

**Research is formalized curiosity.  
It is poking and prying with a purpose.**

— Zora Neale Hurston

**Champion's Specialized Programs  
Deliver Superior Client Care**

As the number of Home Health Agencies and Nurse Registries in South Florida increases, South Florida's residents who blindly begin a search for care may be forced to rely on the method of trial and error, trying several companies



Renee Risnear

before settling on one that adequately meets their needs. A referral from a trusted friend or other reliable source proves to be much less stressful. Below are just a few reasons why clients who were referred to Champion are glad they were.

Champion Home Health Care has "Alzheimer's Specialists," home health aides who have been educated above and beyond the minimum state requirements that most home health companies barely adhere to. Specialists earn the title by attending Champion participatory educational events, community education events, and by completing ongoing reading assignments and tests. Champion provides incentives for participation and reaps the reward of home health aides who are better prepared to face the challenges of caring for Alzheimer's patients.

Champion's "Life Enrichment Program" complements the care received by knowledgeable aides. During the initial interview, Champion's representative discusses with the client or client's family the preferences that the client enjoys. Favorite foods, scents, music, activities, and even prior occupation are just a few bits of knowledge that are used to daily enrich the life of the Champion client. Although the program is used to enhance the quality of life for all Champion clients, the "Life Enrichment Program" will especially benefit the client with Alzheimer's

disease, since knowledge of that client assists the home health aide in enriching his/her life even when clear communication of desires and needs is not possible.

Champion Home Health representatives are "Financial Advocacy Experts." We deal with long term care insurance companies on a daily basis, handle all insurance paperwork, and bill the insurance companies directly. Champion works to ensure you are approved for the maximum amount of care your insurance will allow and will act as an advocate on your behalf every step of the way.

Champion's clients return again and again, referring their friends to us, as well. Make your first call your last one by calling Champion Home Health Care. A friendly voice will always be available to answer. Champion Home Health Care—"Enriching the Lives of Seniors."

**Listen to Renee Risnear, with Anita Finley on Saturday, August 15 from 6:30-7:00AM on WSBR740AM and on the web at [www.wsbrradio.com](http://www.wsbrradio.com).**

Champion Home Health Care has live-in aides and aides who will work 12 hour shifts so your loved ones are looked after at all times, regardless of where they live. In addition to providing assistance and cues for activities of daily living, they provide meals, housekeeping, companionship and transportation to social functions, outings, shopping, and appointments.

Renee Risnear is Director of Operations for Champion Home Health Care.

You are welcome to share your thoughts or concerns with Kim Champion via e-mail, [kim@championhome.com](mailto:kim@championhome.com).

Call for further information (561) 347-0440 (Boca Raton); (800) 330-4125 (West Palm Beach, Ft. Lauderdale, Tequesta); or fax (561) 347-1142. ([www.championhome.com](http://www.championhome.com))

**FROM THE COVER**



Boomer Times & Senior Life *Book of the Month*

**The Myth of Self-Esteem—  
50 Ways to Stop Sabotaging Yourself**

Author: Terry Diebold, M.A., M. Div. — Reviewed by Anita Finley

The author, Terry Diebold, says on the cover of her book, "Become the confident person you've always wanted to be." Many people struggle with this and after reading her book, it will be clearer why this struggle is difficult to manage. Each of the 13 chapters has some very important messages, and will probably make each reader shake his/her head in agreement. I did. I was totally fascinated by the contents and how easily Terry moved from one self-esteem challenge to another. Even those of us who never thought we had a lack of self-esteem, will come out with new thoughts about how we can be better with our family and more effective at work.

The back of the book cover says "The book you are holding will take you on a journey back to yourself. Through concrete examples you will learn to recognize the signs of self-sabotage and become immune to the negative and mistaken messages our culture has created about self-esteem. This book leads you gently and with grace through the process of decoding the Myth, freeing you to follow the sacred and unique path you were always intended to walk."

