

The Cornerstone News

Winter 2011

“People Finding A Better Way”

www.nc-hs.com



From Home Delivery to Building Homes



David Espinosa and Edgar Kusnohadi hard at work cutting wood for the roofer.

“On November 10, 2010, the day before NHF commenced, I, along with a handful of other NCHS employees, volunteered with Habitat for Humanity. We’ve always wanted to give something back to those in need, and here was a great opportunity to do so, to help people live out the American

Dream of owning a house. It was a great experience for everybody.

“Working in construction was a welcome change. There was no pushing papers or running numbers. Our team pitched in where we could. It was nice to have a foreman directing things for a change, and this allowed us to get into a great work rhythm. I helped cut the wood to supply to the roofer. It was a fun and rewarding day’s work.”

-David Espinosa

“It was a great feeling to help people so needy. I would most certainly volunteer again whenever there is an opportunity to do do.”

-Edgar Kusnohadi



The starting point.

“It was a lot of hard work, but one of the most enjoyable days of hard work. I met a number of interesting people and it helped me to have a better understanding of the tragedy of Katrina and what the people of New Orleans are experiencing. I also got a chance to see ‘our NCHS team’ in action... working together and enjoying each other!”



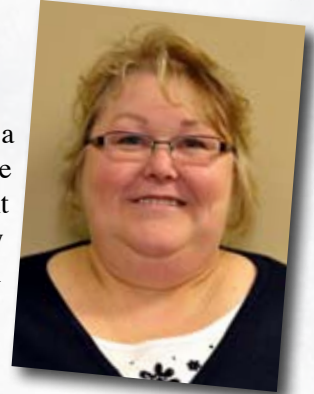
Dave Edlund, Michelle Gilmore and David Espinosa. -David Edlund

“What an experience this was for me! It was certainly labor intensive but what did I expect? These people are so dedicated and it’s helping people build their lives back!

Continued on Page 2

Committed to Excellence...

By David S. Espinosa
President, NCHS



With any company that provides a service, the willingness to change and evolve is important. At NCHS, flexibility and versatility are essential to who we are, and we strive to remain open to new possibilities and challenges—to new and better ways to serve our clients. As we turn the page on another successful year, we’re delighted to introduce pharmacy technician Penny Adams of our new Community Healthcare Services (CHS), whose successful career has reflected that important philosophy.

Reared in Mentone, CA, Penny attended nearby Crafton Hills College before landing a delivery position with a small pharmacy and eventually gaining valuable experience with a number of small and large pharmaceutical companies. When we established CHS in 2010, we knew of Penny’s fine reputation and broad range of experience and excitedly brought her on board.

“This job was a godsend,” Penny says. “The people here are one of the best groups I’ve ever worked with. Everyone here is like family.”

She adds, “I’ve always been in pharmaceuticals, in a variety of positions with both ‘mom and pop’ pharmacies and large pharmacy companies. If one closed, I’d move to another, often doing something different and gaining new experience. Versatility is important.”

As our pharmacy tech, Penny works as the pharmacy coordinator in conjunction with our pharmacist; pulls product for all orders; labels, packages and otherwise prepares orders for shipment; schedules shipping; orders pharmacy inventory; and processes purchase orders for product received. She also

Continued on Page 3

More Inside:
NHF Wrap Up
World Hemophilia Day
Scholarship Award Program
Healthy Eating
Winter Fun





From Home Delivery to Building Homes

Continued from Page 1

“For these volunteers or paid staff who do this time and time again, KUDOS to them! I felt so proud to be part of this group! Our group consisted of a smaller group of retired men, averaging about 70 years old, who came from a Presbyterian church from back East to volunteer for the week. They told me that they do this about two to three times a year! They were amazing men! All in great shape, working hard, light on their feet with a great sense of humor!! I am happy I did it!”



A different kind of home delivery.



The boys: Daniel Bazan, Dave Edlund, Tim Streck.

Those I told about the project were impressed and wished they had thought of volunteering because it sounded fun. It was! I’m so glad we helped out with the project!”

-Tim Streck

“Volunteering for Habitat for Humanity gave me a memorable experience. As a senior citizen, I pounded more nails in one day than in my entire lifetime.”

“The camaraderie was priceless. Meeting people from far and near gave me an elated feeling, a proof of the adage that ‘it is better to give than receive.’ Some images will remain in my mind; of seeing neighborhood homes in the area totally devastated with gaping holes in the roofs; the first look at a home under construction with bare rafters contrasted with a fully enclosed structure at the end of the day. To see first hand that a small group of about 25 people, many with no construction experience, can truly make a difference. Everyone should put this on their ‘to-do’ list.”

-Barbara Chang



A job well done!

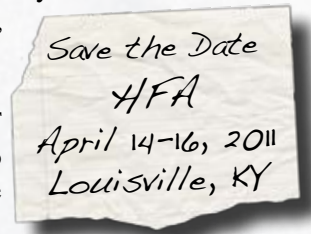
Good-bye New Orleans, See You in Chicago!

