



Georgia Association of Homes & Services for the Aging (GAHSA)

GAHSA Coffey-Break

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A mission of caring ... A commitment to quality

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The Georgia Association of Homes and Services for the Aging is the statewide association of key not-for-profit and other mission-focused organizations dedicated to providing quality housing, health care, community based and other related services for older Georgians. GAHSA's mission is to represent and promote the common interests of its members through leadership, advocacy, education and other services in order to enhance each member's ability to serve older Georgians.

General Notes of Interest

Salary Survey NOW ON-LINE – July 31 deadline

A new, on-line salary survey customized for GAHSA and is NOW READY for you to access – **deadline to complete – July 31st**. You will receive a communication with your pass code to access the survey. To obtain the best data, **WE NEED EACH MEMBER** to participate in the survey. We know you need the data when preparing budgets and hiring new staff because we receive calls for the information on a regular basis. Only participants in the survey will receive the survey results for FREE.

www.gahsa.org

You are invited to visit the newly launched gahsa web site. Thanks to Barry Lastinger and Sandy Barth for their work in designing and preparing the new site. Notice the ability to download registration information for upcoming events. Some areas are not complete (for example, the "Members" section) and will be a work in progress over the next month or so.

Nursing Home Quality Initiative

GAHSA participates in the Nursing Home Quality Initiative Advisory Council for Georgia Medical Care Foundation (gmcf). They have free conference calls for Nursing Home providers regarding the focus issues of pain, pressure sores, restraints, and depression. The next call is July 18th from 1:30 – 2:30, "Resident Centered Pain Care: Creating & Sustaining Practice Change", featuring Carol P. Curtiss, RN, MSN. Call 800-261-8738 (no pass code needed). You may want to gather a group of staff together to listen and/or tape the presentation so staff on various shifts can hear listen to it later. The Advisory Council has suggested that gmcf make CDs that nursing homes can receive with the information. You may also visit their web site at www.gmcf.org to find transcripts and audio presentations of these conference calls.

Member Information

TIPS OF THE MONTH ...

A Tip From TechBridge

As one that uses a lot of Microsoft Word files, I have often noticed that as the files are updated, amended or otherwise utilized, they seem to.....well, they seem to grow. I often imbed graphics into the documents that I create, and those coupled with the added text that will usually go with the added graphics can really expand the size of a file.

While this may not seem like a big deal initially, keep this in mind. That file that I create is usually going end up in someone's mailbox. That means, to get it there, I am going to have to email it to them. That means it has to go through my email server. The bigger the file, the longer it takes to process through email. Smaller file, smaller processing time.

I decided that I needed a way to make my files smaller. Guess what? There is a tool that is available through Microsoft that does just that. Thank you Microsoft for hearing my call for help! The tool removes hidden data in Microsoft Office 2003 files, often shrinking the size of the file by up to 25%. It is just what I needed!

Here's the link, it's a long one, but well worth the effort of typing it in.

<http://www.microsoft.com/downloads/details.aspx?FamilyID=144E54ED-D43E-42CA-BC7B-5446D34E5360&displaylang=en&Hash=CMWCV5B>

The download directions and directions for use are right there on the page. Give it a try, I think you'll enjoy the same results that I do.

Happy Technology,

Anthony Young, Director of Client Development, TechBridge, ayoung@techbridge.org

Recent Transportation Article the Atlanta Journal Constitution (AJC)

An article on 6/15/2006 in the AJC highlights the need for transportation services in the Atlanta region. Below is a link to this article:

Headline Date: 06/15/1006

No Car? You're Stuck

Source: Atlanta Journal-Constitution

Christopher Quinn, STAFF –

http://www.ajc.com/sunday/content/epaper/editions/sunday/metro_44e9426973a1e08d00a0.html

Hyperthermia: Too Hot for Your Health

Summer is here and with temperatures in the 90's older adults need to take precautions. Nationally, there are hundreds of people who die from hyperthermia each year during very hot weather. Most are over 50 years old. The temperature outside or inside does not have to hit 100 degrees for one to be at risk for a health-related illness. The attached AgePage from the National Institute on Aging provides helpful information on hyperthermia. Additionally, the state of Georgia is implementing a cooling assistance program. Please refer to the Information