We are pleased to announce continued growth of the HOME Program and want to introduce HOME’s new team members:

- **Dr. Paul Stevens, M.D.**
  - Dr. Paul Stevens earned his medical degree at the University of Utah School of Medicine. He then completed the Triple Board residency (psychiatry, adult psychiatry, child & adolescent psychiatry) at The Warren Alpert Medical School of Brown University where he served as co-chief resident during his final year. During residency, Dr. Stevens participated in research, education, and quality improvement related to patients with Neurodevelopmental Disorders. He also worked in a multidisciplinary inpatient psychiatric unit treating children with Autism and Developmental Disabilities. He is excited to work at the Neurobehavior HOME clinic as an outpatient psychiatrist.
  - **Significant muscle aches all over your body**
  - **Healthy relationships**
  - **Workshop Topic**
  - **Severe cough with history of emphysema or asthma**
  - **Anger management**
  - **Mild symptoms**
  - **Emotional health**
  - **Cough and/or congestion lasting less than 10 days**
  - **Communication and social skills**
  - **Sore throat with cough and congestion**
  - **Severe nasal congestion that starts to get better and then gets significantly worse again**
  - **Grief**
  - **Spiritual health**
  - **Runny nose**
  - **Developing self-esteem**
  - **Feeling identification and expression**
  - **Measured fever (fever is considered 100.4°F or higher, less than that is not considered a fever even if the person feels warm to the touch)**
  - **Coughing fits that lead to vomiting afterwards**
  - **Severe fatigue so that the person sleeps most of the day and night**
  - **Severe cough with a personal history of pneumonia and/or aspiration into the lungs**
  - **Severe cough with history of emphysema or chronic bronchitis (both considered COPD), heart failure, or asthma that requires a daily inhaler**
  - **Significant muscle aches all over your body**
  - **Symptoms lasting for over 2 weeks**
  - **Difficulty breathing when sitting down**

**SAVE THE DATES:**

Join us for monthly therapy workshops on the 1st Tuesday of each month from 3:00-4:30 pm at the HOME Clinic. They are open to all HOME clients 18 years or older. Call Bridget at 801-585-1943 with any questions about these workshops.

<table>
<thead>
<tr>
<th>Date</th>
<th>Workshop Topic</th>
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<tbody>
<tr>
<td>October 4, 2016</td>
<td>Healthy relationships</td>
</tr>
<tr>
<td>November 8, 2016</td>
<td>Managing holiday stress</td>
</tr>
<tr>
<td>December 6, 2016</td>
<td>Grief</td>
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<tr>
<td>January 10, 2017</td>
<td>Mindfulness</td>
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<tr>
<td>February 7, 2017</td>
<td>Feeling identification and expression</td>
</tr>
<tr>
<td>March 7, 2017</td>
<td>Developing self-esteem</td>
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<tr>
<td>April 4, 2017</td>
<td>Communication and social skills</td>
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<tr>
<td>May 2, 2017</td>
<td>Anger management</td>
</tr>
<tr>
<td>June 6, 2017</td>
<td>Physical health and mood</td>
</tr>
<tr>
<td>July 11, 2017</td>
<td>Mental health</td>
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<tr>
<td>August 8, 2017</td>
<td>Emotional health</td>
</tr>
<tr>
<td>September 5, 2017</td>
<td>Spiritual health</td>
</tr>
</tbody>
</table>

**DID YOU KNOW?**

- **We would love to get your feedback!**
  - Please watch out for our customer service survey in the mail (you might have already received it) and return it to help us know what we are doing well and what we can improve.

**Weekends and after hours:**

If you need to contact us after hours, please call at 801-587-3195 and tell the operator that you are with HOME. The operator will have someone from HOME contact you.

- **The new case manager assignments are:**
  - **A–B** Kat Buchta 801-587-8181
  - **C–F** Brooke Larsen 801-587-3359
  - **G–Joh** Selja Engar 801-585-5223
  - **Jon–Mel** Paula Hansen 801-585-0218
  - **Mem–P** Mike Thorpe 801-585-6516
  - **Q–S** Rachel Bishop 801-585-6516
  - **T–Z** Becky Glover 801-587-7687

**HOME HIGHLIGHT**

HOME is committed to being a national leader in providing healthcare to people with developmental disabilities. Aligned with this vision, HOME is being consulted by programs from different states around the country (e.g., Kentucky, Massachusetts and North Carolina) who serve people with developmental disabilities, to learn about how we deliver our services.

We would like to express our sincere gratitude for all those who attended or otherwise supported this year’s Caring for People with Developmental Disabilities Conference. The conference was a great success, and we had excellent feedback from both attendees and speakers. If you missed the conference this year, or if you learned a lot and are eager for more, we are planning to hold another Caring for People with Developmental Disabilities Conference in 2017. More details about this conference will follow in the coming months.

Sincerely—Ben Wilson, Paula Hansen, Bethany Lawrence, and Conference Planning Committee

**HOME MATTERS**

**GETTING READY FOR THE FLU SEASON**

Cold and flu season is here!

Every one of us is likely to get sick at some point this winter, so how do we know when we should come in to clinic to be checked out?

