

# IHELP Newsletter

May 2012

ISSUE 7

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"IT IS ONLY THE FARMER WHO FAITHFULLY PLANTS SEEDS IN THE  
SPRING, WHO REAPS A HARVEST IN THE AUTUMN."  
- B. C. FORBES

## Message from the President/CEO

May has always been a favorite month for me. I am fortunate to celebrate Mother's Day with my mom. I love being a mom to Nathan and am so proud of him and his wife Jen. The Chocolate Festival in Oakdale is always held the weekend of my birthday. I usually travel in May and we all appreciate and celebrate Memorial Day for and/or with family and friends.

This year we will celebrate Mother's Day on May 13. While it is a day for most people to wear a new outfit, a beautiful corsage, enjoy a family breakfast or a nice lunch it is also a time for sadness and reflection. I have a friend who refuses to attend church on Mother's Day because it is too painful when the Pastor acknowledges all moms and always presents a message for mothers. My friend has been without her mom for more than 20 years and still misses her so much. We need to be sensitive to those who no longer have their moms or cannot be a mom due to various reasons. I remember several years ago when I was recovering from an accident and was able to spend time on the couch. My mom would always go to my room and "fluff" my featherbed before I went to sleep. It was such a special act of love as she would consistently make sure my bed was ready for me. I was more than 40 years old at the time and certainly no child but she was so loving and thoughtful and I will always remember. Now mom takes care of Elvis when I am out of the area and she always makes sure my room is ready for a good night of rest. She's the best. Elvis loves his grandma too. Thanks mom.

Every day of life brings an opportunity to create a memory. I see nieces and nephews marry and have children and amazed how old they are now. Then I put my age in perspective and how our parents may be getting older as well. I want to make an effort to let others know I appreciate them. I want to make sure I talk to mom even if it is for a few moments just to hear her voice to tell me how Elvis behaves or hear her excitement about the boutique. Thank you moms. You take care of your families and go to work to return home to another job of caring for your families again.

We have the ability to choose our attitude. Let's choose to encourage and motivate others to enjoy the blessings of family, friends, health and a job. We all have struggles and frustrations but we have so much to be thankful for. We have a God who loves, corrects, provides and blesses us daily.

*-Mary Louise*

## Safety Corner

### EMPLOYEE HEALTH AND WELLNESS Back Pain Prevention 101

Whether you've strained a muscle in your back or have aches and pains from aging, back pain can put a big damper in your day and your life. Women tend to have more back issues, from carrying extra weight (purses, bags, children...) but you don't have to take your back pain lying down.

Muscle strains, stiffness or soreness in the back is usually caused by any repetitive movement, which also includes the movement, or lack thereof, of sitting in one spot for too long. Computer = repetitive behavior. Tight hamstrings can also attribute to low back pain, that's a back pain 101 fact. If you fall into this category, know this: A recent report shows that individuals who practiced yoga for 3 months showed less back pain and a greater improvement in function than those receiving either medication or physical therapy alone.

Are you ready to learn the RX for your back pain, what to do and how to prevent it? We've got the inside scoop on some must-do moves, so check it out. Back pain plagues more women than men and is one of the most common reasons for a visit to the physical therapist. Are you curious about your back pain? Here are our solutions. A muscle strain is a tiny tear or a stretch in the muscle fiber. The fix? Get up and move. If you sit too long you put excess pressure on your low back and you shorten and tighten your hamstrings, which will exacerbate your back pain.

Read more at [Yahoo! Shine](#)



## News from HR

### Supreme Court Issues Decision on Meal/Rest Periods

The California Supreme Court released its long awaited decision in a case involving employers' obligations relating to meal and rest breaks. The most critical part of the unanimous ruling in *Brinker Restaurant Corp. v. Superior Court* is that employers do not have to ensure that employees take their meal breaks, but must merely make them available. According to the court: "To summarize: An employer's duty with respect to meal breaks under both section 512, subdivision (a) and Wage Order No. 5 is an obligation to provide a meal period to its employees. The employer satisfies this obligation if it relieves its employees of all duty, relinquishes control over their activities and permits them a reasonable opportunity to take an uninterrupted 30-minute break, and does not impede or discourage them from doing so." Some specifics may vary from industry to industry.

For additional information, visit [www.calchamber.com](http://www.calchamber.com).

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### SAVE THE DATE: Benefits Fair

Friday, June 8, 2012 from 10:00 a.m. to 2:00 p.m. at the IHELP, Inc. Corporate office. Contact Ana Avalos at 209.825.5995 to sign-up for a massage, visit with representatives from the dental office of Alan S. Lee, DDS, Golden Valley Credit Union and Seuss Insurance, our health benefits brokers who will be on-hand to answer any questions. SEE YOU THERE!

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### Benefits Open Enrollment

It is time to start thinking about enrolling in health benefits for you and your family! Medical, Dental and Vision options available. The open enrollment period is scheduled for June 1-15 for an effective date of July 1 if you are planning to sign-up for health benefits or make changes to your current IHELP Benefits Plan. Speak with a benefits representative during the IHELP, Inc. Benefits Fair scheduled for Friday, June 8 or talk to your HR representative at 209.825.5995.

