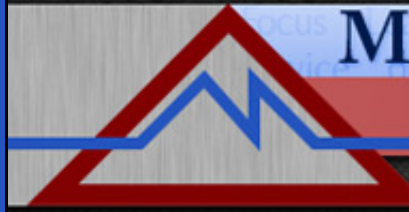


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MAUN-LEMKE

Changing the Results of Healthcare

SOLUTIONS

The Newsletter for Healthcare & Human Services

October 17, 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, Alzheimer'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 organization's staff handles inquiries.

If you'd like information on Mystery Shopping your facility, call Kathy Cain at 800.356.2233.



Food For Thought

Your Chair & TV—a not-so-healthy combo

In this month's newsletter, we talked about the dangers of prolonged sitting to your health, and that any type of movement can have benefits (to you, and of course your patients). As a follow up to that story, science is showing us that sitting for prolonged periods of time in front of your TV may be the worst kind of sitting out of all.

Studies show that sitting in front of your TV is associated with an even greater risk of death (sorry to be the bearer of bad news). So what's so particularly bad about your TV time? Researchers suggest that people are more likely to get up and walk around at work than they are while watching TV. Further, people tend to watch TV in the evening after eating dinner, which may have negative effects on blood sugar and fat metabolism. TV viewers may also be more prone to mindlessly snack on unhealthy foods.

If you watch a lot of TV (2 or more hours a day), consider buying an exercise bike or treadmill and exercise while you watch. Or perhaps, try doing some stretches and strength moves (i.e., push-ups, jumping jacks, etc.) during your shows. In any case, find a sport or active hobby that you enjoy, and do that as much as you can, because it all counts.

*"What we think, we become."
—Buddha*



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MaunLemke.com
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