

April 2012

In an effort to eliminate fraud and abuse in the Medicaid program, the Kansas Department of Aging implemented KS AuthentiCare on January 9, 2012.

KS AuthentiCare is a web-based electronic time and attendance reporting system that:

- Determines when the caregiver started work and ended his/her shift
- Identifies missed and late client visits
- Provides the Kansas Department of Aging with data to assist in making policy decisions regarding the delivery of home and community based care.

All caregivers are **REQUIRED** to utilize KS AuthentiCare. A basic use of the system requires the following steps:

- The caregiver goes to the home of the client to provide service.
- The caregiver uses the client's telephone to call the toll free number.
- KS AuthentiCare identifies the caregiver and the services authorized and prompts the caregiver to enter his/her Worker ID number and verify the service to be provided.
- The system verifies the information and advised the caregiver that he/she is "checked in" as of the time the contact was initiated.
- When the caregiver completes the service, he/she calls the same toll-free number ot "check out" and record the activities performed as appropriate.

The use of KS AutheniCare is **MANDATED** by the Kansas Department of Aging. We can only pay the caregiver based on the number of hours recorded through KS AutheniCare.

-William Van Ry

Memory Game



It is very important to exercise the mind as well as the body. With each edition of our newsletter, we will include a game for you to complete.

Word Game



Last issues word:

FIXTURES

fetus	fuse	rift	site
fire	fustier	rise	stir
first	tier	rite	strife
fist	tire	ruse	suer
fixer	tries	rust	suet
fixes	true	exist	suit
fret	turf	exit	suite
fries	user	serf	sure
fries	refit	serif	surf
frit	reft	sift	surfeit
fruit	rest	sitter	furies
rife	sire		

Can you find 22 words in next issues word

OVERDOES

Collaboration Works

Collaboration Works was created in 2002 as a distribution service of medical supplies and equipment to those who are without health insurance and those who are underinsured to help them maintain their quality of health.

Collaboration Works offer a full range of medical products and equipment – from ostomy, skin care, incontinence and diabetic supplies to over-the-counter medications, wheelchairs, walkers and more.

Collaboration Works strives to meet the client's needs at a fee substantially lower than retail stores. If the necessary supplies are unavailable in their donated stock, they make every effort to locate the items at an affordable price.

For more information, telephone **816-421-1305**. Ms. Peggy Smith, the founder, will be happy to answer any questions you may have.

Myths About High Blood Pressure

High blood pressure, also known as HBP or hypertension, is a widely misunderstood medical condition. Some people think that those with hypertension are tense, nervous or hyperactive. Hypertension, however, has nothing to do with personality traits. The truth is that you can be a calm, relaxed person and still have HBP. Let's look at some myths about high blood pressure so you can understand why it is smart to protect yourself

Myth: High blood pressure runs in my family. There is nothing I can do. I will get it too.

Fact: High blood pressure can run in families. If your parents or close bold relatives have had high blood pressure, you are more likely to develop it. However, lifestyle choices have allowed many people with a family history of high blood pressure to avoid it themselves. Lifestyle changes you can make to prevent high blood pressure include:

- Eat a better diet, which may include reducing salt
- Enjoy regular physical activity
- Maintain a healthy weight
- Manage stress
- Avoid tobacco smoke
- Understand hot tub safety
 - Heat from hot tubes and saunas cause blood vessels to open up (called vasoditation). Vasoditation also happens during normal activities like a brisk walk. If your doctor has told you to avoid moderate exercise, you should also be careful when considering hot tubs and saunas.
- Comply with medication prescriptions
- If you drink, limit alcohol.

Myth: I don't use table salt, so I'm in control of my sodium intake and my blood pressure is not affected.

Fact: In some people, sodium can increase blood pressure. But controlling sodium means more than just putting down the salt shaker. It also means checking labels, because 75 percent of the

sodium we consume is hidden in processed foods like tomato sauce, soups, condiments, canned foods and prepared mixes. When buying prepared and prepackaged foods, read the labels. Watch for the words “soda” and “sodium” and the symbol “Na” on labels; these words show that sodium compounds are present.

Myth: I use kosher or sea salt when I cook instead of regular table salt. They are low-sodium alternatives.

Fact: Chemically kosher salt and sea salt are the same as table salt – 40 percent sodium – and count the same toward total sodium consumption. Table salt is a combination of the two minerals sodium (Na) and chloride (Cl).

Myth: I feel fine. I don’t have to worry about high blood pressure.

Fact: More than 76 million U.S. adults have high blood pressure. Many of them don’t know it or don’t experience typical symptoms. High blood pressure is serious. If uncontrolled, high blood pressure can lead to severe health problems. High blood pressure is also the Number 1 cause of stroke.

Myth: people with high blood pressure have nervousness, sweating, difficulty sleeping and their face becomes flushed. I don’t have those symptoms so I must not have high blood pressure.

Fact: Many people have high blood pressure for years without knowing it. High blood pressure is often called “the silent killer” because it has no symptoms, so you may not be aware that it is damaging your arteries, heart and other organs. Don’t make the mistake of assuming symptoms will alert you to the problem of high blood pressure. Everyone needs to know his/her blood pressure numbers. Diagnosis should only be made by a healthcare professional.

Myth: I read that wine is good for the heart, so I can drink as much of it as I want.

Fact: If you drink alcohol, including wine, do so in moderation. Heavy and regular use of alcohol can increase blood pressure dramatically. It can also cause heart failure, lead to stroke and produce irregular heartbeats. Too much alcohol can contribute to high triglycerides, cancer, obesity, alcoholism, suicide and accidents, and it can be highly addictive. If you drink, limit consumption to no more than two drinks per day for men and one drink per day for women. Generally, one drink equals a 12-ounce beer, a four-ounce glass of wine, 1.5 ounces of 80-proof liquor, or one ounce of hard liquor (100 proof).

Myth: I have high blood pressure and my doctor checks it for me so I don’t need to check it at home, too.

Fact: Because blood pressure can fluctuate, home monitoring and recording of blood pressure readings can provide your healthcare provider with valuable information to determine whether you really have high blood pressure and if you do, whether your treatment plan is working. It is important to take the readings at the same time each day, such as morning and evening, or as your healthcare professional recommends.

Myth: I was diagnosed with high blood pressure and I have been maintaining lower readings, so I can stop taking my medication.

Fact: High blood pressure is a lifelong disease. Follow your healthcare professional’s recommendations carefully, even if it means taking medication every day for the rest of your life. By partnering with your healthcare team, you can successfully reach your treatment goals and enjoy the benefits of better health.