More than 2,000 people headed south this year, to New Orleans for the National Hemophilia Foundation’s 62nd Annual Meeting. The annual conference attracts people with bleeding disorders and their families, the healthcare personnel who oversee their care, and representatives from industries that provide products and services.

Attendees moved from educational sessions to rap sessions, from breakfast symposia to evening receptions and from the Exhibit Hall opening to the Final Night Event at Mardi Gras World.

During the three-day meeting, consumers flocked to sessions on such hot topics as inhibitors, intimacy, issues that women face and how to choose an appropriate sport for your child. The Medical Track for researchers and physicians gave providers the opportunity to engage in discourse on new technologies and best practices for treating menorrhagia and circumcision. Many attended a breakfast symposium on aging issues affecting older men with hemophilia.

Saturday was action packed, with an early morning Fit ‘n’ Fun walk/run along the mighty Mississippi. In the afternoon, there was an awards luncheon honoring the best and brightest in the community, educational sessions on everything from dental care and siblings to alternative pain therapies and treatments for patients who do not respond to the current hepatitis C regimen. The day ended with a Mardi Gras-style party with a live band, baubles and beads, food and fun.



Start planning for 2011 when NHF takes its 63rd Annual Meeting to our kind of town—Chicago. See you there! ❤️

World Hemophilia Day 2011

On World Hemophilia Day 2011, inspire others with your story of living with or treating a bleeding disorder and show your commitment to achieving treatment for all. This year’s theme celebrates supporting positive change for people with bleeding disorders and encouraging others to do the same.

This April 17th, the WFH will be sharing inspiring stories of people with bleeding disorders, patient leaders, and healthcare professionals who are committed to improving the lives of all those with bleeding disorders, and encouraging everyone in the community to share his or her own story.

For more information visit: www.wfh.org ❤️





Preventative Care Through Healthy Eating

One of the best things you can do to help keep a child healthy is to provide them with a diet rich in lean proteins, lots of fruits and (especially green) vegetables, and whole grains.

Lack of iron is one of the most common causes of anemia, and because children with bleeding disorders are more prone to blood loss, they are at greater risk for becoming anemic. Some of the symptoms of anemia are: soreness in the mouth, fatigue and weakness, brittle hair, brittle nails and nails that have ridges running lengthwise.

Here are some of the things that you can do as a parent to make sure your child is getting enough iron. Serve iron-rich foods from the meat, grain and dairy food groups. Some specific foods that are rich in iron are: eggs, fish, almonds, avocados, molasses, lima and kidney beans, lentils, squash, yams and apricots. Vitamin C also helps the body absorb iron, so provide foods that are high in vitamin C as well. It is better to get iron from your food rather than from a supplement. Never take iron supplements without first checking with your doctor.

Vitamin K is also necessary in the blood clotting process since it is essential for bone formation, and in adults protects against osteoporosis. Food sources rich in vitamin K are: broccoli, brussels sprouts, alfalfa, cauliflower, egg yolks, liver and leafy green vegetables.

Bleeding can put stress on the body and when you are stressed, your immune system is affected. Proper nutrition is key in helping keep the body's immune system supported with vitamins A, C, E, selenium and zinc. These are antioxidants and they protect the body's cells against free radicals, which we are exposed to on a daily basis. Foods rich in antioxidants: fish liver oil, green and yellow fruits and vegetables. Vitamin A: avocado, berries, citrus fruits, green vegetables. Vitamin C: eggs, legumes, nuts, oatmeal, seeds, sweet potatoes, whole grains. Vitamin E: brazil nuts, brown rice, chicken, dairy products, brewers yeast, garlic, tuna and wheat germ.

Remember to eat as many fresh fruits and vegetables as you can and avoid processed food. Buying fresh foods can actually be cheaper in the long run. Eat nutritious food daily by planning it into your everyday routine. When you have fresh fruit out and available, you will find your kids may actually reach for a grape rather than a cookie. ❤️

Honey Orange Chicken

- | | |
|--------------------------------------|-----------------------------------|
| 2 navel oranges | 1 tbsp canola oil |
| 2 tbsp all-purpose flour | 1 cup white wine |
| 1/2 tsp salt, divided | 1/2 cup golden raisins |
| 1/4 tsp freshly ground pepper | 2 tbsp honey |
| 4 boneless, skinless chicken breasts | 1 3-inch cinnamon stick |
| 1 cup reduced-sodium chicken broth | 1/2 cup slivered almonds, toasted |

Zest and juice one orange. Remove the skin from the other orange, then halve and slice. Reserve zest and juice separately from the orange slices.

Combine flour, 1/4 tsp salt and pepper in a shallow dish. Dredge chicken in the flour, shaking off any excess. Transfer the remaining flour to a small bowl, add broth and whisk to combine.

Heat oil in a large nonstick skillet over medium heat. Add the chicken and cook until browned. Transfer to a plate. Add wine to the pan and cook for 1 minute. Add the flour-broth mixture, the reserved orange zest and juice, raisins, honey, cinnamon stick and the remaining 1/4 tsp salt; bring to a boil. Reduce heat to a simmer; return the chicken and any accumulated juices to the pan and cook, turning the chicken once or twice for 10 to 12 minutes, until the sauce has thickened.