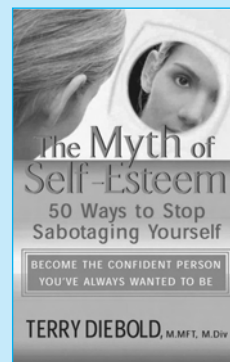
Chapter 13, "Phantom Thinking: Slaying the Ghost" was the last chapter and probably a perfect summation and workbook format that made everything I had read in the preceding chapters come together. If the reader will take the challenge, and analyze which category is applicable, so much can be accomplished.

The *Myth of Self-Esteem* is meant for all of us, no matter how successful or happy, if you are depressed, if you want to change your life but don't know how to do it, would give anything to be different, wish your

family life was more satisfying, and practically any other aspect of life that needs improvement. But in order to get there, you have to learn why you lack self-esteem, what can be done to acquire it and what does spirituality have to do with it?

One of the impressive testimonials by Dr. Delise Dickard, said "This book was so well-written that I found myself wanting to quote excerpts. In an effectively moving way it debunks the myth of self-esteem and leaves the reader with a feeling of empowerment. Terry Diebold has written a book that is bold, poignant, and at times so funny, I laughed out loud. I cannot wait to give this book to all my clients."

I will keep this book and refer to it often. I am also going to begin meditating again as the book suggests! Don't miss reading this book. It will truly change your life.



**About the author:**

**Terry Diebold**, a licensed marriage and family therapist is founder and director of The Center for Family Counseling. Her work deals primarily with individuals grappling with self-esteem issues and couples and their relationship issues. She has presented workshops on women's spirituality and the spirituality of money and is a mediator, clinician and ordained Presbyterian minister.



Terry Diebold

(Published by Hado Press. Cost: \$14.95. To purchase *The Myth of Self-Esteem*, go to [www.themythofselfesteem.com](http://www.themythofselfesteem.com), [amazon.com](http://amazon.com) or call 540-455-4186.

**Tips To Keep Your Brain In Gear When Driving**

**Many believe that as we age, computer exercises designed to keep our brains fit can help us think faster and focus better.**

There's good news for drivers who want to stay sharp and safe as they get older. With a little bit of effort, it's possible to keep your wits about you as you respond to other drivers and the road ahead.

In general, quick reaction times tend to peak in a person's late 20s. After that, reflexes can begin to slow down.

To help, here are some tips for training the brain to safely respond to challenges on the road as you age:

- Don't drink and drive—it's illegal, and drinking before driving impairs reaction time and overall awareness.
- Let your eyes be your guide—remember to look down the road while using your peripheral vision to pick up on any unexpected movements around the car.
- Deal with night glare by looking slightly down and to the right.
- Connect your mind to your eyes—focus on what you see by being alert and undistracted.
- Use roadway signs to guide you—that's what they are there for. And bone up on what they look like. Times change

and so do signs. For instance, many people still think the yield sign is yellow even though the sign has been red and white for over 30 years.

- Remember the two-second rule—when stopping at a traffic light or stop sign, look both ways and count two seconds before taking your foot off the brake.
- Consider becoming a member of AAA or signing up for a car insurer's roadside assistance program.

As we age, the ability to respond to stimuli in a timely fashion—whether behind the wheel or elsewhere—can be rejuvenated by brain-fitness computer exercises that are designed to help users think faster, focus better and remember more.

For example, there are brain-fitness software programs on the market, such as DriveSharp, that are designed to help drivers focus better, keep track of more information and react faster to threats on the road.

For more information, visit Posit Science at [www.PositScience.com](http://www.PositScience.com) or call 1-800-514-3975. —NAPS



**Are you struggling to care for a loved one with memory or behavior problems?**

**Does your loved one constantly require your attention?**

**Are you afraid to leave your loved one alone?**

**Do you desperately need a break from your caregiving duties?**

*"Enriching the Lives of Seniors"*

**Champion**  
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Helping Families for 16 Years

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