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August 17, 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

### Tapping into the Relaxation Response

No doubt about it—being a healthcare professional can be demanding and stressful day-in and day-out. And that’s a primary reason why you must make time for relaxation. Without it, you are bound to burn out or experience some health issues. Dr. Herbert Benson, founder of Harvard’s Mind/Body Medical Institute, coined the term *Relaxation Response* in his book (of the same name) in 1975. The book was a national best seller and the concepts it promoted are still wildly popular and practiced today. Essentially, the relaxation response is defined as a physical state of deep rest that enables your body to release chemicals and brain signals that make your muscles and organs slow down and increase blood flow to the brain.

So how does one elicit the relaxation response? Dr. Benson notes that there is no single method that works for everyone, and there are in fact, several ways to summon it. Some effective methods include sitting in a relaxed position with your eyes closed, and then simply repeating a word or sound as you breathe. Some people use words like *calm* or *relax*. If your mind wanders, which is normal, just refocus on the word repetition.

If traditional meditation isn’t your thing, don’t worry. Anything that slows your thoughts down and enables you to focus solely on the task at hand can evoke the relaxation response. This can include activities like running, yoga, knitting or playing an instrument.

*“The time to relax is when you don't have time for it.”*  
—Sydney J. Harris



## Quick Links

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

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



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