

1995

In March I was approached to be a **volunteer**

On the Ocean Club Home Owners Finance committee for a **year**

May, We tried many places and **ways** To hold recruiting **days**

May 15-16 To Washington D.C, to attend a Convention of the Home Health Services And Staffing **Association.**

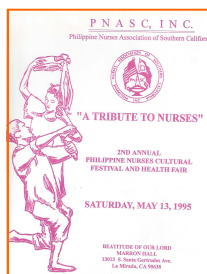
And became a member of the National Nurses in Business **Organization**

A weekend in my Desert home with colleague's to **reminisce** About the days we worked together in the **previous business**

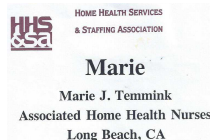
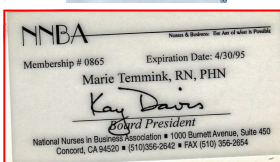
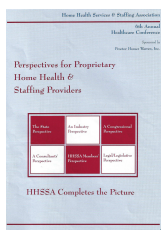
June 15 My life seemed **restored** By the time AHHNA received the Health Care Industry **award!**

John watched my family from **above ...** And had endorsed my new **love.**

Frans, a Dutch widower I had met at the NABA on a December **day...** Soon we knew...that together we would **stay.**



THE OCEAN CLUB 1995 COMMITTEE VOLUNTEERS		
ARCHITECTURAL		
NAME	PHONE #	UNIT #
HERB COOPER, P.E.	(910) 437-8880 / 877-1720	0701
JOHN COLEMAN	(910) 435-3774	0703
JOHN WILLIAMS	(910) 435-3774	0713
BOB DUGGER	(910) 801-0385	1406
FINANCE		
MARIE TEMMINK	(910) 435-3774	1506
MARIE REBERNARD	(910) 435-3774	1706
GLARY LUCORE	(910) 435-8147	0707
EDITH COOPER, P.E.	(910) 437-8860 / 877-1720	0701
RAY FLEEMAN	(910) 435-1382	0807
ANDREW REISER	(910) 724-8444	0504
RALPH WINKLER	(910) 568-7440	1703
HOUSEKEEPING		
MARIE REBERNARD	(910) 435-3774	1706
MARY DOWE	(910) 491-9647	0801
DIAN RICE	(910) 435-3774	0801
MARY HOOPER	(910) 437-4811	1107
ART DAVY	(910) 435-9622	0601
LANDSCAPE		
DAL GREENWALD	(910) 435-4570	0703
JEAN WILLIAMS	(910) 435-3774	0713
MARY DOWE	(910) 491-9647	0607



Attn.: Holland News
Press Release

Temmink receives award at Long Beach Chamber Of Commerce's 104th Inaugural celebration.

Marie J. Temmink, C.E.O. of Associated Home Health Nurses of America, Inc., accepted the Health Care Industry Award at the recent 104th Inaugural Celebration of the Long Beach Chamber of Commerce. Nearly 600 people attended the gala event.

This year the Chamber Industry Award honored eight organizations in the health care industry. The other recipients were:

- CSULB, Long Beach
- FHP Health Care
- Long Beach Community Hospital
- Long Beach Memorial Medical Center
- Scan Health Plan
- St. Mary Medical Center
- Universal Care

AHHNA has grown to over 200 neighborhood nursing professionals to assist home health agencies in delivering quality, timely, cost-effective home health services. The corporate office is located here in Long Beach, California.



1995

August, The invitation indicated it to be a **must...**

To have Breakfast with the Mayor in **August.**

September 13-15

At CAHSAH in Anaheim we received a **high score**

For being a sponsoring **exhibitor**

A mall **particle**

From an interview for a Nurse Magazine **article**

November 16

No work but **play...**

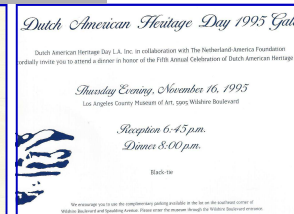
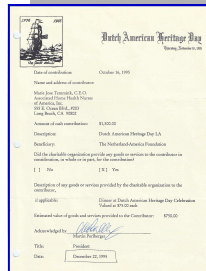
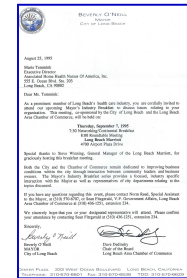
On Dutch American Heritage **day.**

“One has to remember the **beginnings...**

To share and appreciate the **winnings”**

November 30

AHHNA was a gold sponsor at this **affair...**



“The future is Home Care!”

1995

November 30

And again before the year was gone...

We donated in the name of **John**.

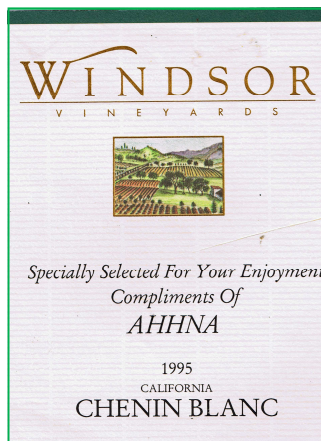
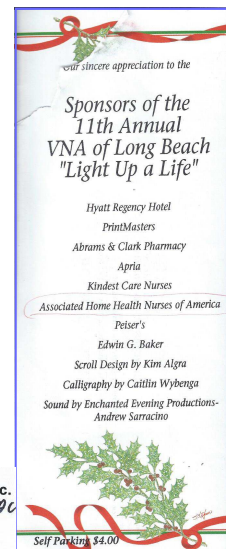
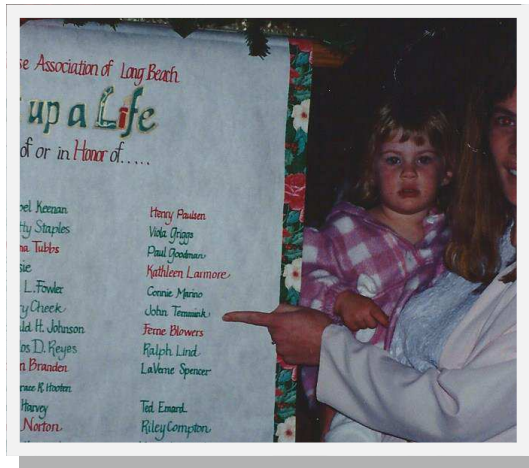
December

Our clients again we did **Remember...**

And send wine in **December**.

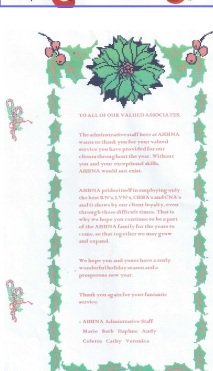
Our Associates received individual **gifts**

Based on the number of worked **shifts**



Assoc. Home Health Nurses of America, Inc. Sales by Customer Summary **AC** November 1995

	Nov '95
Arcadia Home Nursing & Health	1,930.50
Avalon Home Health Services	1,328.00
Clinishare Home Health, L.B.	708.00
Coordinated Home Health	1,445.50
Coordinated Home Health Services	413.00
Daniel Freeman Home Health	9,341.00
Diane Fallaha	864.00
Diane Martin	48.00
Doctor's Home Technology	6,485.50
Foothill Presbyterian Hospital	4,005.00
Home Care Connection Of HOME CARE NETWORK, INC.	1,365.50
Hospital Home Health Fullerton	1,778.50
Kelly Assisted Living	5,148.00
N.S.I. Tustin	952.00
N.S.I. West L.A.	119.00
Physicians Choice Home Health	708.00
Presbyterian Intercommunity	413.00
Pulse /Fountain Valley Hospital	618.75
San Antonio Home Health	263.25
St. Clare Home Health	2,310.00
St. Joseph Health System	2,891.00
St. Mary Medical Center	24,873.00
Teleis Home Care, Inc.	3,065.00
Total Care Nursing	3,510.50
U.C.L.A.M.C. Home Health	29.50
Visiting Nurse Ass. Metro	8,093.25
Visiting Nurse Association L.B.	10,585.50
TOTAL	1,057.50
	95,050.75



We had reason to **cheer...**

Our sales past a million this **Year**.

I responded to my neighbors **mandate...**

To become a **candidate ...**

And I fell for their **persuasion**

To be a candidate for the Ocean Club Home Owners **Association**.

I was willing and wanted to **give....**

Time... for the place I loved to **live**

Elect

MARIE TEMMINK

Unit #1506, (310)495-5727

for Board of Directors
(Endorsed by the Ocean Club Nominating Committee)

My husband John and I purchased property in 1988 and moved here in 1989. John served on the Board and was Chairman of the Architectural Committee. Some of you will remember John's sudden death in April 1992. With my background as a Public Health Nurse and experience as the Western Regional Director for a nationwide home health agency, I founded AHHNA (Associated Home Health Nurses of America, Inc.) in October 1992. The first two years I devoted more than my time to this endeavor with the assistance of my two daughters and son-in-law. AHHNA has grown to a network of 350 nurses in the Los Angeles metropolitan area. In 1994 I received the **New Business Enterprise Award** from the City of Long Beach, followed in 1995 by the **Health Care Industry Award** from the Chamber of Commerce in Long Beach.

I met my new husband-to-be, Frans Verschoor (also Dutch), at the NABA (Netherlands American Business Assoc.)

We plan to continue to live here at The Ocean Club, and I am willing to volunteer my time on the Board of Directors to enhance the lifestyle we all expect by living here.

In the past I have served on numerous boards of directors in social and business organizations, including Home Owners Associations: "The Country", Diamond Bar. I am also a member of the Palm Valley Country Club, a large Home Owners Association in Palm Desert and have had many years of exposure and involvement in successful home owners associations.

MY OBJECTIVES IF ELECTED:

If elected, my objectives as a member of the Board of Directors, will be:

- To vote for decisions that will benefit the greatest number of owners and enhance the appearance of the building and the value of our properties.
- To support volunteer committees to utilize valuable in-house expertise and to promote positive interaction among our members to bring us together to protect our common interests.
- To assist in establishing and maintaining a functional and realistic budget that will include funds to maintain adequate reserves, with emphasis on collecting outstanding balances.
- To work to ensure that the operation of this Association is efficient and within our CC&R's, Bylaws and income.

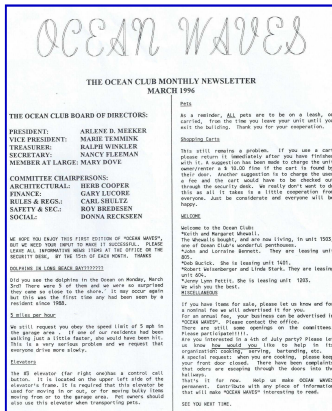
My organizational skills and my commitment to The Ocean Club and Long Beach make me a good choice to represent you on the Board of Directors.



