

March 4, 2010

## New Sleep Resources!

The CHAMP team has just released free resources and downloadable tools for a new topic, Sleep. Visit our [tools page](#) and [evidence base page](#) to see how these resources can help you and your agency. The additions are easy to find - they are marked **New!**



## Changing the Social Stigma on Sleep

This week CHAMP's guest blog post is from **Dr. Mary Grace Umlauf, Professor at the University of Alabama's Capstone College of Nursing**. Dr. Umlauf discusses the importance of adequate sleep and assessing home care patients for sleep disorders that are often mistaken for other health concerns. [Click here](#) to read her post and leave a comment.

## Upcoming Programs

### Pain Management Course

April 2010

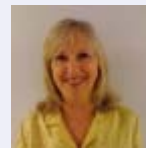
[Click here](#) to view a short course demo

### Medication Management Course

April 2010

[Click here](#) to view a short course demo

## The CHAMP Blog Corner



This week, Dennee Frey, our Medication Management and Safety expert, discusses how medications can affect sleep in older home care patients. [Click here](#) to read her blog entry!

## Enter to win a \$50 gift card!

If you know **three colleagues** who would like to receive CHAMPNEWS, you can enter a raffle to win **one of two \$50 American Express Gift Cards!**

To enter, simply email the **name, email address, organization and title of each person** to [champ@vnsny.org](mailto:champ@vnsny.org) by Thursday, March 25th, 2010. The two winners will be notified by email.

