



DINAMIC HEALTH CARE, LLC

# DINAMIC NEWS

IN THIS ISSUE

## Congestive Heart Failure (CHF)

by Mayo Clinic Staff

Heart failure, sometimes known as congestive heart failure, occurs when your heart muscle doesn't pump blood as well as it should. Certain conditions, such as narrowed arteries in your heart (coronary artery disease) or high blood pressure, gradually leave your heart too weak or stiff to fill and pump efficiently.

Not all conditions that lead to heart failure can be reversed, but treatments can improve the signs and symptoms of heart failure and help you live longer. Lifestyle changes — such as exercising, reducing salt in your diet, managing stress and losing weight — can improve your quality of life.

One way to prevent heart failure is to control conditions that cause heart failure, such as coronary artery disease, high blood pressure, diabetes or obesity.

Be aware of some of the signs and symptoms of Congestive Heart Failure (CHF)

Heart failure signs and symptoms may include:

- Shortness of breath (dyspnea) when you exert yourself or when you lie down

- Fatigue and weakness
- Swelling (edema) in your legs, ankles and feet
- Rapid or irregular heartbeat
- Reduced ability to exercise
- Persistent cough or wheezing with white or pink blood-tinged phlegm
- Increased need to urinate at night
- Swelling of your abdomen (ascites)
- Sudden weight gain from fluid retention
- Lack of appetite and nausea
- Difficulty concentrating or decreased alertness
- Sudden, severe shortness of breath and coughing up pink, foamy mucus
- Chest pain if your heart failure is caused by a heart attack



### How Medicare Works for You

If you have questions about who pays first, or if your insurance changes, call the Benefits Coordination & Recovery Center (BCRC) at [1-855-798-2627](tel:1-855-798-2627). TTY users should call [1-855-797-2627](tel:1-855-797-2627)

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### Technology for Seniors

Given the choice, most seniors would choose to live independently in their own homes, rather than moving in with family or to a senior community.

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# Staff Updates

by Erin Brewer and Racquel Fields

## Scheduling and Appointments

DHC is always looking for ways to become more efficient and effective in delivering optimal care to our patients. As a result we want to be sure that we are maximizing employee and patient time through proper scheduling of appointments. On behalf of the scheduling department Erin Brewer is offering scheduling consultations to keep staff compliant with company policy and procedure. You can contact Erin on Axxess through inbox to schedule an appointment. During the consultation Erin will support staff in organizing their schedules to better fit their needs as well as the needs of the patients. All Patients will be contacted in an adequate amount of time, if there are any changes to the schedule.



## Volunteer opportunities

DINAMIC has been out spreading health awareness to the community, and we would like you to join us. In efforts to build a healthier community DHC is hosting senior health events, facilitating discussions around common health conditions and offering health screenings throughout Chicagoland! Please check your e-mail for volunteer opportunities monthly! We look forward to seeing you out!

### AS A REMINDER:

#### TO REFER A PATIENT

#### CONTACT US @

[www.dinamichealthcare.com](http://www.dinamichealthcare.com)

**1-708-832-9908**



*Asharf Elkossei has been a Physical Therapist with DINAMIC Health Care since July, 2014, and has quickly become a patient favorite!*

## DHC's Shining Star!

Asharf Elkossei has worked with DINAMIC Health Care for a little over a year, and in just that time has become a patient favorite. He demonstrates an ability to connect with patients and ensure their comfort during their road to recovery. He is always willing to assist where fit, and is a great team player. Asharf, has made it clear that he loves his work as Physical Therapist, and it shows in his work daily. DINAMIC thanks you for your hard work and dedication!

### Do You Know a Shining Star?

Nominate a DINAMIC employee to receive a mention in the newsletter and an award for exemplary work. Nominations are due on the 15<sup>th</sup> of each month. You can e-mail us at [info@dinamichealthcare.com](mailto:info@dinamichealthcare.com) or call our Marketing team at 708-498-4063.

