



Marianas Health Services, Inc.

Home Health Care

"Providing Quality and Experienced Health Care Solutions"

Issue 1, Volume 1— January 2007

MHS & its services to the healthcare community

Marianas Health Services was established in February 2000 and is a locally owned, Medicare and Medicaid Certified Agency and is a certified provider for Home Health Care Services by the U.S. Department of Health and Human Services, and Centers for Medicare and Medicaid Services.

Mr. George J. Cruz, President of Marianas Health Services, oversees the daily operations and services of Marianas Health Services and of its eleven professional staff since December 1, 2005.

The MHS team is made up of medical and support professionals, and skilled nurses who provide wound care assessment, pain management, intravenous or I.V. therapy, health and wellness teaching on Diabetes, Congestive Heart problems, Chronic Lung diseases, partial paralysis due to strokes, heart attacks or bodily injuries, dysphasia and new gastric-tube care, medication management, long-term

Foley management and many other quality care and management treatments.

MHS' certified Physical Therapist (PT) evaluates and recommends how to provide you and your home with a safe environment, they train you and your family on how to move properly, assess and recommends assistive devices to help you get around more independently on your own.

Marianas Health Services understands that dealing with the illness and recovery of a loved one can take an emotional toll on the entire family. That is why their professional staff are there to assist in making the recovery process to deal with and prepare for easier.

At MHS their main goal is to help you get better in the comfort of our your own home.

For more information on MHS' home care services or how to obtain services please call 233-4646 or email at mhsinc@pticom.

Getting Quality Care in your home...

Not all situations require or allow medical treatments in your home. Patients need to understand that home care is not for everyone and for every situation.

Those who qualify are **referred** by a physician in a clinic or at the hospital and who is either:

- Sick or Disabled due to an illness or surgery
- Has a Chronic and/or Terminal Illness
- In need of additional Skilled Nursing Services
- In need of outpatient Physical Therapy Services
- Homebound/Bedridden and cannot receive outpatient services because of transportation and/or other factors.



provided to you with the service of our experience staffs. Ask your physician at the clinic or the hospital to refer you. Call MHS Home care to begin the processing and to explain to the family members the discharge process.

Inform MHS of your insurance carrier so they can start your care at home. MHS accepts the following insurance carriers:

- Medicare A & B
- Moylan's Insurance
- Calvo's Insurance
- AETNA /GHLI
- Stay Well
- Workers Compensation Insurance
- Medicaid
- Self Pay

For more information, call MHS Home Care at telephone numbers 233-4646.

Health Facts: Ways of Preventing Diabetes complications in your life

Eat healthy * Do Physical Activity * Take your medication everyday * Monitor your blood sugar regularly * Maintain a healthy weight * Stop smoking and tobacco chewing * Take good care of your feet * Have an eye exam every year * Take care of your teeth and gums * Learn how to take care of yourself when you are stressed * Learn about diabetes and how it affects your body.

American Red Cross certifies MHS Staff in Adult CPR

Staff at MHS underwent Adult CPR Training held at the MHS Office on December 7, 2006 conducted by Mr. Glenn Policare, health and safety instructor from the American Red Cross. Seven staff and the Administrator of MHS participated in this training and certification

Health facts for those who need Home Care Services:

Most people value being able to take care of themselves. In some cases, it may take more time for you to walk and move around yourself than to have someone do things for you. But, it is important that home health care staff and informal caregivers encourage you to do as much as you can for yourself. Your home health staff will evaluate your need for, and teach you how to use any special devices or equipment that you may need to help you increase your ability to perform some activities without the assistance of another person.

MHS Christmas Party “Bash”



Verna Babauta & Belen Pacheco were all smiles while exchanging gifts.

The staff Christmas party was held at on December 22, 2006 at the new office site located in the Saipan Plaza Building on Chalan Pale Arnold, Garapan. The staff, their families, and guests came to join and celebrate in the Christmas event. The games arranged by Ms. Marlene Cruz made it more exciting, along with the traditional exchange gifts amongst the staff. A lot of laughs were shared & memories made as the staff celebrated the agency's first anniversary with the new management.



