



Brian Barrick
Author, Consultant
President, PCALIC

Brian Barrick's

June 2012

“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

800-673-2558 ▪ (717)630-1030 ▪ www.PCALIC.com



Proper Resident Discharge Documentation

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Name: BrianBarrick

FUN FACTS ABOUT JUNE!

1. National Safety Month
2. First Day of Summer- June 20th
3. Flower is the Rose
4. Birthstones include Pearls, moonstone, and Alexandrite

The month of June was named after the Roman goddess Juno. She was the goddess of marriage and well-being of women. Consequently, June is the month with the most weddings.

Celebrity Birthdays:



- Marilyn Monroe June 1, 1926
- Johnny Depp June 9, 1963
- Donald Trump June 14, 1946
- Lou Gehrig June 19, 1903
- June Carter Cash June 23, 1929
- Michael Phelps June 30, 1985

Documentation is important and necessary when discharging a resident to a higher degree of care, house rule violations, death, and other incidents that may occur. In many States, documentation of a discharge is law.

A Discharge Summary can assist in assuring that proper documentation has been completed. A Discharge Summary should include in addition to the basic information on the resident, the following items:

- Special Instructions
- Reason for the discharge
- To whom the resident was discharged
- How the resident was transported
- If a responsible party is handling the discharge, who are they and what is their relationship
- Have a copy of the medications and med sheet had been provided
- Have resident or responsible party acknowledge that medications and med sheet had been provided, Medicare and other ID cards had been provided by them, items in the safe had been returned, copy of emergency information had been provided and resident's furniture had been returned.
- A list of people to whom a copy of the Discharge Summary is to be provided to
- Signature of resident or responsible party and the employee handling the discharge with date

For your FREE Copy of Discharge Documentation including Sample policies, procedures, and form, simply e-mail, kathi@pcalic.com or visit our website at www.pcalic.com or call 1-800-673-2558.



Fire Safety

Every day we see on the news, another home or building has been destroyed by an uncontrollable fire. These stories are saddening and often depressing. Make sure your adult care home is protected or at least well-trained in the event there is a fire. All healthcare workers must know the facility's Fire Emergency Plan, the location of fire pull/call boxes, the location of and how to use a fire extinguisher, places of safe shelter and evacuation procedures, and all must comply with the adult care home Smoking Policy.

Use the **R.A.C.E.** protocol which stands for Rescue/Remove, Alarm, Confine, and Extinguisher. You must be able to rescue/remove bed ridden or ill residents and semi-ambulatory residents. If you see smoke or fire use the fire emergency pull station or call box, don't use elevators, close all doors, and listen for the all-clear code. Confine the area of the fire, this means closing doors and windows when there is a fire to prevent the smoke from spreading. Attempt to extinguish only small fires with the appropriate extinguishers.

P.A.S.S. is another abbreviation to remember with fire safety, but this time it is used as instructions for an extinguisher. This stands for Pull, Aim, Squeeze, and Sweep. Pull the pin from the extinguisher handle at the top of the extinguisher, take 3 steps back and aim the horn at the base of the fire, squeeze the top handle to the bottom handle, sweep the nozzle from side to side across the flames. By following these fire safety guidelines your facility and your residents will be prepared and safe.

(Solution to puzzle on page 3)

2	9	7	8	1	3	5	6	4
3	6	1	7	4	5	2	8	9
8	5	4	6	2	9	3	7	1
4	7	3	5	8	2	1	9	6
9	2	8	1	3	6	7	4	5
6	1	5	9	7	4	8	3	2
1	8	9	4	5	7	6	2	3
5	4	2	3	6	8	9	1	7

Safe Fun in the Sun

Summer is the season of family-fun, picnics, and outdoor parties. Can you picture it, the sun is shining, family is laughing, and stories are being shared. No one wants to be left out of all the activities, but the excessive heat can lead to health problems if proper precautions are not taken.

Sunshine on My Shoulders Doesn't Always Make Me Happy

Although the warmth of the sun feels nice on your skin, it could be hurting you. Skin cancer is the most common and most preventable of all cancers types. Sunscreen and lip balm with a minimum 15 SPF should be applied when exposure to the sun is anticipated. Sunglasses with at least a 99 percent ultraviolet (UV) protection should also be worn in the sun. Increasing age is related to increased sensitivity and excessive tearing of the eyes with slight irritation from wind, light, and temperatures. Wide brimmed hats can provide extra protection to the fragile facial skin and a barrier for the eyes.

Too Hot to Handle

As the body ages, it loses its defense mechanism to regulate a normal body temperature. Other health factors such as obesity, diabetes, chronic illness, and medications can alter a person's ability to remain normothermic (normal body temperature). It is best to avoid the sun between the hours of 10 AM and 4 PM, and seek air conditioning frequently if you are out and about during this time. Wear loose, lightweight, breathable fabrics during warm weather. Drink plenty of water to stay hydrated. By the time the brain receives the message that you are thirsty, you may already be dehydrating. Older adults have a decreased ability to recognize the thirst sensation. Avoid drinks that will cause further dehydration like caffeine, sugar, and alcohol.

Be on Alert before it's too Late

Now that we know how the body changes as we age, we know to be on guard during hot and sunny weather, right? Below are some signs that may indicate that overheating is occurring and heat stroke is imminent:

- Fatigue
- Confusion
- Headache
- Nausea
- Fainting
- Rapid heartbeat and breathing
- A lot or absent sweating
- Dizziness
- Hot dry skin

If you recognize these symptoms seek medical attention and initiate cooling by removing extra layers of clothing, move to a cool area, and provide sips of water.

Reference: "Summer Safety for Seniors" by Mary Hewes, Washington Health Foundation.

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:

Rosetta Morris
Victoria Viscaya
Sunday Lake AFH
Picture of Life PCH
Presidential Living

Congratulations on NO DEFICIENCIES for your recent inspection. That is truly commendable! Be on the lookout for special Congratulations from the PCALIC team.



Log on to www.PCALIC.com to access all the benefits of being a Member Insured:

- Falls Procedures
- Wandering/Elopement Procedures
- Risk Assessment Form
- Medication Administration Video
- Mediation & Arbitration Program

DID YOU KNOW? When someone you refer contacts 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, 2012, we'll conduct a random drawing from all chances for the Grand Prize that qualified between 11/15/2011 and 11/15/2012.

The Grand Prize Winner will receive an Android Tablet!

For Program rules visit www.PCALIC.com

Challenge your mind with Sudoku!

According to a study by Harvard Health, challenging your brain with mental exercise helps to maintain brain cells and stimulate communication between cells. Keep your mind young with Sudoku!

2				3			4
3				4	5		8
				9	3		
4	3					1	6
6	5					8	2
		9	4				
	4		3	6			7
7			2				8

Daily SuDoku: Sun 3-Jun-2012

medium

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The object is to insert the numbers in the boxes to satisfy only one condition: each row, column and 3x3 box must contain the digits 1 through 9 exactly once. What could be simpler?

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“As being an assisted living and personal care home, PCALIC has helped us with being able to afford high quality insurance coverage at an affordable price.”
Laverne M Dunn

IT'S A FACT: US consumer protection agency, the Federal Trade Commission, receives more than 1.8m consumer complaints every year.



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