

Cornerstone News

National Cornerstone Healthcare Services, Inc.

June 2005



Inside the June 2005 Issue:

A Note from the President

-Introducing Mary Blahut

News and Updates

-Summer's Here and the Time is Right

Summer Recipes for you and the kids

-Apple and Spinach Salad

*-Tex-Mex Flank Steak and Vegetables
with Chipotle Refried Beans*

-Chocolate Chip Ice Cream Sandwiches

Word Search Puzzle

-What do You Bring to Camp?

A Note from the Pharmacist

-Are You Cleared for Summer Airline Travel?

Reimbursement

-Did you konw?

Peace of mind for your healthcare needs.

Note from the President



Welcome aboard...

Introducing Mary Blahut

By David S. Espinosa
President, NCHS

As we turn a seasonal corner and head toward the summer months, National Cornerstone Healthcare Services is pleased to welcome one of our newest employees: Mary Blahut, RN, CPHQ. Mary, a veteran of many years with the home infusion industry, has been working as our general manager since April, and we're already hoping her tenure will be a long one. In this issue we're pleased to introduce her to our many readers.

Born in Round Lake, IL, Mary graduated from Round Lake High School, eventually enrolling at College of Lake County in Illinois. It was there that she earned an AA degree in nursing—not surprising, since her mother was a nurse for many years.

Along the way, however, Mary left hospital nursing, joining the ranks of home infusion nursing in 1988 as a homecare nurse. She was promoted to national nursing manager and regulatory and compliance manager, remaining with the company for 11 years. She has been serving the hemophilia community since 1993.

"I was originally involved in the home infusion side of home care," she said. "I then moved over to hemophilia and have been involved with that ever since. I love it."

Mary was instrumental in creating the operational system to notify customers of manufacturer recalls. Having weathered several large factor product recalls in 1994, she truly understands the human side when a manufacturer has recalled products.

Mary, a Certified Professional in Healthcare Quality (CPHQ) based on professional and academic achievement in healthcare quality management, joined NCHS for one very important reason: Compared to the larger organizations who have misplaced the importance of servicing the hemophilia community, our company's philosophy and focus is on the customer and our customized service.

"I like the way we manage patients compared with large corporations—we're more hands-on and soft-touch," she said. "I really enjoy working with people who truly care and have concern for people with hemophilia, particularly within NCHS. In the large corporate world you can really be restricted as to how much you can do for people."

As general manager, Mary's responsibilities run the gamut. "Everything," she laughed—a comment not far off the mark. Mary oversees our various departments—intake, reimbursement, pharmacy, warehouse, and human resources. "I make sure we meet the regulatory requirements of local, state and federal laws, keeping in line with ethical standards. My goal is to ensure that our customer service is the best it can be."

Indeed, NCHS is lucky to have on board someone with Mary's strong managerial background and considerable experience within the hemophilia community. It's a good fit, and one that will enable us to serve you better during the coming years. Welcome aboard, Mary!

Sincerely,

David S. Espinosa

News & Updates

Summer's Here and the Time is Right!

By Mary Blahut

Planning ahead and making arrangements in advance can make this a relaxing and rewarding time for the whole family. Getting ready for a trip whether it is a day trip or it is a 2 week journey through the airports, is stressful. Increased stress can cause disruption in your immune system and in turn correlate with bleeding episode in some individuals.



Discuss your plans, especially if the vacation time is extensive, with your doctor. Ask your physician or the treatment center nurse to give you a reference of a local doctor where you will be staying. Your physician can contact to local doctor and discuss your treatment plan. . It also helpful to have in your possession, a "travel letter" from your physician. The letter should contain things like type and severity of Hemophilia you have, your plan of treatment, factor product name and dose, special

considerations like target joint or an inhibitor, a note about you status of self-infusion, and the contact information about your Hemophilia physician.

Contact your homecare company about your plans. They can help explore possibilities of getting emergency supplies or products to you on your trip.

Remember to carry a medical card with medication information and emergency contacts. It is good to have a medical alert bracelet or necklace. Your treatment center or your homecare company can help you find a place to purchase these items. Traveling with refrigerated product can be tricky, but careful planning can make it safe and easy. Factor should kept in insulated boxes or a cooler. Refrigeration for factor should be considered. Most hotels can furnish small room refrigerators if then know in advance. When you make your reservations ask about a refrigerator.

Remember how hot it can get inside of a parked car, do not leave factor in a car for extended periods of time.

