



4481-2 N. State Road 7  
Ft. Lauderdale, FL 33319

4350 Fowler Street #1B  
Ft. Myers, FL 33901

- > Companions
- > Home Health Aides
- > Live-ins



### Company News: - Announcing our Temporary Employee Gas Allowance

Alternative Home Health Care has always believed in **No Minimum**, in terms of hours per day or days per week. We have enjoyed providing short hour assignments to hundreds of clients, over the years.

As the price of gas has continued to climb, we've found it necessary to begin a fuel surcharge program for both of our offices. Later this month, employees who work short hour assignments, will be eligible for a gas allowance to assist them in getting to and from work.

We hope this surcharge allowance is only temporary, and that our clients and employees are not inconvenienced long-term by the price of gas.

June 2004

Volume 6

Issue 3

#### In this issue...

Editors Note	Page 1
Disaster Planning	Page 1
Spotlight on our Employees	Page 2
Employee Anniversaries	Page 2
Disaster Planning Checklist	Page 3
Company News	Page 4



### Disaster Planning – we must look at it differently now By Carla Albano, Administrator

One thing we have all learned is that we no longer prepare for just hurricanes. We now need to plan for **any unexpected event**, which could render us unable to obtain food and medicine, communicate with our loved ones, or simply drive from one part of the county to the other. Thus, this year we encourage you to pay special attention when you plan for the summer season. **We must all be prepared year round**, and I've added a few more items to our list. Useful tips include:

- ◆ Let someone out-of-state know your plans. It is always helpful for loved ones to know you are safe and well. Update your phone numbers with your employer, family, and friends. Be sure that your emergency contacts are current.
- ◆ Develop an evacuation plan with your family, so that everyone knows where the others will go in the event of an emergency. Be sure children know where to go, and what to do. Simple confusion over whether they should ride the bus home from school can waste hours of time in the event of a disaster.
- ◆ Keep cash in your house.
- ◆ Maintain an adequate supply of prescriptions. Consider re-filling prescriptions before you are on the last dose. Refill prescriptions earlier.
- ◆ If you have a cell phone or beeper, be sure they have adequate power. If you depend upon a car charger, consider charging your batteries more often. Also, you may want to purchase a second phone battery.
- ◆ Know where the closest shelter is – even if you don't plan on going there, you should know where it is, and how to get there.
- ◆ Back up your computer.

We hope you never need to use this information, but we are providing it to you out of courtesy. For further information you can contact Broward County at (954) 537-2888, and Lee County at (239) 477-3600.

### Editors Note:

I'm proud to introduce our new logo and image with this edition of our newsletter. As the months go on you will see more of our new image in materials which we feel reflect our roots as a family-based business, and our modern times. We've enlisted clients and employees from both coasts in the design and re-vamping of all of our materials. **While we may have a new look, not much else has changed about our company.** We hope that you continue to enjoy all of the familiar and friendly faces in both of our offices who have enjoyed serving our clients over the years.

**George Cann**  
Editor

Newsletter

# Spotlight on the Caregivers

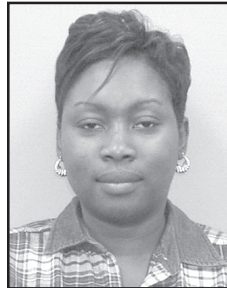
## Fort Lauderdale

### May 2004



**Debra**– Debra started with Alternative in April of 2003. She has been working with Ms. K during most of her employment with Alternative Home Health Care. During this time, Debra has improved the well being and quality of life for Ms. K tremendously. Debra also has exhibited outstanding efforts coordinating the doctors, medication changes, and the client’s needs to our nursing staff. Debra shares responsibility for this client with another Alternative aide who together make a great team! Keep up the good work Debra! Congratulations!

### June 2004



**Denise**– Denise started with Alternative Jan 1, 2002. Denise provides care for several individuals on a weekly basis. Recently, one of her clients (Ms. P) was transferred to a facility. Prior to the transfer to the facility, Denise recognized the quick functional decline of this client and the safety risk. Her communication with the nursing group and willingness to go the extra mile to keep the client safe is greatly appreciated. This transition was very difficult for both the client and Denise. Ms. P is now doing very well in her new environment. Thank you Denise and congratulations.

## Fort Myers

### May 2004



**Grace** has only been with Alternative for seven months but has proven herself to be an invaluable employee. A transplant from New York, we have been very lucky to have acquired such a skilled, competent aide. No case is too short or too long, and she can always be counted on to help out in an emergency. She is compassionate and caring, and has blessed the lives of the clients she has cared for, as well as their families.

### June 2004



**Elsie** has been a valued employee with Alternative for over 2 ½ years. She is very dependable, responsible, and hard working. She covers the majority of escort cases for one of the facilities we work with, and even helps them to keep their schedules straight! As a result of her dependability, as well as her obvious care and respect for their residents, this facility always requests Elsie. She is loved there by employees and clients alike. Thank you, Elsie!

