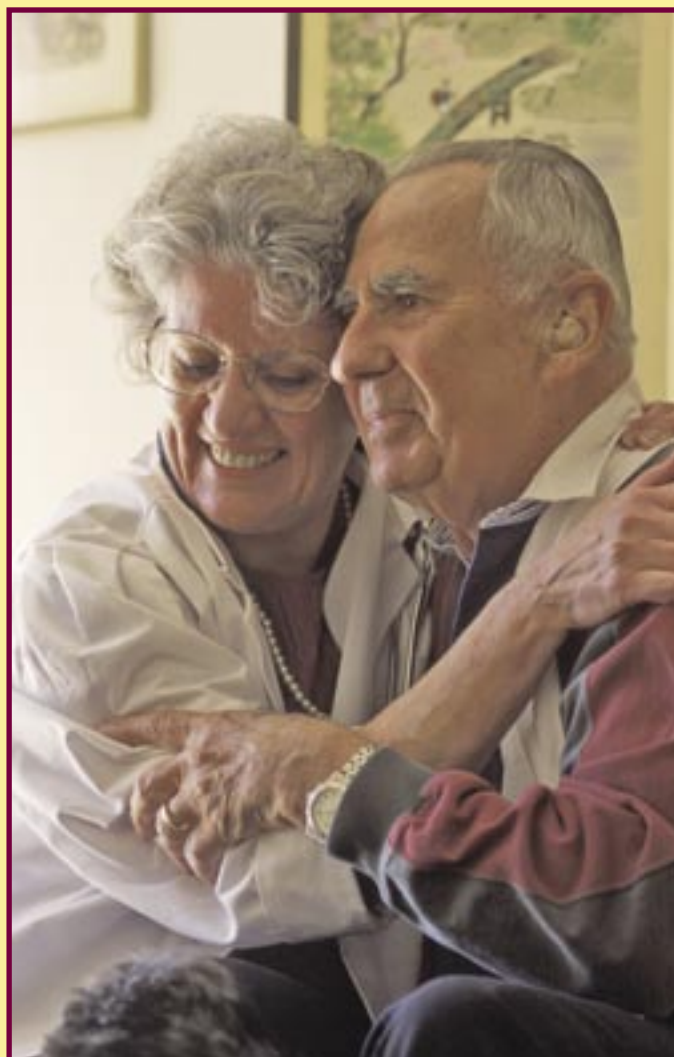
A HELPING HAND:

THANKS TO THE UNITED WAY

The level of care that is required when a patient comes home from the hospital is often too much for a family to handle alone. The skills and assurance of the home health nurse can make the transition from hospital to home a smooth one. Unfortunately, most insurance companies only cover a portion of the cost for these services.

Thanks to contributions from the United Way of the Eastern Panhandle, Panhandle Home Health has been able to provide high quality home care to people in our community for over thirty years. Without their assistance, many of our patients would have been unable to return to their own home. Because of the support the United Way provides, patients can receive the level and quality of care that is necessary from our agency. Each contribution to Panhandle Home Health helps cover any costs not covered by insurance and lends a helping hand to someone in need.

One nurse stated, "One of the greatest rewards in home care is the smile on the face of a patient or family member that has learned a procedure, accomplished a goal, or whose wound is healed. The contributions that our agency receives from the United Way are one of the things that make that smile happen." Another nurse says, "The people who contribute to the United Way help us to serve others. I can't think of a more fulfilling job than to help someone in need. After all, that's what we're supposed to do."



*The care you need . . .
the comfort of Home*

GREETINGS FROM LISA BIVENS

Upon Debbie Henry's retirement earlier this year, I was appointed as the new Administrator for Panhandle Home Health, Inc. I graduated from Shepherd University with an Associate of Science Degree in 1983 and worked for PHH for over 22 years. During my time at PHH, I served as a staff nurse, Home Health Intake Coordinator, Assistant Director of Clinical Services, and now Administrator. One of the reasons I've stayed with PHH for so many years is because I truly believe in the mission; to provide the community with high quality home health services and to link individuals with available resources. Being at home during times of disability, recuperation, or recovery makes a noticeable difference in the patients' quality of life. After thirty years in business, Panhandle Home Health is still delivering the same high quality service that our patients and their families deserve . . . and we plan to continue for another thirty years!



Lisa Bivens, RN, CHPN, Administrator



SERVICE PROFILE:

SKILLED NURSES WEAR MANY HATS

A mother disconnects her daughter's I.V. infusion and flushes the I.V. with saline and Heparin. She carefully cleans her work area and disposes of the used supplies as the nurse had instructed. As another dose of medication is completed, she breathes a sigh of relief and feels thankful for the thorough instruction she received from the home health nurse. Without home health services, she would have been unable to bring her daughter home.

Skilled nurses provide home health care and instruction to patients and their families. They not only visit the patient to provide the detailed education necessary for families to care for their loved ones, but also collaborate with other members of the health care team. The nurse ensures that the patient has appropriate and adequate supplies, refers to other services as needed, and communicates with the physician and other health care team members regarding the patient's condition. Skilled nurses act as caregivers, teachers, observers, and supporters for patients and their families.