### IMPORTANT DATES:

**August 1, 2015:**  
Community Block Celebration  
St. Mark Missionary Baptist  
Harvey, IL

**August 20, 2015:**  
Senior's Summit  
New Faith Missionary Baptist  
Matteson, IL

**August 13, 2015**  
Night at the Park  
Garfield Park

**August 15, 2015**  
Shining Star Nominations Due

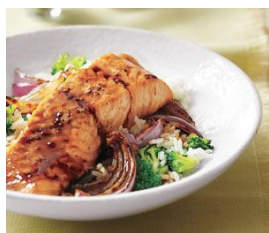
**August 31, 2015:**  
In-Service 3pm (All Field Staff)

## NEWS TO NOTE

**WE'RE  
HIRING!**

### DINAMIC IS HIRING!

DINAMIC is expanding! We are looking for highly trained Registered Nurses (RNs) and Licensed Practical Nurses (LPNs). If you or anyone you know may be a good fit for the DINAMIC team, please visit our website at [www.dinamichealthcare.com](http://www.dinamichealthcare.com) to learn more!



### Recipe of the Month

#### GLAZED SALMON W/ BROCCOLI & RICE

##### Ingredients:

- 1/4 cup brown sugar
- 2 tablespoons low-sodium soy sauce
- 1 cup long-grain white rice
- 1 head broccoli, florets only, chopped (about 2 cups)
- 4 pieces skinless salmon fillet (1 1/4 pounds total)
- 1 large red onion, cut into 1/4-inch-thick wedges
- 1 tablespoon olive oil
- kosher salt and black pepper

##### Directions:

1. Heat broiler. In a small bowl, combine the sugar and soy sauce. Set aside.
2. Cook the rice according to the package directions, stirring in the broccoli during the last 3 minutes.
3. Let the rice and broccoli stand off the heat until the broccoli is tender, about 5 minutes. Fluff with a fork.
4. Meanwhile, place the salmon and onion on a rimmed baking sheet. Drizzle with the oil and season with 1/2 teaspoon salt and 1/4 teaspoon pepper.
5. Broil until the salmon is opaque throughout, 8 to 10 minutes, spooning half the soy sauce glaze over the fish during the last 2 minutes of cooking.
6. Serve the salmon and onion with the rice and the remaining glaze.



## Human Resources Update

by Kimberly Rodgers

New ways to  
verify signature  
and use less  
paper



Axxess  
**Proof of Care  
at the Point  
of Care**

Reduce risk, improve  
patient outcomes and  
ensure compliance by  
verifying your visits  
electronically

**Proof** of  
Care at  
the **Point**  
of **Care**

Our Electronic Visit Verification tool allows you to document proof of your organization's compliance and eliminate potential fraud charges by recording the date, time, and location while focusing on patient care.

- Capture patient signature at the point of care
- Record exact date, time and location of visit
- Verify employee compliance with scheduled care plan and document duration of visit.

## HAPPY BIRTHDAY

Aug. 1<sup>st</sup> – Michael B.  
 Aug. 3<sup>rd</sup> – Merva H.  
 Aug. 3<sup>rd</sup> – Richard S.  
 Aug. 4<sup>th</sup> – Gusta L.  
 Aug. 5<sup>th</sup> – Anna H.  
 Aug. 6<sup>th</sup> – Edna O.  
 Aug. 13<sup>th</sup> – James W.  
 Aug. 21<sup>st</sup> – Eva M.  
 Aug. 24<sup>th</sup> – Olga C.  
 Aug. 24<sup>th</sup> – R.C. S.  
 Aug 28<sup>th</sup> – Evelyn M.

## Staff:

Aug. 3<sup>rd</sup> – Khaled M.  
 Aug. 15<sup>th</sup> – Nichele C.  
 Aug. 16<sup>th</sup> – Kimberly R.  
 Aug. 21<sup>st</sup> – Monique J.