01-31-1996

This is how the election went... I was elected Vice President

I created "Ocean Waves" To give evidence To the he residents It was my mission... To inform them timely of a board decision For the intent To keep residents in the loop and content!



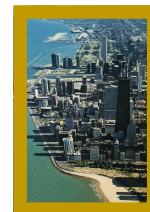
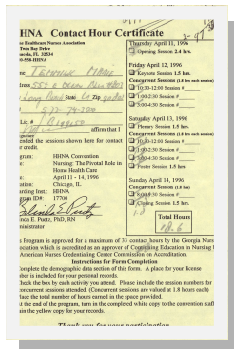
NOTICE OF ANNUAL MEETING OF MEMBERS OF THE OCEAN CLUB HOMEOWNERS ASSOCIATION... To be held on January 31, 1996... The primary purpose of this Annual Meeting is to elect three members to serve on the Board of Directors.

February 28 AHHNA'S board made a decision To set up a State Licensed Home Health Services division.



Associated Home Health Nurses of America, Inc., 555 E Ocean Blvd #292 Long Beach, CA 90802... BOARD OF DIRECTORS RESOLUTION... The Board of Directors of this corporation approved the following resolution: RESOLVED: that the President is authorized to file a fictitious business name for the purpose of doing business as a Home Health Agency.

April Again on the go This time to Chicago



Home Healthcare Nurses Association Marie J. Temmink PHN, RN CEO Associated Home Health Nurses of America Long Beach, CA

HHNA Home Healthcare Nurses Association Inaugural Convention Nursing: The Pivotal Role in Home Health Care April 11-14, 1996 Sheraton Chicago Hotel & Towers

April 15- On to Washington D.C. for a home care Automation Exposition By now Frans and I were an inseparable team, And pushed ahead full steam



Tenth Annual Home Care Office Automation Exposition Focusing on problem-solving and information exchange, the Exposition was an exclusive gathering of companies providing software and related high-tech products and services to the home care provider community.

NAHHC Net and The March on Capitol Hill The National Home Care and Hospice Congressional Network (NAHHC Net) received a tremendous endorsement from General Session speaker Representative Nancy Johnson (R-CA) when she encouraged attendees during her address to get their Members of Congress out on home care visits.



1996

May

In the office from 7-9 every day
To prepare for the State survey
We completed seven manuals-What a load!
Frans could type faster -then I wrote
We said a few prayers
And passed with compliments of the surveyors
June 09

For the staffs
accomplishments
A brunch on the Queen
Mary for acknowledgement



June We added a second division for custodial care
Because we received requests for services everywhere
August
I created a recruiting flyer
Because it is our ongoing desire

To expand our borders
And fill each and all staffing orders.
August 27
I hesitated-but said yes...

When asked to serve on the board
of the Long Beach -Harbor ,South East Unit
American A.C.S.

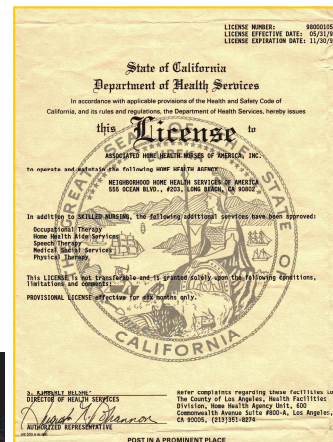
I was told "busy people have a vision
And can make a quick decision"
September

Exhibitor at CAHSAH Convention in San go

From there drove back to Palm Desert along
the border of Mexico

September 11
In writing they did confirm...

I was voted in for a two year term



HOME HELP MANAGEMENT PROGRAM

What AHHNA Provides:

- AHHNA provides a wide variety of supportive services to help beneficiaries of Home Health Care and other services to become more responsible for their own health and well-being.
- Quality, timely, cost-effective personal care services.
- Assisted and skilled nursing services.
- Assisted and skilled physical therapy services.
- Assisted and skilled occupational therapy services.
- Assisted and skilled speech therapy services.
- Assisted and skilled medical social work services.
- Assisted and skilled psychiatric services.
- Assisted and skilled case management services.

Associated Home Health Nurses of America, Inc.
Since 1962
(310) 437-5773
(800) 749-2446
Fax: (310) 961-2805

Home Healthcare Nurses Association

437 Twin Bay Drive - Pensacola, FL 32534-1350

This certifies that
Marie Temmink
is a member of HHNA through
AUGUST, 1996

Quality Home Help Services Provided By AHHNA

COMPANIONSHIP SERVICES	HOUSEWORK SERVICES	PERSONAL CARE SERVICES
A non-medical support service which provides professional supervision and assistance to the caregiver. Includes: meal preparation, laundry, shopping, and other household tasks. This service is available to those who are unable to perform these tasks themselves.	A non-medical support service which provides general household tasks, such as: meal preparation, laundry, shopping, and other household tasks. This service is available to those who are unable to perform these tasks themselves.	A service which provides a person who has been trained to support an individual with physical or mental disabilities. Includes: personal hygiene, dressing, bathing, and other personal care services. This service is available to those who are unable to perform these tasks themselves.

AHHNA's volunteers and staff members are supported by a professional support system, including: training, supervision, and other services. AHHNA's services are available to those who are unable to perform these tasks themselves.

Are you a little short between paydays?

Well, maybe your **HHNA** friends can help you. Not by lending you the money, but by applying with us! Yes, you can earn some cash according to discipline. Below is a chart that has some bonus rates. Of course, there's a catch, but if your friends are as good as you, you don't have anything to worry about. Please make sure that they tell us they were referred by you. Oh yeah, the catch - they must do 150 visits before you get your bonus. Which roughly is about 6 weeks or so. Get going and start spreading the word around and this might be you!

HE-TECH	\$200
RN	\$150
LVN	\$100
CNA or CHHA	\$75

AMERICAN CANCER SOCIETY

LONG BEACH HARBOR SOUTH EAST UNIT

Meeting Date: August 1996
Meeting Location: 437 Twin Bay Drive, Long Beach, CA 90805

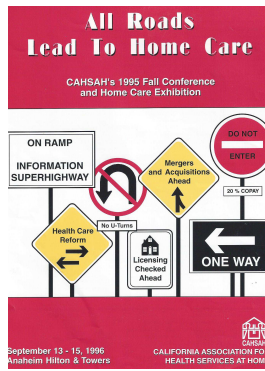
Meeting Agenda:

- Approval of Minutes
- Financial Report
- Report on the Long Beach Harbor South East Unit of the American Cancer Society
- Report on the Long Beach Harbor South East Unit of the American Cancer Society
- Report on the Long Beach Harbor South East Unit of the American Cancer Society
- Report on the Long Beach Harbor South East Unit of the American Cancer Society

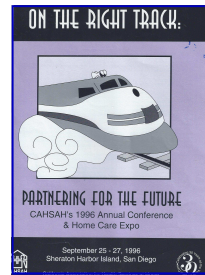
Meeting Location: 437 Twin Bay Drive, Long Beach, CA 90805



1996
September
 Exhibitor at two CAHSAH
 Conventions Anaheim and
 in San Diego
 From there drove
 back to Palm
 Desert along the border of
Mexico



Exhibitor Sponsorships
 Our thanks to all of the following exhibitors who have graciously sponsored exhibit events and conference related activities:
Home Care Exhibition Grand Prize \$1,500 Vacation of Your Choice To Be Awarded Friday Afternoon
 Donated by CAHSAH's endorsed group programs:
 California Fringe Benefit
 CAPAX Insurance Services
 LIDG/WardCom
 Livemore & Associates
 Redwood Employee Relations
 State Compensation Insurance Fund
Sponsors
 Advanced Infusion Systems
 • Thursday Night Reception
Associated Home Health Nurses of America, Inc.
 • Grand Opening Gala
 Bld Medical Laboratory, Inc.
 • Conference Manual
 Boyd & Nicholas, Inc.
 • Fiscal Intermediary Session
 Kaiser Permanente
 • Continental Breakfasts
 MDX Medical Diagnostic Portable X-ray & EKG Services
 • Music - Grand Opening Gala
 • Tour - Library
 State Compensation Insurance Fund
 • Thursday Night Reception



CAHSAH would like to thank
Associated Home Health Nurses of America, Inc.
 for sponsoring the following:
Educational Sessions:
 (N-4)
 Preparing for State Licensure
 (N-6)
 Development in Wage and Hour Employment Laws



It was nice to be greet-
ing.
 The other A.C.S. board
 members during this
meeting



50th Anniversary
 The Long Beach - Harbor - Southeast Unit
 of the American Cancer Society
 Invites you to the
Annual Meeting
 Celebrating California's 50 years of service
 At
 The Sheraton Long Beach
 Wednesday, September 13, 1996
 6:00 p.m. No-Host Reception
 7:00 p.m. Dinner
 Please return the enclosed response card by September 10

Board of Directors 1996-97
OFFICERS
 Presidents - Alan Henderson, DPH
 VP Income Development - Steve Horn, Jr.
 VP Cancer Centers - Donna Plunkard, BV
 VP Volunteer & Community Development - Lillian Sachs, MFC
 Secretary - Sandra Jusken
 Past President - Mary Klingensmith

ELECTED TO TWO-YEAR TERM

Frank Coloma	Ilhaid Steinhil, PhD
Genie Koshutsk, Sol	Maria Algorin, BV
Steven Ganner, MD	Den Young
Thomas C. Gates, MD	Hathy Luciano
Morten Hinz	Jean Henderson
Andrew Hopwood	Dorothy Carrusone
Sandra Jusken	Lee Miller
Mary Klingensmith	Bryan Schloss
Elena Macias	Marie Temmink
Julia Metzger, Esq.	
S. C. Pearson, Jr., PhD	
Tom Ramsey	
Jeffrey Yuen, MD	
Susan Navarre, BV	

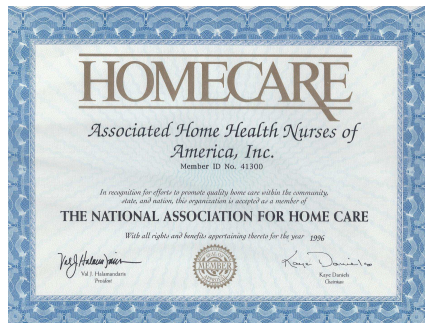
A letter was mailed on
 AHHNA's behalf
 To obtain input from our
staff

We planned to give back
 But their input we did
lack.

