

March 2008
Spring Edition



CONSUMER DIRECT
PERSONAL CARE



Rocky Mountain Chronicle

On March 20th, just a few short weeks away, please join me in celebrating the 1st Day of Spring. This is a season I always look forward to! It seems like a time of rejuvenation as snow melts, the days get longer, and everything outside comes back to life. Sometimes after a long Montana winter, nothing feels better than sun shining on your face. To take advantage of this season think of these things the first few nice days that will hopefully come our way in the next month:

- Go for a leisurely walk
- Mix up a pitcher of lemonade or ice tea
- Think about planting a flower, herb pot or garden
- Sit outside and read a book
- Fire up that barbeque for your next dinner (careful to start barbeque properly to avoid unwanted sparks or fires)
- Help a child fly a kite
- Let your creative side show and decorate Easter eggs
- Get going on that spring cleaning. Open up your windows and air out your house as you're cleaning
- Go to the library and check out a book to learn about the things you're seeing outside like birds and flowers

All of us at Consumer Direct Personal Care hopes you enjoy this 2008 spring season.

In Good Health,

Katie Spaid
Program Manager

Try these delicious cookie bars for your first springtime get together!

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Pecan-Chocolate Chip Cookie Bars by Cooking Light Magazine

- | | |
|--|---------------------------------|
| ½ cup flour | ¼ teaspoon baking soda |
| ¼ teaspoon salt | ¾ cup packed brown sugar |
| 1 teaspoon vanilla | 2 large eggs whites |
| 1/3 cup chopped pecans (or walnuts, almonds, or cashews) | ¼ cup semisweet chocolate chips |
| Cooking Spray | 2 teaspoons powdered sugar |

Preheat oven to 350 degrees. **Combine** flour, baking soda, and salt in small bowl. Stir well and set aside. **Combine** brown sugar, vanilla, and egg whites in a large bowl; beat with mixer at high speed 1 minute. **Add** flour mixture, beating just until combined. **Stir** in pecans and chocolate chips. Spread batter into an 8-inch square baking pan coated with cooking spray. Bake @ 350 degrees for 18 minutes or until golden and crusty on top. Cook in pan for 10 minute and then sprinkle with powdered sugar.

Makes 16 bars. Nutritional Values Per Bar: 87 calories 2.6 grams of fat and .5 gram of fiber

The Month of March



- ARIES:** Your dreams are vivid now. Keep a pen, paper and flashlight by your bed to capture your inner thoughts. In a clear moment, go back over those dreams to reflect on their hidden meanings.
- TAURUS:** An unanticipated opportunity to take a class or seminar results in new contacts and new skills. Your energy level rises as you embrace these new acquaintances and activities.
- GEMINI:** Your career has the luck of the Irish in March, Gemini. You could make the right connections to further your position in the company. Work is important, but your health is too. Don't ignore it.
- CANCER:** It's the right time to consider a weekend trip, maybe to visit a distant friend or family member over the Easter weekend. This break could make you see certain problems in a new light.
- LEO:** It's time to buckle down, Leo. March is a time when you might need to put in extra time to meet a deadline. Keep your end goal in mind. Never underestimate the power of prayer.
- VIRGO:** If you are not in a partnership, spring could provide opportunities that could lead to one. Take advantage of invitations, impromptu social gatherings and activities related to sports.
- LIBRA:** With the promise of spring, your physical appearance comes into focus. Get a new haircut and some new clothes. If you don't exercise, promise yourself that you'll establish a routine.
- SCORPIO:** Isn't it time to let your partner know how you really feel. Don't hold back. If you're single, the stars predict that someone with similar interests to your own will appear in your social circle.
- SAGITTARIUS:** The new moon promises new opportunities and events related to your home life. Be open to ideas and opportunities, maybe in the form of a new home.
- CAPRICORN:** Pressure at work could cause you to act hastily. Try not to act on your urges. Think of the effect your words have on others and on your position. Patience and forethought turn situations your way.
- AQUARIUS:** Unexpected ways to make money soon come your way, Aquarius. Consider selling that creative writing article or art project. Be on the lookout for opportunities or they may pass you by.
- PISCES:** Like March's unpredictable weather, your relationships with others at work are also unstable now. Make sure you have all the information before you jump to any conclusions.



