

Per Diem Nurse Staffing Offers Flexible Options To Meet Clients' Healthcare Needs

BY MELISSA GARRETT

MIRROR REPORTER

Per Diem Nurse Staffing specializes in providing registered nurses, licensed practical nurses, nursing aides and home health aides to the outlying areas of Northwest Ohio.

Nurses from Per Diem have worked in communities from Defiance to Fremont and from Findlay to Sylvania.

Owners and operators since November 2001, Brenda Michalski and Kathie Diem are registered nurses with a combined 50 years of experience. Diem said she is not aware of any other local agency headed by nurses.

Their wide variety of nursing experience ranges from agency work to surgery.

Diem has served as director of nursing at long-term care facilities and teaches nursing courses at local colleges.

Per Diem Nurse Staffing is on call 24 hours a day, seven days a week.

Clients are able to rely on the agency when they need services. Michalski and Diem said that if one of their nurses cannot meet an obligation, one of the owners would fill in.

"Once we get into a facility, they primarily use us because they know someone will be there every time," Diem said. "We have good communication with our clients and work very closely with our facilities and home care patients."

"We have two dedicated schedulers in our offices Monday through Friday and we are on call at night. We are really flexible, so we will even split a shift with one of our employees if necessary."



Kathie Diem (left) and Brenda Michalski (center) own and operate Per Diem Nurse Staffing out of their homes in Waterville and Deshler. Krista (right) is the scheduler for the Waterville office.

Michalski and Diem also train their aides and go to work with anyone who is uncomfortable free of charge to make sure they become comfortable with the environment and their duties.

Per Diem employees currently staff long-term care facilities, schools, mental retardation and developmental disability facilities, doctors' offices, hospitals and private homes, just to name a few.

Clients simply need to call and Per Diem will check with their employees' schedules to send someone to the facility or home.

Diem said the arrangement is great for the nurses

and aides as well because they can set their own schedules and have a variety of workplaces and experiences.

For clients who are able to remain in their own homes, Per Diem Nurse Staffing's newest venture is "Homecare with a Heart." Michalski and Diem said they are responding to a growing need in the community.

"More people now would like to be taken care of in their homes and maintain as much independence as possible," Michalski said. "There is a trend toward assisted living and home care, but a lot of people don't have anyone to help them out."

Per Diem has an experi-

enced home care coordinator who manages the home health aides and makes sure there is a good match between

the aides and the clients.

The agency offers all types of in-home care including light housekeeping, personal

care, performing shopping and errand duties, meal planning and preparation, companionship, respite care, help to sporting events, rides to and from doctors' visits and the hospital, well baby visits, medication set-up and much more.

"We always want to maintain personal service for all of our clients," Diem said. "We do extras that other agencies don't do."

Per Diem Nurse Staffing is currently applying for Passport certification, a state of Ohio program that helps pay the costs for elderly patients who cannot otherwise afford in-home nursing care.

Per Diem has two offices, one in Michalski's home in Waterville and one in Diem's home in Deshler.

Health care facilities may contact the agency by calling (419) 260-8881 or (419) 260-8882.

Home health care clients should call (419) 262-8884.

Clients may also contact Per Diem by e-mailing perdiemnursestaffing@yahoo.com or perdiemnursestaffing@adelphia.net.

Women Urged To Protect Eye Health

Throughout their lives, women will likely experience some sort of change in their vision, whether it is a need for glasses or contacts, an eye infection or even an eye disease.

According to Prevent Blindness Ohio, women are more prone to eye disease than men.

Cataracts, glaucoma, diabetic retinopathy and age-related macular degeneration — four leading causes of blindness — are all more prevalent in women than men.

In fact, women make up two-thirds of the more than 3.4 million Americans age 40 and older who are visually impaired.

Because there is no cure for these diseases, early detection and treatment are the

only way to preserve vision.

In addition to regular eye exams, Prevent Blindness Ohio offers these tips for women to keep their eyes healthy:

Eat healthy and stay fit — The American Journal of Clinical Nutrition found that the risk of cataracts could be lowered by eating three and one-half servings of fruits or vegetables a day. Green leafy vegetables especially contain loads of nutrients for the eye.

Pairing a healthy diet with exercise can also reduce the risk of diabetes, which can lead to vision loss.

Take supplements — Antioxidants have been shown to reduce the progression of some eye illnesses. Vitamin A, riboflavin (vitamin B2), vitamin C and zinc

are good sources to help maintain eye health.

Quit smoking — Besides typically known side effects such as cancer and lung disease, smoking also increases the risk for eye diseases. Even secondhand smoke is dangerous.

Wear UV eye protection — Wear brimmed hats in conjunction with UV-rated sunglasses (the label will say the glasses absorb 99 to 100 percent of UV-A and UV-B rays). Daily exposure to UV rays over a period of many years can cause damage to the eyes.

Know your family history — Genetics plays a key role in eye disease. Research your family's health history and notify your eye care professional of any eye diseases that run in the family.

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CHIROPRACTIC OUTLOOK

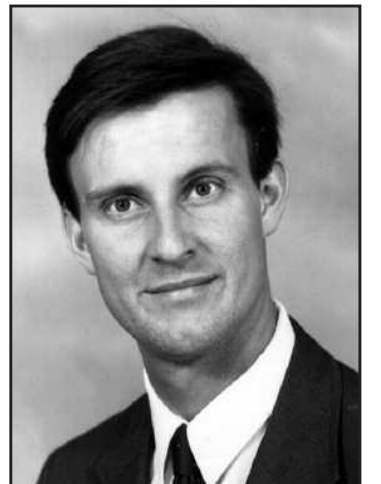
By Dr. Brendan McMahon, D.C.

CHIROPRACTIC & MIGRAINE HEADACHES

If you get migraine headaches, you know how debilitating they can be. These headaches are characterized by extreme pain and pressure, usually over one eye or concentrated on one side of the head. Sometimes they also cause nausea and sensitivity to light. The pain can last from a few hours to a few days and make a person incapable of performing even the simplest activities.

Pain is not the only negative consequence of migraines. People who get them regularly miss a lot of work or school and make more frequent doctor visits. Healthcare costs can mount. These headaches can be greatly reduced by using preventative methods such as reducing stress and caffeine intake, watching one's diet, getting plenty of sleep and exercising regularly.

Chiropractors have long reported good, if not excellent, results in the treatment of migraines. This is because these headaches can often be associated with spinal problems. Chiropractic care may be the safest and most effective type of treatment.



Dr. Brendan McMahon

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