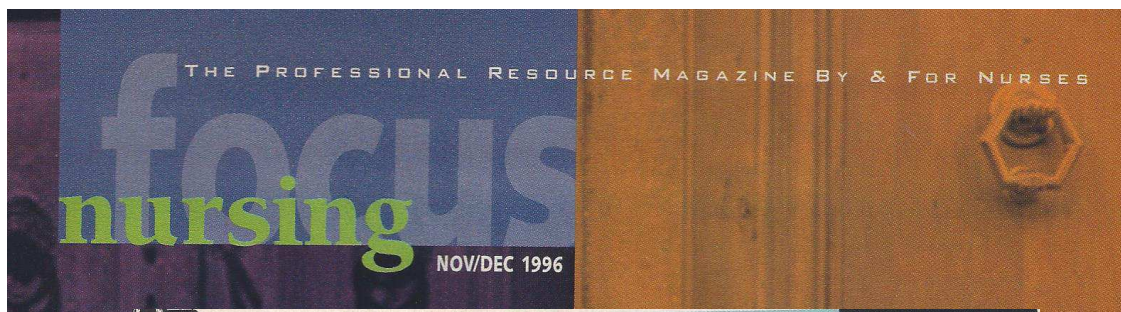
Recreation time at A.H.H.N.A.

I'm not sure if you were aware that A.H.H.N.A. was having a fireworks cruise in the month of August. Not very many responded to that and maybe that's because you don't know. Or maybe that's because you would have ended up paying for your partner's way! Were you thinking of more than one guest? Too many children and no baby-sitter? The children weren't interested in going? Because of the lack of response, A.H.H.N.A. would like to know what you would rather do. We are open to any and all suggestions! Why don't you start brainstorming by thinking: "If A.H.H.N.A. had \$1,000,000 of money for an activity what would I like to do?", and see if that works. Ask your children if they have anything they might want to do, if that still doesn't work, down below are some ideas some of your coworkers have already given us. So, please give us a call and let's see what we can cook up!

Beach Party	Movie w/ Dinner
Movieland Wax Museum	✓ Pot Luck
Baseball Game	✓ Medieval Times
Koging Waters	✓ Knott's Berry Farm
A Luncheon	✓ The Zoo
✓ Chuck E. Cheese	✓ Golf-Staff
✓ Company Picnic	✓ Circus



1996 More than we ever perceived ...
was the recognition we received



 **entrepreneur**

Home Healthcare Opportunity Knocks: Temmink Answers



MARIE TEMMINK, RN, PHN, KNOWS THE HOME HEALTHCARE INDUSTRY FROM JUST ABOUT EVERY ANGLE. SINCE THE LATE '70S, SHE'S WORKED AS A HOME CARE NURSE, SUPERVISOR, ADMINISTRATOR, AND AS A REGIONAL DIRECTOR OF A NATIONWIDE HOME HEALTHCARE COMPANY FOR THE WESTERN STATES. IN 1992, RESPONDING TO WHAT SHE SAW AS A CRITICAL NEED IN THE HOME HEALTHCARE INDUSTRY, SHE LAUNCHED ASSOCIATED HOME HEALTH NURSES OF AMERICA IN LONG BEACH. WITH A NETWORK OF 350 NURSES, HER COMPANY HELPS STAFF ABOUT 70 HOME HEALTHCARE COMPANIES IN LOS ANGELES DURING SHORT-TERM PERSONNEL SHORTAGES. HER INSPIRATION? A FAULTY REFRIGERATOR. HERE'S MORE ON TEMMINK.

Q What motivated you to start your company?

A When hospitals started sending patients home much earlier, home health agencies were suddenly dealing with the fluctuating census. They were having difficulty staffing. We recognized that agencies needed a quality company they could call on that would provide some temporary staffing. Many companies provide nurses to the home health industry,

but the nurses are not always well-versed in home care. We put a lot of emphasis on recruiting and training home healthcare nurses. When you're dealing with referral services, it's very important that the patient gets the service that's requested.

The original concept to start this business came one day when I was living in the desert. My refrigerator needed some work and I called a 1-800 number in another state. They were able to dispatch a quality service man who arrived at my isolated home in 20 minutes. I realized the home health industry needed a similar resource of quality, capable, respectable home health nurses who could respond at an instant, close to where the patient lives.

Q How does your service work?

A When we get a call from an agency that says it has a patient at a particular address with a particular condition, we use our in-house developed software to instantly pull up the name of the nurse who lives closest to that patient and has the qualifications to match the care needed. The nurse then interacts with the supervisor or director of that agency, so [our service] is like an extension of that agency.

We maintain all the personnel files on the nurses. The way the system is set up, nurses who [fall short of our requirements] — for example, are not current in CPR, CEUs, and so on — they would not be called on. We have a safety valve built in so that the agency is assured the nurse is fully capable and competent.

Q What is your take on the delivery end of home care today?

A The delivery portion is too expensive and always has been. When you have a nurse with a bachelor's or master's degree on the road, battling the LA traffic, making four or five visits a day, it's too expensive. We need to look at the cost of home care.

As time goes on, and there's less money available on a per-visit basis, we cannot compromise on quality. As an industry, we must be able to provide the most capable nurses in the most timely and cost-effective manner. The only way we can save money is on the speed of the delivery of the services. Look at UPS or Federal Express. They deliver speedier services than home health so far. Each nurse should be able to work in his or her own area, on behalf of more than one agency. That's more cost effective compared to one nurse working for one agency and driving 100 miles.

The nurses we provide know home care — the latest techniques, the state and federal guidelines, etc. — so they can adapt to different agencies. They only need to be oriented to the individual agency's policies. The nurses work in their own neighborhood, within a 5- to 10-mile radius, for more than one agency. Therefore, we can provide a better per-visit rate than a company that uses nurses who drive 60 miles to do one visit. Home care nurses spend too much quality time on the road and nobody benefits from that — the nurse doesn't, the patient doesn't, nobody — except maybe the tire and gasoline industries.

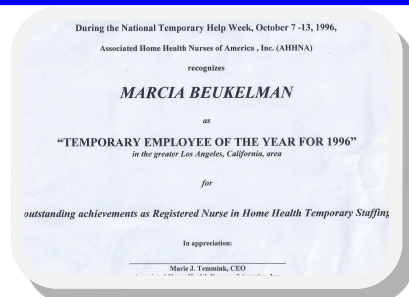
1996

October 7-13

During National Temporary Help Week

Each year we **electd**

The employee that was most **respected**

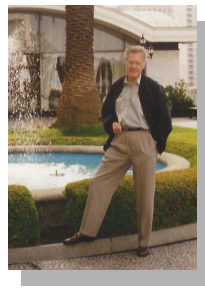


November

Drove to San Francisco with the

intention,

To attend another **SSA convention**



December

Sponsored

The National

Home Care

week Today

in Long

Beach

This time within walking **reach**



Again sponsored

“Light up a **Life** “

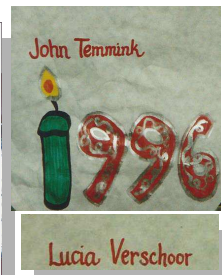
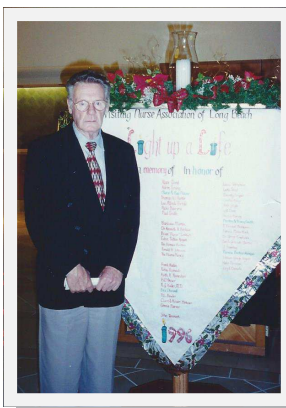
This year we

also added Lucy-(Frans’ expired **wife**)

\

Not **less**

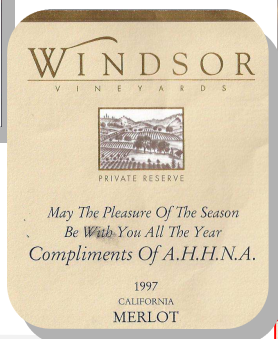
But the best wine for clients that helped in our **success**



Had no deficiencies in our licensed **division**

And to extend our License was the State’s

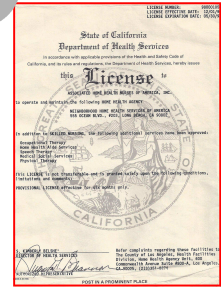
decision!



Every Wednesday this month was

“Open **House**”

Staff was invited to bring kids and or their **spouse**



1997

The weekly newsletter kept everyone up to date.
And never arrived late



A.H.H.N.A. Newsletter

Volume 3 Issue 1

January 1997



**HAPPY
NEW
YEAR!!**

We appreciate your work in 1996 and look forward to a successful and busy 1997.

forward to a successful and busy 1997.

1996 HIGHLIGHTS (AHHNA ON THE MOVE):

AHHNA increased their network of nurses to over 400 professionals throughout Los Angeles and Orange counties. We appreciate the referrals of your fellow nurses and CHHA's that you have given us. Our primary needs are nurses in San Fernando Valley and Orange County. We are

**REMEMBER TO LET
US KNOW YOUR
AVAILABILITY**

always expanding our network of nurses, so keep the referrals coming to us. **THANK YOU!**

AHHNA also expanded their territory and number of Home Health agencies that we serve. Thanks to you and your professional reputations the agencies that we send you to are calling more and more requesting your services. **REMEMBER, WHEN YOU ARE WORKING FOR OTHER HOME HEALTH AGENCIES AND THEY NEED NURSES, REFER THEM TO AHHNA.**

AHHNA also opened a new program of CNA's, Homemakers, Live-in's and Companions and can offer these services directly to the patient in their home. This means that AHHNA can admit and serve the patient directly, as long as the above services are all that is needed. So if you know an individual needing these services, please refer them to us and, if possible, we will see that you are assigned to this individual.

**IT WAS QUITE A YEAR FOR
AHHNA - THANK YOU FOR
YOUR CONTRIBUTION.**



You may need to check your withholdings since you last filed Form W-4 with AHHNA. Did you marry or divorce, gain or lose a

**PAPERWORK IS DUE
24 HOURS AFTER
MAKING YOUR VISIT**

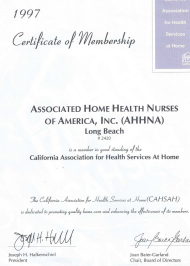
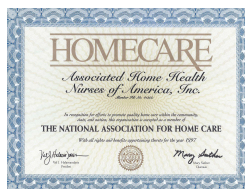
dependent or change your name? If you answered yes to any of these questions it is time to check your withholding. Please fill out a new form when you are in our office or give us a call at (310) 437-5773 so we can mail you a new 1997 form.

