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October 15, 2015



For the past several newsletters, weâ€™ve been introducing you to Clint Maunâ€™s powerful new online interactive training platform, **Care Crowd VT**.

Today, weâ€™d like to share with you some exciting new updates!



You wanted an easier pricing model

We delivered!

We've simplified the pricing model to make it even easier and even more affordable for **any** care organization of **any size** to take advantage of this fantastic training value. For less than \$1.65 per day (even less if you are a LeadingAge member!), **all of**

the employees at your facility (including future new hires during the 3-year site license period) can have unlimited access to Clint's humor, experience and wisdom to help your organization **Improve Care from Within!**

Droves of care professionals across the country have been asking for a way to learn more from Clint Maun beyond just the various speaking engagements they may have attended in their specific locales. In response to this overwhelming demand, Clint has created the **Care Crowd**, a growing community of care professionals like you who share a *deep passion and commitment* for taking care to the **next level of excellence**.

If you are familiar with Clint Maun's care expertise, you already know he has enough tips, tools and techniques to fill **weeks** of your time. We've taken that mountain of knowledge and experience, mixed in some of Clint's unique brand of humor, and condensed it all down to **four hours** of *easily digestible, yet immensely powerful* training content. **Care Crowd VT** is your virtual training access point to Clint's wealth of solution-oriented, team-based approaches to improving care nationwide. *By mastering these four fundamental, yet critical courses, Care Crowd members establish a baseline foundation of training that will help them excel in any area of care:*

- **Care is Cool!**
- **Customers are Great!**
- **Teaming Makes it Easier**
- **I (personally) Make a Difference**



Ready to learn more?

*You can now try out the training first-hand with a **Free Trial!***

Visit the Care Crowd VT website today and enjoy a **free 2-week trial** so you can see for yourself how easy, yet very powerful, this training can be. *Imagine all your organization's staff being on the same page in providing the best care to your customers! Better still, at only pennies per day, **you***

can't find better training for your budget! Add on the fact that Administrators can even get **4.5 CEU credits via NAB** and the *value goes through the roof.*

Facility by facility, care professional by care professional, **Care Crowd VT** is amassing

a large, vital community of people who strive to change the face of care **from within**, rather than wait for the various *external forces* to magically align for positive change. ***Become a Care Crowd member today!***



Food For Thought

Chew Up the Benefits of Antioxidants!

In the healthcare profession, weâ€™re all focused on what we can do to get and stay healthy. And antioxidants are certainly one key piece to the puzzle. Antioxidants are natural substances that may stop or limit cell damage caused by things like aging, infection, and pollution. Hereâ€™s a glimpse at what antioxidants can do and what foods you should eat to reap their wonderful benefits.

Have some walnuts, protect your heart. Research from scientists at the University of Scranton in Pennsylvania reveals that walnuts are the best nut for heart health. Any type of nut contains healthy fats and antioxidants that can actually lower bad cholesterol and inflammation. Walnuts, however, score highest in antioxidant power. Grab a handful or sprinkle some in your salad or oatmeal.

Bite into some blueberries, better your brain. Some studies indicate that the antioxidants in berries may help to keep your memory sharp. Wild blueberries in particular appear to be the true superstarâ€”just one cup has over 13,000 total antioxidants! Try adding the fruit to your morning cereal a few times a week.

Have a salad, protect your sight. A daily salad with dark leafy greens may not only protect your waistline but also your vision. Leafy greens like spinach, kale and collard greens are packed with antioxidants lutein and zeaxanthin. Studies show these specific antioxidants can lower the risk of developing macular degeneration

â€œMoney cannot buy health, but Iâ€™d settle for a diamond-studded wheelchair.â€
â€•Dorothy Parker



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ClintCast.com



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