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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.

Can't find your car keys? Forgot what's on your to-do list?

## 5 Tips to Improve Your Memory

Between the never-ending tasks and challenges you face as a healthcare professional, it's probably all too easy to forget things here and there. If your memory is indeed falling short, try these surefire strategies:

1. **Keep learning.** You don't necessarily have to devote hours completing crossword puzzles, sudokus and other brain teasers to keep your brain sharp. However, to prevent cognitive decline, it's important that you keep your brain active by learning something. The challenge of the unknown is likely more beneficial than putting together the same jigsaw puzzle over and over again. More educated people, studies suggest, are at lower risk of Alzheimer's disease and show less mental decline with aging.
2. **Drink coffee.** Finding published in the journal *Neurology* found that study participants who drank over three cups of coffee a day were less likely to experience as much memory decline as those who consumed a cup or less. This doesn't mean you should necessarily start guzzling coffee—but if you already enjoy the beverage, this is encouraging news. Just make sure you drink it in the morning, and not in the afternoon, as the caffeine may interfere with restful sleep.
3. **Eat berries.** A study published in the *Annals of Neurology* reported that women who ate berries more frequently over a period of years showed slower decline in brain functions such as memory and attention when they got older than women who ate them less often. It's thought that the antioxidants and polyphenols in blueberries, cranberries and grapes can help improve the ability of brain cells to communicate with each other, and lessen the brain's susceptibility to injury.
4. **Exercise.** Physical activity improves function throughout the entire body, including the brain. Mounting research shows that any type of exercise (i.e., walking, running, basketball, resistance training, etc) have a profound effects on overall cognitive function. Aim for 30 minutes of activity a day.
5. **Get 7 to 8 hours of sleep a night.** Research shows that when we don't sleep, proteins build up on synapses, possibly making it hard to think and learn new things.

*"Memory is deceptive because it is colored by today's events."*

—Albert Einstein

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