JANUARY BIRTHDAYS

Employee	Day
Hughes Mohlie	4
Wendy Santos	10
Marjori Freeman	11
Deborah Stewart	13
Danny Littner	18
Clara Magana	18
Serita Medelson	20
Esther Hicks	27

1997

We continued to be successful and had a good name
Our mission was quality care that resulted in fame



February When the work schedule took all my time I did my Continuing education classes on line



Second year on the ACS board I spend With fundraisers to attend



AMERICAN CANCER SOCIETY
California Division, Inc. Long Beach Harbor Boulevard Unit
1997-98 Executive Committee

President: Carol Cassin	Executive Committee Members at Large: David Reed
Vice President: P. Deane Conrad	David B. Blythe
V.P. Chairman & Community Development: Linda Blythe	
Chair: Robert Blythe	
Secretary: Alan Robinson, DDS	

Elects to Two Year Terms

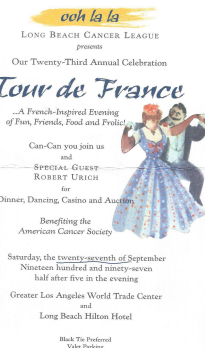
John D. Corbett, PhD	Patrick Hahn	Marion Shuman, MD
Carl Conrad	John W. Marshall	Carol Wilgus
Paul Conrad, DPH	Marjorie G. Marshall	John H. Smith, MD
Barb Conrad	Chris Hahn	David W. Smith, MD
Charles A. Frankel	Donna Hahn	Donna Smith

Council Members (Over the 9th)

Marla Alperin	Andie Berger	Tom Roney
Barb Blythe	Barb Blythe	Donna Shuman
John Blythe	Marjorie G. Marshall	John H. Smith, MD
John Blythe, MD	John Blythe, MD	John H. Smith, MD
Barb Conrad	John Blythe, MD	John H. Smith, MD
Barb Conrad	John Blythe, MD	John H. Smith, MD
Barb Conrad	John Blythe, MD	John H. Smith, MD
Barb Conrad	John Blythe, MD	John H. Smith, MD
Barb Conrad	John Blythe, MD	John H. Smith, MD

Honorary

John Blythe, MD	Tom Roney	Paul Blythe
Arthur Linton, MD	Marion Shuman, MD	



May Frans and I felt splendid
When each others industry conventions we attended

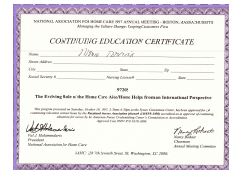
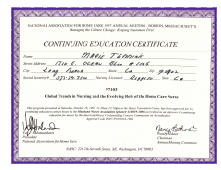
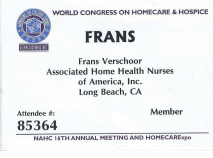


Frans was a member of the National Board of the Self Storage Organization
And this month we also attended this convention in Atlanta for a few days duration

October Attended in Boston the World Organization of care at home Convention
And the interesting seminars kept my attention



World Congress on Homecare and Hospice
The World Congress on Homecare and Hospice was held in Boston, Massachusetts, on November 14-15, 1997. The event was held at the Sheraton Hotel and was attended by over 100 delegates from 14 countries. The theme of the congress was "Worldwide Homecare and Hospice: A Vision for the Future". The congress was organized by the National Association for Homecare and Hospice (NAHC) and the International Association of Homecare and Hospice (IAHC). The congress was a success and provided a valuable opportunity for delegates to share their experiences and ideas. The congress was held in a beautiful setting and provided a comfortable and enjoyable atmosphere for all delegates. The congress was a valuable experience for all delegates and provided a valuable opportunity for delegates to share their experiences and ideas. The congress was held in a beautiful setting and provided a comfortable and enjoyable atmosphere for all delegates. The congress was a valuable experience for all delegates and provided a valuable opportunity for delegates to share their experiences and ideas.



1997

November
 The NATTS
 (National
 Association of
 Temporary
 Staffing) **convention**
 Held our **attention**

NATSS '97
 31st Annual Convention
 & Exposition

Frans
 Frans Verschoor
 A.H.H.N.A.
 Long Beach, CA

NATSS

Marie
 Marie J. Temmink
 A.H.H.N.A.
 Long Beach, CA



December
 sponsored
 the National
 Home care week
luncheon
 And a Visiting
 Nurses Associa-
 tion **function**



WELCOME
 TO THE
 NINTH ANNUAL
**NATIONAL
 HOME CARE WEEK
 LUNCHEON**

There's no place . . .

 . . . like home.

**SOUTHERN CALIFORNIA
 HOME CARE COUNCILS**

DECEMBER 11, 1997

Special Thanks to the Sponsors:

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 LINCARE, INC.
 LIVERMORE & ASSOCIATES
 RED LINE MEDICAL SUPPLY
 VNA HOME HEALTH SYSTEMS
 WINDY HILLS COUNTIES

AHHNA was **seen**
 In the Long Beach
 Chamber of Com-
 merce **magazine**

We were all **smiles**
 When AHHNA was
 listed under Medical
profiles



Marie J. Temmink

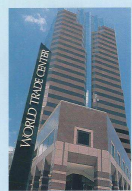
ASSOCIATED HOME HEALTH NURSES OF AMERICA, INC.
 555 E. Ocean Blvd., Suite 203
 (562) 901-2804 • (562) 901-2805 FAX

SERVICES
 AHHNA provides temporary staffing and temp-to-perm placements for all levels of Home Health personnel and maintains the largest network of trained RNs, LVNs, CHHAs in the greater Los Angeles area. Neighborhood Home Health Services of America (NHHS), a division of AHHNA, is a Home Health Agency licensed by the State of California, to provide health services in your place of residence under your physician's plan of care.

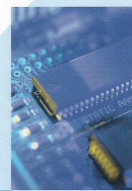
ADDITIONAL INFORMATION
 AHHNA received the 1994 City of Long Beach New Business Enterprise Award, and the 1995 LBCCOC Industry Award for the Health Care Industry.

PROFESSIONAL AFFILIATIONS
 LBCCOC, HCC, NATTS, CAHSAH, NAHC, HHSA, HIBNA, NNBA


healthcare
 Medical Profiles



TRADE




TECHNOLOGY



TOURISM

1997-98

MEMBERSHIP
 DIRECTORY AND
 BUSINESS
 REFERRAL GUIDE



The Chamber

Long Beach Area Chamber of Commerce

1998
I... for sure...
Was always ready... to create another brochure

HOME HELP MANAGEMENT PROGRAM
What AHHNA Provides:
AHHNA provides a wide variety of supportive services to help households if illness, a handicap or old age have rendered or threaten to render it impossible for a household to cope alone...

Quality Home Help Services Provided By AHHNA
COMPANIONSHIP SERVICES
HOMEMAKER SERVICES
PERSONAL CARE SERVICES
MAID SERVICES

MISSION STATEMENT
PERFORMANCE
FUTURE
Associated Home Health Nurses of America Inc.
(562)437-5773
(800)749-AHHNA (2446)
Fax: (562)901-2805
e-mail: http://www.ahhna.com

HISTORY
SERVICES
PERSONNEL
RESOURCES
CLIENTS
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Completion Dates
Class # Date By
Name:
Title:
Associated Home Health Nurses of America, Inc.
Home Health Training Videos
(310)437-5773

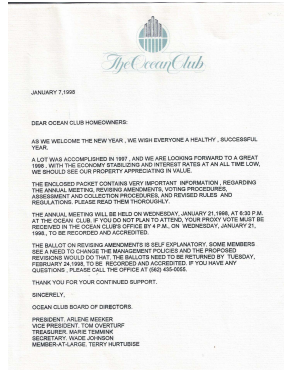
RN/LVN Videos
101. AHHNA Orientation
102. Home is Where the Heart Is
103. Street Savvy/Safety
104. The Care Planning Process
205. Conditions of Participation
206. Medicare Services Part I
207. Medicare Services Part II
208. Medicare Services Part III
209. Documentation
210. Putting It All Together
211. Feeding Dysfunction
212. Physical Assessment of the Frail and Elderly
213. Safety in Home Care
214. Patient and Caregiver
215. Medication use by the Elderly
216. Infection Control in Home Care
217. Prepare your Home Health Agency for an Accreditation Visit
218. Documentation in Home Health Care 1995-1996
219. Home Intermittent IV Therapy: A Nurse's Teaching Guide
220. Home Intermittent IV Therapy: Patient/Caregiver Version
221. Home TPN Therapy: A Nurse's Teaching Guide
222. Home TPN Therapy: Patient/Caregiver Version
CHHA Videos
101. AHHNA Orientation
102. Home is Where the Heart Is
103. Street Savvy/Safety
301. Home Safety
302. Patient Rights
303. Infection Control
304. Focus on Infection Control: In Case of an Emergency
305. Enhanced Observation and Documentation
307. Hip Surgery: Recovering at Home
308. The patient with Decreased Mobility, Part I
309. The patient with Decreased Mobility, Part II
310. Moving Your Patient: Equipment
311. Moving your Patient: Body Mechanics
312. Nutrition: Plan to Eat Healthy
313. Nutrition: Modified Diets
314. Focus on the Diabetic Patient
315. Care of the Diabetic Patient
316. Therapeutic Communication: Dementia and Aphasia
317. Therapeutic Communication
318. Cancer and the Caregiver
319. The Patient with a Pump

1998

January

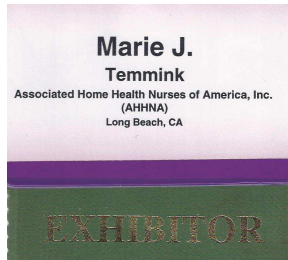
I was firm

In declining to run for another Ocean Club BOD term
AHHNA was expanding
And more demanding

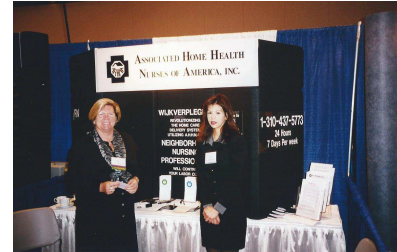


March

Another convention
Focused on staff retention



A Special Thank You...
CAHSAH wishes to extend a sincere thank you to you and your company for participating in the 1998 Annual Conference and Home Care Expo in Anaheim. Your presence at the Expo is a valuable component to its success. We appreciate you taking the time to share your valuable products and services with CAHSAH Conference attendees.
We look forward to a fun and successful Home Care Expo and hope that you find the experience rewarding for your company.
For more information about other marketing opportunities available through CAHSAH, please contact us at (909) 2-CARE-5426.