March Birthdays



- | | |
|---|--|
| 1, Robert Conrad , "Wild Wild West", Chicago, Ill., 1935. | 16, Chuck Woolery , game-show host, Ashland, Ky., 1942. |
| 2, Tom Wolfe , author, journalist, Richmond, Va., 1931. | 17, Gary Sinise , "CSI: New York" actor, Chicago, Ill., 1955. |
| 3, Jessica Biel , actress, Ely, Minn., 1982. | 18, Queen Latifah , rap artist, East Orange, N.J., 1970. |
| 4, Mary Wilson , singer, Detroit, Mich., 1944. | 19, Philip Roth , author, Newark, N.J., 1933. |
| 5, Paul Sand , "Story Theatre", Los Angeles, Calif., 1944. | 20, Marian McPartland , jazz pianist, England, 1920. |
| 6, Ryan Nyquist , BMX bike racer, Los Gatos, Calif., 1979. | 21, Kevin Federline , dancer, Fresno City, Calif., 1978. |
| 7, Rachel Weisz , Oscar winning actress, England, 1971. | 22, Bob Costas , sportscaster, New York, N.Y., 1952. |
| 8, Kathy Ireland , model, Santa Barbara, Calif., 1963. | 23, Richard Grieco , actor, Watertown, N.Y., 1965. |
| 9, Mickey Gilley , singer, musician, Natchez, Miss., 1936. | 24, Bob Mackie , designer, Monterey Park, Calif., 1940. |
| 10, Carrie Underwood , singer, Muskogee, Okla., 1983. | 25, Danica Patrick , race car driver, Beloit, Wisc., 1982. |
| 11, Sam Donaldson , journalist, El Paso, Texas, 1934. | 26, Leeza Gibbons , TV hostess, Hartsville, S. C., 1957. |
| 12, Rob Cohen , producer, N.Y., 1949. | 27, Quentin Tarantino , director, Knoxville, Tenn., 1963. |
| 13, Charo , singer, actress, Spain, 1951. | 28, Reba McEntire , singer, actress, Chockie, Okla., 1954. |
| 14, Rick Dees , comedian, Jacksonville, Fla., 1951. | 29, Kurt Thomas , gymnast, Miami, Fla., 1956. |
| 15, Kim Raver , "24" actress, New York, N.Y., 1969. | 30, Nora Jones , singer, New York, N.Y., 1979. |

Hard Facts about the Dr.'s Authorization

After reviewing some of the 2007 surveys...the general consensus is that the Annual Dr. Authorization is a foreign and uncomfortable document. Hope this article can clear up any misunderstandings. If not please contact the office at 1-866-438-8591 for more explanation and assistance.

The "Self-Directed Personal Assistance Services Health Care Professional Authorization" can be a confusing part of your services, but it is very important. You will see it on the Intake Home Visit and every Annual Visit from CDPC.

You may also hear this form called:

- The 160 (as printed in the upper left hand corner)
- Physician's Authorization
- Health Care Professional (HCP) Authorization

Why Does the 160 Need to be Filled Out?

The Form 160 gives the Consumer's physician an idea of what types of care the Consumer will be receiving. The physician will compare the plan to his or her own knowledge of the Consumer's situation and decide if the plan seems appropriate to the Consumer's needs. The physician's signature literally says this is a good use of Medicaid funding and this is a good medical decision for the Consumer.

Getting Started

This means that the **160 must be signed by the Consumer and the physician before any timesheets can be filled out.** For instance, if a physician signs Mary's authorization on December 12, 2007 and we receive a timesheet from Mary's caregiver dated December 4, 2007, we cannot pay that timesheet. We cannot pay her caregiver for any time prior to December 12, 2007 because Mary was not officially on services at that time.

