



deep in the heart of home care

July 1, 2008

Celebrate Independence our nation's and our own

by Marjorie Baker, San Antonio

We all have a general knowledge of the Declaration of Independence and its importance to the development and progress of our nation's philosophical core. There is one line in the Preamble that has been used by Abraham Lincoln, Elizabeth Cady Stanton, and Martin Luther King Jr. to prompt Americans to stand up for the equal rights of all. Can you guess which one I am talking about? Okay, everyone say it with me... "We hold these truths to be self-evident, that all men are created equal..." But, as history has shown, these truths are not always self-evident. They have been fought for in wars,

marches, sit-ins, and boycotts. It sometimes takes a lot of effort to *remind* everyone of our self-evident truths.

So, this Fourth of July, take a moment in between hot dogs and fireworks, to say thanks to all the individuals throughout history and in your own backyard who have stood up for civil and disability rights. Without these men and women, our ongoing pursuit of independence would stagnate and the equality we all deserve would disappear. Happy 4th everyone.

Client Highlight meet maelby

by: Andrea Torres, El Paso

Maelby Dominguez is a dedicated and active individual in the El Paso community and advocates for the rights of clients with disabilities. As a peer mentor and volunteer at Volar Agency (Center for Independent Living), Maelby enjoys helping others in the community gain the same independence she learned at Volar. She participates in fundraisers for organizations that represent clients with disabilities and their rights. She finds time in her busy schedule to join our Advisory Committee meetings. Maelby is a very bright individual with a magnetic personality, and in spite of



set backs in her personal life – she maintains a positive outlook on life.

If you want to highlight a DSSW client, please send an email to caretx@dsswtx.org stating why this person deserves to be showcased in the next issue of Care, TX.

Maelby is one of our El Paso clients.

DSSW Giving Back adapt fun run 2008



ADAPT Fun Run
Washington, DC
photos by: Tom
Olin

By: *Andrea Torres, El Paso, TX*

Sunday, April 27, 2008 ADAPT held a national fun run for Disability Rights in Washington, DC. This was ADAPT's 25th year of honoring activism and the positive changes in our communities that have greatly supported the community incorporation of people with disabilities of all ages. Disability Services of the Southwest was proud to

have had the pleasure of sponsoring two very courageous and outstanding competitors Maelby Dominguez-Campos and Michelle Robbins. When these two women came into our office and expressed the importance of how sponsoring them would make an encouraging impact in the fight against putting people with disabilities in nursing homes and taking away their freedom of choice to live in the community, we knew we needed to back them. DSSW strongly supports the awareness that ADAPT promotes. WAY TO GO, LADIES! To learn more, visit www.adapt.org.



CEO's Corner welcome to care, tx

by *Larry Baker, San Antonio*

We are pleased to send you the "kick off" issue of our newsletter, Care, TX. The purpose of this newsletter is to build a sense of family for our entire DSSW community, and to cover a wide range of subjects and issues including what is happening at DSSW, what is happening in Austin at the State level, and last but not least, what is going on in Washington, D.C. that affects us on the federal level. The articles will include stories about clients, employees, and even items that will enhance or make your daily lives safer and better. Who knows, we may even have some humorous stories or jokes to make you chuckle.

These notes from me will provide an opportunity to explain and share information on procedures that affect the services we provide. The newsletter also provides a forum for recognizing the special people we have grown to appreciate. This includes both clients and staff. We hope that all of you will help contribute to the success of this newsletter by nominating the people who have touched your lives for recognition.

I wish each of you an enjoyable summer and look forward to speaking with you again in our next issue.

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Rules & Regulations why are we so darn picky about those timesheets?

The timesheet documents where, when, what services are provided and who provided the service. Payments made to the agency are based on the timesheet, so DADS has strict rules about how they are to be completed. In fact, the timesheet rules are EIGHT pages long. Here are a few of the rules:

- A.M and P.M. must be documented.
- The timesheet must be signed and dated by the person providing services.
- The assigned agency timekeeper must certify the information is correct.