## WORD BANK

BAREFOOT  
 BATHING SUIT  
 BEACH BALL  
 BIKINI  
 BLANKET  
 BOATS  
 BUCKET  
 CHAIR  
 CHILDREN  
 COOLER  
 DOGS  
 FLIP-FLOPS  
 FRISBEE  
 HOLIDAY  
 JET SKIS  
 LIFEGUARD  
 OCEAN  
 PEOPLE WATCHING  
 ROCKS  
 SANDALS SANDCASTLE SURFING  
 SEASHELL SHORELINE WAVES

## BEACH BUM WORD SEARCH PUZZLE

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

## DINAMIC Cares

by Elishevah Hampton

DINAMIC Health Care summer's Home Visit Initiative has started off with welcoming arms from all of our patients and their loved ones. Each patient has welcomed me into their home and have been extremely pleasant and informative. The home visits have given me the opportunity to connect with our patients on a deeper level. It also assists in our ability to achieve our ultimate goal in ensuring that each and every one of our patients are completely satisfied with their services. It has been a pleasure to speak with the

patients I have encountered thus far, and I look forward to meeting everyone else in the very near future!



## QUESTIONS? COMMENTS? CONCERNS?

Elishevah Hampton can be  
 contacted Directly at:

708-223-7046 or  
[ehampton@dinamichealthcare.com](mailto:ehampton@dinamichealthcare.com)

## PATIENT TESTIMONY:

"My nurse is more than my nurse, she is family. She goes over and beyond her medical duties to accommodate me and my family". – Ersilean B.





# How Medicare Works with Insurance Providers

Reviewed by Joellyn Capella Find more at [www.medicare.gov](http://www.medicare.gov)

If you have Medicare and other health insurance or coverage, each type of coverage is called a "payer." When there's more than one payer, "coordination of benefits" rules decide which one pays first. The "primary payer" pays what it owes on your bills first, and then sends the rest to the "secondary payer" to pay. In some cases, there may also be a third payer.

## What it means to pay primary/secondary

The insurance that pays first (primary payer) pays up to the limits of its coverage. The one that pays second (secondary payer) only pays if there are costs the primary insurer didn't cover.

The secondary payer (which may be Medicare) may not pay all the uncovered costs.

If your employer insurance is the secondary payer, you may need to enroll in Medicare Part B before your insurance will pay. Paying "first" means paying the whole bill up to the limits of the coverage. It doesn't always mean the primary payer pays first in time. If the insurance company doesn't pay the claim promptly (usually within 120 days), your doctor or other provider may bill Medicare. Medicare may make a conditional payment to pay the bill, and then later recover any payments the primary payer should've made.

If you have questions about who pays first, or if your insurance changes, call the Benefits Coordination & Recovery Center (BCRC) at [1-855-798-2627](tel:1-855-798-2627). TTY users should call [1-855-797-2627](tel:1-855-797-2627).

## Note

Tell your doctor and other health care providers if you have coverage in addition to Medicare. This will help them send your bills to the correct payer to avoid delays. What's a conditional payment?

A conditional payment is a payment Medicare makes for services another payer may be responsible for. Medicare makes this conditional payment so you won't have to use your own money to pay the bill. The payment is "conditional" because it must be

repaid to Medicare when a settlement, judgment, award, or other payment is made.

If Medicare makes a conditional payment for an item or service, and you get a settlement, judgment, award, or other payment for that item or service from an insurance company later, the conditional payment must be repaid to Medicare. You're responsible for making sure Medicare gets repaid for the conditional payment.

## How Medicare recovers conditional payments

If Medicare makes a conditional payment, you or your representative should call the Benefits Coordination & Recovery Center (BCRC) at [1-855-798-2627](tel:1-855-798-2627). TTY users should call [1-855-797-2627](tel:1-855-797-2627). The BCRC will work on your case, using the information you or your representative gives it to see that Medicare gets repaid for the conditional payments.

The BCRC will gather information about any conditional payments Medicare made related to your pending settlement, judgment, award, or other payment. Once a settlement, judgment, award or other payment is final, you or your representative should call the BCRC. The BCRC will get the final repayment amount (if any) on your case and issue a letter requesting repayment.

