

Cornerstone News

National Cornerstone Healthcare Services

Winter 2006 - 2007



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Peace of mind for your healthcare needs.

Note from the President



Welcome aboard...

Our Warehouse: Meet the Players...

By David S. Espinosa
President, NCHS

In this column, we've touched on many aspects of National Cornerstone Healthcare Services through the years, highlighting a number of important staff who have greatly contributed to our success over the past half decade. Last month it was Reimbursement, certainly a key player in our company's growth and success. This month it's our Warehouse staff, who in their own right are essential partners with NCHS. I'm happy to introduce Jeff Brooks and Brad Booher, our Warehouse assistants. Jeff and Brad both have interesting backgrounds. Jeff was a delivery person and commercial fisherman before joining NCHS, and Brad has a BS degree in criminology from the University of La Verne. Both believe their backgrounds and interest in assisting others helped lead them to NCHS. To that end, Brad was one of our college interns before joining us full time 2 1/2 years ago. Jeff came on board more recently—in May 2006. Together, they've changed the complexion of the Warehouse operation.

"We ship and track the orders that are processed, we receive the products that come into the warehouse, and we put the orders together for the customer and make sure they get out to the pharmacies," Brad said. "I look at what we do as providing—providing for people what is very difficult to get from others. I believe that's why many people are changing their service over to us.

One reason why NCHS has been successful is our customer service, which Jeff believes enables the company to work more flexibly. We're able to cut through the red tape and bend over backward to meet our clients' individual needs on a consistent basis. This enables us to provide services they might not get elsewhere.

Specifically, the Warehouse staff are able to accommodate different ordering, stocking and shipping needs—and they do it quickly, due to dedicated people like Jeff and Brad. The advantages we have over other companies are the result of the expert training and abilities of our employees.

"We work closely with the pharmacies, and we're able to coordinate that with the reimbursement clearance process," Jeff said. "That's very important."

Both said the organization of the company enables them to achieve a high level of service and flexibility.

"The people who work here are essential to that," Brad said. "Everyone who works here does the best job they can to achieve the things we need to achieve, day in and day out. They make our jobs easier, and hopefully we make theirs easier. In the end, the entire company succeeds. And, of course, the customers who are in need succeed above all else."

It's a teamwork approach, the two said—one that is woven throughout the company.

"We have outstanding personnel in Pharmacy, Reimbursement and at other levels of management," Jeff said. "Quality people and quality management make for a quality operation, and National Cornerstone has certainly grown into a quality organization."

Quality people. Quality effort. Quality company. All in the name of service for our customers. Jeff and Brad certainly reflect the best of National Cornerstone, and we're pleased to introduce them to you.

Sincerely,

David S. Espinosa

News & Updates

New Year, New Me

By Mary Blahut

On average, New Year's resolutions last about seven days. Are you looking for a resolution you can feel good about and accomplish? If it isn't written down, it won't happen. To succeed with your New Year's resolutions, make your new goals small; make a wish list and keep it to something you can complete in less than 15 minutes. When you can cross a goal off your list, you'll feel a great sense of accomplishment.

Goals to place on your list may include sending a card to that special person you did not get around to contacting during the holidays. Visit your e-mail box and delete all messages—if an e-mail was that urgent, the sender would have called you.

Take time for yourself and actually request a day off. Use the day to see the latest movie, eat at the newest cafe, or be a tourist and go to the local amusement park, zoo, or arboretum. Or, simply stay at home in the quiet. Finally, get a calendar and write things from your wish list onto it for all to see.

Choose one goal per month: change out those old pictures hanging in the hall into new frames. Plan a vacation. Get away, even if it is only for a weekend.

Don't forget those BIG resolutions, such as quitting smoking, losing weight or exercising more. Break your list down into small accomplishments. You'll be surprised when next January rolls around and your successful New Year's resolutions last another year.

Flu Season, Again???

Winter, no matter where you live, is flu season. How do you know it's flu season where you live? The web site <http://www.cdc.gov/flu/weekly/fluactivity.htm> will give you the latest reports of flu outbreaks.

