

RELIABLE

Health Care

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

Special Time of Year



Drier air, cooler days and crisp nights signal the change of the seasons. The air conditioner gets to take a break and the leaves start making their presence known. Fallen leaves are the mark of a

living past. As varied, bright and vivid are the colors of the leaves, so are the lives of the residents we take care of daily. Let's use this fall to embrace our diversity and to help the upcoming holidays be as colorful and vivid as possible for the residents we provide care for. Before you know it, fall will be here again.



What Is It?

What Do You Think It Is?

Ever Seen It Before?

Who Else Knows About It?

Looking For GMAX Masters.

Deck The Halls with GMAX.

Coming To You Late 2007!

Tell Us What You Think.

Recognize This?

So pretty to look at, looks lovely to hold, but if you breathe it in you'll have more than a cold!

Is it a pin cushion?

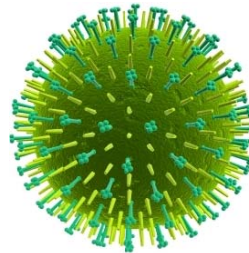
Is it a sea urchin?

Is it the back side of a puffer fish?

Is it an electrified tennis ball?

No, this beautiful looking sphere is the influenza virus looking for a place to hang out for the winter. Influenza is caused by a virus—a tiny particle that consists of RNA (genetic material also known as ribonucleic acid) inside a protein coat. The influenza

virus, like other viruses, can only reproduce by taking over a "host" cell (a cell that



provides nourishment for the virus). Spreading the virus is easy. A person who is infected with influenza coughs or sneezes, releasing tiny particles of virus. (This person may not even feel sick at the time www.influenza.com). "Influenza season" can run from autumn leaves to spring flowers. Your doctor will probably try to schedule your influenza vaccination based on whether or not you are considered at high risk. The CDC usually recommends that high-risk people be immunized first, starting in September, with others to follow in October and through the winter. Reliable is providing flu-shots for staff members to help stave off this annual virus. Talk to your Administrator today to learn more about the "FLU-SHOTS".

Cedar Springs to Rome

There are many roads that lead to Rome. One of those roads is bringing a new face to the corporate office. Help us all in welcoming Tracy Johnson from Cedar Springs Health & Rehab to her new role at our offices in Rome. Tracy joined the team at Cedar Springs Health and Rehab almost 2 years ago working with HR functions. Her new role at the corporate office will be an extension of the experience she gained at Cedar Springs. Tracy will working with payroll for Reliable Rehab Associates, monitoring elective insurance premium withdrawals for employees and helping coordinate work opportunity tax credits for all our facilities.



Played Any Games Lately?

Playing card games can help stimulate memory, as can Dominoes or other board games. It also helps with gentle exercise in the process of actually moving pieces, cards, dominos etc. It can also help keep the brain active when calculating equations. The best thing about playing games however is the Fun it induces. Who can you have fun with at your facility?

