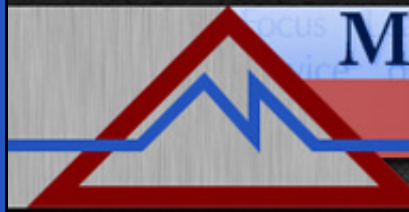


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MAUN-LEMKE

Changing the Results of Healthcare

SOLUTIONS

The Newsletter for Healthcare & Human Services

April 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

Simple Ways to Avoid Fast Food

Past studies have strongly linked fast food to weight gain, obesity, and type 2 diabetes, and based on a new evaluation, it seems we should also add depression to this list. In a long term study that involved over 8,500 study subjects, those who consumed the most fast food (hamburgers, hot dogs, and pizza) were 51% more likely to develop depression vs. those who rarely or never ate fast food. And there was a direct dose response relationship—the more fast food, the higher the risk, which adds to the likelihood that this could be a direct cause and effect relationship.

It would be easy to say you should simply avoid high-fat, high-calorie fast food but of course, there's a little more to it than that. Here are some simple steps that can help you eliminate or cut down on fast food fare:

- **Try to avoid driving by fast food joints.** Even seeing them can trigger intense cravings at the level of the brain, especially if you are hungry. It may not always be possible, but if you can, try to take a detour so you don't even see your favorite drive-thru.
- **Practice visualizing fatty fast foods with a stream of negative, even repulsive images.** Overtime this can help you say no to them more readily.
- **Use personally empowered language like "I don't" versus "I can't" or "no" when trying to avoid or refuse fast foods.** This simple verbal maneuver can be highly effective.
- **If you do indulge, order from the kid's menu.** Kid's options are still filling, but you will eat much less and save yourself a lot of calories.

"My idea of fast food is a mallard."
—Ted Nugent



Quick Links

MaunLemke.com

ClintMaun.com

ClintCast.com

CareCrowdVT.org



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