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*Brian Barrick's*

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## **“THE CIRCLE OF SAFETY”**

**ADULT CARE AWARENESS ADVISOR**

*News and Tips to Make Your Life Easier, Safer and Happier!*

*For Friends and Clients of PCALIC, LLC*

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**Did you know?**

1. Admit You're Happy Month
2. National Catfish Month
3. American Adventures Month

This August, admit that you're happy (you know you are), go fishing for some catfish, and find some adventurous activities to partake in.



Logon to [www.pcalic.com](http://www.pcalic.com) using your username and password to access a database of policies and procedures to implement or review for you adult care home or assisted living facility!

## **Four Home Fire Sprinkler Myths**

When it comes to fire safety in the home, you could be forgiven for thinking that installing sprinklers seems a bit over the top. But that's partly because of misunderstandings about how they work, how much they cost to install, and how vital a role they can play in increasing safety and reducing fire deaths.

According to the Home Fire Sprinkler Coalition, a trade body, residential fire sprinklers can contain a fire and may even extinguish it before firefighters arrive. This provides precious time to get everyone safely out of the house.

In fact, research by the National Fire Protection Association (NFPA) suggests sprinklers could cut the incidence of residential fire deaths by as much as 83 percent, reduce direct property damage by more than two thirds, and cut firefighter injuries by 65 percent.

The Insurance Institute for Business and Home Safety highlights what it labels as myths about home fire sprinklers. These are:

1. When one sprinkler activates, the whole lot go off. Not true. The sprinkler heads react to the heat in each room. 90 percent of fires can be contained by just one sprinkler.
2. Sprinklers go off accidentally, causing water damage. This is highly unlikely. Sprinklers are designed to avoid accidental activation.
3. Water does more damage than the fire it's trying to quench. Though water may cause damage, by limiting the spread of the blaze it will actually do less damage. Plus, water from firefighter's hoses, if the blaze hasn't been contained, will do much more damage than sprinklers.
4. Home sprinklers are expensive. This is one of the biggest myths. The Fire Protection Research Foundation estimates the cost to be around \$1.60 per square foot of home. Against the value of what's at risk in a fire, this is a relatively small sum.

There's also no evidence that construction rates are inhibited when planning bodies require homes to be built with fire sprinklers.

A residential fire happens every 87 seconds in the US. Just think of the difference that home sprinklers could make.





## **Consumer Group Talks Turkey On Food Safety**

*A consumer champion's study of ground turkey meat, bought at retail stores throughout the US earlier this year, revealed that half of the meat contained bacteria and some contained other germs including salmonella.*

*Further tests by Consumers Union (CU) showed that most of the disease-causing organisms were resistant to the antibiotics usually used to fight them.*

*The study showed that ground turkey labeled "organic" or "no antibiotics" was just as likely to harbor bacteria but that these particular organisms had less resistance to antibiotics.*

*If you're buying ground turkey meat, Consumers Union recommends opting for these labels, especially if they also say "USDA Process Verified". Another helpful label is "Animal Welfare Approved".*

*No meat is risk free, CU points out, but other things you can do to reduce the risks include buying meat just before checking out of the grocery store. Store it below 40 degrees if you plan to cook it within a couple of days; otherwise, freeze it. Cook turkey to an internal temperature of 160 degrees and wash hands thoroughly both before and after handling it.*

*The US Department of Agriculture (USDA) has useful guidelines on how best to cook poultry safely at <http://tinyurl.com/usda-pltry>.*

## **Admission Agreement: Core Components**

When you have an admission document written for your assisted living or adult foster home remember it is a legal document. You will need to have it written and reviewed by a lawyer or legal firm. A good admissions document clearly spells out the services, rules, and rights of the residents.

The admission agreement should clearly list the services provided. What are these services that are provided to residents? Are they laundry, regular meals, transportation, and some medical treatment? What type of activities do you have for residents to participate in during the week? These services should be clearly listed in your agreement. Even services that you do not provide should be stated so there is no confusion. Do you provide extra services to patients through other vendors that cost extra? List these in the agreement as well with a clause that explains they are offered by third-party and contact information. .

