



Landmark **AT HOME**

Patient Newsletter



Landmark

Expanding our reach

from Chris Johnson, Chief Executive Officer

Hello.

I am excited to introduce myself to you. In December 2021, I was named Landmark's chief executive officer. I am honored to lead Landmark as we extend our care into more states and deeper into your local communities.

As we grow, our dedication to keeping you healthy at home stays the same. We are determined to provide the best care for you when and where you need it. I have seen this vision at work since I joined Landmark in 2017.

We are so thankful for the opportunity to care for you. Remember, we are just a phone call away. Call us anytime you feel sick.

Stay well.



Chris Johnson
Landmark Health





The Importance of Medication Adherence

You have access to pharmacists through Landmark. Landmark pharmacists will take the time to review your medications with you and explain the importance of medication adherence.

Medication adherence is taking medications as prescribed by your doctor. Janelle Hazen, senior director of pharmacy, explains “Most of our patients are on 15 to 20 medications. The medications have long and unfamiliar names, and it can be challenging to remember when and how to take them.”

As the number of medications increases, medication adherence decreases. Some patients may choose to not take medications due to cost or side effects. The Landmark pharmacy team works with you to make your medication routine as simple as possible. They can prescribe different medications with fewer side effects and to help find ways to make costs affordable.

Patient Story: **Patty**

Landmark patients value staying at home, and Landmark is happy to help them stay there. Patty, who previously worked as an in-home licensed practical nurse (LPN) especially understands the benefits of receiving care in the home. Patty enjoys being able to spend time in the comfort of her home and having frequent visits from her five adult sons.

Recently, Patty did not feel well enough to leave her home. She called Landmark, and a provider was able to respond quickly. He diagnosed her with bronchitis and quickly sent her prescription to her pharmacy.

Patty says, “The best part of Landmark is that I know that they’re going to be there when I need them. If I have a question, they are always happy to answer it. If it’s something more serious, they will come visit. Everyone is so nice and kind.”

That kindness radiates from Patty. Her energy and positivity are contagious.

If you’d like to share your story, tell your Landmark provider or email marketing@landmarkhealth.org.





Social Workers Support Independence

Who are our social workers and what do they offer?

Landmark's licensed social workers are key members of your care team. They can help connect you to the resources you need to live a healthy and happy life.

- All Landmark patients are eligible for social work support.
- A Landmark social worker can assess for caregiver support, connect you with resources to help you stay at home, and refer you to community supports to reduce loneliness and isolation.
- Landmark social workers will never just show up on your doorstep. They will always call and introduce themselves, talk about your home and health goals and answer any questions you may have.
- Landmark social workers always wear their Landmark identification.
- Landmark social workers typically work with patients for six to eight weeks to achieve an agreed upon goal.

Ultimately, our goal is to help you live the full life you deserve by helping you gain access to any support you need.



5 Safety Checks to Add to Your Spring Cleaning

Quick safety updates give you peace of mind all year.

- 1. Donate.** Simply reducing the amount of furniture and objects can reduce trip hazards and create safer exits. It also saves time cleaning/dusting.
- 2. Reduce scatter rugs.** They're easy to trip over, and fewer rugs make cleaning floors easier.
- 3. Check lighting.** If there's a dark spot bothering you, ask for help to add better lighting.
- 4. Review medications.** Your Landmark team can help review your medications and streamline your daily pill organizer.
- 5. Bathroom updates.** Upgrade to a higher toilet seat or install safety handrails. Maybe add a handheld showerhead or a shower seat.

These small upgrades can make a big difference in the safety and comfort of your daily life.

Try This Diabetes-Friendly Recipe!

Research shows that the healthiest and longest living communities regularly eat beans, peas, and lentils. They are an excellent source of protein, fiber, antioxidants, vitamins and minerals. As an added bonus, beans help to stabilize blood sugar levels, and keep you feeling full from one meal to the next.

Try this simple, no-cook recipe to get more beans into your daily diet!