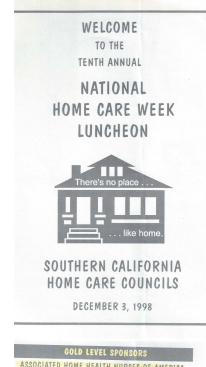
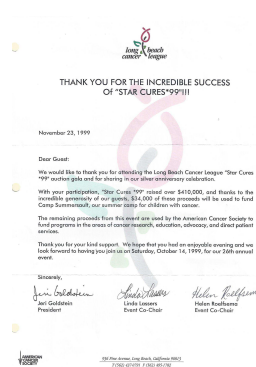


Staff participating in in
Community events



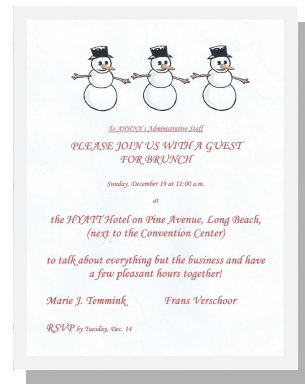
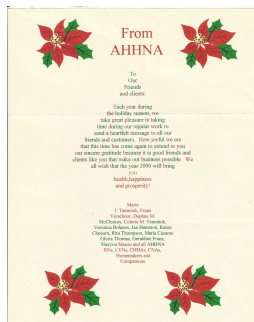
November

More sponsorships
National Home Care week

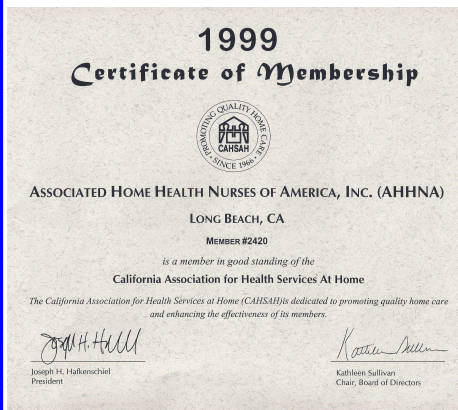


December

It was a happy bunch
At the
Staff Holiday Lunch



1999

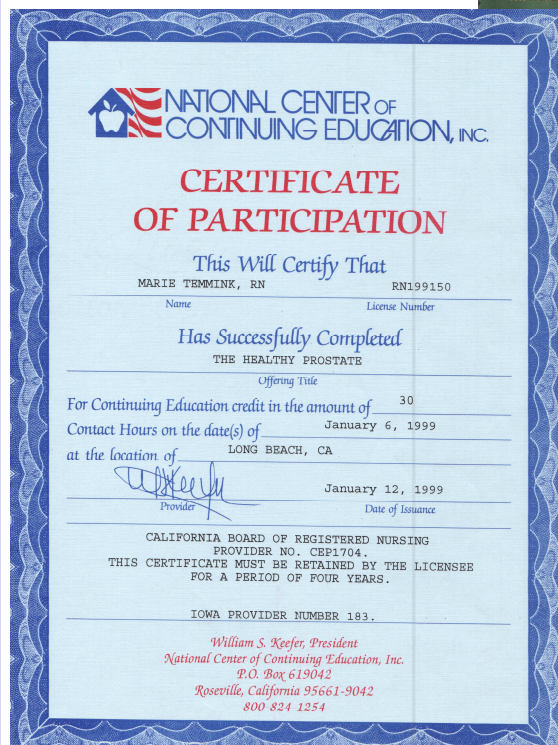


...from the California Association for Health Services at Home

CAHSAH wishes to extend a sincere thank you to you and your company for participating in the 1999 Annual Conference and Home Care Expo in Anaheim. Your presence at the Expo was an essential component to its success. We appreciate the time you took to share your valuable products and services with CAHSAH Conference attendees.

We will be sending you a post-conference attendee mailing list within the next two weeks. Again, thank you.

For more information about other marketing opportunities available through CAHSAH, please contact us at (800) 6-CAHSAH.



More sponsorships
Community events
And continuing education

And.....
PRIME SPONSOR!
AT CAHSAH

7
CAHSAH bulletin November 1999

CAHSAH committee recruitment begins

Last month, CAHSAH began committee recruitment for all section steering committees as well as the Education & Conference Planning; Finance, Human Resources/Membership; Medi-Cal; Policy, Advocacy & Public Affairs; Reimbursement/HIP/HME; and Quality Management committees.

Steering committees by section are:

- Interdisciplinary Professional Services
- Home Care Aide
- Hospice
- Licensed
- Medicare-certified

Affiliate members may apply to serve on the Affiliate Council.

Committee applications were sent to membership as inserts in the October bulletin. Applications are due in the CAHSAH office no later than November 26. Visit CAHSAH's Web site, www.cahsah.org, and click on "Top News Headlines" for a full description of the committees and their functions. For additional copies of the committee application, contact Kimberly Hood or Rosemary Booth at the CAHSAH office, (916) 443-8055. □

CAHSAH

The California Association for Health Services at Home (CAHSAH) is a nonprofit association dedicated to promoting quality home care and enhancing the effectiveness of its members.

JOSEPH H. HAFKENSCHIEL
President

CONNIE LITTLE
Senior Vice President

KERRY RODRIGUEZ-MESSER
Managing Editor

NORALEE BAUTHRIS STEWART
Editor

ANNA BARROW
Assistant Editor/Advertising Coordinator

The CAHSAH bulletin is published monthly by California Association for Health Services at Home, 720 S. Street, Sacramento, CA 95814. Telephone: (916) 443-8055 Fax: (916) 443-8062 Web site: www.cahsah.org

Advertising and membership inquiries should be addressed to CAHSAH.

CAHSAH does not necessarily endorse any of the products, services or meetings advertised in the bulletin.

AHHNA signs on as Conference Prime Sponsor

Sponsorship guarantees exposure of company name and services

Associated Home Health Nurses of America (AHHNA), Inc., of Long Beach, is the first exhibitor to sign on as a Prime Sponsor for CAHSAH's 2000 Annual Conference & Home Care Expo. CAHSAH thanks AHHNA for their generous support.

AHHNA provides qualified, temporary home health nursing services to patients who are admitted by home health agencies.

If your company would like the visibility a Prime Sponsorship provides, including recognition in a company logo on CAHSAH's 2000 Annual Conference & Home Care Expo Web page, a full page ad in the Annual Conference Program Guide, bulletin acknowledgment and much more, please call Steven Seeber at (916) 443-8055. □

CAHSAH Board of Directors sees member changes

LaVonda "Vonnie" Fox, Vice President of Home Care, Integrate, resigned from her Medicare-certified seat on the CAHSAH Board of Directors in August. In her resignation letter to then Chair Kathleen Sullivan, Fox said, "Serving on the CAHSAH Board has rewarded me personally and professionally. My experience with more than eight other state associations has clearly identified CAHSAH as a premier organization. I will continue to be an active member of CAHSAH and support its mission and activities." Pat West, Administrator, Pioneer Home Health Care, Inc., has been appointed to complete the remaining two years of Fox's Board term.

Jami de Santiago, Executive Director, Community Home Care, resigned in September from her at large appointment to a Medicare-certified seat. Replacing de Santiago will be Pat Urruty, Director, Kaweah Delta Home Health Agency, who will complete the one-year term.

CAHSAH offers best wishes to Fox and de Santiago and a warm welcome to West and Urruty. □

AB 60 Workshop to be held in Sacramento

Space is still available, but going fast!

New labor laws take effect on January 1, 2000. Will your agency be ready to comply? Attend CAHSAH's "AB 60 Wage & Hour Issues" workshop to learn the rules and get your questions answered.

Health care labor attorneys Dale Kuykendall, Esq., and Sunny Lee, Esq., will discuss topics such as how the new 8-hour workday law differs from the pre-1998 rules, personal liability for those who calculate overtime incorrectly, new definitions of exempt and non-exempt employees, and alternative work schedules.

Human resources directors, staffing directors, and other management staff are encouraged to attend this program November 18 in Sacramento, from 9:00 a.m. to 1:00 p.m.

Call CAHSAH at (916) 443-8055 for more information or to receive a registration form. □

2000

**I resigned from the ACS Board.
My business was to demanding**



FAX

To: Board of Directors
American Cancer Society, fax 495-1782
Date: February 2, 2000

It is with regret that I resign as a member of the board of directors. I feel guilty mo to be able to contribute more at this time, due to the high demands on my time from my business, which is a service of home health and home help personnel which continues seven days a week, 24 hour per day.


I hope that the future will allow me more time to participate in other worthwhile causes. Special thanks to Lyn Pillsbury who was so kind to introduce me to the Cancer Society. I will continue to be a financial contributor.

Sincerely,

Marie J. Temmink
Marie J. Temmink



ASSOCIATED HOME HEALTH NURSES OF AMERICA, INC.



A Managed Network Of
**QUALITY, TIMELY, COST-EFFECTIVE
TEMPORARY STAFFING AND
TEMP-TO-PERM PLACEMENT:**

**Home Care RNs, LVNs, CHHAs
COMPANIONS & HOMEMAKERS
ONE LOW PER-VISIT OR HOURLY RATE**

A.H.H.N.A.
555 E. Ocean Blvd, Suite 203
Long Beach, CA 90802
1-800-749-AHHNA (2446)

Serving the Greater Los Angeles area

Phone: (562) 437-5773 Fax: (562) 901-2805
e-mail: info@ahhna.com web: http://www.ahhna.com

Associated Home Health Nurses of America, Inc., (AHHNA) was founded in 1992 on two simple principles: service and logic.

Service: by providing healthcare professionals to home health agencies that continue the care of patients at home.

Logic: by providing these professionals in the neighborhood where the patient lives, thus saving considerably on time and mileage.

Up to the moment Marie J. Temmink, RH, PHN, established her company, many health agencies used to send nurses around on routes all over the area from north to south, and east to west, not being able to see more than a few patients per day. All this changed when AHHNA made it possible for home health agencies to get their needs covered by professionals living close to their patients: one nurse visiting all their patients in the north, one in the south etc. A nurse visiting ten or more patients per day became the norm, and the resulting savings more than cover the fees AHHNA charges for the services of putting patient and nurse together, do the scheduling, recruiting and all the work normally done by a human-resource department.

Though most nurses work full time for AHHNA, an interesting fact is that many who might have steady work at other companies, now can put in a few hours extra with AHHNA after their normal hours, see one or two patients close to home, and make extra money. Nurses who are tied up in traffic traveling long distances, are stressed and cannot give the service a patient deserves.

