

Our Services



Immunizations
Beat the Bug.



Workplace Wellness
Promote better health and productivity.



Home Health Care
When you can't be there yourself.

Diet. Exercise. Regular Exams. Medical treatment.

They're all part of your overall good health and well-being. But there's another part- a vital part- that's too often missed: health screenings and immunizations. They're a vital part of total wellness- and that's what we provide at Independent Nursing Care, in addition to home health care.

As health care moves from treating illness and disease... to monitoring and preventing them... and to promoting overall good health, we're on the forefront. Completing your circle of care with a variety of health screenings, immunization clinics, and home health care.

Your Circle of Care... Our Circle of Services.

Independent Nursing care offers convenient scheduling for all of our services. INC also provides participants with high quality literature and one-on-one health counseling. Recommendations for lifestyle adjustments may be made and the importance of regular visits with your doctor will be emphasized.

It's our purpose to help you achieve and maintain the best possible overall well-being through a variety of services that complete your circle of care. Please call us at 716.655.8776 toll free at 1.888.264.5854 to find out more about our circle of services.



Completing your Circle of Care



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toll-free 1.888.264.5854
fax 716.655.7877
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West Falls, New York 14170
www.INCnursing.com

Our History, Our Mission



Our Main Office



Mark & Julie Gemerek



Office Staff

Independent Nursing Care was established in March, 1988. In the beginning, Registered Nurses served as independent practitioners, working directly for their patients. Founders Mark and Julie Gemerek realized that their patients and clients could enjoy better overall health with additional services, so in 1995, we were licensed by the New York State Department of Health to provide a wide variety of health care services to families, companies, senior centers and individuals throughout New York State. Our mission and purpose is to complete your circle of care by promoting, maintaining and restoring overall good health, and well-being for the entire community- at home, at work and away.

Your Circle of Care... Our Circle of Services.

IMMUNIZATIONS

WORKPLACE
WELLNESS



HOME
HEALTH CARE

Immunizations



Beat The Bug. Stay healthy at work, at home and away.

Influenza Beat the Bug Clinics. Independent Nursing Care is Western New York's leading provider of flu shots, through public, private and corporate immunization clinics. In fact, we help more than 50,000 people "beat the bug" each year.

Travel Beat the Bug clinics. Whether you're traveling for business, pleasure or heading off to college, Independent Nursing Care can help you plan ahead with any vaccinations you may require. We will evaluate your needs based upon your specific travel itinerary, and offer helpful information and counseling to help keep you healthy while away from home.

Other Beat the Bug clinics. If your immunizations are not up to date, Independent Nursing Care offers a wide variety of vaccines to fulfill your personal needs or employment requirements. Keeping your immunizations updated will help keep you healthy, but also promotes health and well-being throughout the community.

Our Immunizations include:

- Chicken Pox
- Hepatitis A
- Hepatitis B
- Hepatitis A/B Combination
- HPV
- Influenza
- Japanese Encephalitis
- Malaria (Prophylaxis)
- Measles, Mumps, Rubella (MMR)
- Meningococcal
- Polio (IPV)
- Rabies
- Shingles
- Tuberculosis Skin Test
- Tetanus & Diphtheria (TD)
- Tetanus, Diphtheria, Pertussis (Tdap)
- Typhoid
- Yellow Fever

Travel Immunizations

Travel Beat the Bug clinics. Independent Nursing Care is available to come to your facility to offer one-on-one travel consultations and administer immunizations or your employees may choose to come to our office. For more information, please call us **toll free at 1.888.264.5854.**



IMMUNIZATIONS



Workplace Wellness



Promote Better Health and Productivity: a healthier way to look at employee benefits.

Healthy employees are more productive employees. To promote better health and productivity, our Workplace Wellness health screenings and programs reduce downtime and increase efficiency. They're more than employee benefits; they're organizational benefits- designed to help you produce a more positive, more fruitful workplace, and a healthier bottom line.

It's our purpose to help you achieve and maintain the best possible overall well-being through a variety of services that complete your circle of care. Our programs go beyond preventive care to proactive care. They're designed to achieve a high return-on-investment in your most important capital...your people.

