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Food For Thought



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In This Issue

[Boost Your Brain Power!](#)

7 to 1 Return on Involvement (R.O.I.):

Implementing Successful Revenue Teams

Healthcare organizations today must have 'surefire' results from their efforts to positively affect their budget's top line (revenue line). Revenue must be maintained and/or increased to cover the required expenses, staffing, resources and involvement to satisfy today's customers.

How do you make teaming 'pay off' for a substantial **Return on Involvement**, i.e., *Return on Investment*? Clint Maun's proven methods are detailed in this session so participants can learn how to successfully utilize **twelve-week involvement teams** to address the four critical components of a revenue cycle.

Success in all 4 of these areas is vital to achieve and sustain revenue growth. This program shows organizations not only how to overcome direct occupancy challenges, but also how to target specialized niche revenue goals such as *private pay*, *managed care* and *Medicare*. In addition, this process can be used to develop service programs for very specialized placement opportunities.



Review Clint Maun's Biography and References at <http://www.maunlemke.com> or call Kathy Cain at 800.356.2233 for more information

Boost Your Brain Power!

Studies have shown that if you don't keep your mind active, your brain can lose some of its functionality leading to memory loss, "brain fog," and even Alzheimer's. The saying "use it or lose it" is certainly true with your brain. Just like your arms and legs, your brain needs exercise to help keep it in top shape.

The good news is that there are plenty of easy and fun exercises you can do to boost your brain power. Here are six great ideas:

- **Play.** Certain games can challenge and stimulate your mind. Good examples include strategy games, crossword puzzles, word scrambles, card games, and deduction games (such as Clue).
- **Read and write.** Reading stimulates the brain and activates your imagination. Reading also helps with memory retention and problem solving, especially if you're reading a mystery. Writing also improves memory and thought expression. Try writing in a journal or perhaps starting your own blog.
- **Move.** Exercising helps circulate blood that carries oxygen to your brain. Over the long-term, exercise is proven to increase brain power and even create new neurons.
- **Take a deep breath.** Deep breathing helps deliver oxygen to your brain, and oxygen helps you to be more alert and awake. As little as 10 to 15 minutes of deep breathing daily can help increase brain functionality.
- **Turn on the radio.** Studies show that listening to music strengthens the right hemisphere of the brain and actually changes the structure of it.
- **Paint.** Painting is shown to be an effective brain booster because it sparks creativity. Even if you've never tried painting before, give it a shot. You'll find that you feel more creative and may actually enjoy it.

Need one last motivator to get your brain "in shape"? We'll leave you with this: a well-stimulated brain has also been shown to improve your mood. So, if you want to feel happy, kick that brain into high gear!

"It is not enough to have a good mind; the main thing is to use it well."
—Rene Descartes

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