## Employee Anniversaries:

### Fort Lauderdale

#### May 2004      June 2004

- |  |  |
|--|--|
| <b>5 Years</b><br>Polly W.   | <b>7 Years</b><br>Michael S.                                   |
| <b>4 Years</b><br>Trisha P.  | <b>6 Years</b><br>Geneva P.                                    |
| <b>3 Years</b><br>Gaelle F.<br>Holly M.  | <b>3 Years</b><br>Shernette A.                                 |
| <b>2 Years</b><br>Phalange A.<br>Maria D.<br>Marie D.<br>Cecelia E.<br>Carol F.<br>Yadira C.<br>Maria G.<br>Andrea H.<br>Roger M.<br>Veveene R.<br>Ginette T.<br>Aneita W. | <b>2 Years</b><br>Lizzette D.<br>Margareth J.<br>Jacqueline L. |
| <b>1 Year</b><br>Eulalia A.<br>Carleen C.<br>Calisha G.<br>Shirley G.<br>Georgia L.<br>Myleen M.<br>Anaise N.<br>Naomi R.<br>Sheila W.                                     | <b>1 Year</b><br>Elaine J.                                     |

### Fort Myers

#### May 2004      June 2004

- |                             |   |
|-----------------------------|---|
| <b>1 Year</b><br>Jessica M. | <b>1 Year</b><br>Marcie D.<br>Elsie E.<br>Sharon J. |
|-----------------------------|---|

## Alternative Home Health Care Disaster Preparedness Checklist

The following list is being provided to employees, family members and clients of Alternative Home Health Care. Our clients and family members have been advised that it is their responsibility to make plans in the event of a disaster. This information is being provided for your reference only.

Survival Materials	Personal Supplies
<input type="checkbox"/> Water – 1 gallon per day per person – enough for 14 days <input type="checkbox"/> Non-perishable foods – canned meat, fish, fruit and vegetables, soup <input type="checkbox"/> Bread in moisture proof packaging, candy and cookies <input type="checkbox"/> Powdered milk, drink mix, single serve drinks, coffee, tea <input type="checkbox"/> Cereal bars, peanut butter, jelly <input type="checkbox"/> Flashlight, battery powered lantern <input type="checkbox"/> Battery powered radio/ alarm clock <input type="checkbox"/> Extra batteries <input type="checkbox"/> Glass enclosed candles <input type="checkbox"/> Portable cooler, extra ice <input type="checkbox"/> First aid kit including: aspirin, antibiotic cream, antacids, anti-diarrheal <input type="checkbox"/> Insect repellent, sunscreen <input type="checkbox"/> Waterproof matches, butane lighter <input type="checkbox"/> Extra cash <input type="checkbox"/> Bleach or water purification tablets	<input type="checkbox"/> Prescriptions – 1 month supply <input type="checkbox"/> Photo copies of prescriptions <input type="checkbox"/> Cell Phone <input type="checkbox"/> Books, magazines, entertainment materials <input type="checkbox"/> Fill up car with gas <input type="checkbox"/> Toiletries: soap, detergent, etc. <input type="checkbox"/> Changes of clothing <input type="checkbox"/> Bedding, pillows, blankets, etc. <input type="checkbox"/> Rain ponchos <input type="checkbox"/> Extra glasses or contact lenses <input type="checkbox"/> Extra set of keys <input type="checkbox"/> Incontinent Supplies  Documents (water proof box if possible)
<b>Cooking Equipment</b> <input type="checkbox"/> Portable camp stove or grill <input type="checkbox"/> Stove fuel, charcoal, lighter fluid or sterno <input type="checkbox"/> Manual can opener <input type="checkbox"/> Napkins, paper towels, paper plates & cups, plastic utensils <input type="checkbox"/> Aluminum foil	<input type="checkbox"/> Photo identification <input type="checkbox"/> Proof of residence – utility bill <input type="checkbox"/> Medical history and information <input type="checkbox"/> Disks of computer files <input type="checkbox"/> Waterproof camera and film <input type="checkbox"/> Pet’s picture and license <input type="checkbox"/> Family disaster plan including cell-phones and map (if applicable)
	<b>Other Necessities</b> <input type="checkbox"/> Tools: hammer, nails, wrench, screwdriver, saw, etc <input type="checkbox"/> Trash bags (lots) <input type="checkbox"/> Cleaning supplies <input type="checkbox"/> Plastic drop cloth <input type="checkbox"/> Mosquito netting <input type="checkbox"/> ABC rated fire extinguisher <input type="checkbox"/> Masking or duct tape <input type="checkbox"/> Outdoor extension cord <input type="checkbox"/> Spray paint <input type="checkbox"/> A phone from your home