

THE RURAL REPORT



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Alpine Retirement
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FROM THE PRESIDENT'S DESK

It is easy to tell that summer has arrived—hot and humid.

We have recently been involved with 3 of 4 facilities that have closed. One is trying to open back up. The owner/operator could not make enough profit to continue to justify the risk.....so they just walked away. Two of these facilities the state took over by means of a receivership.

More and more for-profit nursing homes in rural Nebraska are going to be closing or changing hands with the local community taking over. Since there is not a realistic profit to be made, it will be up to the community to decide if they want to keep them open or just let them close.

Nursing home costs continue to rise at a faster rate than Medicaid will cover. The pieces to the puzzle are there, but the picture isn't pretty. We have to charge

our private pay not only their share of the cost of operating the facility, but we also have to charge them more for Medicaid's shortfall.

The Nebraska legislature has a long-term care study going on this summer, but the state always runs out of money before it runs out of needs. The squeaky wheel gets the grease. Let your senators know your facility needs their help.

Best
Regards,
Ron Ross,
President



From Your Community

Recognizing the Signs of Heat Exhaustion

As summer is upon us, we should take time to recognize and help prevent heat exhaustion for the elderly population. Heat exhaustion or heat stress is a result of prolonged exposure to hot environments. Heat exhaustion can happen in a matter of minutes and can have permanent lasting effects on a person. According to the Mayo Clinic, vital organ damage is a leading complication from heat exhaustion. Organs can swell resulting in permanent damage and can be fatal.

What are some of the signs and symptoms of heat exhaustion?

- Confusion
- Paleness
- Rapid heart rate
- Nausea /Vomiting
- Fainting
- Weakness
- Mood Changes
- Hallucinations
- Headache
- High body temperatures
- Slurred speech

Risk factors for heat exhaustion in the elderly include:

- Medication use
- Lack of air conditioning

- Sudden exposure to heat
- Exertion to hot environments
- Lack of fluids
- Chronic Illnesses

How can we help avoid heat exhaustion and heat stress?

- Limit the amount of time spent outside while temperatures are their peak high
- Always have water or other cool liquids available
- Keep the person covered in light clothing, a hat or with a parasol
- Keep a comfortable temperature inside with air conditioning or fans
- Check the person's medication to see if there may be a reaction to prolonged exposure to the heat
- Never leave the resident/person alone in a parked vehicle or enclosed space without proper air conditioning

For more information, please visit the CDC website at <http://www.cdc.gov/niosh/topics/heatstress>

By Missie Bramhall
Billing Manager



How to Avoid Heat Stroke

"The best way to avoid getting sick from the heat is to prevent it," Lisa Washburn, assistant professor-health for the University of Arkansas System Division of Agriculture, said on Tuesday. "When the heat index is 90 degrees or more, you need to take a few extra precautions to keep you, your family, friends and co-workers safe." The heat index is a measure of how hot weather feels to the body. It uses relative humidity and air temperature to produce the index, and the values are for shady locations only. Before going out doors for the day, check the heat index first.

1. You should drink lots of fluids, but when the heat index is high, it is vital to drink lots of water as it's easier to be-

come dehydrated in temperatures 90 degrees and higher. Per the University of Arkansas," "A good rule of thumb is to drink a quart of fluids an hour if you are outside on high heat index days. Caffeinated drinks and alcohol will sap your hydration, too, so avoid those beverages or drink an equal amount of water to what you consume in caffeine and alcohol."

2. If you are outdoors because of work, take frequent breaks either inside or in the shade to cool off.

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Drafted by Thomas Jefferson between June 11 and June 28, 1776, the Declaration of Independence [was] at once the nation's most cherished symbol of liberty and Jefferson's most enduring monument. Here, in exalted and unforgettable phrases, Jefferson expressed the convictions in the minds and hearts of the American people. The political philosophy of the Declaration was not new; its ideals of individual liberty had already been expressed by John Locke and the Continental philosophers. What Jefferson did was to summarize this philosophy in "self-evident truths" and set forth a list of grievances against the King in order to justify before the world the breaking of ties between the colonies and the mother country. We invite you to read a transcription of the complete text of the Declaration.

<http://www.archives.gov/exhibits/charters/declaration.html>

Running Google Chrome? Make sure you update flash immediately

Adobe Flash has a known buffer overflow vulnerability that can lead to code execution on your computer, and it is being actively exploited in the wild. Even if you have Windows 8.1 or are running Internet Explorer you will need to go to the adobe website and download adobe flash. That or uninstall adobe flash. For more information visit www.adobe.com

"Adobe has released security updates for Adobe Flash Player for Windows, Macintosh and Linux. These updates address a critical vulnerability (CVE-2015-3113) that could potentially allow an attacker to take control of the affected system.

Adobe is aware of reports that CVE-2015-3113 is being actively exploited in the wild via limited, targeted attacks. Systems running Internet Explorer for Windows 7 and below, as well as Firefox on Windows XP, are known targets.

Adobe recommends users update their product installations to the latest versions:

Users of the Adobe Flash Player Desktop Runtime for Windows and Macintosh should update to Adobe Flash Player 18.0.0.194.

Users of the Adobe Flash Player Extended Support Release should update to Adobe Flash Player 13.0.0.296.

Users of Adobe Flash Player for Linux should update to Adobe Flash Player 11.2.202.468.

Adobe Flash Player installed with Google Chrome and Adobe Flash Player installed with Internet Explorer on Windows 8.x will automatically update to version 18.0.0.194."

<https://helpx.adobe.com/security/products/flash-player/apsb15-14.html>

Quick Security Tip for Surfing the Web



When entering data online that may be sensitive make sure to look at the website address to see if your connection to that site is secure. You will see a lock symbol next to the https:// showing that the connection is secure. If you see a warning symbol or a lock with an X your are better off not entering any sensitive data to that site.

How to Avoid Heat Stroke Continued

3. "Don't overexert yourself," Washburn said. "Wear loose clothing that is light in color and fabric, slather on sun-block often and put on a hat.

4. Stay inside as much as possible, it will keep you safe

The warning signs of heat exhaustion are pale skin, fatigue, weakness, dizziness or nausea, profuse sweating, rapid pulse, fast and shallow breathing, and muscle weakness and cramps.

If you or someone near you have any of these symptoms, get out of the heat and rest in a cool, shady place. Drink plenty of water or other fluids containing electrolytes, but do not drink alcohol as it will make the illness worse. If after 30 minutes you or the person experiencing these symptoms does not feel better, contact a doctor or 911. If not treated, heat exhaustion can lead to heat stroke, which

can cause death from heat-related illness." The warning signs of heat stroke include skin that feels hot and dry, but not sweaty; confusion or loss of consciousness; throbbing headache; frequent vomiting and shortness of breath or trouble breathing.

If you or someone near you has any of these symptoms, call 911 immediately. Once emergency help is on the way, move the person to a cooler location, remove heavy clothing and cool the body by wetting it thoroughly and fanning it, and get the person to drink cool fluids if they can. Once at the hospital, the patient probably will be given fluids intravenously.

Information from University of Arkansas and nwahomepage.com

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