Here are some tips:

- **Reasons to come to the doctor’s office**
  - Measured fever (fever is considered 100.4 degrees F or higher, less than that is not considered a fever even if the person feels warm to the touch)
  - Severe nasal congestion that starts to get better and then gets significantly worse again (‘re-sickening’). This is suggestive of a bacterial infection (meaning antibiotics could be helpful)
  - Severe fatigue so that the person sleeps most of the day and night
  - Severe cough with a personal history of pneumonia and/or aspiration into the lungs
  - Severe cough with history of emphysema or chronic bronchitis (both considered COPD), heart failure, or asthma that requires a daily inhaler
  - Significant muscle aches all over your body
  - Symptoms lasting for over 2 weeks
  - Difficulty breathing when sitting down

- **When a doctor’s visit is likely not necessary**
  - Mild cough that does not involve phlegm
  - Runny nose
  - Sore throat with cough and congestion
  - Mild symptoms
  - Cough and/or congestion lasting less than 10 days and with no red flag symptoms listed above

- **If you have a sore throat with runny nose and cough, then it is EXTREMELY unlikely to be strep throat**

- **Over 80% of colds are caused by viruses, meaning that antibiotics won’t help**

- **But remember that the “flu” (influenza) is a LUNG infection. If you are throwing up or have diarrhea, then you do NOT have the flu. The flu shot will not protect against a stomach infection or the common cold**

- **Make sure to wash your hands at least EVERY HOUR during the winter to prevent spreading germs!**

- **EVERYONE needs a flu shot! Come get one at the HOME Clinic. You do not need an appointment if this is all you are coming in for.**

**TELL US WHAT YOU THINK**

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Sincerely—Ben Wilson, Paula Hansen, Bethany Lawrence, and Conference Planning Committee

**Disease Management**

Disease management is where we pay close attention to people with specific diseases or problems so we can ensure that they live the healthiest life possible. This involves helping the person remember to follow up with their doctors, get blood tests and other screenings when they are due, and providing education to help people manage their own diseases or know when to seek help. There are four specific illnesses that we are focusing on in the HOME Program.

They are COPD (involving problems with breathing), Asthma (problems with swallowing), Asthma (periodic breathing problems), and Diabetes (problems with keeping blood sugar at healthy levels). If you have any one of these four illnesses, you may get a phone call from or meet Bryon Claflin at one of your next appointments. Bryon is a nurse case manager who has been hired specifically to help people and their doctors keep a closer eye on these problems. Bryon may also ask you to call the front desk staff to call you to schedule a follow up visit with your doctor when you are due for a checkup. Our goal is to help you enjoy a healthy life and be affected as little as possible by these diseases.
**MISSION STATEMENT**

Our mission is to optimize the quality of life of people we serve by providing excellent, compassionate, and integrated health services throughout the lifespan.

**HIGHLIGHTS**

**Remember to Read to your Children!** Cuddle up with a good book, kindle, EPIC online library for children, or local library. The American Academy of Pediatrics (2015) promotes the 5 Rs of early education and family relationships:

- **Read** together as a daily, fun, family activity
  - Reading increases receptive and expressive language. Ask questions, “Show me the car,” “What animal says meow?” “Why is Izzy mad at her friend?”
  - Teach critical thinking skills. Before turning the page ask, “What might happen next?”

- **Rhyming**, playing, talking, signing and cuddling together often throughout the day
  - Turn off TV and take a break from social media

- **Build Routines** for meals, play, sleep, and reading
  - Plan a special reading time each day. It may be only 1-2 minutes for a young toddler up to 20 minutes for a child in elementary school

- **Rewards** for everyday success
  - Develop a nurturing, reciprocal, purposeful and lasting Relationship with your child
  - You are the most powerful and important impact on children’s development
  - Books can teach children about emotions and ways to respond—happy, sad, mad, frustration

**Recommend Reads:**

- Brown Bear, Brown Bear, What do you See (Bill Martin Jr. & Eric Carle)
- Polar Bear, Polar Bear, What do you Hear (Bill Martin Jr. & Eric Carle)
- May I Please Have a Cookie (Jennifer Morris)
- Pete the Cat Rocking in My School Shoes (James Dean)
- Pete the Cat and his Four Groovy Buttons (James Dean)
- Rumble in the Jungle (Giles Andreae)
- Amazing Airplanes (Tony Mitten)
- Z Is for Moose (Kelly Bingham)
- Chicka Chicka Boom Boom (Bill Martin Jr. & John Archambault)
- The Kissing Hand (Audrey Penn)
- Learning to Ski with Mr. Magee (Chris Van Dusen)
- Magic Treehouse Series (Mary Pope Osborne)

We are starting a free book program, called the Free HOME Library. Patients and caregivers can take books free of charge from a designated bookshelf in the waiting room. All books have been donated. We ask that people only take books they will use from the designated bookshelf (not anywhere else in the clinic). Books free of offensive materials (language, pictures, and religious subjects) can also be donated at the front desk.

The goal of this program is to increase patients access to books, in hopes of improving literacy, regular reading and the love of reading. We hope this program helps to enrich our patients and caregivers lives.