



The care you need, the comfort you deserve.

TOLL FREE: 877-275-7086
TOLL FREE FAX: 877-275-7088

Omega Health Care

Lee's Summit, Missouri
816-268-4130 | 816-268-4134 fax
Springfield, Missouri
417-886-6995 | 417-886-7129 fax
Alpharetta, Georgia
678-240-4190 | 678-240-4189 fax
Cartersville, Georgia
770-382-5055 | 770-382-7488 fax

Sunflower Health Care

Lansing, Kansas
913-680-0800 | 913-680-0804 fax
Stilwell, Kansas
913-897-1104 | 913-897-1103 fax

Coming soon! Offices in Liberty and St. Joseph, Missouri, and Topeka, Kansas

Find out more about how Omega and Sunflower Health Care can make life better for your patients. Call the office closest to you or visit our website at www.omega-healthcare.com.

3171 NE Carnegie Drive
Lee's Summit, Missouri 64064



VOLUME 3



NUMBER 2

The care you need, the comfort you deserve.



A carriage ride on the Country Club Plaza was just one of the field trips Omega volunteer Shannon Prigge took Cecil and Helen on.

Volunteers: enriching lives every day

We've all heard the phrase, "It's the little things that matter most." For hospice patients, that's especially true. For them, a few moments sharing a special movie, enjoying their favorite dessert or just recounting a cherished memory is a most precious gift.

It's these kinds of tasks that Omega and Sunflower volunteers excel at — giving the gift of their time and friendship to help hospice patients live each day to the fullest.

For Helen and her husband, Cecil, an Omega hospice patient who recently turned 88, those small deeds have included a train excursion and a ride in a horse-drawn carriage.

"My husband hadn't ridden the train for many, many years...since he got out of the service after World War II," explained Helen. "We got on the train in Lee's Summit and Christine Langford, Omega's corporate volunteer coordinator, met us when we got off in Kansas City. The three of us toured Union Station. It was just awesome. My husband absolutely loved it."

(continued, page 2)

Volunteers Give Back
A letter from the president

Whenever I interact with our volunteers I'm struck by two things: first, the dedicated manner in which they approach their work with hospice patients; and second, by the diverse segments of society they represent.

A lot of folks think the majority of our volunteers are retirees. Surprisingly, most are working professionals and students. They might be teachers, technology workers or college students. Some have a personal experience with hospice; others simply see it as a meaningful way to "give back" to their community.

Whatever their motivation, we are so grateful to them for giving their time and talents to enrich the lives of our patients. In the process, most tell us they enrich their own lives, as well.

So, I'd like to pay tribute to the many volunteers who provide invaluable service to Omega and Sunflower Health Care. Without them, we simply couldn't deliver the personalized care and comfort for which we've become known.

If you or someone you know is interested in volunteering with Omega or Sunflower Health Care, call Christine Langford, our corporate volunteer coordinator at 1-877-275-7086. ■

Russ



Eddie Herman believes volunteering offers his children an opportunity to give to others and to recognize what's important in life.

100 volunteers like Shannon, who help deliver those extra comforts that hospice patients so richly deserve. These good Samaritans comprise a diverse group that range from busy professionals to high school students to retirees.

In addition to the occasional field trip, they often visit with patients, read to them, work jigsaw puzzles or watch movies. Other times, they run errands, provide transportation, help with household chores or simply give family caregivers a much-needed break. Some volunteers help out in the Omega and Sunflower offices or during community outreach activities.

Volunteers with the appropriate talents/licenses can also provide special services, such as massage, cosmetology, accounting, art or music. Maribeth Griessel, for instance, sings to Omega patient, Ida, each week during her visits. A music education major, Maribeth has taught piano and voice and directed the church choir, so the volunteer opportunity as one of Omega Health Care's traveling musicians was a perfect fit.

"We simply couldn't provide the level of service we aspire to without our volunteers," said Christine. "They are a key element in the personal touch we provide and they enrich the lives of our patients so much."

At the same time, volunteers often find their lives are enriched by those personal touches.