If you don't have internet access you can call the CDC at (800) CDC-INFO, or (800) 232-4636, to get the same information.

Here are some steps you can take to help keep you from ending up flat on your back:

Vaccination. Did you know you don't have to get a shot when you vaccinate? If you are healthy and between the ages of 5 and 49 years, you can receive a nasal spray flu vaccine. Flu shots are for healthy people over 6 months of age and people who have chronic medical conditions. Will I get a short version of the flu if I get vaccinated? Some people may experience a low-grade fever and muscle aches lasting one to two days, but that's about it. Practice good health habits. Keep out of close contact with people who are sick or coming down with something. Hand washing is the No. 1 barrier to spreading illness. Wash your hands after using the restroom. Wash your hands after blowing your nose. Wash your hands after sneezing or coughing. Wash your hands before you eat. You can never wash your hands too often!

The Centers for Disease Control and Prevention (CDC) recommends, "When washing your hands (always with soap and warm water), wash for 15 to 20 seconds. That's

about the same time it takes to sing the "Happy Birthday" song twice."*

If you do come down with the flu, stay home. Stay home from work, school, and even shopping. Save your errands for when you are well.

By following a couple of simple steps we can make it through this winter and be up and around to see the flowers that come with spring.

*From the CDC web site http://www.cdc.gov/germstopper/home_work_school.htm

Recipes

Fun Caramel Corn

By Tami Velazquez

Ingredients:

7 quarts of plain popped popcorn
2 cups of dry roasted peanuts (optional)
2 cups of brown sugar
½ of light corn syrup
1 teaspoon of salt
1 cup of margarine
½ teaspoon of baking soda
1 teaspoon of vanilla extract

Directions:

1. Place the popped popcorn into two shallow greased baking pans. You may use roasting pans, jelly roll pans, or disposable roasting pans. Add the peanuts to the popped corn if using them. Set aside.
2. Preheat the oven to 250 degrees F (120 degrees C). Combine the brown sugar, corn syrup, margarine and salt in a saucepan. Bring to a boil over medium heat stirring enough to blend. Once the mixture begins to boil, boil for 5 minutes while stirring constantly.
3. Remove from the heat, and stir in the baking soda and vanilla. The mixture will be light and foamy. Immediately pour over the popcorn in the pans, and stir to coat. Don't worry too much at this point about getting all of the corn coated.
4. Bake for 1 hour, then remove the pans from the oven. Give them a good stir every 15 minutes. Line the counter top with waxed paper. Dump the corn out onto the waxed paper and separate the pieces. Allow to cool completely, then store in an airtight container or resealable bags.

Don't forget March is National Hemophilia month. See the National Hemophilia Foundation, www.hemophilia.org web site for Information on Washington Day.

Dress Down for Genes

Find out about "Dress Down for Genes," and, the National Hemophilia Foundation "Celebrity Blue Jeans for Genes" (live on eBay) by contacting Susannah Eastlake-Wade at 212.328.3740 ext. 3711.

Cornerstone Kids

What I like to do in Winter

By Danny (Age 7)

I like to go to the snow and sled all day. I love to play in the snow. I like to stay inside and watch cartoons and drink hot chocolate and eat toast with butter. I also like to play with my dog, spiderman.

All these things are fun but I can't wait until I can go back outside and play on the swing set and monkey bars.

I especially can't wait to get my friends together and play football which we do on clear days.

What do you like to do when it's cold and wet outside? Send me an email to my dads address @:
daniel-bazan@nc-hs.com.

Since I like to draw when I'm indoors and it's winter now, I thought I would draw you a picture of what I can't wait to do on a sunny day. Send me a drawing of what you like to do to 24747 Redlands Blvd., Suite B, Loma Linda, CA 92354

Use the space we left you on the back page to draw us a picture. Make sure to send it in to us when you're done.

Go to the back page to see what I drew while it was snowing outside.

These are the pictures my dad took while we were at Big Bear California the day after it snowed.





What I like to do in Winter.

Above are some ideas of what other kids do.