If you are traveling by air carry on with you, at least two doses with supplies. This can help in the case of lost or missed directed baggage. This small amount should be enough until the baggage is recovered or you can make arrangements for replacement factor.

If you are lucky to be traveling Internationally, it is recommended you carry your factor and supplies with you and not in checked baggage. Include the "travel letter" signed by your physician. The "travel letter" will help you get through customs easier.

Take enough factor and supplies for the trip. It can be difficult to get additional factor and supplies sent to you from your homecare company. Your package can be held up or even destroyed by customs in some countries.

Relax and enjoy your vacation whether you travel many miles or a short day trip! We all need to get away!

Cornerstone Kids

SUMMER RECIPES

By Lauran Niemi

APPLE AND SPINACH SALAD

Prep time: 20 minutes

- 2 tbsp. fresh orange juice
- 2 tbsp. fresh lime juice
- 2 tsp. Dijon mustard
- 2 tsp. honey
- ¼ tsp. salt
- 1/8 tsp. freshly ground black pepper
- ½ cup vertically sliced red onion
- 8 cups bagged prewashed baby spinach
- 1 large, firm, sweet-tart apple, cored and thinly sliced
- ¼ cup crumbled blue cheese

Combine first 6 ingredients, stirring well with a whisk. Combine onion, spinach, and apple in a large bowl. Drizzle with dressing; toss gently to coat. Sprinkle with cheese.

TEX-MEX FLANK STEAK AND VEGETABLES WITH CHIPOTLE REFRIED BEANS

Prep time: 30 minutes

- ½ cup bottled chipotle salsa (such as Pace)
- 2 tbsp. fresh lime juice
- 4 (1/4-inch-thick) slices red onion
- 2 garlic cloves, minced
- 1 red bell pepper, quartered and seeded
- 1 yellow bell pepper, quartered and seeded
- 1 (1-pound) flank steak, trimmed
- Cooking Spray
- 8 (7-inch) flour tortillas
- ¼ cup bottled chipotle salsa
- 2 tbsp. minced fresh cilantro (optional)

Combine first 7 ingredients in a large zip-loc plastic bag. Seal and marinate in refrigerator 4 hours or overnight, turning occasionally.

Prepare the grill

Place the steak and the vegetables on grill coated with cooking spray: cook 7 minutes on each side or until desired degree of doneness. Cut steak diagonally across the grain into thin slices. Cut peppers into thin strips. Cut onion slices in half. Warm tortillas on grill. Divide steak, bell peppers, and onion evenly among tortillas; roll up. Top each with 1 tbsp. chipotle salsa and 1 tsp. of cilantro. Serve with canned Chipotle refried beans.

CHOCOLATE CHIP ICE CREAM SANDWICHES

Prep time: 10 minutes

Inactive prep time: 1 hour

- 1 pint chocolate chip ice cream
- 16 chocolate chip cookies
- Multi-Colored sprinkles (optional)

Using an ice cream scoop, divide the ice cream among the flat sides of 8 of the cookies with the remaining cookies, flat sides down, and press down gently. Roll the edges of the sandwiches in the candy sprinkles. Freeze the ice-cream sandwiches, covered, for at least 1 hour or overnight.



“ WHAT DO YOU BRING TO CAMP? “

T R J H E L G C N D S W I M S U I T R B H I J E I
 E D E O D O R A N T T C L O H T L T F K W O S L O
 T A U N S D F I U R Q H E O O E I K L E U D A F H
 S F K F E J F G I V S H D M R A P L A S E E Q H U
 H L O N F L S H R U R E S U T S B I S U A L K S I
 I I Z O O L S K R F T S D N S F A J H N I T L T V
 R L J T A T E B C S H A M P O O L E L S I T U A Y
 T A I E A E H B A I O D E B A I M U I C E O I E U
 S O W E P T S P A Z T A V T C J O G G R D B O W J
 N S W A O I H R Q G I S P R C N A C H E A R I S G
 N S X O Z T O W E L S S P S I P R M T E I E R G K
 W I T F O E T N E R T H A A M A E C A N Z T X L J
 H R D O T I A S D L I D N O H R G H W S O A I H T
 Q P T I K B V C E J I S T E K C A J M R A W E J W
 R S P H A I R B R U S H S N G J F D Y U N B Z T P

- | | | |
|-------------|-------------------|-------------|
| DUFFLE BAG | SWIMSUIT | PANTS |
| TOOTHBRUSH | HAIR BRUSH | SWEATS |
| TOOTH PASTE | CHAPSTICK | BELTS |
| SOAP | LIP BALM (spf 15) | T-SHIRTS |
| SHAMPOO | FLASHLIGHT | SWEATSHIRT |
| DEODORANT | WATER BOTTLE | WARM JACKET |
| LOTION | PAJAMAS | SUNSCREEN |
| TOWELS | SHORTS | ETC |

Note from the Pharmacist

Are You Cleared for Summer Airline Travel?

