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## Food For Thought



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**Just 7 more Medicare customers can deliver over \$1 million to your top line.**

*This additional revenue offsets losses from Medicaid reimbursement rates.*

### Does your organization need to grow revenue?

Clint Maun and Maun-Lemke have over 25 years of expertise in "changing the results of healthcare". We have learned through that to assure their sustainability, LTC organizations **must not be** revenue dependent upon Medicaid.

Maun-Lemke's proven A.R.M.S. Length Revenue Enhancement System can be implemented cost-effectively through our step-by-step process and web-based computer consulting support. For information on the A.R.M.S. Length System and how your organization can achieve their full Revenue potential, call Kathy Cain or Chad Maun at (800) 356-2233.

[How to Seize the Day - 5 Tips to Live By](#)

You've probably heard the saying, 'Carpe Diem' which means 'seize the day.' Although this is a common expression, it is certainly difficult for many of us—especially healthcare professionals—to do. With hectic work schedules, demanding personal lives and obligations, the saying 'Carpe Diem' usually remains just that; a saying.

Of course, it doesn't have to be this way. There are simple things you can do to appreciate the present and get the most out of today. Here are five great tips to live by:

1. **Take baby steps.** You can do small things every day to help you live in the present and move toward your dreams and goals. For example, if your dream vacation is a Paris get away, you can start realizing that goal by setting some money aside every day. You could also try a new French dish every week, or pick up a French tour guide book. The key is taking small steps every day.
2. **Let go of what you can't control.** If you constantly stress over things such as the stock market, the weather, or what others think about you, it's time to let go. Don't waste time and energy agonizing over stuff you can't do anything about. It will only distract you from effectively addressing the items you do have control over.
3. **Don't fret on regret.** There's a difference between learning and growing from your mistakes, and spending all day regretting the choices you've made. Just remember this: you can't change the past, so it is absolutely unproductive to waste your time wishing you could.
4. **Take time for you.** Doing something you truly enjoy every day is key to seizing the day. Make a commitment to do what makes you happy. Put it in your calendar and make sure those around you know that this is 'your time'.
5. **Give thanks.** Even if you're having a rotten day, there are things you can be thankful for. Your life, your health, your family, and food on the table are all critical items many of us take for granted. Taking 30 seconds to give thanks for what you have will help you appreciate any given day.

With the tips above, seizing the day doesn't have to be a far-fetched idea. Moreover, when you make a conscious effort to let go of the past and focus on the present, some amazing things can happen!

*"Whether it is the best of times or worse of times, it is the only time which we've got."  
—Art Buchwald*

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