



August 15, 2014



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 us at (800) 356-2233.



Food For Thought

Simple Strategies to Cultivate Calm

In this month's newsletter, we covered a three-step plan to addressing stress and cultivating calm. As a follow-up to that article we've included some quick and easy strategies you can incorporate into your daily routine to help you regain a sense of zen:

- **Rate your stress.** Everyone gets stressed. The key is to identify the stress before you *explode*. So, on a one to 10 scale, rate your stress level. If you're at an 8 or higher, you need to set some time aside and take a breather.
- **Create a distraction.** To keep a sense of calm, think of being on a relaxing beach or change your thought pattern by repeating a positive motto like,

“The truth is, nothing is guaranteed; so don’t be afraid. Be alive.”

- **Drink a cup of tea.** The benefits of tea keep pouring in! In a study at University College in London, 75 volunteers drank the equivalent of a cup of black tea before completing two stressful tasks. Afterward, their cortisol (a stress hormone) levels dropped an average of 47 percent, compared with 27 percent for the non-tea drinkers.
- **Have a cry if you want to.** Pent up emotions are your enemy. A good cry can let your emotions out, and prove cathartic.
- **Find a way to laugh.** According to researchers at Loma Linda University in California, just the anticipation of laughing significantly decreases levels of the stress hormones.
- **Take a walk with a friend.** Not only will a quick walk literally get you out of a stressful situation, but exercise can help you blow off steam and release feel-good endorphins. And, when you walk with a friend, you can get the social support and perspective you need.

“Many of us feel stress and get overwhelmed not because we’re taking on too much, but because we’re taking on too little of what really strengthens us.”
—Marcus Buckingham



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