The second component in the admission agreement should be a list of resident rights. This includes resident right to leave the facility with family, participate in activities, privacy, and to be treated fairly and with dignity. The hours and times visitors can come to see the residents should be listed. Clearly state your policy for this so there is no confusion with family or patients.

Your admission agreement should have a component that requires a medical exam or screening prior to admission. A copy of the medical report should be given to the facility. Will you make the arrangements for a patient's transfer? You should clearly spell out what medical services you do and do not provide for patients and their families.

The fourth component should list rules for visitors and house rules for residents. Are they required to smoke only outside or is it forbidden. Do they have to sign out when they go home for the day? What are the hours for meals? Can guests eat with them? What are procedures for television, phone use and dress code? Are their fire drills or emergency procedures that are practiced?

Another component is the conditions for termination of the agreement. When the resident decides to leave the home or needs to go to another facility for better care what happens. It is important to clearly spell out the conditions to families.

## IN THE SPOTLIGHT:



The team at PCALIC appreciates all you do for your communities. We want to acknowledge exceptional organizations for their hard work. This month's spotlight is on:

Congratulations on NO DEFICIENCIES for your recent inspection. That is truly commendable!

Seniors in Motion, WA  
Sokheng Campbell, WA  
Raul Munta Pipa, WA  
Shirley Wilson, GA  
William & Stacy AFH, WA  
Lidia's Care Home, OR  
Home Away From Home, WA  
Rodica's AFH, WA  
Hand N Hand, GA  
PAL & LAXMI LLC, WA  
Viorica Dragalina, WA  
Zenaiida Ravancho, WA  
Maribeth Springer, WA  
Sunny Side Inn, WA  
Maria Vasales, WA  
Raintree Assisted Living, AZ  
Winged Angels, WA  
Anisoara Paresca, WA  
Cindy Stover, WA  
Cornerstone Care Services, WA  
House of Hope, WA  
Pleasant View PCH, MT  
Sharon Cosca, WA  
Reza Vargas, WA

## Bright Ideas: Tips and News Snippets For A Better, Safer Life



Studies are mixed, but some have found that bilberry, a relative of the blueberry, may improve night vision. During World War II, fighter pilots reported better night vision after eating bilberry jam. Take 25 to 50 milligrams of bilberry extract; expect best results within the first few hours.



The active hurricane season runs from June 1 to November 30. Hurricanes usually come ashore in the United States on the southern tip of Florida, the outer banks of North Carolina, and from the Texas Gulf Coast area to Louisiana.



With a good sleeping pattern, eight glasses of water daily, an improvement in diet, and at least a half hour of exercise a few times per week, your memory will be sharper, more alert, and less likely to forget important details than it has been in years.



You can clean darkened aluminum pans easily by pouring in two teaspoons cream of tartar mixed in a quart of water. Place on stovetop and boil for 10 minutes.



Research suggests that people with mild eczema who drink oolong tea three times a day may show improvement in itching and other symptoms. Compounds in the tea called polyphenols appear to be responsible.



For shiny hair, rinse with apple cider vinegar. For brighter and whiter teeth, rinse with 1/4 cup of apple cider vinegar. It can even be used as an aftershave! Apple cider vinegar also helps remove flea and ticks from pets when used as a rinse

**DID YOU KNOW? When someone you refer contacts us to receive a quote...YOU WIN!**

**INSTANT WIN:** When someone you refer contacts us, we'll INSTANTLY send you a **\$5 Wal-Mart Gift card** JUST for TALKING ABOUT US!

**CHANCE #2:** On December 1, 2013, we'll conduct a random drawing from all chances for the Grand Prize that qualified between 11/15/2012 and 11/15/2013.

**The Grand Prize Winner will receive an Android Tablet!**

**Last Year's GRAND Prize Winner was Amelia Henderson!**

For Program rules visit [www.PCALIC.com](http://www.PCALIC.com)



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“I have had a wonderful experience with PCALIC. They respond promptly to e-mails and phone calls, see that I am satisfied to the best of their ability, and make this business relationship a true partnership.”  
Brett Wright, Renaissance Assisted Living

*IT'S A FACT:* Carrots were originally purple in color, changing in the 17<sup>th</sup> Century to orange with newer varieties.



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Out page 3 for details on our new & improved referral program!