By Richard Aguilar, Jr., Pharm.D.
Director of Pharmacy Operations

There is no question that advance preparation and planning are the cornerstone of successful airline travel whether it be a weekend escape or a midweek business venture. The Transportation Security Administration (TSA) as part of the United States Department of Homeland Security is responsible for protecting the Nation's transportation systems to ensure freedom of movement for people and commerce. Post-9/11 airport security measures have been tedious and cumbersome but the TSA remains committed to refine processes and improve passenger service at all airport checkpoints. While standardized screening procedures are used for virtually all passengers, the TSA security screeners have been trained to be sensitive and respectful of passengers that may have disabilities or medical conditions. Nevertheless, additional travel preparation may be required for those who have Hearing, Visual, Mobility, or Hidden Disabilities (i.e. Pacemakers, Oxygen, Medications, etc).

Preparation for airline travel-Before the Airport and At the Airport-is key for a thorough but hopefully brief visit time at the security checkpoint.

Before the Airport:

- First and foremost do not pack or bring Prohibited Items to the airport (i.e. weapons, explosives, incendiaries, and seemingly harmless "dual-use" items such as pointed-tip metal scissors). Bringing a prohibited item, even accidentally, is illegal and may subject you to criminal or civil prosecution.
- Place valuables such as jewelry, cash, and laptop computers in carry-on baggage only.
- Avoid wearing clothing, jewelry, shoes, and accessories that contain metal.
- Do not bring lighters or prohibited matches.

At the Airport:

- Each adult traveler must keep available his/her boarding pass and government issued photo ID.

- Place the following items in your carry-on baggage: mobile phone, keys, loose change, money clips, PDA.
 - Take your laptop and video cameras out of their cases.
 - Take off all outer coats, jackets, blazers, etc.
- TSA staff will assist those with Disabilities and Medical Conditions through the screening process. If a companion or assistant is required to accompany you through the security checkpoint they must obtain a gate pass.

All medications in any form or type (i.e. tablets, injectables, or homeopathic) and associated supplies (i.e. syringes, jet injectors, pens, infusers, small sharps disposal container) are allowed through the security checkpoint once they have been screened. Medication and related supplies are normally x-rayed but you may have the option of a visual inspection. The limit of one carry-on and one personal item (i.e. purse, briefcase, or computer case) does not apply to medical supplies, equipment, mobility aides, and/or assistive devices carried and/or used by the person with a disability. You should pack your medications in a separate pouch, bag or if necessary a cooler with ice or refreezable cold packs to facilitate the inspection process. Medications should be labeled so they are identifiable. If there is any medical documentation regarding your medical condition or disability, please present this information to your screener. A letter of identification and/or Medic Alert® necklace or bracelet is a great medical ID especially in an emergency. The "travel letter" from your physician should give patient demographic details, medical condition and severity, appropriate treatment regimen and medications, authorization to carry medication and administration supplies, and name and phone number of physician.

Advance preparation is an important part of traveling and should reflect medical consultation for approval and recommendations. Traveling can be stressful but it doesn't have to contribute to your medical condition (i.e. bleeding episode, decline in the immune system, etc). Your knowledge of the procedures and observance of the tips and recommendations will help move you through the security checkpoint quickly and efficiently. If you have any questions, the TSA Contact Center is available Monday-Friday Toll-Free at 1-866-289-9673 or via email at TSA-ContactCenter@dhs.gov. Remember your pre-flight checklist and bon voyage into the wild blue yonder.

Note from Reimbursement

Did You Know...

By Lauran Niemi,
Reimbursement Supervisor

The Hemophilia Federation of America offers you access to learn about any issues that are taking place in your State government. You can view any current issues and the actions your government is taking on them, or you can search any subject that you want to read and learn more about. Just go to www.nc-hs.com. From the home page click on the "Library" tab and when the page loads at the top you will find the Hemophilia Action Alerts. Click on the red bar that says Hemophilia Action Alerts to access the issues and legislation. This is an easy and informative site that is frequently updated with all the latest legislative news! You will also find some other links on our Library page.

Remember to visit our website at www.nc-hs.com.

