

“The Butterfly Flyer”

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Visit our website @ www.abundantnursing.com

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What's fluttering this month

“Notes from the Spirit”

The Gift

Strength is a gift that we all have been given. Peace is a gift that we all have been given. Joy is a gift that we all have been given. Strength, Peace and Joy are our inheritance; we may open these gifts at any time or any place. These are our gifts from God. No strings attached, no return or exchange policies. Deep within us all, past the turmoil of the world, abides a place where strife stops and harmony begins. It is a place of silence and stillness. It is a place of healing and where light abides eternally casting out darkness.

In my life, I have endured many trials and tribulations. I have no more problems than any other person in this world. We all are faced with demons. I believe that how I look at the world will define how I live. Will I focus on my future and what to do next or will I concentrate on right NOW? Will I dwell on what I do not have or will I fall to my knees in gratitude for what I have? This is a gift... A gift to see things differently. If I am feeling depressed, disappointed, hurt...I am learning that this is of my choice. No one is responsible for those feelings except me. It is natural for us to feel these feelings sometimes. We are human and have flaws. We have expectations of ourselves that set us up for disappointment. There is a way out of those dark thoughts though. Replace the depressed, guilt, disappointed thoughts with thoughts of joy, peace, and hope. This takes practice and trust in God. I have come to the conclusion over

many years of blaming outside of myself. There is nothing that can keep you from peace, joy and happiness. These are gifts that are available to all of us anytime. When I feel those dark thoughts, I must pray. I pray that God will help me to see things differently. I pray that God will give me the strength and wisdom to do what I need to do to find Peace, Joy and happiness. I pray that all of you will receive the gifts that God has given you. Trust that He is always there for you and He wants the best for you. I can't put in words the comfort this will bring to your life.

With love,
Heather

Dear Abundant Nurses,
I just wanted to take a minute to let you all know how proud I am to be working for Abundant Nursing, Inc. I think our team of nurses is THE BEST. I feel privileged to have the opportunity to work along side many of you out in the field. The dedication our staff has to our company as well as to caring for the residents is hard to find. I love to be able to go to a facility and “shine my light”. I get great satisfaction out of doing the best I can and helping others. I see the fruits of your labor. I know our mission is strong and our

intentions are pure. We must keep vigilant to upholding our mission at Abundant Nursing. Our attendance and performance in our facilities is undeniably the best in the industry. We will continue to prove ourselves as we venture in to new directions. We all are responsible for the success of this business. We are a team. We are a family. God has supported and blessed this agency since day one. The management team of Abundant Nursing, Inc. asks for all of you to pray for the continued strength and growth of our business. Pray that our hard work and dedication will facilitate change and continue to raise the standards of nursing care wherever our nurses are working. Praise be to God for all of our blessings and opportunities. I encourage all of you to say this prayer before each shift:

Dear Lord, Thank you for this opportunity to provide care to these needy residents. Help me to shine a warm, bright light. Help me bring comfort and help relieve pain. Help me show patience and kindness. Help me be an example to my coworkers. Guide me Lord to make good choices and decisions that will benefit everyone around me. Give me strength to perform my duties to the best of my ability. Grace me Lord with your presence as I care for your people. Let me feel your hand on my shoulder, supporting my efforts and healing my heart of my insecurities and troubles. Most of all, Lord, let me go home after my shift feeling proud of what I was able to accomplish. Praise your name...Amen.

Open your heart and mind and allow God to enter.



LICENSED NURSES...Did you know?

- There is a new 24 hour sustained-release morphine (oral opiate) called AVINZA. Avinza is uniquely useful with the elderly. It has 10% immediate release beads and 90% sustained-release beads. It comes in a capsule and can be swallowed whole or the beads can be sprinkled over applesauce for patients with dysphagia.
- DuraGestic patches should be changed every 72 hours but the nurse should be checking for placement at least every shift. It is the standard that every shift, the nurse checks to make sure the DuraGestic patch is in place and document in the MAR or nursing record that this was done. Also, make sure all patches are dated and timed before placing them on the patient. Document on the MAR the location in which you placed to patch.

The Ways of God

Psalm 25:1-4

The church is filled with people who have made sincere decisions for Christ, and yet have no idea how God operates. Although they understand Jesus Christ died for their sin, they cannot grasp who the power of God can impact their day-to-day lives. This is a tragedy that breeds uninformed, unempowered Christians.

When we don't understand the ways of God, we get off track. Rather than seeking His mind, we rely on our own. Rather than obeying His will, we follow our own. Rather than waiting on His timing, we act on our own. Do you see a pattern here? When God's daily power is removed from our understanding, all we have left is our own best efforts. And that is never enough for abundant living.

God does not hide His ways from us. He does not want us to go about our lives completely ignorant of how He operates. (Psalm 103:7) Although we may not fully understand His plan (Romans 11:33), we can put ourselves in a position to see His work in the world. We will not truly "see" God until we approach Him in trust and humility, asking Him to reveal Himself in a fresh way. Moses did this, and the result was an amazing experience of the Almighty. (Exodus 33:11-23)

We discover God through prayer, the Scriptures, and meditation. He has given us His holy Word so that we might gain a clear picture of His ways. If you are having difficulty "seeing" Him, open the Bible with renewed vigor and ask for a fresh glimpse today. That is a prayer God always wants to answer.

In Touch Magazine/June 2004

EMPLOYEE FOR THE MONTH OF JULY



"Melody A. Kissinger, CNA"

Congratulations, Melody A. Kissinger CNA, for earning July Employee of the Month. Melody has worked for Abundant Nursing, Inc. since October 2000. Her job descriptions have been multifaceted; she has worked in facilities as a CNA, in homes as a HHA, in the office as a scheduler/clerical aide, and on-call as after hour's scheduler. She lives in Elizabethtown with her family and beloved pet, "Elmer". Mel is very dedicated to going above and beyond when it comes to caring for her clients and residents. Mel is dependable and professional in every role she fills for Abundant Nursing, Inc. We appreciate all you do for our company. Thanks, Mel, for being an *Abundant Nurse*.



Congratulations and Welcome aboard to our New Hire

Beth A. Cintron, LPN
Jeannie E. McQuirk, LPN
Kimberly A. Messersmith, CNA

July Happy Birthday wishes go out to the following employees:

Kyle D. Blauch
Beth A. Cintron, LPN

Tanya G. Heming, CNA
Jenny L. La, LPN
Jeanne L. Lutz, LPN
Coral R. Mattis, CNA
Heather L. Metzler, RN
Kimberly A. Neidig
Marcia J. White, CNA

Stars Program

The following employees were recognized for doing an outstanding job!

Jen L. Boley LPN
Christina L. Hummer CNA
Lynette A. Jacobson LPN
Wendy S. Santiago CNA
Joni L. Staffieri LPN

ATTENTION employees due for annual PPD

We will be offering the test to those employees due July/Aug/Sept 2004. The test will be given Tues., July 27th and read on Thurs., July 29th. Please call to schedule a time with Deb or Heather.

REMINDER

Abundant Nursing Beach Party
Sunday, August 8th
You should have received an invitation by mail. Please return your response card by 7/16/04. We hope all of you can come. Make sure you write your name on the response card along with number attending and hot/cold dish/dessert you will bring. Please call the office if you did not receive your invitation.

If you present your Abundant Nursing, Inc. name badge at Uniform Solutions you will receive a 10% discount on uniforms, etc.



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