## HIPAA News & Compliance

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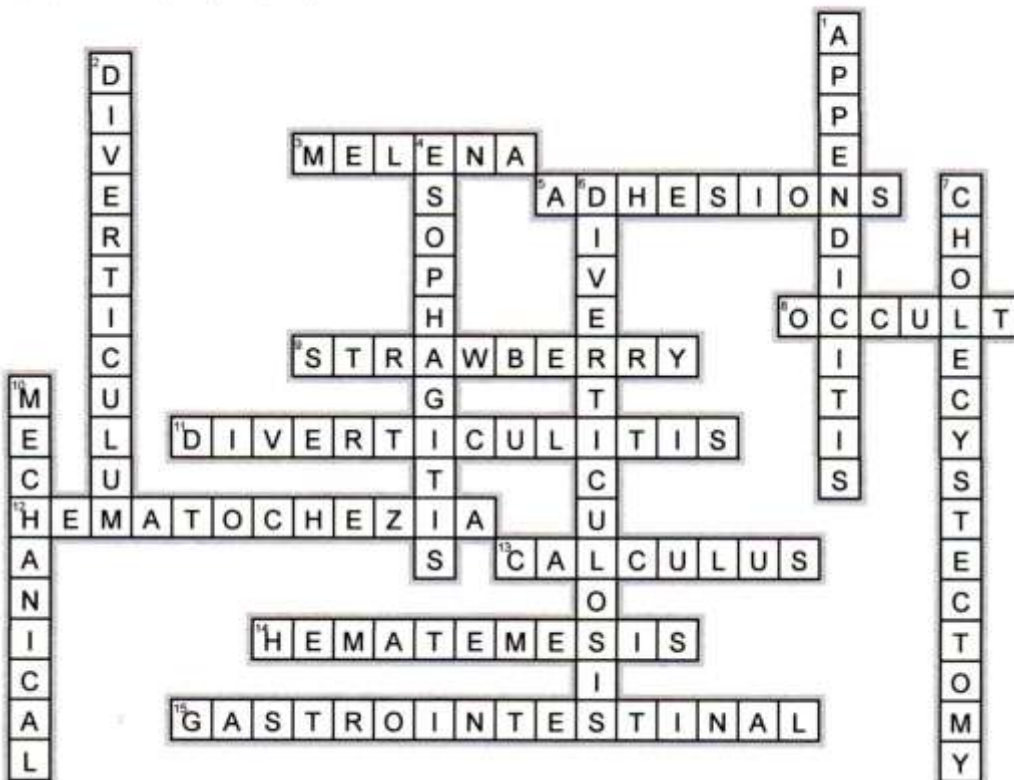
“Somehow your medical records got faxed to a complete stranger. He has no idea what’s wrong with you either.”

Never fax information to an unsecured fax machine. A secured fax machine is located in a restricted environment. Recommended best practices include:

- Always check the destination fax number before faxing.
- The first time you use a fax destination number, send a cover sheet requesting confirmation the fax number is authorized to receive the PHI. Keep a copy in your files after you receive the fax number confirmation,
- Use cover sheets containing the confidentiality statement:  
*This email message is for the sole use of the intended recipient(s) and may contain confidential and privileged information. Any unauthorized review, use, disclosure or distribution is prohibited. Please contact the sender by reply email and destroy all copies of the original message if you are not the intended recipient.*
- Advise the sender of the error and return items you receive that were faxed to the wrong location or improperly faxed.

## ICD-10-CM/PCS Digestive System

Int'l. HealthLink Prof., Inc. (IHELP, Inc.)



### Birthdays and Anniversaries

- Juan Luis Rodriguez May 13
- Victoria Osborne May 14
- Mary Louise Applebaum May 20
- Darla Branda May 29
- Carla Gibson May 29
- John Daley 2 years
- Vicki Ferreira 4 years

MAY 2012						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JUNE 2012						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### Upcoming Events



**Lei Day to celebrate native Hawaiian culture since 1920s** May 1



**To celebrate Mexican Heritage and Pride** May 5



**Mother's Day** May 13



**International Bike to Work Day** May 18



**Memorial Day** May 28



**Do you have news to share?**

Please send to Jillian no later than the 25<sup>th</sup> of every month.