All healthcare personnel staffed by AHHNA, is on AHHNA's payroll, is covered by all required State and Federal licenses, Workmen's Compensation, and is screened and fully checked out prior to being assigned, thus freeing its clients from time consuming and costly work.

AHHNA's services gained such popularity with most of the hospital based and private home health agencies, that it now has become the largest agency of its kind covering the area of Los Angeles, Orange, Ventura, San Bernardino and Riverside counties.

HOME HEALTH SERVICES

Marie Temmink already foresaw years ago that care of hospital patients would develop more and more towards home health care. The towering cost increases of hospitalization could only be offset by proportionally increasing health insurance premiums. We all felt that in our wallets! Though not yet predictable at the time how the problem would be solved: change should and would come. Under pressure of health cost insurers, Health Maintenance Organizations (HMO's) were created. These in turn increasingly forced hospitals to only admit patients for acute treatments. At that moment, Marie was ready to offer the help needed. Her career had prepared her very well for this challenge. She started out as a licensed nurse. Subsequently she became director and administrator of various convalescent hospitals, surveyor of long term care for the State of California, and

West Coast director of operations for one of the largest national Home Health Agencies. She serves on several professional and community organizations.

Marie understood that the constantly growing home health care business only could succeed if its costs could be considerably lower than those of a stay in hospitals. She established thereto Associated Home Health Nurses of America, with a unique system to quickly and effectively dispatch health care professionals living in the patient's neighborhood for a cost effective, timely, quality visit.

HOME HELP SERVICES.

As a logical follow-up on the medical home health visits by its personnel, AHHNA developed a Home Help Management Program, that answers a growing demand and is the "missing link to get well or remain well at home". It consists of companionship personal care, and/or homemaker services. These non-medical support services by trained persons benefit those who because of advanced age or physical or mental infirmity cannot care for their own needs. It will benefit those who want to live at home rather than in a nursing-home or similar institutions.

ADVANCED SYSTEMS.

In-house advanced computer systems developed by daughter Daphne, place the company in the vanguard of its branch of industry. Within a few years, AHHNA could boast the largest group of home health care personnel in the greater Los Angeles area. The medical staffing services were readily contracted by every medical organization needing additional home health care personnel. Day and night, 365 days a year!

It's clear of course, that an organization that offers help in such a large area with a total population of 15 million, has to be extremely modern from the outset. Business has to be conducted in a contemporary manner with the assistance of the latest computer technology. Very important, however, is to ensure that the patient does not become a number or a push on a button in this high-tech environment. Marie and her co-operators are thoroughly convinced that home health care or home help, not only must conform to the highest possible standards, but that above all, the emotional well-being and peace of mind of the patient/client are of paramount importance.

AHHNA is a member of the California Association of Health Services at Home (CAHSAH), National Association for Home Care (NAHC), Home Health Services and Staffing Association (HHSSA), American Staffing Association, Home Care Council for Los Angeles, Orange and Riverside Counties, Long Beach Chamber of Commerce.

AHHNA can be reached at 555 E. Ocean Blvd., Suite 203, Long Beach, CA 90802-5055
Phone: (562) 437-5773 or (800) 749-2446, Fax (562) 902-2805
Web: <http://www.ahhna.com> - e-mail: info@ahhna.com

2000

PRESS RELEASE

BUSINESS + 4.17 Close 804.97 * + 1.22 Close 2,967.65 - 8.80 Close 290.40 + 0.038 Close 5.210 TUESDAY, NOVEMBER 2, 1999 A13

Nursing network brings care home

Health: Long Beach-based association provides in-home services.

By Linda Prendez
Staff writer

Seal Beach resident Robert Aasen didn't last more than 10 days in the nursing home he was admitted to earlier this year.

"All I could think about was that I wanted O-U-Y out," said the 77-year-old Aasen, who suffers from Parkinson's disease.

Aasen's wife, Ella, said she couldn't bear to leave him at the nursing facility, but struggling with her own health problems, she felt she had few options.

The directors of the nursing home knew of one other option. They referred her to Associated Home Health Nurses of America Inc. (AHHNA). The Long Beach-based network of nurses and health aides provides in-home nursing and custodial care services in the private residences of elderly patients throughout the Southland.

Since April, Aasen has been living at home with the assistance of several nurses and aides who go to his home on a daily basis to help him with eating, bathing and other everyday activities.

Even in her husband's frail condition, Ella said they are both happier that they can live together in the comfort of their own home.

"There's no place like home," Aasen said.

The secret behind the success of AHHNA may lie in one simple, yet meaningful, cliché.

Marie Temmink, chief executive of AHHNA, said that when faced with the choice of placing loved ones in a convalescent facility or keeping them at home, most families prefer the latter option.

But she said, most families are busy with their own lives and if an elderly family member requires constant help in daily activities, there is very little time to focus on what the patient's needs are.

She said that is why AHHNA's services are so valuable to private clients and health plans, which have been forced to look for more cost-effective staffing options.



Robert Aasen, who suffers from Parkinson's disease, receives a visit from Marie Temmink, founder of Associated Home Health Nurses of America Inc. The association provides in-home services to elderly patients who otherwise would be in nursing homes. Béatrice de Géa / Press-Telegram

PRESS TELEGRAM, Nov. 1, 1999

- Restructuring and downsizing in the Home Health Industry resulting from new reimbursement policy by Medicare, enhanced the need for reliable and cost effective staffing and the need to adjust payrolls to a fluctuating census.
- AHHNA's specialized computer system allows clients to satisfy that need and also make part or all of their payroll cost *flexible* versus fixed, thus saving considerably.
- For AHHNA the strong points are the ability to function with a minimal overhead due to the state of the art computer system, developed by the owner's daughter.
- We have built up a network of over a thousand nurses, of which 250 or more are active at any given time. The computer system does not allow that the employee's file is not current with State and Federal requirements (expired CPR, nursing license, car insurance, physical and TB tests etc.)
- Some good points for the client (Home Health Agencies) are:
- Our rates have not changed since the company was founded in 1992. It allows them to keep their labor force flexible versus fixed.
- Easy access to our company: open from Monday thru Friday, 7:00 am-8:00 pm, Saturday 8:00 am - 5:00 pm. 24 Hour on call.
- No answering devices or full voice-mail boxes. Live voices answer the phones and give immediate service.
- Ability to match the employee with the client's need.
- Originally "Press Telegram" reported that we survive on speed, but quality and cost effectiveness are equally important components of our service.

- AHHNA remains the largest network of Home Health personnel in the greater LA basin.
- We added the Home Health Management Program where we provide personal care, homemaker and companion services. This service was mainly developed to provide an additional services to the Home Health Agency clients that had patients who required the services but did not provide this custodial service.
- The AHHNA computer system allows us in the same way as we match the licensed caregivers to match the right caregiver with the individual's need for custodial care.
- AHHNA has become the preferred provider for SCAN Healthplan's Senior Care Action Network (Independent Living Power Program). We also provide home care to private patients who do not need a licensed nurse but do need some assistance with personal care and household chores, and therefore can remain at home.
- AHHNA supplies quality nurses to the majority of Home Health Agencies in the greater LA area.
- AHHNA's computer system has been specially and exclusively designed for its own purposes and needs and is constantly updated and fine tuned to adjust to make any transaction shorter and more automated. We do not depend on off the shelf products. The AHHNA scheduling program is unsurpassed in the industry.
- In lieu of a 7-year celebration, the Board decided to be a prime sponsor the Annual, May 17-19, 2000 Conference and Home Care Expo for the California Association of Health Services at Home (CAHSAH) at the Pasadena Convention Center. We will postpone a company celebration till our 10th anniversary.

2000

\$49.95

Long Beach: The City and Its People, filled with period photographs, tells the story of the men and women who sought their fortunes in the city. Although the first plans for a colony failed, they set the framework for a major metropolis.

Founding families left their marks on Long Beach, right down to the names of neighborhoods and streets, and African-American, Latino and Asian pioneers put down roots and built communities. Successes and setbacks transformed a sleepy hamlet into today's diverse city — from the Roaring 20s, when Long Beach was awash in newfound oil and boundless optimism, to a massive earthquake, the struggle to rebuild, and the World War II era that transformed Long Beach into an arsenal of democracy.

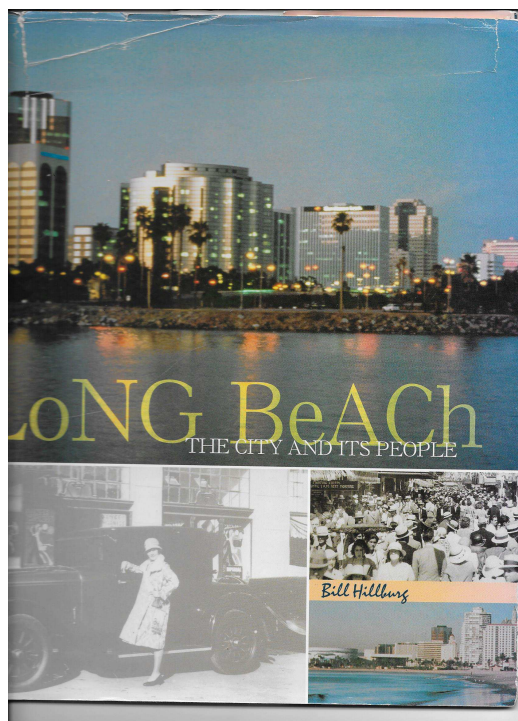
During the 1950s and 60s the World War II generation settled in expansive new suburban communities with names like Los Altos, Lakewood Park and Bixby Highlands. Amidst the turmoil and challenges of the 1970s, 80s and 90s, Long Beach reinvented itself once more into a center for world trade, high-tech business and tourism.

Author Bill Hillburg, longtime columnist and reporter for the *Press-Telegram*, has drawn heavily on two decades of interviews with the people who shaped and experienced the city's lore. Lifelong residents, relative newcomers and all Long Beach enthusiasts will find their roots in this story.



Color cover photos by Michele and Tom Grimm; black and white cover photos courtesy of the Historical Society of Long Beach (left) and the Long Beach Press-Telegram (right); back cover image courtesy of Joe Reisinger; Long Beach Press-Telegram; endsheet image courtesy of the Long Beach Press-Telegram

Armed with 1,000 nurses in her database, Marie Temmink and staff provide reliable on-call home health/home help services at the doorstep within an hour.



Associated Home Health Nurses of America, Inc.

At *Associated Home Health Nurses of America, Inc.* (AHHNA), owner Marie J. Temmink gives "family values" a good name.

