

RELIABLE

Health Care

Providing the highest quality care for the residents in our facilities.

Reliable Newzz Quarterly

3rd Quarter 2009

E.S.O.P. News

You can always find out the latest happenings of Reliable and other E.S.O.P. items on facebook. When you add Reliable Health Care as a friend you will be able to learn more about the latest company outings see pictures of fellow staff members (owners) and be involved!

facebook

Relia-Bowl's 2009 Top 10

1. Milton Glass - Lakewood Rehab - Reliable Rollators
2. Greg Martin - Fifth Avenue - Fabulous Fifth
3. Wanda Phillips - Lakewood - Gutter Gang
4. Brian Fawcett - Cedar Springs - Backwoods Bowlers
5. Rachel Barnes - Chulio Hills - Bowling Stones
6. Lisa Glover - Friendship Rehab - Reliable Rollators
7. Kelly Reynolds - Lakewood Rehab - Reliable Rollators
8. Meredith Henderson - Fifth Avenue Rehab - Reliable Rollators
9. Bart Miller - Corporate - Maxximum Impact
10. Troy King - Lakewood - Gutter Gang



#1 Team Reliable Rollators
Actual teams result on page 2

Flu Season...The CDC Says

I can't cover my shift.

This flu season the CDC expects the new 2009 H1N1 flu to cause illness, hospital stays, and deaths in the United States along with seasonal flu. You may have the flu if you have some or all of these symptoms: fever (not everyone with the flu will have a fever), cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, sometimes diarrhea and vomiting. Flu doesn't fight fair. Even if you're healthy, you can get sick and spread the flu to other staff members, residents, or even bring it home to your family.



The CDC Recommends

1. Take time to get a flu vaccine.
2. Take everyday preventative actions.
3. Take flu antiviral drugs if your doctor recommends them

Six Steps to Effective Handwashing to Prevent the Spread of Germs



Seasonal & H1N1 Flu

SIMILARITIES

- Fever
- Sore throat
- Muscle aches
- Cough
- Runny nose
- Extreme fatigue
- How it is spread - Typically it spreads from person to person when an infected person coughs or sneezes. People also become infected when the virus gets on their hands and they rub their eyes or nose.

Seasonal & H1N1 Flu

DIFFERENCES

- Anyone can get the seasonal flu and the H1N1 virus **however children and young adults seem to be at the highest risk for H1N1.**
- **Seasonal:** High Risk groups should get the vaccine.
 - Children 6 months to 19 years. People 50 years and older.
 - People with chronic diseases such as diabetes or asthma.
 - People living in nursing homes or long-term care homes.
 - Women who are pregnant.
 - **Health care providers.**
 - People living with anyone in a high risk group.
- **H1N1:** High risk groups should get the vaccine.
 - Children 6 months to 24 years of age.
 - Women who are pregnant.
 - People with chronic diseases such as diabetes or asthma.
 - People caring for infants.
 - **Health care providers.**

RELIABLE FISHING TOURNAMENT



A couple of weeks ago, the maintenance staff from all the facilities and corporate office squared off at Lake Weiss in Alabama. Stories were told, tales were spun and the fish of Lake Weiss for some unfound reason remain a mystery.



Andy Morris said this one put up a fight! "Big" John Johnson Agrees.

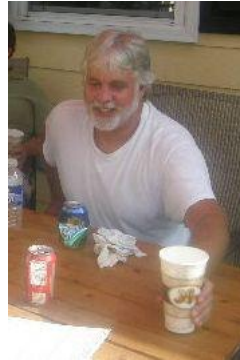


The Dynamic Duo! Greg Martin and Danny "Bulldog" Boatner.



Ernest Holiday won the Biggest fish!

Jim Wilson won the Most fish!



Mickey Ball won the Almost Biggest fish!

Although very few fish were caught, the anglers enjoyed the best barbecue on the lake that day.

After all.....casting.....and casting.....and casting.....and casting.....and casting makes an angler work up an appetite!



The whole group from left to right: Ernest Holiday, Mickey Ball, Oscar Colquitt, Charlie Hehn, Danny Boatner, Jim Wilson, Greg Martin, Scotty Edwards, Andy Morris, James Walker, Peter Bugulrow, John Johnson.

Rumor has it that in January the group may hook up again to see who will be Crappie King!



Relia-Bowl's Team Scores

1st Round

Lakewood - 1396

Dade - 904

Molena - 1067

Corporate - 1517

Cedar Springs - 1434

Gateway - 1106

Fifth Avenue - 1515

Friendship - 1367

Chulio Hills - 1483

Rehab - 1623

2nd Round

Lakewood - 1035

Rehab - 1025

Corporate - 958

Cedar Springs - 929

Fifth Avenue - 883

Chulio Hills - 963

3rd Round

Lakewood

Rehab

WINNER !

Rehab