Janice, Gregg and Cisca posing for the camera.

Ways of doing things yourself independently:

Most people value being able to take care of themselves. It is important that home health care staff and informal caregivers encourage you to do as much as you can for yourself. If you can get in and out of bed with little help, you may be more independent, feel better about yourself, and stay more active. This can affect your health in a good way. Your home health staff will evaluate your need for, and teach you how to use any special devices or equipment that you may need to help you increase you ability to perform some activities without the assistance of another person. Your ability to get in and out of bed yourself may help you live independently as long as possible in your own home.

Health Tips: SAFETY CHECKLIST—Preventing Falls at Home

ALL LIVING SPACES:

- Remove throw rugs
- Secure carpet edges
- Remove low furniture and objects on the floor
- Reduce clutter
- Remove cords and wires on the floor
- Check lighting for adequate illumination at night (especially in the pathway to the bathroom)
- Secure carpet or treads on stairs

- Install handrails on staircases
- Eliminate chairs that are too low to sit in and get out of easily
- Avoid floor wax (or use nonskid wax)
- Ensure that the telephone can be reached from the floor

BATHROOM:

- Install grab bars in the bathtub or shower and by the toilet
- Use rubber mats in the bathtub or shower
- Take up floor mats when the bathtub or shower is not in use
- Install a raised toilet seat

OUTDOORS:

- Repair cracked sidewalks
- Install handrails on stairs and steps
- Trim shrubbery along the pathway to the home
- Install adequate lighting by doorways and along walkways leading to doors.

The Staff at Marianas Health Services



Ms. Mary Ann Kileleman, our Home Health Aide specializes in educating & teaching caregivers and other family members how to care of their home bound patients or family members with such daily living activities such as bathing, grooming, bed dressings, motor exercises, and so on. She also assists in the Clinical Department with filing, date inputting and preparation of documents for the physician and clinicians. Mary Ann has been with MHS for over 4 years and has contributed to helping many patients here in the CNMI.

Ms. Sherlyn Jones, Registered Nurse, retired from the Commonwealth Health Center after over 20 years of service. Sherlyn came on board to MHS in February 2006 and has been a great asset to the agency and to patients alike. As a home health nurse, Sherlyn monitors and assesses thoroughly a patient's health status, and provides the needed medical care, and informs them on other health related resources available on the Island. Sherlyn is an avid golf player and uses her Wednesday afternoons and weekends to keep her skills up to "par."



Ms. Francisca Rechebong, worked with the Division of Public Health for over 15 years and almost 2 years as a teach at Hopwood Jr. High School. Francisca, also better known as "Cisca", joined Team MHS in November 2005 and is MHS' Clinical Director. She is tasked with getting the Clinical Department up to the level of Medicare and other medical standards. This is inclusive of making sure we recruit and obtain qualified medical professionals. Cisca has been a great asset to the agency is also known as "mother."



Ms. Janice Mariano, a Registered Physical Therapist evaluates the problem, develops a treatment plan and goals, provides hands on techniques (massage or joint mobilization skills), educates on the prevention of recurring problems in the future, aids in postural reeducation and movement awareness and other functional trainings related to physical therapy. Ms. Mariano has been with MHS since February 2005 and has been Acting Administrator on several different occasions. Who passion and love for her patients and her work, makes her a great asset those she cares for and those that she works with.

Ms. Gregg Fitial-Omar, the Director of Quality Assurance and Continuing Education, is responsible for overseeing and coordinating the quality of patient care provided by our clinical staff, and provides continuing education as well. She comes from a long service at the Commonwealth Health Center, and has continued her passion for quality care into the home care setting. Ms. Omar join the team in October 2006, and she has rubbed her love for healthcare to all those that she works with.



