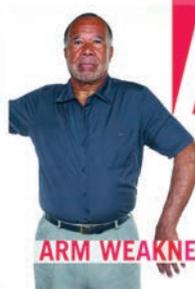


## Stroke is No Joke!

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In the last 40 seconds, someone had a stroke. In fact, nearly 800,000 people in the U.S. suffer a stroke each year, which is why Peninsula Home Care has launched an educational campaign encouraging patients, families and caregivers to act without hesitation and seek treatment immediately.

According to Nancy Bagwell, area director of operations at Peninsula Home Care, "When it comes to stroke treatment, every second counts. Recognizing the signs and symptoms and taking immediate action can help prevent brain damage and long-term disability. Don't wait to see if the symptoms go away or to try and transport yourself or a loved one."

About 85% of strokes are caused by a blockage in a blood vessel in the brain. Every moment the brain is not getting enough blood flow can cause irreversible injury, even permanent disability. The time a patient spends in an ambulance on the way to the emergency room is critical. Paramedics

will alert the ER to the patient's condition, preparing them to administer vital care.

Speed matters. When a patient arrives at the hospital within three hours of the first symptom of an ischemic stroke (which account for 87% of all strokes) it is likely they will be given thrombolytic (tPA), a blood clot-busting drug. This lowers the potential for disability and significantly improves the chances of full recovery.

Risk factors are critical components of stroke awareness. Some risk factors such as high blood pressure, atrial fibrillation (A-fib), smoking, diabetes, poor circulation and obesity can be managed. Others such as age, ethnicity, gender and family history are out of your hands. Chances of stroke rise for women, as well as for African-Americans, Hispanics and Asian/Pacific Islanders.

For more information, visit our website or [www.strokeassociation.org](http://www.strokeassociation.org).

## New Medicare Cards Help Combat ID Theft

The more than 59 million people enrolled in Medicare will receive new identification cards this year in a massive effort to help curb fraud and scams. The cards feature an 11-digit ID which includes both numbers and letters, replacing card-holders' Social Security numbers (SSN).

The rollout will take up to a year to complete. The first cards were mailed to recipients in April and May of this year. When you receive your new paper card, destroy your old plastic card (so no one can access



your SSN) and present the card to your medical providers on your next visits. If you are enrolled in Medicare Advantage, continue using the card provided by your insurance carrier as it does not include your SSN.

Medicare wants seniors to know they do not have to do anything to receive a new card as long as the mailing address is correct. If you recently moved, check with the Social Security Administration to make sure they have your correct address.

**Be alert for FRAUD.**

There is NO activation or processing fee. Medicare will never call you or ask that you verify information by phone unless you call them. They communicate by mail.

# OWLs Readying for Flight



Peninsula will be launching a new club this summer: The OWLs – Older & Wiser Living.

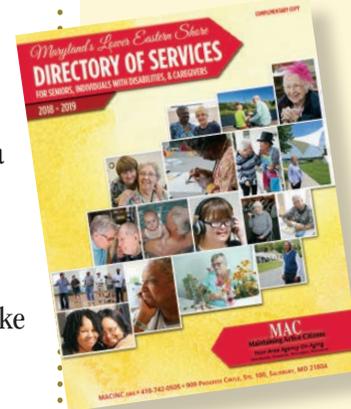
OWLs is FREE and open to people ages 45 and older, and membership has quite a number of benefits:

- Your OWLs Club Kit will include a Medication Record Card, Medical History Card, information about managing chronic diseases and more
- Access to a special Vitals station in our offices to measure your blood pressure, take your temperature and weigh yourself — all free of charge
- Receive our Quarterly Newsletter by email or mail (your choice)
- Access our Community Health Worker Program, bringing health education right to your door
- Attend our Annual Health Conference

Receive a FREE Peninsula Water Bottle with tips for managing the heat, just for registering. To register, go to our website – [www.peninsulahomecare.com](http://www.peninsulahomecare.com) – and click on the OWLs logo on the Home Page. You'll be taken to the confidential registration page – we will never share your information. If you do not have access to the internet, or you prefer a human touch, call one of our offices and we will be glad to sign you up.

**MAC**  
Maintaining Active Citizens

**New** Directory for Seniors & Caregivers



There are lots of services for seniors on the Lower Shore if you know where to look – and MAC is making that easier.

This summer, MAC will publish its first

Directory for Seniors & Caregivers, with information about all sorts of programs, services and resources in our region.

We're proud to be a part – so look for our ad and listings in this handy directory that will go “above and beyond” for you in its own way.

# HOME CARE HEROES! WOW!

## Celebrating Peninsula Home Care Heroes!

Peninsula Home Care Heroes go **Above and Beyond** to deliver the highest quality of care to our patients. They are nominated by their peers for the outstanding work they do, both in the field for patients and in the office for their teammates.

### 2018 Outstanding Occupational Therapists



**Miranda Wood**  
Occupational Therapy Assistant  
Maryland



**Helen Serrano**  
Occupational Therapist  
Delaware

### 2018 Outstanding Registered Nurses



**Gena Hammond, RN**  
Delaware



**Kim Mast, RN**  
Maryland  
Worcester County



**Christine Yingling, RN**  
Maryland  
Wicomico / Somerset Counties

## 60 Seconds with Robyn Coughenour BSN, RN



Robyn Coughenour (pronounced “Coke-en-our”) has been with Peninsula for more than a decade, serving in a number of capacities, including Branch Director at Peninsula Home Care at Nanticoke. For the past several years she’s served as our Regional Director of Clinical Operations, overseeing home health services at all of our branches. Here, a quick conversation about home care, community and zip-lining.