## AROUND TOWN



## 19th Annual Chicago Summerdance

Come join us this summer as the Spirit of Music Garden in Grant Park blossoms into an urban dance space. Dance to the sounds of 44 different live bands and get into step with dance lessons beforehand. Glide across the restored 4,900-square-foot, 100 percent recycled, open-air dance floor designed by Chicago artist Dan Peterman. Swing, waltz, cha-cha...or simply enjoy the music. All **FREE!** For more information call: 312-744-3315



## 57th Annual Air and Water Show

The **Chicago Air and Water Show** presented by Shell Oil Products U.S. and the City of Chicago is the largest **FREE** show of its kind in the United States. The show can be viewed along the lakefront from Fullerton to Oak Street, with North Avenue Beach as the focal point. For more information call: 312-616-0600



## StoryCorps: Tell Your Story

StoryCorps is partnering with the Department of Cultural Affairs and Special Events (DCASE) and Chicago Public Media to record, preserve and share the diverse stories of communities in Chicago.

Record an interview:

1. Make a reservation and prepare for your interview on [chicago.storycorps.org](http://chicago.storycorps.org)
2. Bring your interview partner to the StoryBooth. The interview is a chance to ask the questions that matter.
3. At the end of your session, you'll take home a broadcast-quality CD of your interview. With your permission, a copy will be archived at the Library of Congress.

Local stories will air on WBEZ 91.5 FM.

For More information visit: [www.storycorps.org](http://www.storycorps.org)

# Tech for Seniors Enhances Health, Safety

by [Marlo Sollitto](#) | [Find full article at \[www.agingcare.com\]\(http://www.agingcare.com\)](#)

Given the choice, most seniors would choose to live independently in their own homes, rather than moving in with family or to a senior community. But can an elderly person who is growing more frail with age, has chronic health conditions that require regular monitoring, and has lost some cognitive abilities, remain at home safely?

In an age of motion sensor technology, wireless communications and smart appliances, it is possible. Technology designed for the aging population is enabling seniors to remain at home longer, with high-tech safety devices that constantly monitor a senior's safety and health.

Here are some examples of the types of the next-generation products that are "changing aging" forever, according to Majd Alwan, vice president for the LeadingAge Center for Aging Services Technologies (CAST), the agency that tracks the assistive living technology industry.

**Sensors** monitor everything from vital signs to fall detection. Fall detection sensors are essentially gyroscopes that measure a person's sway, orientation, and impact with surface. Automatic fall detection devices, including monthly monitoring, are available for around \$75 a month from companies such as MyHalo and Philips LifeLine.

Sensor technology is even embedded in chairs. "Health-e-Chair" by Commwell Medical incorporates biosensors to measure basic vital signs such as blood pressure, temperature, heart rate, lung sounds, blood oxygen saturation, motion and reflex response time. The basic Health-e-Chair costs \$3,500, which enables patients to self-monitor their vital signs. The ability to transmit data to health-care professionals adds another \$3,250 to the price tag. The full system (including chair, bio-metric sensors and transmitter) can be leased for \$595 per month, the company told AgingCare.com.

**Smart appliances** have sensors that can detect whether or not an appliance is in use.

If the appliance is not being used, it can be automatically turned off, even if nobody is inside the house. For example, GE has a variety of ovens that have automatic shut-off features and temperature overrides. Prices range from \$1,700 to more than \$2,000. A less expensive alternative is CookStop (\$325), a device that attaches to an electric stove or cook top and includes a built-in motion detector that monitors movements. If the user doesn't return within a specific time frame, the stove shuts off automatically.

**Social interaction tools** connect elders and help them remain cognitively stimulated, with two-way video-conferencing, instant message caregiving tools, and entertainment devices for brain fitness. Designed for elderly computer users, Seniorama-Pointer by Softarama Ltd., is an easy-to-use navigation and simplified interface that includes a "senior-centric" browser, simplified email interface, Skype, and a selection of games. The cost is \$1.60 per month, with a five year commitment, for a total price of \$97.



**DINAMIC Health Care  
LLC**

1313 Sibley Blvd,  
Calumet City, IL 60409  
708-832-9908 (phone)  
708-832-9935 (fax)

*Quality Care in the Comfort  
of Your Own Home!*

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[www.dinamichealthcare.com](http://www.dinamichealthcare.com)

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