

Email not displaying correctly?

[View it in your browser](#)



October 1, 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!**



The Leading Edge

A Closer Look at UTIs

Urinary tract infections (UTIs) are a common occurrence in long-term care facilities and nursing homes. However, the common tests and treatments for UTIs within this population do not always make for a surefire cure. How so? The reason is because older adults often have bacteria in their urine, even if they have no UTI symptoms. Yet physicians will still often order a urine test if a patient has vague symptoms, such as increased confusion, irritability, or falling. The test will probably show some bacteria, leading the doctor to order an antibiotic. But, if the bacteria is in the urine and not causing a real infection, the antibiotic won't help the vague symptoms, and the root cause could very well be overlooked.

A Focus on Prevention

The best approach to tackling UTIs revolves around prevention. To be sure, according to the *Centers for Disease Control and Prevention*, there are several things healthcare professionals can do to help prevent UTIs. Take note of the following:

Help the patient establish healthy urinary habits:

- Take the person to the bathroom often and give them plenty of time to urinate—they want to make sure they completely empty their bladder
- Provide water by the bedside and encourage the person to drink enough fluids

Advocate good hygiene for the patient:

- After a bowel movement, women should wipe from front to back—this can help keep fecal bacteria at bay
- Change diapers or other incontinence products often

Ensure you're an advocate of good hygiene:

- If there are patients completely dependent on healthcare staff for their care,

make sure you wash your hands or use a hand sanitizer when you enter the person's room and also when you:

- Start or finish a procedure, such as changing a wound dressing or diaper
- Leave the room

“A healthy outside starts from the inside.”
—Robert Urich



Employees Matter

Type 2 Diabetes – Prevention Strategies for Your Patients (and you!)

The data has been out for quite some time—we now know that type 2 diabetes is an American health epidemic. Indeed, not only do you probably see it affecting several patients, but you could also be at risk yourself. The good news is that simple lifestyle choices and behaviors can help keep the disease at bay. Take these tips to heart and share them with your friends, family, and patients—they are tried and true:

Learn your risk. Your age, family history, and lifestyle are just a few factors that can place you at increased risk for developing diabetes. The *American Diabetes Association* offers a free, quick and easy risk assessment at <http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>

Have one less soda a day. Consuming too many added sugars like those found in candy, cakes, cookies and soft drinks can increase your diabetes risk. Start slashing it by removing one item like soda from your daily diet.

Add beans to your dishes. They're great sources of fiber, and fiber can reduce your risk of diabetes by improving your blood sugar. According to a research published in the *Journal of the American Board of Family Medicine*, a diet that's high in fiber may even help lower your A1C test results, which measures your average blood sugar control over two to three months.

Eat dinner on a salad plate. Being overweight increases your diabetes risk. Using smaller plates at dinner can help you keep portions in check and eat less.

Opt for a vinaigrette dressing. A study published in the *Journal of Community Hospital Internal Medicine Perspectives* suggests that vinegar may help improve fasting blood sugar levels and insulin sensitivity.

Sprinkle your coffee or oatmeal with cinnamon. The spice may be instrumental in type 2 diabetes prevention. Researchers from the University of Georgia tested herbs and spices and discovered that cinnamon in particular seemed to do a great job at preventing inflammation associated with diabetes.

Try to lose 5 to 10 pounds over the course of several months if you're overweight. Data reveals that more than 80 percent of people diagnosed with type 2 diabetes are obese. Major weight loss won't occur overnight, but losing a few is achievable. In fact, just losing 10 pounds will have a huge impact on blood glucose

levels.

“Health is not valued till sickness comes.”
—Thomas Fuller



News You Can Use

New Analysis Tool for Five-Star Quality Rating

A new reporting tool from non-profit organization LeadingAge could help healthcare providers better understand the Centers for Medicare & Medicaid Services Five-Star Quality Rating system, and improve their own quality of care.

The analysis tool gives quarterly reports on specific facilities and areas where they should focus improvement efforts in order to increase their star rating. The reports include information about the main components of the Five-Star rating, including the facility’s last three health inspections, staffing hours per resident day and its rating on 11 quality measures.

The reports also include an interactive staffing tool where nursing homes can input Resource Utilization Groups data and staffing hours to calculate how changes in resident case mix and staffing hours could impact their rating.

You can learn more by visiting [LeadingAge](#).

“If you’re not confused, you’re not paying attention.”
—Tom Peters



Just For Fun

How to Get a Response when You Need It

Urban legend has it that this is a true story. Regardless, the lesson remains clear—this is a great way to get a response when you need it!

A man was going to bed when his wife told him that he’d left the light on in the shed. He opened the door to go turn off the light but saw there were people in the shed in the process of stealing things.

He immediately phoned the police, who asked “Is someone in your house?” the man said no and explained the situation. Then they explained that all patrols were busy, and that he should simply lock his door and an officer would be there when available.

The man said, “Okay,” hung up, counted to 30, and phoned the police again.

â€œHello, I just called you a few seconds ago because there were people in my shed. Well, you don't have to worry about them now because Iâ€™ve just shot them all.â€

Then he hung up. Within two minutes three squad cars, an Armed Response unit, and an ambulance showed up. Of course, the police caught the burglars red-handed.

One of the policemen said to the man: â€œI thought you said that youâ€™d shot them!â€

The man then said, â€œI thought you said there was nobody available!â€



Quick Links

MaunLemke.com
ClintMaun.com

ClintCast.com
CareCrowdVT.org



Republish Policy

Permission to republish/reprint an article is given provided the following conditions are met:

- Clint Maun receives proper recognition as the author of the article. A link to Clint Maunâ€™s www.clintmaun.com and www.maunlemke.com websites is published at the end of the article. The piece is not modified in any way.
- Clint Maun is informed of the re-publication/reprint and receives a copy of the publication with reprint. ([Contact Us](#))

You are receiving this email because you opted-in through our sign-up process to receive our free company email newsletter, Solutions (published monthly) and occasional news regarding major announcements regarding Clint Maun/Maun-Lemke Speaking and Consulting, LLC. You can unsubscribe at any time and your email information will never be shared with/rented/sold to others.

[Unsubscribe](#) <<Email Address>> from this list | [Forward to a friend](#) | [Update your profile](#)

Our mailing address is:

Maun-Lemke Speaking and Consulting, LLC
8031 W. Center Rd.
Suite #222
Omaha, NE 68124

[Add us to your address book](#)

Copyright (C) 2015 Maun-Lemke Speaking and Consulting, LLC All rights reserved.