That seems easy enough. So, what makes a timesheet unacceptable?

- The timesheet is dated with a date before the last day worked.
- The attendant forgets to sign.
- The hours totaled do not match the hours actually worked.
- The attendant writes over a time, rather than putting a single line through it, adding the correct time and initialing the change.
- The attendant fills out the timesheet using beautiful pink ink instead of blue or black.

There's lots more, but this covers the highlights. What happens if the agency overlooks these errors and accepts the timesheet for payment? Nothing – that week. However, sometime during the year DADS will send in their auditors. When they see the timesheet is wrong, they will cite a financial error and DSSW will have to refund all monies paid out on incorrect timesheets.....and that's why we are so darn picky!

“In fact, the timesheet rules are EIGHT pages long!”

Helen Baker

Attendant of the Quarter now accepting nominations

Is your attendant a wonderful caregiver? We want to know. If you think your attendant has provided you outstanding care, tell us about it. We will take names from across the state and select a winner each quarter. The winner will receive a prize worth \$250.00.

Here's how it works:

1. Write us a letter or an email.
2. Tell us why your attendant is the best.
3. We will publish the winner in the next newsletter.

If your attendant is the winner – they will receive a prize worth \$250. Your attendant must be an employee of DSSW and actively providing care to you or a family member.

Email Address: carettx@dsswtx.org

Mailing Address:

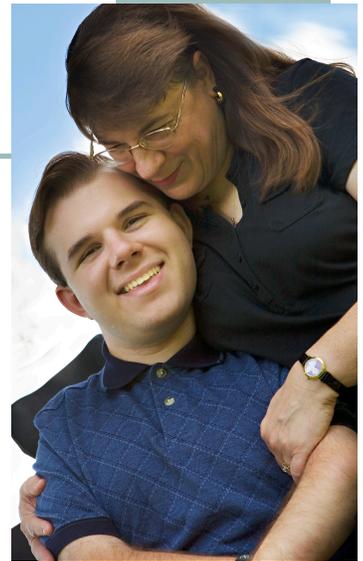
DSSW

Attendant of the Quarter Competition

6243 IH 10 West, Suite 375

San Antonio, TX 78201

We want to recognize outstanding care!



Geoffrey and his mother.

Comments, questions, or concerns?
email us at carettx@dsswtx.org

Health & Safety summer heat is here!

The summer season is here and as we head outdoors for fun in the sun be sure to plan for prevention of heat-related illness. Most common is dehydration which can lead to serious conditions like heat exhaustion or heat stroke. Here are some tips:

- ❖ Never leave anyone, including children or pets, alone in closed vehicles.
- ❖ Slow down, avoid strenuous activity.
- ❖ Avoid too much sun.
- ❖ Plan outdoor games and activities for early morning or evening.
- ❖ Avoid extreme temperature changes.
- ❖ Stay indoors as much as possible; use fans or air conditioners to cool the air.
- ❖ Wear loose-fitting, lightweight, light colored clothing that will cover as much skin as possible.
- ❖ Protect face and head by wearing a wide brimmed hat.
- ❖ Drink plenty of fluids, even if you do not feel thirsty, and avoid alcoholic beverages.

Have a great summer and remember to plan ahead.

Home Budget Tips getting the most from your tank

Since it is all anyone seems to talk about these days, we decided to address the issue of rising gas prices by laying out a few tips for getting your money's worth out of your tank.

- ❖ Fill your tank in the early morning when the ground is still cold. Gas stations store their gas underground and the colder the ground the denser the gas, so more gas for your dollar.
- ❖ Decrease the weight and drag of your car by removing little-used equipment, for example: sporting gear, tools, roof racks/carriers. This improves mileage.
- ❖ Properly maintain your vehicle by getting engine tune-ups, wheel alignments, tire pressure checks, and filter replacements.
- ❖ Watch your driving habits: jackrabbit starts and stops and speeding eat up extra fuel.
- ❖ Most important, combine multiple purposes into the same trip, like going to the bank, doctor, and grocery store during one excursion.

Good luck out there and we'll keep the tips coming!