You can email at [JCarlson@IHELPinc.net](mailto:JCarlson@IHELPinc.net) or  
 Fax to 209.825.5995



**HEALTH PASSPORT**  
 Don't travel....  
 without yours



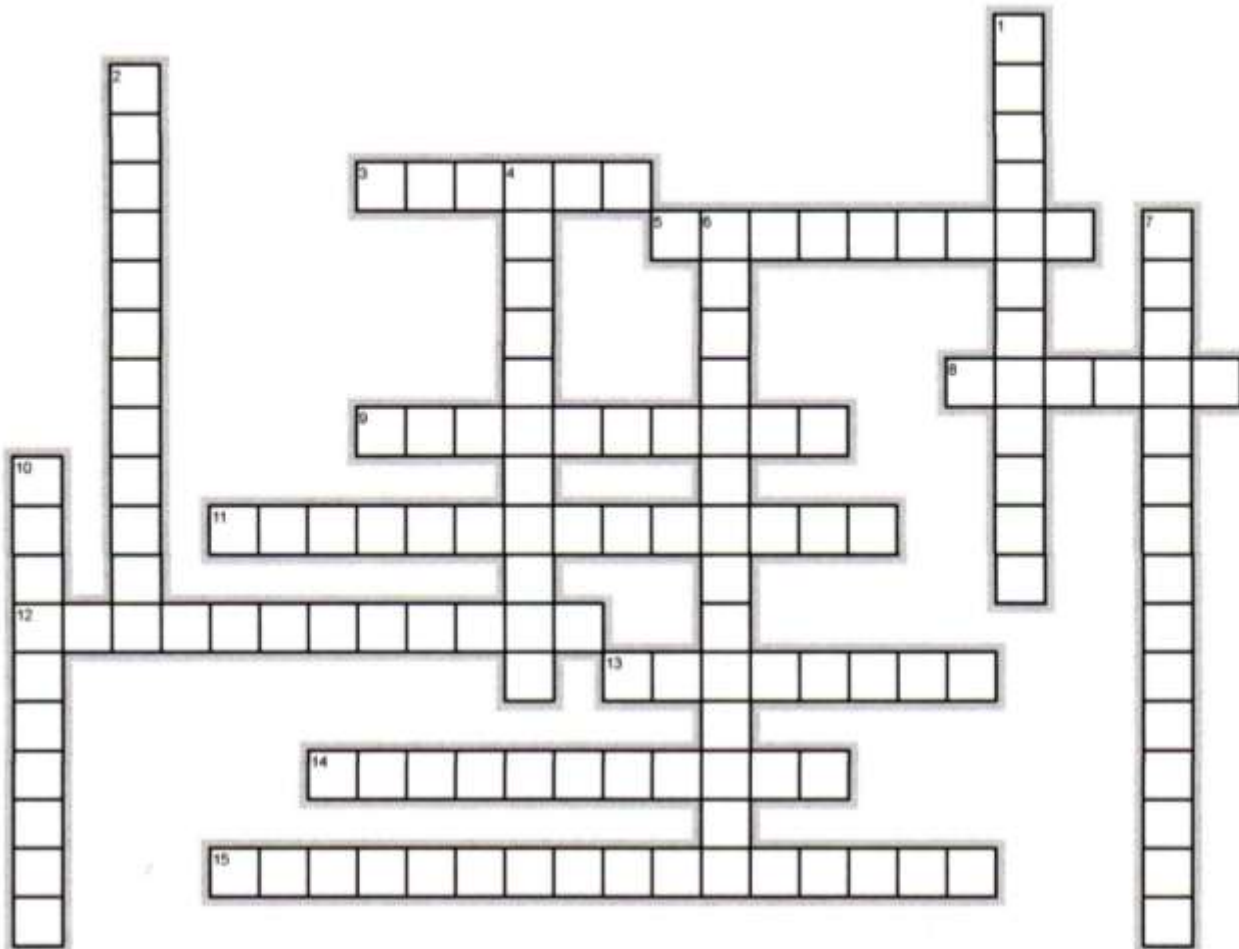
### Helpful Links

IHELP Website [www.IHELPinc.net](http://www.IHELPinc.net)  
 IHELP Webmail <https://mail.ihelpinc.net>

Heart's Desire Dolls [conniecagle@yahoo.com](mailto:conniecagle@yahoo.com)  
 Health Passport [www.AMANGIFTSLLC.com](http://www.AMANGIFTSLLC.com)

## Digestive System

Intl. HealthLink Prof., Inc. (IHELP, Inc.)



EclipseCrossword.com

### Word bank

ADHESIONS    APPENDICITIS    CALCULUS    CHOLECYSTECTOMY    DIVERTICULITIS    DIVERTICULOSIS  
 DIVERTICULUM    ESOPHAGITIS    GASTROINTESTINAL    HEMATEMESIS    HEMATOCHYZIA  
 MECHANICAL    MELENA    OCCULT    STRAWBERRY

### Across

3. Presence of dark-colored blood in stool
5. Fibrous bands of scar tissue
8. Type of bleeding that can only be seen on laboratory examination
9. The diffuse form of cholesterosis is known as \_\_\_\_\_ gallbladder
11. Inflammation of existing diverticula
12. Presence of bright-colored blood in stool
13. A stone comprised of minerals that forms in an organ or duct of the body
14. Vomiting of blood
15. GI

### Down

1. Inflammation of the appendix
2. A small pouch or sac opening from a tubular or sacular organ; considered a medical condition
4. Inflammation of the esophagus
6. Presence of one or more diverticula of the designated site
7. Removal of the gallbladder
10. A malfunction of a gastrostomy is considered a \_\_\_\_\_ complication