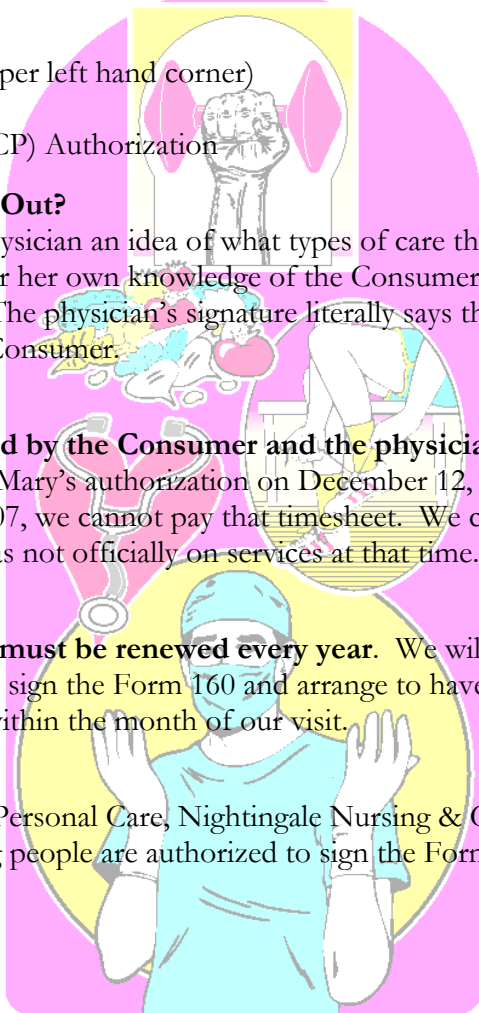
Getting the Form Renewed

In order to remain on services, **the 160 must be renewed every year.** We will contact you to schedule a visit at that time. During the visit, we will have you sign the Form 160 and arrange to have the Form 160 given to your doctor. It is imperative that this form be filled out within the month of our visit.

Who Can Fill Out the 160?

A nurse working for Consumer Direct Personal Care, Nightingale Nursing & Caregiving, or Home Health of Montana cannot fill out this form. The following people are authorized to sign the Form 160.

- Physician
- Certified physician assistant
- Nurse practitioner
- Registered nurse
- Occupational therapist
- Medical social worker working as a member of a Waiver Case Management Team



"Tell me, I'll forget. Show me, I may remember. But involve me, and I'll understand."



Safety Topics



Poison Prevention Week is March 16-22



Poison prevention steps not as common as you might think. It was 1962 when the first National Poison Prevention Week was declared by Presidential Proclamation. This year, poison prevention is more complicated than it was 46 years ago.

We have many more cleaning products, pesticides and lawn and garden products, virtually all of which are poisonous. Any product on which the label includes the words "warning," "caution," "danger" or "poison" should be stored securely. That's especially true if children live in your home or come to visit, but adults can make mistakes with dangerous products too.

About half of the 2 million poisonings reported each year are for children younger than six years old. They like to taste things and put pills into their mouths. Experts generally recommend locked storage for harmful chemicals, especially when children are around. Sounds easy, but a Home Safety Council study shows that 80 percent of homes with small kids don't do it. Another safety factor in preventing poisoning is pill safety. If you or someone you are caring for takes multiple medications, be sure pills are organized properly to prevent incorrect dosing. Check with the pharmacy for a 7-day pill holder that can accommodate morning, noon, and night medications. Prescription bottles look pretty much alike, so always read the label before taking the medication or loading it into a pill holder. The Home Safety Council shows that one in 10 caregivers of an elderly person reported having a poisoning incident at some time. Keep handy the Poison Control Center telephone number, 1-800-222-1222. It works from anywhere in the U.S. and can connect you to one of 61 centers nationwide. The centers give information on immediate steps to take if a poisoning is suspected.

