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May 2007

# The OHARA Times

OHARA's goal is to provide case management with spectacular outcomes for all parties involved. We recognize that time is valuable and appreciate the opportunity you give us to earn your business with every referral.

*Referrals can be directed to (800) 363-4272 ext .1825 or JoanH@oharallc.com*

## OHARA Provider Network at your fingertips!

Wondering if a provider your injured worker is treating with is in network? Just visit our website for comprehensive searches for any provider by name, location or specialty! Go to [www.oharallc.com](http://www.oharallc.com) and click on the Provider Directory link. Choose a plan and continue your search! If you don't find the provider in network, providers and facilities can easily be nominated for network participation by visiting the Provider Nomination page.

It's that easy!

Further provider network questions can be directed to [carissas@oharallc.com](mailto:carissas@oharallc.com).

## Prescription Drugs

Unsure of what that Rx is? What it means? What it's used for? The following are great resources to answer all your questions about prescription drugs, their uses, side effects, cautionary tips, etc. We hope you find them helpful!

[www.pharma-lexicon.com](http://www.pharma-lexicon.com)

[www.medlineplus.gov](http://www.medlineplus.gov)

## South Dakota Department of Labor



*Follow the Yellow Brick Road to OHARA's Hospitality Suite*

*May 23rd at 5:30pm Room 10*

*Sheraton Hotel and Convention Center*

*Come "Over the Rainbow" with us! See all your favorite characters.  
Food, fun and fabulous prizes!*

**Stop by our booth on May 23rd or 24th  
and register to win a DVD Player!**

## Trivia!

**Test your knowledge:**

List 5 things a person can do to prevent back pain.

For a complete list, and more information on back pain, visit our website at [www.oharallc.com](http://www.oharallc.com) and click on the trivia link at the home page!



**Amy Wright, RN**—Field Case Manager in Aberdeen, South Dakota

Amy has been performing case management duties since 2006. Her experience includes long term care and coordination and direction of health care services. Amy's special interests include assisting claimants to pre-injury status, coordinating medical care and creative problem solving. Residing in Aberdeen, South Dakota, Amy will be providing on-site case management services to customers in northern and eastern South Dakota.

**Bryan Gall, RN, MSN, COHN/S, CCM, PTA**—Field Case Manager in Omaha, Nebraska

Bryan has been performing case management duties since 1997. His experience includes Occupational Health, Disability, FMLA, Precert and Utilization Review, Medical, Surgical and Rehab Nursing, Physical Therapy and Orthopedics. Bryan's special interests include ergonomics, interacting with providers, early intervention, return to work, clinical outcomes, education and rehab of the injured worked as well as orthopedics and spinal rehab. Bryan lives in Omaha and will be providing services to Eastern Nebraska and Western Iowa.



### **Wanted : Work Comp Insurance Adjuster**

#### **Qualification Needed:**

- **Stress Tolerance** — Job requires accepting criticism and dealing calmly and effectively with high stress situations.

So, now that you have the job, how do you deal with the stress of being an adjuster? How do you direct the stress after hanging up the phone with an angry client? Look forward to upcoming issues for helpful hints on how to manage stress in your everyday life and workday environment! So, let's get started....

**Incorporate Exercise!** - Mentally, exercise provides an outlet for negative emotions such as frustration, anger, and irritability, thereby promoting a more positive mood and outlook. Exercise improves mood by producing positive biochemical changes in the body and brain. Regular exercise reduces the amount of adrenal hormones your body releases in response to stress. Also, with exercise, your body releases greater amounts of endorphins, the powerful, pain-relieving, mood-elevating chemicals in the brain. Endorphins are natural pain killers and also help lift your mood. Not to mention the physical & cardiovascular benefits. Check to see if your workplace has an employee benefit program associated with exercise. Many companies offer discounted gym memberships. Or perhaps a walk around the block on a nice day during lunch or other designated breaks will be just what you need to elevate your positive endorphins and beat the stress of that challenging phone call! Although stress is inevitable and even needed for a well rounded life, don't let it overtake you! Be committed to dealing with bad stress in a positive way!



It looks like a flower garden, but every single part of this Gumdrop Garden cake is edible and completely delicious. Follow these simple directions, then dig in!

#### **Ingredients**

- Pound cake or other loaf-shaped cake
- Chocolate frosting
- Lady Fingers
- Chocolate wafer cookies
- Sugar
- Gumdrops
- Green toothpicks

1. Ice the top and sides of the pound cake with chocolate frosting. Then trim the top of each lady finger into a point to resemble a fence picket. Gently press the pickets against the frosted sides of the loaf cake.
2. Seal a handful of chocolate wafer cookies in a plastic bag and crush them with a rolling pin. Sprinkle the crumb "soil" on top of the loaf cake.
3. Plant a row of tulips: Sprinkle sugar onto a waxed-paper-covered surface. Using a rolling pin, flatten gumdrops to a 1/4-inch thickness. With kitchen scissors, cut notches in the tops of the flattened gumdrops to create tulip shapes. Insert a toothpick stem into the base of each blossom.
4. Make a pair of leaves for each tulip by trimming flattened green gumdrops into teardrop shapes. Spear the base of each leaf with the toothpick stem and push it halfway up the stem. Now plant the tulips in the cake.
5. For a fun finishing touch, sprinkle coconut tinted with green food coloring around the garden to resemble grass.

~Spring Recipe~