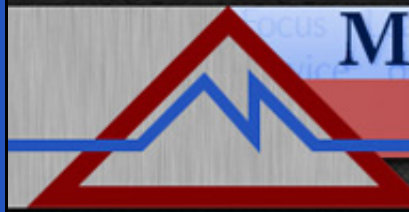


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**MAUN-LEMKE**

*Changing the Results of Healthcare*

**SOLUTIONS**

*The Newsletter for Healthcare & Human Services*

March 15, 2016



## Mystery Shopping

*How would you score?*

Maun-Lemke has been Mystery Shopping healthcare organizations, by phone and live visits, for over 20 years. We create a new Mystery Shopping *scenario* each month specific to the type and treatment specialization to be shopped (Long Term, Assisted Living, Alzheimerâ€™s, Hospice, Home Care, Mental Health, Independent Living). We rotate our Mystery Shoppers so they do not contact the same facility within a 6-month time frame. All Maun-Lemke Mystery Shoppers have healthcare experience, are trained by us and each of their reports are reviewed for grading consistency.

Consumers today are taking a much greater interest in their healthcare. They are becoming more empowered to explore healthcare options for themselves and their loved ones. Providers can no longer merely depend on discharge planners and referral sources to keep facilities full. They need to know how their organizationâ€™s staff handles inquiries.

If youâ€™d like information on Mystery Shopping your facility, call Kathy Cain at 800.356.2233.



**Food For Thought**

**Childish Habits you Should Kick**

In this month's newsletter, we featured the health benefits of acting like a kid. To be sure, there are several health benefits of acting young again, but there are some childish habits you may still hold on to that aren't so good for you:

- **You haven't lost your childhood sweet tooth.** Candy is fun to eat, and it's why so many kids love it. But sugary snacks take a toll on everything from your teeth to your waistline. And excessive sugar can actually make you look older too! Experts believe regular consumption of added sugar can make your skin dull and wrinkled. It's not easy to eliminate sugar completely, but try by limiting or cutting down on sugary snacks and drinks like soda and juice.
- **You still act like a college kid when it comes to sleep.** Staying up late and getting up early may have been somewhat sustainable in your younger years, but as an older adult, chronic sleep deprivation is simply devastating to your health. Research links it to high blood pressure, diabetes, weight gain, and even just looking tired and older. Aim for seven to eight hours every night.
- **You still listen to tunes on full blast.** It's fun and exhilarating to listen to your favorite song blaring while you're wearing headphones, but prolonged exposure to loud noises can lead to hearing loss. Focus on keeping the volume low when you're listening to music on your headphones. If you can't hear people around you talking, it's likely too loud!

*"Got to work this morning and my boss told me "have a good day,"  
so I went home and had a great day!"*  
—Anonymous



## Quick Links

[MaunLemke.com](http://MaunLemke.com)  
[ClintMaun.com](http://ClintMaun.com)

[ClintCast.com](http://ClintCast.com)  
[CareCrowdVT.org](http://CareCrowdVT.org)



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