Greek Bean Salad

- 1 (15.5-oz) can cannellini beans (rinsed and drained)
- 1 cup grape tomatoes (cut in half)
- ¼ cup diced red onion
- ¼ cup diced green bell pepper
- ¼ cup crumbled reduced-fat feta cheese
- 6 Kalamata olives (pitted and chopped)
- ¼ cup red wine vinegar
- ¼ cup olive oil
- ½ tsp dried oregano
- ¼ tsp black pepper



Directions:

1. In a medium salad bowl, combine the beans, tomatoes, onion, bell pepper, feta cheese, and olives.
2. In a small bowl, whisk together the vinegar, olive oil, oregano, and black pepper. Pour the dressing over the salad ingredients and mix to coat. Serve cold.

Source: The Diabetes Cookbook. Recipe Credit: Lara Rondinelli Hamilton, RD, LDN, CDE and Jennifer Bucko Lamplough.



Healthy Heart Fast Facts

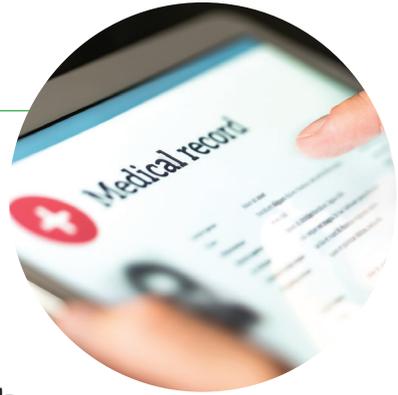
February was American Heart Month. Learn how you can improve your heart health below!

- 1.** A good sleep schedule can reduce your risk for cardiovascular disease. Most adults need 7 to 9 hours of sleep each night.
- 2.** Unsaturated fats can help lower bad cholesterol levels. Foods like fish, nuts, avocado and olive oil are good choices.
- 3.** Physical activity lowers risk of heart disease, stroke, type 2 diabetes, high blood pressure, dementia and more.
- 4.** People with positive mental health are more likely to have health factors linked to a lower risk of developing heart disease.

Source: American Heart Association

Advance Care Planning:

What Are Advance Directives?



Advance care planning can take place at any time—it's not just for those who are old or sick.

Planning for your future can be important for you and your family. In an emergency or at the end of life, you may not be able to speak for yourself. You can prepare for these situations now, to be sure that your wishes will be followed no matter what.

Part of your advance care planning will be to complete your Advance Directives. Advanced Directives are legal documents that describe your wishes and goals if you can't speak for yourself. Advanced Directives answer two basic questions:

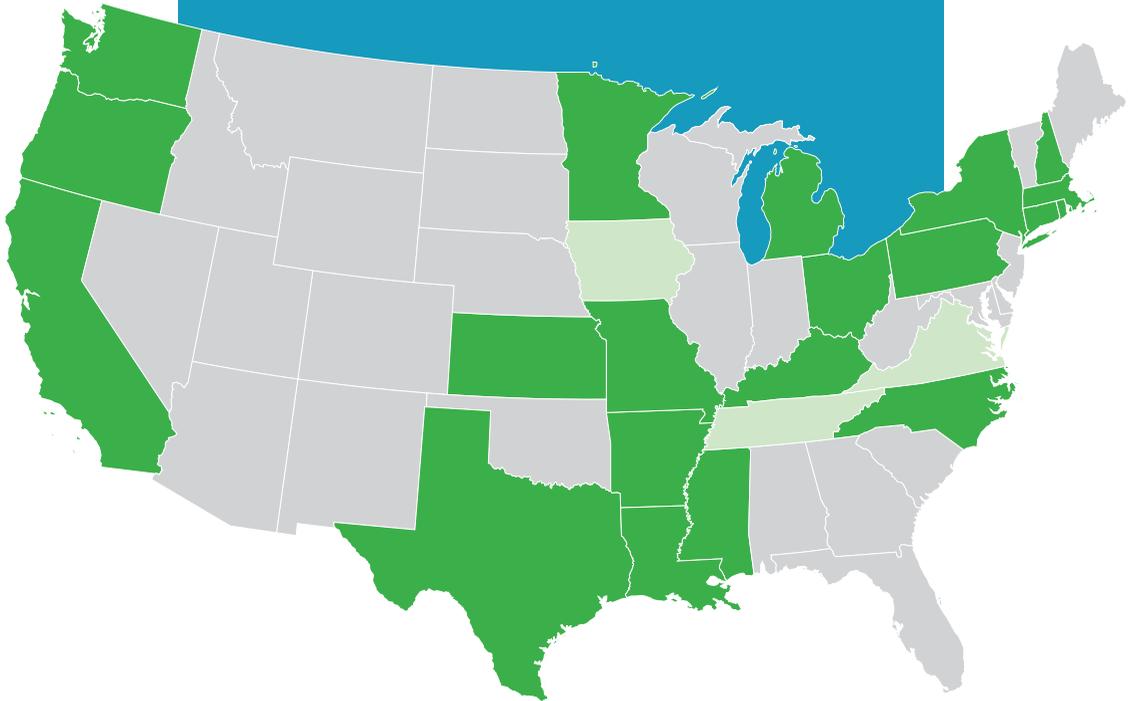
1. Who should speak for me if I cannot speak for myself?