Workplace Eye Health and Safety Month

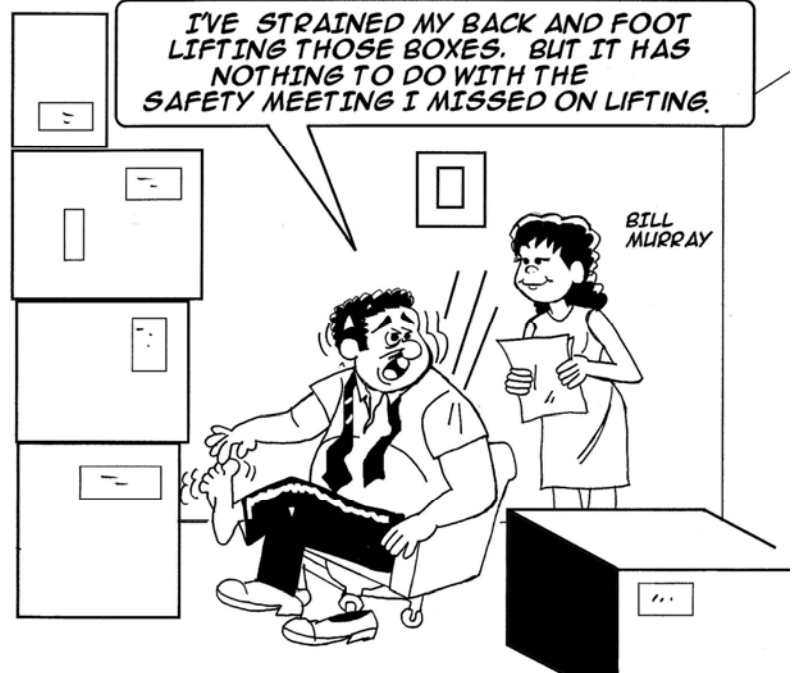
PROTECTIVE



EYEWEAR & MASK

Despite legislation, safety rules, and education programs, the workplace is still the site of most eye injuries including vision impairment or loss. While safety experts contend that 90 percent of these injuries could have been avoided, many injured workers didn't think they needed safety glasses for what they were doing at the time. Whether or not your normal job calls for safety glasses, you should wear them whenever there is a danger of flying objects, biohazard, a chemical splash, radiation or a combination of these and any other dangers. Anyone walking through such areas should wear protective eyewear. Not just any glasses, but those marked with the ANSI Z-87.1 on the frame which are the only real safety glasses. Working with computers can also be an eye health issue since computer work makes the eyes feel tired or dry. The first step in more comfortable computer use is toward the eye doctor or optician. Sometimes a current prescription is not quite right, or a new prescription that is specific for computer use might be needed. Dry eyes are a problem because people don't blink enough to keep their eyes moist when working at a computer. To produce more tears, occasionally blink the eyes quickly several times. Work away from the computer occasionally or take breaks. Eye drops help and some say taking a daily fish oil capsule helps too.

I'VE STRAINED MY BACK AND FOOT LIFTING THOSE BOXES. BUT IT HAS NOTHING TO DO WITH THE SAFETY MEETING I MISSED ON LIFTING.



BILL MURRAY

More than anything else, I believe it's our decisions, not the conditions of our lives, that determine destiny.

Anthony Robbins



Safety Topics Cont....



Speaking of Safety

More side-crash protection for cars

Recent government rulings call for more side-crash protection in cars by 2012. Car makers say they are already doing it faster than the regulation requires. The rule doesn't dictate how they must improve protection. Because of one aspect of the ruling, however, carmakers say all vehicles will probably have side-impact and head-curtain air bags by the 2012 deadline. It could also mean changes to vehicle structure. That's because the new rule includes protection from crashing sideways into a tree or telephone pole. Trees and poles are involved in 9 percent of all side crashes and 21 percent of fatal side crashes. They are involved in 29 percent of all fatal crashes in 2005, the year for which the latest information is available.

Drivers may flunk the test

Better check the driver's manual before taking your next state driver's license exam. A study reported in Prevention suggests that nearly one in 6 licensed drivers would fail the test because of a wrong answer or two. Many didn't know what to do at a steady yellow light. The answer is: Stop if it is safe to do so.

Most dangerous hours

Researchers at Carnegie Mellon University find that the riskiest time to be on the road is between midnight and 5 a.m. The safest time is between 8 a.m. and 9 a.m. Teens are in school, and traffic is too heavy to drive fast.



Watch your Mouth!