Health Screenings conducted by professional nurses. We employ professional nurses to conduct all health screenings. Each participant is provided with education on prevention and management of diseases as well as promoting healthy lifestyles. Recommendations for lifestyle adjustments may be made and the importance of regular visits with their doctor will be emphasized.

Health Screenings and programs with detailed follow-up. Our Workplace Wellness division offers a wide variety of health screenings with complete follow-up information, including graphs and written breakdown information. Scheduling is flexible, so all shifts are included.

For more information call 716.655.8776 or toll-free 1.888.264.5854 or visit us online at www.INCnursing.com

Putting Our Programs in place will help you:

- **Hire** and maintain excellent managers and staff.
- **Promote** a productive workplace and increase efficiency.
- **Reduce** injury and promote optimal overall health.
- **Meet** and exceed OSHA and other regulatory requirements.
- **Improve** internal relations.
- **Lower** insurance premiums and other costs.
- **Increase** worker satisfaction and employee morale.
- **Promote** corporate and community goodwill.
- **Minimize** downtime and absence.
- **Save** a life.

Independent Nursing Care reserves the right to modify and enhance our programs, and to add new programs, in order to provide the best possible service to our clients and community. Please ask us for complete details on our latest offerings.

Independent Nursing Care is licensed by the New York State Department of health.

Our Programs include the following:

Screenings:

- Blood Pressure
- Body Fat
- Body Mass Index
- Bone Density
- Carbon Monoxide Monitoring
- Cholesterol
- Cholesterol with HDL
- Glucose
- Hemoglobin A1C Testing (HGBA1C)

Education:

- Lipid Profile*
- Lipid Profile with Glucose
- Spirometry
- Waist to Hip Ratio
- * Includes total cholesterol, HDL, LDL, Triglycerides.
- CPR/AED/First Aid Training
- Bloodborne Pathogen/ Infection Control Training

For Organizations, we offer:

- Turn-key programs with minimal or no downtime for your staff.
- Flexible scheduling to fit the needs of your organizations.
- Personal Health & Wellness Guide to help keep track of your immunizations.
- Employee communications to inform participants and boost attendance.
- Experienced Registered Nurses, Administrative Assistants and additional personnel as required.
- Educational brochures for each participant regarding screening results.
- Informational packet regarding clinic date, time and set-up requirements.
- De-identified results presentation based on screenings results.

WORKPLACE WELLNESS



Home Health Care



When you can't be there yourself... we can.

Our home care policy is simple; we hire the friendliest, kindest, most caring people- and give them a great deal of training to be sure our clients enjoy more personal, more trusted, more consistent care. We really do put the 'care' in home care.

Our Nurses and Home Health Aids provide help to people who live independently, but need some extra care and assistance in the morning, evening or anytime throughout the day or night.

INC home health care services are initiated with an in-home visit from our Assistant Director of Nursing. This nurse meets and speaks directly with the client and all other family members or friends involved in the home care process. The INC nurse will set up a Plan of Care that is individualized to the needs and wishes of our new clients. The Plan of Care remains in the home with the client and is carefully monitored, followed and kept up-to-date by our staff each time they are in the home.

Our Services Include:

- Home care at private residences
- Flexible scheduling
- Private duty & Staff relief, at hospitals or health care facilities
- Professional assessment and monitoring by Registered Nurses
- Pre-pouring of medications & reminders about prescriptions
- Personal care and bathing
- Hairstyling and beauty services
- Meal planning (*preparation and cooking*), and light cleaning
- Companionship
- Camp & School Nurses
- 24hr. RN on-call availability
- Regular contact with primary MD

Our Features:

- All Employees meet NYS regulations for Home Care.
- FBI Fingerprint/Criminal Record Check is completed prior to hiring.
- All employees attend mandatory inservice programs regarding client confidentiality.
- No contract necessary. Service may be cancelled at any time.
- If you are unhappy with an employee, we will remove them from your case.

We carry all insurance required by NYS to provide client piece of mind.



HOME HEALTH CARE