Transfer the chicken to a serving platter. Discard the cinnamon stick. Spoon the sauce over the chicken and garnish with the reserved orange slices and almonds.

Committed to Excellence...

Continued from Page 1

tracks orders that were shipped the previous day and checks for orders that may have come in overnight.

“Everyone is a customer to me, whether a co-worker or patient,” Penny says. “I work well with our associates and I like to hear a smile on the other end of the phone—either from them or from a patient. I’ll be interacting more with clients directly in 2011, and I’m really looking forward to that.”

Penny is married, and she and her husband, Tim, will celebrate their 20th anniversary in 2011. She has a variety of outside interests, among them serving as chief race marshal and volunteer coordinator for the annual Redlands Bicycle Classic, an international cycling event. She and Tim also visit foster homes as “Mr. and Mrs. Santa Claus”—all year long!

Penny is certainly a unique individual, and we’re pleased to welcome her to National Cornerstone Healthcare Services! ❤️





Scholarship Award Program

The NCHS Scholarship Program awards \$500 to \$1000 per year to a person(s) associated with the bleeding disorders community. The awards committee oversees the scholarship program and determines the number and amount of the awards based on a number of criteria, including but not limited to, academic merit, employment status, narrative, reference letters, financial need and impact on the bleeding disorders community.

Requirements for Application:

1. Must be planning to attend an accredited technical school, college or university.
2. Must be a person diagnosed with a bleeding disorder, or the parent, spouse, partner, child or sibling of a person diagnosed with a bleeding disorder.
3. Must have a grade point average (GPA) of 2.5 or higher (based on a 4.0 scale) during entire senior year of high school.
4. Submit two letters of support; one must be from a teacher or instructor. The second from an employer, church leader, health care provider, or other professional person involved in your life.

The awards committee meets annually in April; all applications must be received by April 1st. Incomplete applications will not be considered. The applicant awarded the scholarship will be notified by May 1st.

2010 scholarship recipient Trey Climer recently updated us on his college adventures: "I am about to take final exams concluding my first semester at University of TN at Martin. My grades are good and I am studying very hard for finals ... I have gotten the knack of college life."



"It means a great deal to me that you have confidence in me and my ability to not only complete but succeed in the Agricultural Engineering program. I have a very strong passion for this career choice and am very excited with the program."

"I am only able to attend college because of scholarship funding used to pay tuition, school fees, housing, books, and supplies. Thank you so much for making this education and experience possible for me in this amazing field of study!" ❤️



Managing Editor - Barbara Chang Assistant Editor - Donna Gallegos
Designer - David Schneider Illustrator - Greg Thran
Contributing Writers - David Espinosa, Donna Gallegos, Barbara Chang

Outdoor Winter Day Activities

1. Take a walk and look for animal tracks.
2. Play chase, tag, or hide and seek.
3. Plant pansies. They do well in a moderate climate all winter.
4. Put out suet and birdseed for birds.
5. Wrap in a big stadium blanket and sit on the porch swing.
6. Bird watch.
7. Scavenger hunt for winter nature stuff.
8. Collect pinecones for decorations, fire starters or wreaths.
9. Take photos of trees. Compare to summer.
10. Shovel a path in the yard like a maze.
11. Put up a bird feeder.
12. Play expedition. Pretend you are an explorer going to the North Pole.
13. Take a nature hike.
14. Make a neighborhood map. Color it later inside.
15. Decorate a tree in your yard with streamers to blow in the wind.
16. Watch for animals--squirrels, deer, cats, dogs, horses. What animals are in your neighborhood?
17. Have a winter picnic. Take along a warm sandwich and cookies in an insulated bag, cocoa in a thermos or even hot soup in a soup thermos. Take a blanket to sit on.

Dress warm and have fun! When you are tired and chilly, head back inside for hot chocolate, spiced tea, or hot cider and rest.

Winter Fun



Q: Where does a snowman keep his money?

A: In a snowbank!

Q: What did the snowman and his wife hang over their baby's crib?

A: A snowmobile!

Q: How do you prevent a winter cold?

A: Catch it in the summer!

Stay healthy this winter by eating healthy snacks, read Preventive Care Through Healthy Eating on page 2.

No two snowflakes are alike, but they are all six-sided.

In winter, the Northern Hemisphere is tilted away from the sun, but still protect your face with sunscreen if you play outside, because the snow reflects the sun.

Winter

Winter arrives with hope and dreams everywhere. Chilling winds and dew drops are blessings of nature. Rain and snow fall, too. Even the thought of it makes us happy. The beat and rhythm of nature is everywhere. Only the spectacular views are different. The winter sun shines on desert plants the same way it gives energy to the tall green grass.

Nations are different with traditions and culture, different with celebrations and festivals. They are different in geography and natural beauty. The sun and moon are constant everywhere. Mother Nature with her power and beauty is constant. ❤️