It's not just what comes out of your mouth that is important. It's also what is in it. The American Dental Association reports that many consumers aren't even aware of oral cancer of the mouth and throat, even though it causes twice as many deaths as cervical cancer. Only half of all people who are diagnosed survive for five years, according to the American Cancer Society. The death rate is high because oral cancer often isn't diagnosed early enough, making treatment less effective. A five-minute checkup by a doctor or dentist could save many lives. What they (and you) should look for:

- * Patches of white, red or mixed. Feel for sore places on the lips, roof of the mouth, cheeks, and gums.
- * A sore on the lip or in the mouth that doesn't heal.
- * Bleeding in the mouth.
- * Loose teeth.
- * Difficulty or pain when swallowing.
- * A lump in the neck.
- * Continuing earache.



Tai Chi Recommended for Pain Relief

Tai chi is technically one of the martial arts, but its emphasis on slow, fluid movement seems also to be effective against chronic back pain.

Tai Chi is one of a number of mind-body techniques, such as meditation and yoga, that are increasingly prescribed for chronic pain. The Tai Chi exercise programs, or sets, are like slow dances, emphasizing graceful, gentle, but continuous, movement. Proponents of Tai Chi have long claimed their practice reduces stress, depression, and anxiety while increasing strength, balance and flexibility.

According to Pain Medicine (September 2007), studies show that meditation and Tai Chi improved functioning in older adults with chronic low back pain. Researchers reported that Tai Chi's mind-body interaction is effective and safe.





Customs of Easter and Spring Entwined throughout History of the World

It's spring, that wonderful, fragrant time of year. The return of warm weather has inspired humanity throughout the ages. The ancients attributed the wonders of spring to their many gods and goddesses. Though their beliefs are no longer with us, some of their customs evolved into modern forms.

Hot Cross Buns: At the feast of Eostre, the Saxon fertility goddess, an ox was sacrificed. The word "bun" is derived from the Saxon word "boun" which means "sacred ox." Later, the symbol of a symmetrical cross was used to decorate the buns. The cross represented the moon and its four quarters, and today we have "hot cross buns."

Easter Rabbit and Eggs: The symbols of the Norse goddess Ostara were the hare and the egg. Both represented fertility. From these, we may have inherited the customs and symbols of the Easter egg and Easter rabbit. Dyed eggs were used in the rituals of Babylonian religions. Eggs were sacred to many ancient civilizations and formed an integral part of religious ceremonies in Egypt and the Orient. Dyed eggs were hung in Egyptian temples.

Easter Lilies: The lily was revered by people of many lands as a holy symbol associated with reproduction.

Easter Sunrise Service: Sunrise services are linked to the ancient custom of welcoming the sun god at the vernal equinox (when daytime is about to exceed the length of the night). It was a time to celebrate the return of life to creatures and plants after winter.

Easter Candles: Lit in churches on the eve of Easter Sunday, some historians believe they evolved from the ancients' lighting of bonfires to honor the sun god in spring.

"All kids are gifted. Some just open their packages earlier than others."

Michael Carr

Dye Eggs with Natural Materials from your Kitchen

No need to rush out and buy egg dye for your colored Easter eggs. You probably have some basic colors in your kitchen. Another plus: You can cook eggs and color them at the same time.

Use beets for beige to bright pink eggs; coarsely chopped red cabbage for pale to royal blue; blueberries for lavender shades; brewed coffee for deep mocha color; cranberries for pale pink; tumeric for bright orange; or yellow onion skins with black peppercorns for beige to mauve tones. Here's how to do it:

Place eggs in a deep saucepan. Add your coloring ingredient. Cover with a quart of cold water and add 2 table-
spoons of white vinegar to fix the dye. Gently simmer the eggs from 20 minutes to 2 hours until you like the color. Eggs will be good for up to three weeks if stored in the refrigerator.