**Q** You have worked in home care for more than 20 years. What is it about home care that keeps you engaged?

**A** What I enjoy most about home care is teaching. I love to teach. In the beginning of my career I was able to teach patients and families about home care, and now in my role in clinical operations, I am able to teach our clinicians.

**Q** What do you hope comes to mind when people think of Peninsula?

**A** When people think of us, I hope quality care and integrity come to mind. We pride ourselves in doing the right thing 100% of the time. I also hope people think of family. We are all very much a part of and invested in the communities that we serve.

**Q** How do you spend your free time?

**A** My free time is family time with my husband and daughter. We enjoy thrift store shopping, going to the movies and taking a drive. I also like spending it with my sister for “girl’s day” at the nail salon.

**Q** You cherish your daughter - tell us about her.

**A** My greatest joy is my Molly. We adopted her from China in 2007 at age one. She has brought more love into my heart, more than I deserve, or that I thought my heart could hold. Now at the age of 12, she is not only beautiful on the outside but on the inside too. I say she has an “old” soul. Family means everything to her. Molly also has a strong work ethic and is very goal oriented. She already wants to serve her country in the US Marine Corp after achieving her dream of attending the US Naval Academy.

**Q** What is something people would be surprised to learn about you?

**A** I think people would be surprised to know that I once “zip-lined.” I am not a very adventurous soul, so it was very out of character for me. I was scared out of my mind – but I loved it!

# Things to Do!

## Popular Hill Mansion Festival

Salisbury, MD

June 23, 2018

[www.facebook.com/events](http://www.facebook.com/events)

## Red White and Boom

Salisbury, MD

July 4, 2018

[www.facebook.com/RedWhiteAndBoom](http://www.facebook.com/RedWhiteAndBoom)

## 24th Annual Nanticoke Riverfest

Downtown Seaford, DE

July 14th starting at 9 am

[www.nanticokeriverfest.com](http://www.nanticokeriverfest.com)

Crafts, music, health screenings,  
food and more

## Beginning your

## Pink Ribbon Journey

Nanticoke Hospital, Seaford, DE

July 19, 2018 from 3:00pm – 4:00pm

[www.nanticoke.org/events](http://www.nanticoke.org/events)

## The Great Pocomoke Fair

Pocomoke, MD

August 2-4, 2018

[www.thegreatpocomokefair.org](http://www.thegreatpocomokefair.org)

## Wicomico County Fair

Winterplace Park, Salisbury, MD

August 17-19, 2018

[www.wicomicofair.com](http://www.wicomicofair.com)

## Coming this fall:

## The National Folk Festival

Salisbury, MD

September 7-9, 2018

[www.nationalfolkfestival.org](http://www.nationalfolkfestival.org)





We're the proud sponsors of the 2018 Silver Sluggers club at the Delmarva Shorebirds, and the first games of the season have been a terrific opportunity to meet people from across the region. Silver Sluggers receive many benefits – especially the free limited-edition baseball cap! Here are some photos from the first games. You can still join and save money on admission, even during midseason.



Learn more at [www.theshorebirds.com](http://www.theshorebirds.com) or call 410-219-3112.

## Below are some support groups you may find valuable.

Please check the specified website or call the organization for additional meetings and times if not specified.

### ATLANTIC GENERAL HOSPITAL

[www.atlanticgeneral.org/Events-Calendar/Event](http://www.atlanticgeneral.org/Events-Calendar/Event)

#### Stroke Support Group

(Last Thursday of every month)

#### NAMI Lower Shore Family Support Group

(Mental Illness)

June 12, 6:30 pm – 8 pm (recurring event)

#### Women Supporting Women

Breast Cancer Support Group

June 20, 1 pm – 2 pm (recurring event)

### NANTICOKE HEALTH SERVICES

[www.nanticoke.org/events](http://www.nanticoke.org/events)

#### Better Breathers Club

June 18, 2 pm – 3 pm (recurring event)

#### Diabetes Support Group

June 18, 5 pm – 6 pm (recurring event)

#### Heart Failure Support Group

July 26, Noon - 2 pm (recurring event)

### PENINSULA REGIONAL MEDICAL CENTER

[www.peninsula.org/events](http://www.peninsula.org/events)

#### ALS Support Group

2nd Fri. every month, 1 pm – 3 pm

#### Parkinson's Support Group

3rd Wed. every month at 2 pm

#### Stroke Support Group

1st Tues. every month, 2 pm – 3:30pm

## Wagner Wellness Van

The Wagner Wellness van offers free non-emergency medical care for qualified county residents in joint partnership between Peninsula Regional Medical Center, Atlantic General Hospital and McCready Hospital. For more times and information, call 410-543-7558.

#### Wicomico County: Mondays and Friday

PRMC: Route 13 & Newton Street, Salisbury

#### Worcester County: Wednesdays

Worcester County Health: Dept. 6040  
Public Landing Road, Snow Hill

#### Somerset County: Tuesdays

Crisfield Public Library: 100  
Collins Street