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## *Happy St. Patrick's Day from Liberty Healthcare Services*

St. Patrick's Day: We're All Irish Today!



[The History of St. Patrick's Day](#)

[South Jersey Parades](#)

[North Jersey Parades](#)

[Philadelphia's St. Patty's Day Parade](#)

[From Beer to Beef: Irish Classics](#)

[You've GOT To Look The Part!](#)

### **Greetings!**

As we finish up the winter months, my colleague, Travis Valentine and I, have decided to close the winter and March out with a climb up Mount Washington. As we have alluded to before, we will be raising monies for the Alzheimer's Association. This week, we will send out information on the climb. We realize fundraising is difficult in this troubled economy, but remember every dollar counts for this great cause.

Cheers!

Warm Regards,  
Kevin Zepp  
President  
Liberty Healthcare Services

### **Alzheimer's Caregivers: The Sandwich Generation**

Working full time can be stressful. Raising children can be stressful. And caring for an aging loved one is, without a

## Don't Forget!

This Thursday, March 5th,  
is our **FREE** CEU  
Seminar.

This month it's being held  
at [Meadow Lakes](#) in  
Hightstown. Registration  
begins at 4:30 pm and the  
seminar is from  
5 - 8 pm.

Contact Liberty Healthcare  
Services at 609.890.0311  
or  
via email at  
[ceu@libertyhealthnj.com](mailto:ceu@libertyhealthnj.com) to  
RSVP to this event.

doubt, stressful.



This article offers advice to the ever so common generation of mothers and fathers that are working 40+ hour weeks, getting their kids to soccer practice and providing care for their often deteriorating parents.

[Click here for the full WebMD article.](#)

For additional information, stories and seminars visit  
[SandwichGeneration.com](#).

## The New Reality

The implications of the new medical privacy and data security provisions in the economic stimulus package are far from clear. While the health information technology funding was welcome, healthcare administrators will face substantial challenges as they try to take advantage of the financial incentives and ensure adequate control over patient information.



[Click here](#) to read the entire article and for information on the 90 minute seminar.

## Economy Down, Sleeplessness Up

Almost a third of all Americans are tossing and turning, unable to get a good night's sleep because they're worrying about the economy, their jobs or their money, a new poll finds.

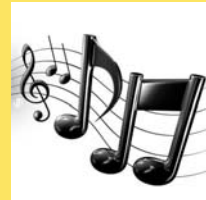


Money woes far outweigh other problems, such as the wars in Iraq and Afghanistan, global warming, or the threat of a terrorist attack, according to the annual poll by the National Sleep Foundation.

[Click here](#) to read the full article.

### Remember When...

We see and hear evidence every day that exercising your body is key to keeping it healthy. Accordingly, mental exercise can be just as, if not more, important. Below are simple, daily activities that may help your memory stay in tip top shape!



- [Why music triggers a walk down memory lane.](#)
- [Doodling may boost memory.](#)

## [Liberty Healthcare Services](#)

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