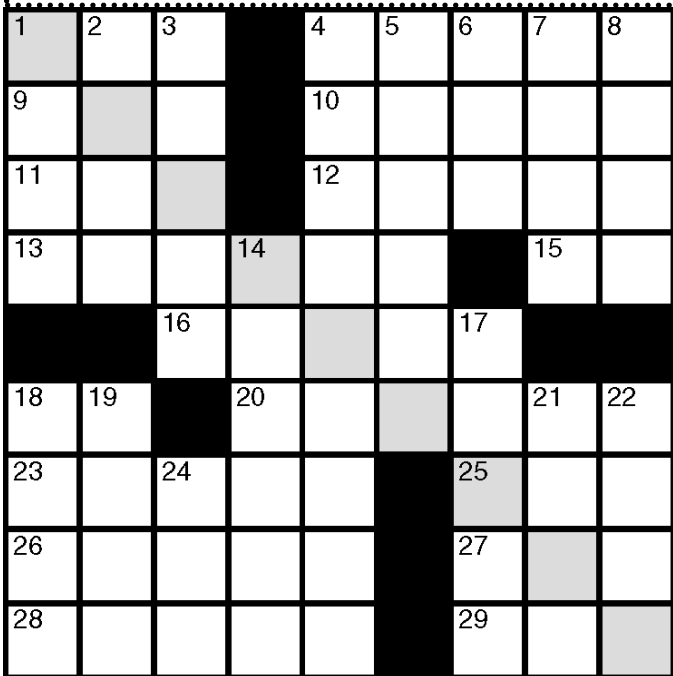


Laugh Factory



Natural laws

- Repairs: After your hands get coated with grease, your nose will itch.
- Probability: The probability of being watched is directly proportional to the stupidity of your act.
- Telephone: When you dial a wrong number, you never get a busy signal.
- Logical argument: Anything is possible if you don't know what you're talking about.
- Traffic: As soon as you change lanes, the other lane will go faster.
- Shopping: When you find a product you really like, they stop making it.
- Results: When you try to prove a machine doesn't work, it will.
- Silence: A closed mouth gathers no feet.



Irish Treasure

Across

- Graduate degree: Abbr.
- Lurk
- Bud's partner
- Deep pink color
- Computer key
- Reddish brown dye
- Magnate
- Indefinite article
- Stereos
- That thing
- ___, action, camera
- Dishonor
- Expression of delight
- Lawful
- Ginger ___
- Make corrections to
- Type of digital display

Down

- Braid
- Sacred
- Type of treat
- Civil War General
- Chekov actor
- Samovar
- Turner of the movies
- Hate group (partial)
- One in the petroleum industry
- Sandbank
- ___ au Haut, Me.
- Those
- Enameled metal ware
- Molt
- Grow old



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

AEROSPACE
 ARCHITECTURE
 ART TO WEAR
 BOOKS
 CAR CARE
 COMPUTER FUN
 COURT SPORTS
 DANCE
 FIRST AID
 FOLK ARTS
 FOOD POWER
 FUN AND FIT
 HIKER
 HORSE FAN
 LEADERSHIP
 OIL UP
 PET CARE
 ROCKS ROCK
 SEW SIMPLE
 SKY SEARCH
 SMALL CRAFT
 THEATER



"Go outside and play, but stay out of the sandbox. You know what that does to your cell phone."



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infoMT@consumerdirectonline.net
www.consumerdirectonline.net



Nurse First Advice Line



If you are an eligible Medicaid client, Nurse First Advice Line is available to help you. If you have a medical concern or question, you can call the advice line at **1-800-330-7847**. These calls are **free and confidential** and a Registered Nurse (RN) is available 24 hours a day, 7 days a week. The advice line helps support you in maintaining your independence at home. The calls offer access to healthcare without leaving your home.

A nurse will ask you about your symptoms and help you get the care you need. The nurses are specially trained and will help you decide if you should go to the ER, visit your health care provider, or care for your symptoms at home. Clients are encouraged to call 911 or their local emergency services provider if they believe a situation is life-threatening.

Nurse First has been taking calls and helping Montana Medicaid clients since January, 2004. The service offers professional medical advice to Medicaid clients and is expected to save the state an estimated \$1.2 million a year!

By calling the advice line, and following the nurses recommendations, you can improve your health, increase your education, help other Montanans, avoid unnecessary trips to the doctor, and save valuable