With chutzpah and heart, this health care professional from the Netherlands has single-handedly changed the way Los Angeles, Ventura and San Bernardino county residents access health care. For, armed with 1,000 nurses in her database, Temmink and staff provide reliable on-call home health/home help services—including nursing, personal care, homemaking, senior and companion services — at the doorstep within an hour.

The concept is hardly grandiose. Temmink, a registered nurse who has worked in various health care positions including that of public health nurse for the state of California, observed how her parents cared for her grandparents. In the Netherlands, she says, seniors are typically not put away in convalescent homes. Thus, when Temmink was staying in the desert in the 1980s, an idea arose. "My refrigerator needed work and I called an 800 number in another state. A service man arrived in 20 minutes and I realized the home health industry needed a similar resource."

Since 1992, from the same location on Ocean Boulevard, the calls have been going out to nurses. First, someone at an agency or hospital — such as Long Beach Memorial, St. Mary Medical Center or Daniel Freeman — contacts AHHNA. Staff members then use the company's sophisticated software to access the nurse nearest the patient and no more than 10 miles away. The system also allows AHHNA to determine which nurse is most qualified for a specific job by considering such factors as licenses and Continuing Education Units (CEUs).

What's more, AHHNA also boasts the most affordable rates in the area, and has remarkably been able to actually lower prices since it began operation. Temmink attributes this to the speed of information provided by AHHNA's, as yet unparalleled, computer network, designed by Temmink and developed and continuously updated by her daughter, Daphne, an information specialist and software engineer. With this sophisticated system and her field employees, Temmink has become a valuable resource to the home health industry, which has had to deal with many changes in reimbursement structures, and has had to keep its labor cost varied vs. fixed.

AHHNA's cost-effectiveness is even more remarkable considering the dearth of dollars provided by Medicare in the late 1990s. Additionally, the population in general is growing older, and subsequently, more Americans require home care, which accentuates the strain on government assistance and the home health care industry. These are just challenges for Temmink, who believes in turning circumstances around. Her first husband's death was another reason she began the business. She said she was so devastated that she needed to put her "soul into something." With the help of daughters, Daphne and Collette, she was able to do just that; then, when Temmink met Frans Verschoor, she found both a marketing director and a husband.

Of course, good fortune follows hard work. Temmink sits on the board of directors for the Long Beach branch of the American Cancer Society and is always supportive of local health fairs. What's more, she jokes that the company will even clean windows if necessary, "because it is the simple things that make a difference."



Reprinted from *Long Beach: The City and Its People*, Published by Heritage Media Corporation
This profile may be viewed online at www.bookofbusiness.com™

2000



Participated as member of the NESCO Board (Netherlands Emergency Social Service Organization) at the Dutch American fair

2000 May 17-19 To more than one CAHSAH convention Sponsored by our

business I should mention.

Conference Program Guide



California Association for Health Services at Home

Time Well Spent
CAHSAH's 2000 Annual Conference & Home Care Expo

May 17 - 19
Pasadena Center
Pasadena, CA

Marie Temmink
RN, PHN, CEO
Associated Home Health Nurses of America, Inc.

SPONSOR

California Association for Health Services at Home

Conference Sessions and Events

A special thanks to CAHSAH's 2000 Annual Conference Prime Sponsor...

McKessonHBOC
Red Line Medical Group
Extended Care

Associated Home Health Nurses of America, Inc.

CAHSAH bulletin

Vol. 16, Number 6 June 2000

Time Well Spent!
Annual Conference & Home Care Expo Wrap-Up

Boxer signs on to S 2365
New 46 co-sponsors!

GRASSROOTS ACTION
AB 2424: The votes by Marilyn Baker-Venturini, Chair, Policy, Advocacy and Public Affairs Committee

Continued on page 2

Associated Home Health Nurses of America, Inc. (AHHNA) provides the following services to the Home Health community:

Temporary Staffing and Temp-to-Perm Placement services.

- One day per hour or visit rate. All employees covered by Workers' Compensation and Liability Insurance. No mileage, overtime, Sunday or holiday charges.
- Home Health RNs, LVNs, CHHAs, CNAs, Homemakers, Companions, Personal Care Attendants, Live-ins.
- Quick paperwork turn-around, weekly billing, references/licenses checked. Personnel files kept up-to-date as your disposal.
- No independent contractors, but AHHNA's own employees. No sign-on bonuses.
- No burden on your time and administration.

AHHNA's Home Help Management Program provides:

"The missing link to get well or remain well at home!"

A wide variety of supportive hourly or live-in services to help households if illness, a handicap or old age have made it difficult or impossible for a household to cope alone, and their resources of support from family, neighbors or friends have proven insufficient.

Companionship Services.
non-medical support service which provides a trained person to render fellowship, care, and attention for a person who, because of advanced age or physical or mental infirmity, cannot care for his/her needs. Such services may include household work related to the care of the aged or home-bound persons, such as meal preparation, bed making, washing clothes, and other similar services. They may also include the performance of general housework, providing such work incidental and does not exceed 20% of the total weekly hours.

Homemaker Services
non-medical support service which provides general household duties, such as shopping, meal planning, preparation, washing, and cleaning, with emphasis on improving and on maintaining a pleasant living environment.

Personal Care Services
service which provides a person who has been trained to support an individual's well-being of comfort by providing assistance with personal hygiene, oral care, bathing, toileting, incontinence, foot-hand/heel care, hair care, shaving, dressing, and similar grooming activities.

WHO WOULD BENEFIT?
Those who need help to live at home rather than in a nursing home. Those who need help with the mobility of daily living. Those who do not require the continuous care of a licensed nurse. Those who want or need companionship. Those who need the security of temporarily help in or out of home. Those who prefer to deal with a responsible one exclusively dedicated to providing care. Health and Home Help personnel since 1992. Those who do not want to deal with employment issues. Workers' Compensation and liability insurance. (All employees covered by AHHNA included in the hourly rates).

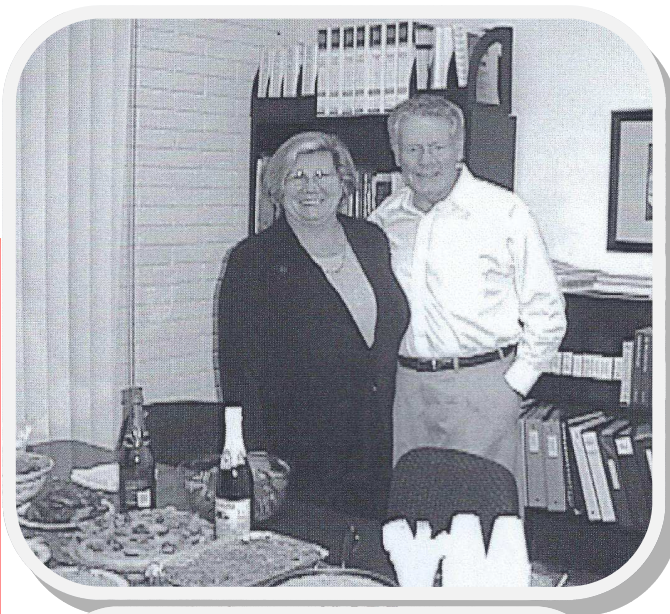
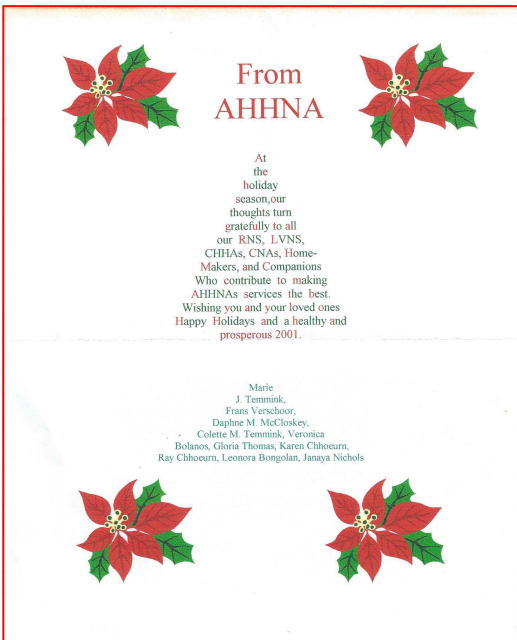
In the next occasion, give your loved ones a meaningful gift. Let AHHNA provide any of the above services.

Associated Home Health Nurses of America, Inc.
555 E. Ocean Blvd., Ste. 203, Long Beach, CA 90802-5085
714.437.5773, fax: (714) 901.2805, email: info@ahhna.com, web: www.ahhna.com

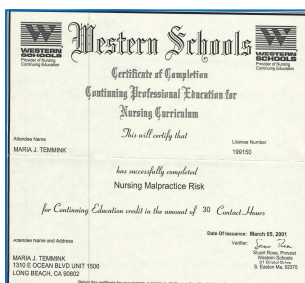


10-27-2000

Often Open Houses to keep in touch with the staff



2001



WHEN HOME HEALTH SERVICES CAN BENEFIT YOU:

Home Care Services may be provided to patients with acute or long term care needs. Home care can be either intermittent or continuous.

Home care is the best alternative to:

- Prolong hospitalization or hospitalization
- Reduced hospital length of stay
- Prevent placement in a long term care facility

HOW TO SELECT A HOME CARE PROVIDER

When selecting an appropriate home care provider, the patient or family must know what kind of care is required, and what restrictions are imposed by the payer. Important considerations include quality of care, availability of needed services, caliber of personnel, and coverage provided by payer.

Experience the Service of Neighborhood Home Health Services of America (NHHSIA).

Let us help you get well.

(310) 901-2804
(800) 749-2446
(310) 901-2805 Fax

NHHSIA is a subsidiary of Associated Home Health Services of America, Inc. (AHHSA). The corporate office is located at 551 E. Coast Blvd., 40th Long Beach, California 90802.

NEIGHBORHOOD HOME HEALTH SERVICES OF AMERICA

555 E. Coast Blvd., Suite 203
Long Beach, CA 90802

(310) 901-2804
(800) 749-2446
(310) 901-2805 Fax

With the help of NHHSIA you can recuperate in comfortable and familiar surroundings while still receiving timely, quality, cost-effective home health services.

NHHSIA is a home health agency licensed by the state of California Department of Health (#000001056) to provide health services in your place of residence under a plan of care established by your physician.

WHAT IS HOME CARE?

Home Care includes Health Services and related services and equipment, provided by highly skilled nurses with specialized training, and rehabilitation services provided by physical therapy, occupational therapy, speech therapy. Medical Social services to personal care services including assistance with activities of daily living provided by home health aides and homemakers.