The person you select is sometimes referred to as your decision-maker or decisional surrogate. This person can be identified in a document such as Health-care Proxies, Health Care Representatives or Power of Attorney for Health Care.

2. What would I want them to say for me?

The documents that record your health care wishes are called living wills. This document explains medical treatments you would and would not want to receive. Living wills can come in a variety of forms such as "Five Wishes" or similar.

Talking about advance directives can be difficult. Your Landmark provider can help you decide what you'd like to communicate and answer any questions you may have.



Landmark is Growing!

Landmark makes around 400,000 house calls a year and we're not stopping! We are continuing to expand care to new states to keep more patients healthy at home.

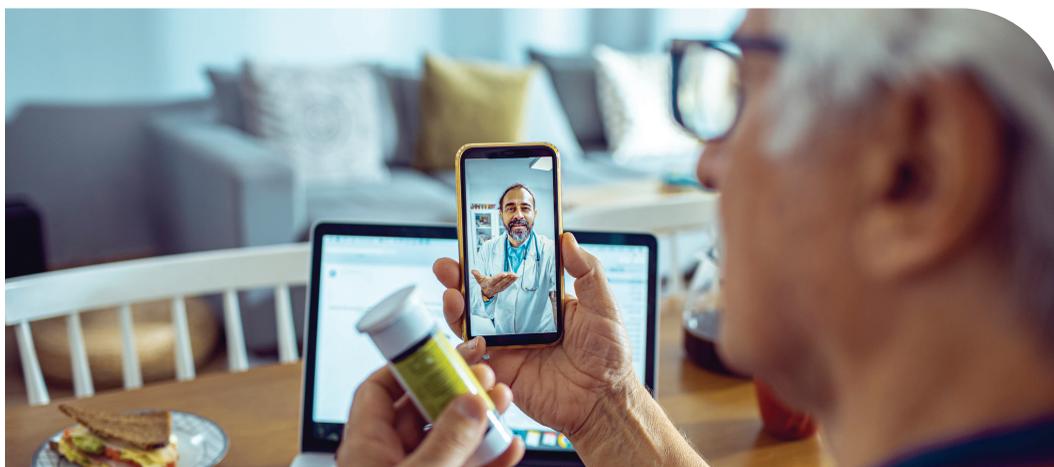
See the map above for states where Landmark provides care and a sneak peak at where we'll expand next!

In each of these states, we bring medical care to patients in person, by phone and by video. Our providers continue to practice COVID safety protocols - all are vaccinated and wear appropriate protective equipment, such as masks and gloves.

Call Landmark First

Landmark is always able to answer your call, whether you have a medical concern, question or need an urgent visit. You can reach Landmark:

- On the weekends
- In the middle of the night
- During all major holidays
- Hours that your regular doctor's office is closed



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We don't discriminate. Landmark Health and its affiliated medical groups ("Landmark") comply with Federal civil rights laws. Landmark does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Health and wellness or prevention information

Spring 2022

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