Sunflower volunteer Lee Little, a Merriam, KS, database administrator, developed a real friendship with

Richard, a Lansing, KS, hospice patient he shared time with for several months. He took Richard to the bank and his mailbox, but mostly he provided shared companionship.

"We watched movies together and talked, and he enjoyed it," Lee explained.

Volunteers, continued...

Later, when Helen expressed an interest in a carriage ride on Kansas City's Country Club Plaza, Christine made the arrangements and volunteer Shannon Prigge took it from there. She picked up Helen and Cecil at their home in Blue Springs and took them to the Plaza, where the couple viewed the Christmas lights via carriage and had their photo taken. They finished off the outing with a dinner at Outback Steakhouse.

Shannon followed the Plaza outing with a January trip to "the boats," where Cecil played the penny slots until the \$3 he budgeted ran out.

"We just don't get out very often anymore," said Helen. "But, when we do, he really enjoys the ride and seeing the scenery. And, he feels better for a few days afterward. His blood pressure goes down and he relaxes more. It's absolutely wonderful that Omega helps us do these things; we simply couldn't do it without their help."

Omega and Sunflower Health Care are fortunate to have the help of more than

Volunteers for Omega and Sunflower Health Care perform small, but meaningful deeds every days that enrich the lives of hospice patients—and the volunteers as well.

AlphaTouch emergency response service offers peace of mind

It's a fact. In the United States, more than one-third of adults over age 65 fall each year. And, those falls are the leading cause of deaths, brain injuries and fractures among older adults. In 2005 alone, falls resulted in almost 16,000 deaths and 1.8 million ER visits by adults 65 +.*

At the same time, almost everyone wants to retain his/her independence and lifestyle, regardless of age, disability or living situations.

AlphaTouch, which Omega and Sunflower Health Care began offering in 2009, is a perfect solution to this dilemma.

AlphaTouch is a personal emergency response system (PERS) that allows people to summon help whenever an emergency arises. With a small radio transmitter that is worn or carried, coupled with a console connected to a telephone unit, users can call for help 24 hours a day, 7 days a week—all for about a dollar a day.

While PERS is not covered by Medicare hospice guidelines, Omega and Sunflower provide Alpha Touch service free to their hospice patients.

With AlphaTouch, falls and other emergencies can be addressed immediately, so this service gives its users real peace of mind.

For more information about how AlphaTouch can bring security and peace of mind to your life, visit www.alphatouch.us or call us at 1-877-688-2820. ■

* Centers for Disease Control Web site: www.cdc.gov

"We had pretty similar tastes in movies: 'shoot 'em up' or 'yuck it up,' so it was pretty easy. I didn't expect to befriend him so quickly. I think I looked forward to our visits as much as Richard did."

The rewards of volunteering are also evident to Omega volunteer Eddie Herman. A Kansas City IT project manager, Eddie has been teaching the lessons of volunteering to his 11-year-old twin sons and 13-year-old daughter. They visit Maxine in her nursing home, sometimes helping the cheerful 93-year-old rekindle her memory and love of gardening.

"Maxine loves flowers and gardening, so we went outside into the garden at her nursing home where the kids pulled weeds and picked some ripe cucumbers while she assisted from her wheelchair. You should have seen her face light up. It was as excited as we've ever seen her. To see her joy so evident is very rewarding."

For many, their volunteer service has given them a sense of "giving back" and helped them appreciate life more fully, sometimes just by listening.

"They like to talk about their lives and look forward to you coming and seeing them," said Sarah Patterson, a college student and Sunflower volunteer. "They are so thankful and appreciative; they want to hug you or give you a cookie. It's very uplifting and fulfilling."

What our Clients are saying...

Dear friends at Omega Health Care

The program you offered was just what I was looking for and the people at Omega went over and above my expectations. We are so happy we chose you and will recommend your services to anyone we know that could use them. We didn't realize there was such a difference in health care providers, but you guys top the list!

*Thank you for everything,
Wanda, Barbara and Bob*

Read more about what our clients are saying at www.omega-healthcare.com

