

August 15, 2014



## Just 7 more Medicare customers can deliver over \$1 million to your top line.

This additional revenue offsets losses from Medicaid reimbursement rates.

### Does your organization need to grow revenue?

Clint Maun and Maun-Lemke have over 25 years of expertise in "changing the results of healthcareâ $\in$  . We have learned through that to assure their sustainability, LTC organizations **must not be** revenue dependent upon Medicaid.

Maun-Lemke's proven A.R.M.S. Length Revenue Enhancement System can be implemented cost-effectively through our step-by-step process and web-based computer consulting support. For information on the A.R.M.S. Length System and how your organization can achieve their full Revenue potential, call us at (800) 356-2233.

# Food For Thought

## Simple Strategies to Cultivate Calm

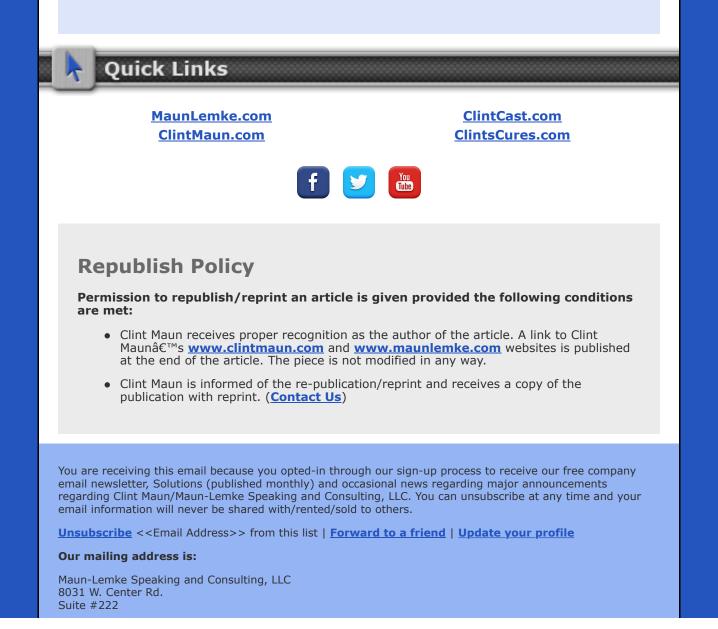
In this monthâ€<sup>™</sup>s newsletter, we covered a three-step plan to addressing stress and cultivating calm. As a follow-up to that article weâ $\in$ <sup>M</sup>ve included some quick and easy strategies you can incorporate into your daily routine to help you regain a sense of zen:

- Rate your stress. Everyone gets stressed. The key is to identify the stress before you explode. So, on a one to 10 scale, rate your stress level. If you're at an 8 or higher, you need to set some time aside and take a breather.
- Create a distraction. To keep a sense of calm, think of being on a relaxing beach or change your thought pattern by repeating a positive motto like,

"The truth is, nothing is guaranteed… so don't be afraid. Be alive.â€

- **Drink a cup of tea.** The benefits of tea keep pouring in! In a study at University College in London, 75 volunteers drank the equivalent of a cup of black tea before completing two stressful tasks. Afterward, their cortisol (a stress hormone) levels dropped an average of 47 percent, compared with 27 percent for the non-tea drinkers.
- Have a cry if you want to. Pent up emotions are your enemy. A good cry can let your emotions out, and prove cathartic.
- **Find a way to laugh.** According to researchers at Loma Linda University in California, just the anticipation of laughing significantly decreases levels of the stress hormones.
- **Take a walk with a friend.** Not only will a quick walk literally get you out of a stressful situation, but exercise can help you blow off steam and release feel-good endorphins. And, when you walk with a friend, you can get the social support and perspective you need.

 $\hat{a} \in \mathbb{C}^{Many}$  of us feel stress and get overwhelmed not because we're taking on too much, but because we $\hat{a} \in \mathbb{C}^{many}$  re taking on too little of what really strengthens us. $\hat{a} \in \mathbb{C}^{Many}$  are used by the strengthese strengthes



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