Patients are admitted to NHHSIA for observation, treatment or care of illness, disease or injury, or under care during or after pregnancy.

The best staff of NHHSIA is dedicated to provide you, with the best Home Health Services in your Place of Residence:

- Assist you and your family members to meet your healthcare needs through Teaching, Counseling and skills demonstration.
- Prevent medical, psychological and/or social complications.
- Provide individualized timely quality cost effective home care services that are appropriate and safe.
- Promote independence and self care whenever possible.
- Promote continuity of care between you as our patient, the hospital, physician, and agency staff.

NHHSIA Employees are empowered in Home Health Care and NHHSIA provides ongoing free training to keep all employees informed of the latest techniques and issues in home care.

WHO PAYS FOR HOME CARE?

MEDICARE BENEFICIARIES - PART A
The benefits will cover cost of care in its entirety.

MEDICARE BENEFICIARIES - PART B
If you are not homebound, and still require therapy services in your home, you are responsible for 20% co-payment.

MEDICAID
Medicaid beneficiaries are eligible for home health services.

HEALTH MAINTENANCE ORGANIZATIONS (HMO)
Coverage for services and supplies under private insurance plans is verified prior to start of care.

SECONDARY INSURANCE
Coverage for services and supplies under secondary insurance plans is verified prior to start of care.

PRIVATE PAY
In addition to your covered services or insurance coverage by your insurance have been discontinued, you may pay privately and receive any services provided by NHHSIA.

NHHSIA SERVICES

NHHSIA provides the following services:

Registered Nurse (RN)
The Registered Nurse (RN) provides individual patient/family assessment and develops a Plan of Care to meet each patient's individual needs. The Plan of Care is coordinated with all services under supervision of the physician.

Home Health Aide
The Certified Home Health Aide (CHHA) provides assistance with bathing and personal care. All Home Health Aides are certified by the State of California and undergo ongoing screening before providing service to patients.

Physical Therapy
The Physical Therapist (PT) works with the patient on such things as walking, use of cane, walker, or wheelchair, moving in and out of bed and home exercise program.

Occupational Therapy
The Occupational Therapist (OT) works with the patient on strengthening upper extremities and adapting the home and the patient's environment to enable the patient to cope with illness and disability. The goal of the OT is to ensure an overall independence in the patient as possible.

Speech Therapy
The Speech Therapist (ST) works with patients who have developed speech and communication problems associated with illness such as stroke. The ST also works with patients who have swallowing problems caused by illness.

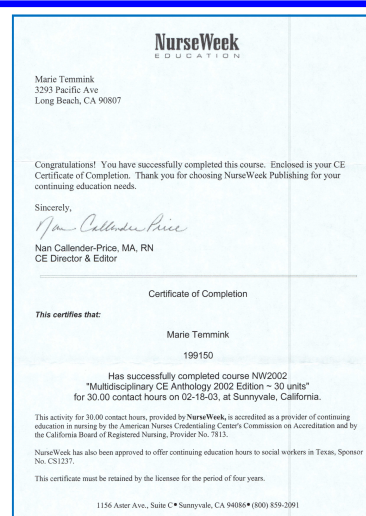
Medical Social Worker
The Medical Social Worker (MSW) assists patients in adjusting to their illness in their home environment. The MSW is an important person in the health care team and brings an overall perspective of the patient's problems to the team and facilitates each team member in working with the patient and family. The MSW also assesses the patient and family in obtaining community resources which may be needed to help the patient cope with their illness or recovery in the home.

Ask about OUR Home Help Management Program:

Companionship, Housekeeping, Personal Care, Transportation, and Chores Services. Home Management that is known for quality personnel in the L.A. area.

2002

Moved to our own office on Pacific Ave in Long Beach



2003

We received multiple awards for impeccable service and care
Had no lawsuits or complaints anywhere

2004

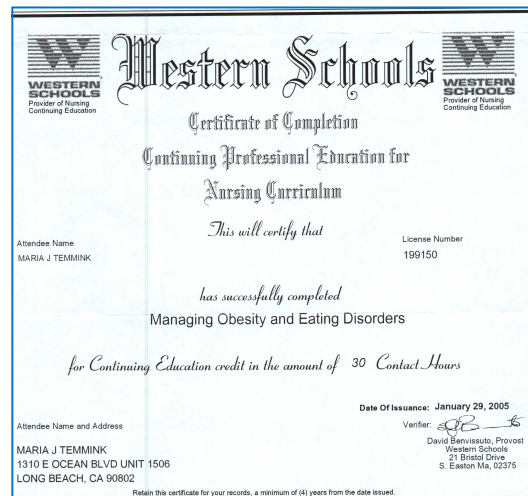
Testimonials of staff and clients let us know
They would hope to never see us go

2005

But my time to retire was getting near
While my daughters opted to pursue their own career

2006

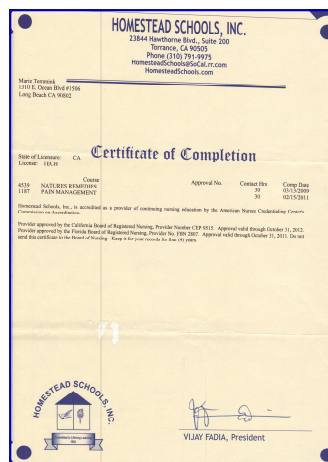
Offers to sell I had but refused
I did not want the risk of our good name to possibly be abused



The company was built on my emotion
With 24 hour devotion

2007

We made the decision
To close the contracted services division



2007 And to be specific
We sold our office on Pacific



2007

The company had grown very fast
Fifteen years I made it last

Written 7-02-2012

MY BUSINESS

**Having my own business is of what I dreamed,
But there was never the right time to start it seemed.**

**I had noticed this niche in Home Health,
And with this need, no one had yet dealt.**

**The idea came one day very clear,
Home Health nurses should live near**

**The clients in their own neighborhood,
Because driving all day was costly and did no one any good.**

**Most Home Health Agencies were short of staff,
And needed a resource that did have**

**Available quality personnel
That knew home health very well.**

**They needed to be able to call an entity,
That employed nurses with a home health specialty.**

**In 1992 I opened Associated Home Health Nurses of America Inc. in Long
Beach
And soon had over 250 nurses within reach,**

**A qualified licensed staff
That could be dispatched on any agencies behalf**

**It was for everyone a win situation,
And soon the industry relied on my creation.**

**With one phone call day and night,
Soon they could have a nurse within sight,**

**Agencies were able to admit more patients for care,
Knowing our nurses would see them everywhere.**



Page 2

**The companies were reimbursed per visit by Medicare
In an endeavor to lower the cost for hospital care.**

**Patients were discharged while still sick,
With the promised a nurse would come to their home very quick**

**But for this service, the government ended up paying more,
Then keeping the patient in the hospital a few days more.**

**There was abuse
Trying to bill for a visit when there was no use.**

**The industry focused on greed,
Instead of filling a need.**

**But by the first detection,
These companies received our notice of service rejection.**

**For some time we had been aware
That it was time to start our own neighborhood custodial senior care.**

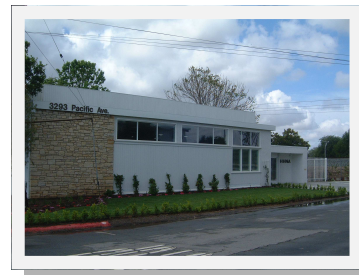
**We were selected by a large HMO
Who let some of their other contracts go,**

**They knew our service was the best
And much more reliable than the rest.**

**But it became a matter of fact,
They tried to reimburse less then was agreed in the contract.**

**And therefore
Our decision was to serve them no more.**

**We had a chance to rethink our future plans
For this 24 hour business we had on our hands.**



Page 3

**Selling I did not consider,
As I did not want to feel bitter**

**About a new owner cutting corners and dare
Lowering my standards of care.**

**Fifteen years with not one suit,
Showed our business had been very good.**

**I launched it in memory of my first husband
John,
And I never had thought to run it this long.**

**I now no longer needed a wage
As I was past retirement age,**

**A future in this business my daughters did not see,
And I told them that was fine with me.**

**So for me there were happy tears
When I closed the door and sold the office building after fifteen years.**

**I am proud of the accomplishments and how and what we did,
But believe me I do not miss it a bit.**

**I accomplished my goal
And now enjoy the peace in my soul.**

Marie Jose Temmink



03-07-2012

OUR OFFICE BUILDING

**Always looking for a good way to earn,
We realized renting an office gave no return.**

**To buy an office seemed frugal to do
And would give us much more needed space too**

**So we set out,
About town to scout**

**Then one day,
I remembered the building of my first client the VNA**

**Their business had been sold
To a local hospital I was told.**

**But the building they did not need,
And soon was overgrown with weed.**

**They were a non profit entity
That appeared to operated with little clarity.**

**But we decided to proceed
As his was the building that fit our need.**

**The building had been vacant longer then a year,
And who was the owner was very unclear**

**I approached the hospital and was told,
They had nothing to be sold.**

**But they referred me to the corporate office, may be they could tell
Who also confirmed there was nothing to sell**

**But they suggested I contact the Real Estate department in Texas,
Maybe they could tell who's building it was.**

**There answer took awhile,
In the meantime a Real Estate friend ordered a property profile.**

**It was owned by the Medical Center, and when they realized the building did exist
They wasted more money by hiring a broker to enlist.**

**The building had a conditional use permit.
That had lapsed and was no longer valid.**



Page 2

**We made a low offer with a contingency
That the city would approve it for our agency.**

**We received the permit and bought it as is
Because this opportunity we did not want to miss**

**We had enough construction knowledge to know,
Not to let this opportunity go.**

**The building had been neglected, but with TLC,
A functional office it would be.**

**During escrow we were told,
Curbs and gutters were required by the city before it could be sold.**

**To be in conformity
with the neighboring property**

**But when our research showed the neighboring property was owned by the city
They turned to be pleasant and very witty,**

**As they had no curbs and gutters either,
They instantly did not require them from neither.**

The day we opened our building , there was an add in the local paper 10 inches wide.

**The hospital appealed to the community to donate a million dollar for a new gate on the
back side.**

**It shows non profits do not manage money like the
private industry.
When short they just appeal to the community.**

**For us the building was a steal,
And turned out to be our best deal**

**The business I did not want to sell
But the return on this building did very well**



Marie Jose Temmink

12-14-2007

And so came an end to this career of mine

Standing for the last day in front of our building with the Company sign



12-14-2007

This was an overview of my career along the way.....

I am now ready for play

And with happy tears.....

At dinner on the Queen Mary I entered my “retirement years”