Ms. Verna Babauta, Administrative Assistant/Receptionist handles all incoming calls, assist walk-in clients, does errands for the company, assist in inputting of data, filing and preparation of forms and does time-keeping of employees. Ms. Babauta joined the MHS Team after dedicating nearly 7 years as an administrative assistant to the Vice Presidents and President of Joeten Enterprises. Her youthfulness brings vibrancy and life to the agency. She also assists in coaching for the Garapan G-Rollers.

Ms. Evelyn Pacheco, Administrative Assistant (Billing Section), oversees the billing section, inventory and purchases of supplies, as well as, the accounting department. Ms. Pacheco came to Marianas Health Services in February 2006, and has been a great asset to the company. Her ability to learn practically over night, contributes to the quick turnaround in billing and accounting. Ms. Pacheco has a background in Physical Therapy, which helps make her job much easier to deal with and understand.



Ms. Alicia B. Agulto, Community Relations Coordinator oversees and coordinates the importance of Home Care Services (care in the comfort of your home) to patients, family members and to the community as a whole. Her job is to promote public awareness to the community as well as coordinating with other clinics and or hospital with patient referrals for Home Care Services. Ms. Agulto has a long time experience of working with and for the manamko after serving many years at the Office of Aging.

Administrator's Message

~~Hafa Adai yan Tirow!~~ As we enter 2007 we are closing the first chapter of Marianas Health Services, and starting on the pages of a new one. Since the inception of the new ownership in December 1, 2005 the agency went through a lot of changes, improvements, and so on, but before arriving to where we are today we went through a lot of struggles, obstacles and even scary moments. But, because of the resilience and dedication of our staff Marianas Health Services has made it through the typhoon.

This is evident in this first ever newsletter of MHS, as we progress in our services and the quality of care that we provide, continuous education is our next step, and with this newsletter we are taking a closer step to achieving yet another goal. I encourage all our clients, the physicians that we work with and those that we will in the near future, administrators, medical professionals (nurses, LPN, PT, and so on) to use this newsletter as a means to educate, communicate and share with others.

My hope is that this will grow into a monthly distribution filling our medical community with the tools to develop and up-date their skills and knowledge. I hope that this will develop into a forum for our community to share their views, concerns, their hopes and ideals for a better health care system for all those in the Commonwealth. With the efforts of our staff at Marianas Health Services all working towards a common goal – "Providing Quality and Experienced Health Care Solutions" throughout the Pacific Region, this definitely can become a reality.

On another note, as our economy becomes more fragile, with the pull-out of major garment factories, the reduction of tourism in our

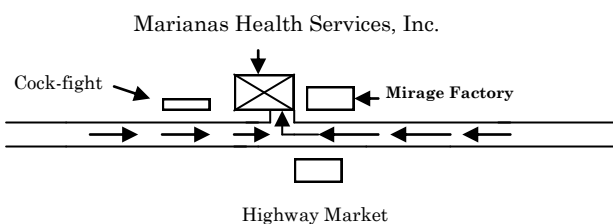
area, we as a community can no longer fully depend on our local government for services. Home Health Care has been proven, from an economic point of view, to be extremely cost-effective for insurance providers, acute care facilities – Commonwealth Health Center, and even for the patients themselves. The economic benefit of home health care continues to be another source to relieve the burden of the Department of Public Health, by referring stable patients, follow-up care, and other in-evasive care to be done in the comfort of the patient's home. With the reality that Private Medical Clinics do not accept Medicaid insurance, home health care can become the cost and care factor in this disparity that faces Medicaid and its subscribers.

Home Health Care is still a transforming health industry in the United States, and it is definitely establishing itself here in the Commonwealth. With our changing culture of having dual family incomes, a progressive society, a transforming culture, and fading family values our health care for the Man'amko in our communities and the sick and disabled, are being forgotten. Home health care is NOT the answer, but it establishes itself as a link between the health care system, the family and the patient themselves.

If you have any future ideas or comments for our newsletter please feel free to call us at 233-4646 or e-mail

alice_a@marianashealth.com. **Have a Happy and Healthy New Year!**

We're located in Garapan, Chalan Pale Arnold Road



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