



July 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

### Quick Ways to Feel a Sense of Calm Now

Between your busy work schedule, running errands, and the countless other to-do's in your day, it's easy to get stressed and not even realize that you're in a constant state of tension.

And no doubt that all that tension could have a negative effect on your health. That's why it's so important to have quick, surefire relaxation techniques at your disposal. Here are a few ideas to get you started. You can cultivate a sense of calm with these simple strategies:

- **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.

*"The greatest weapon against stress is our ability to choose one thought over another."*  
—William James



## Quick Links

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

[ClintCast.com](http://ClintCast.com)  
[ClintsCures.com](http://ClintsCures.com)



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