As one nurse stated, "At the end of the day, the greatest feeling is knowing you've helped a patient or their family member become more proficient and confident in their care giving abilities." 🌿



FINANCIAL PLANNING

AN IMPORTANT PART OF HEALTH CARE

Long-term financial planning is important for every adult. It is even more essential if you or a loved one are coping with a chronic or terminal illness. Since illness is unpredictable and costly, it is important to plan ahead and understand medical coverage options to ensure the security of the patient and the caregiver.

Panhandle Home Health employs a staff of licensed and credentialed professionals who provide high quality home health services. We are pleased to introduce our Director of Clinical Services, **Linda Eccard**.

What is your experience with Panhandle Home Health?

I graduated with the very first nursing class from Shepherd College in 1975. I have been with Panhandle Home Health for nearly 30 years and was the second staff nurse hired. In 1984, I was promoted to Assistant Director of Nursing Services and then in 1990 to Director of Clinical Services.

Please tell us about your family.

I was born in Berkeley County and lived here most of my life. Much of my family is still here. My husband and I now live in Smithsburg, Maryland. He is a part-time farmer, my daughter is a Pharmacist, and my son works for the Coast Guard.



Linda Eccard

Director of Clinical Services

SPOTLIGHT ON OUR STAFF

What is your favorite part of working here?

I've had the opportunity to meet a lot of wonderful people with this job, from employees to patients and their families. It's always fun going out to make a home visit and meet the families and patients. My favorite part of this job is teaching family members to care for their loved ones at home. With the acuity level of patients today, it is amazing what these family members can do.

What do you like to do in your spare time?

I love to garden and grow wonderful weeds! I also enjoy spending time with family and help take care of my brother, who is quadriplegic. I love old time western movies with John Wayne.

Do you have any funny stories you'd like to share?

I'll never forget the time I came out from a patient visit and had left my car window down. There was a chicken sitting on my front seat! Needless to say, I make sure to roll my windows up now.



INSURANCE

Either through an employer or retirement policy

Contact the personnel department or your financial planner if you need clarification about the terms of the policy.

PRIVATE INSURANCE

If the patient does not have health insurance, conduct research to find the highest level of affordable coverage.

MEDICARE

Federal health insurance program for people over 65

- Can be supplemented with a "Medigap" policy available through a private insurer
- Many states also have prescription assistance and reimbursement programs for low-income senior citizens
- If your loved one is disabled but does not qualify for Social Security, he or she may be eligible to receive a form of Medicare for the disabled

MEDICAID

A government "safety net" program that pays for medical costs that exceed a person's ability to pay

Speak with your doctor, a social worker, or a national association or support group to find reputable professionals and resources for your particular situation. Times of chronic illness are frightening, but with proper planning, you will be one step ahead of the financial challenges.

BRAIN TEASERS

- 1 Take the letters ERGRO. Put three letters in front of it, and the same three letters behind to form a common English word.
- 2 What number gives the same result when it is added to 1.5 as when it is multiplied by 1.5?
- 3 What do the following words have in common? HOUSE SHANK WOOD FLY HORN
- 4 A man, when asked by his niece how old he was, replied "My age is now four times yours, but five years ago it was five times yours." How old was he?
- 5 Rearrange each of these girls' names to give a boy's name. DOLLY DIANA IRENE LYNNE
- 6 What number gives the same result when it is added to five as when it is multiplied by five?
- 7 Rearrange the following letters to form a single word. MAN USES METER
- 8 A driver sets out on a 20-mile trip. When he has gone halfway he finds he has averaged 25 mph. At what speed must he travel the rest of the way to make his overall average speed for the trip 40 mph?
- 9 There is a logical pattern to the following series of numbers. What are the next three numbers in the series? 15 21 25 27 33 35 39
- 10 Rearrange the following letters in three different ways to give three different eight-letter words. A A E L N P R T

WORD SCRAMBLE

Below are some "jumbled" words that describe Panhandle Home Health and our services.

FOLASEPSRONI _ _ _ _ _

PSILZAICEDE _ _ _ _ _

HAEINGTC _ _ _ _ _

RNCAIG _ _ _ _ _

PHTYAER _ _ _ _ _

MTOOFCR _ _ _ _ _

TSCO FCVIFEETE _ _ _ _ _

LUAQYIT _ _ _ _ _

FULERSERCUO _ _ _ _ _

MUTCYIMON _ _ _ _ _

Answers: 1 - professional, 2 - specialized, 3 - teaching, 4 - caring, 5 - therapy, 6 - comfort, 7 - cost effective, 8 - quality, 9 - resourceful, 10 - community
 preceding by GREEN to form a new word, 4: 80, 5: Lloyd, Aidan, mph, 9: 45, 49, 51 (the series consists of two-digit odd numbers excluding prime numbers), 10: Parental, paternal, prenatal



SPECIAL THANKS TO OUR CONTRIBUTORS

Being a nonprofit organization, Panhandle Home Health relies heavily on the generosity of others. To those who have already donated and continue to donate to our organization, we would like to extend a heartfelt "thank you." If you are interested in making a tax-deductible donation, please call 304-263-5680.

2006 Donors [as of July 1, 2006]:

Tabler Presbyterian Church
 in memory of John Hutzler
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*Our mission is
 to provide
 the community
 with high quality
 home health services
 and to link
 individuals with
 available resources.*

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