



# CARING HANDS

PRIVATE DUTY SERVICES

*Caring For Your Health Needs  
in the Comfort of Your Home*

**October 2016 Newsletter**



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Hello, everyone! We are pleased to publish the new edition of our Caring Hands Newsletter.

We believe that all persons with needs should be able to live independently and safely at home for as long as possible. Sometimes we need help with some basic chores and errands and sometimes just a little company. Private Duty providers help people in need of care remain safe, independent, and empowered in their homes.

Caregivers at Caring Hands care for patients in a variety of ways, including: companionship, assisting with activities of daily living, household chores, shopping, and meal preparation, just to name a few.

If you or someone you know is considering private duty caregiver services, we invite you to view the checklist included on page 4 of the newsletter. The checklist includes tips on what to look for when selecting an agency to care for you or someone you love.

We hope that these tips will help you and your family to make healthy decisions! As always, please call us with any questions or for more information.

*Kim Park*

**Kim Park, LNHA, RD, Regional Private Duty Consultant**

*"This is such small thanks for the appreciation felt by our family for all of your staff. Your compassion, care, kindness and professionalism in all areas of your work are greatly appreciated by our whole family. Norman & Evelyn would never have been able to live the independent life they did for the last 4 1/2 – 5 years. Thank you all so very much. In my books your agency/employees are rated A++ and I let everyone I talk to know about your fine services. Thank you so very much."*  
– Estelle N. and 4 Siblings



## October is Breast Cancer Awareness Month

Every person should know the symptoms and signs of breast cancer, and any time an abnormality is discovered, it should be investigated by a healthcare professional.

Most people who have breast cancer symptoms and signs will initially notice only one or two, and the presence of these symptoms and signs do not automatically mean that you have breast cancer.

By performing monthly breast self-exams, you will be able to more easily identify any changes in your breast. Be sure to talk to your healthcare professional if you notice anything unusual.

For more information visit:  
[www.nationalbreastcancer.org](http://www.nationalbreastcancer.org)



*"Thank you so very much for all your help and support. You made such a difference for Lee and me. I knew he was in excellent hands and it gave me rest, confidence, and peace each night you were here. Lee liked all of you very much! You'll always be tops on my recommendation list!"*  
– Jane P.

# WHAT IS PRIVATE DUTY HOME CARE?

Private Duty Home Care is a service offered by agencies whose goal is to help the elderly, ill or disabled by providing a broad range of services in the home. Private Duty Home Care services are also known as simply “home care” or “private duty.” Services are typically paid for privately, but are covered by some insurance plans and community programs. Private Duty services are not covered by Medicare.

Private Duty Home Care services may include:

- Companionship
- Assistance with Activities of Daily Living
- Assistance with Personal Care
- Nursing or CNA services may also be provided, such as pill box set-up, medication reconciliation, medication management, and bath aide/ADL assistance.

Some of the most frequently used services include: assistance with bathing, eating, grooming, medication reminders, incontinence care, light housekeeping, laundry assistance, transportation and escort to appointments, shopping for groceries, picking up prescriptions, meal planning and preparation, pet care, and companionship such as playing games and engaging in conversation. The range of services offered may differ from one Private Duty Home Care agency to another. The general rule is that the services offered by a Private Duty Home Care agency should be provided in an effort to support the client maintaining an independent lifestyle in the location of their choice.

For more information about Private Duty Services, please call Toll Free **844.202.1316** or your nearest Caring Hands location. Visit us on the web at **[www.HBHCaringHands.com](http://www.HBHCaringHands.com)**.

## Stress Busting Tips For Caregivers



### Slow Down

Whether you are helping yourself or someone else, remember to take your time. Slowing things down may help to prevent slips and falls, burns from preparing a meal, or other accidents that may be more likely to happen when rushing through an activity. Such accidents could be a warning sign that you are at your limit. If you are caring for a loved one and you're feeling exhausted or overwhelmed, call us and ask about our caregiver respite services. We can provide you with a caregiver from 2 hours/day up to 24 hours/day. When you need a rest, we're here to help!



### Stockpile Healthy Snacks

Try to keep healthy, nutritious, and convenient/portable snacks on hand. Healthy foods that can be grabbed on the go can help to keep blood sugar levels from flagging. Look to foods that are high in protein, such as almonds, or a peanut butter and jelly sandwich. Healthy snacks are a great way to add fruits, vegetables, and fiber to your diet. If you or your loved one is diabetic and have trouble checking blood sugar levels or taking insulin, we can provide a private pay nurse to come assist. A convenient monthly setup can put your mind at ease. Call for details





## CHECKLIST: WHAT TO LOOK FOR WHEN CHOOSING A HOME CARE AGENCY



Caring Hands performs criminal history background checks on all of its employees, checks employee references, and holds employee training sessions to ensure the safety of those being cared for by our staff.

Choosing the right Private Duty Home Care Agency can be tough! Take our advice below to ensure you hire only the best.

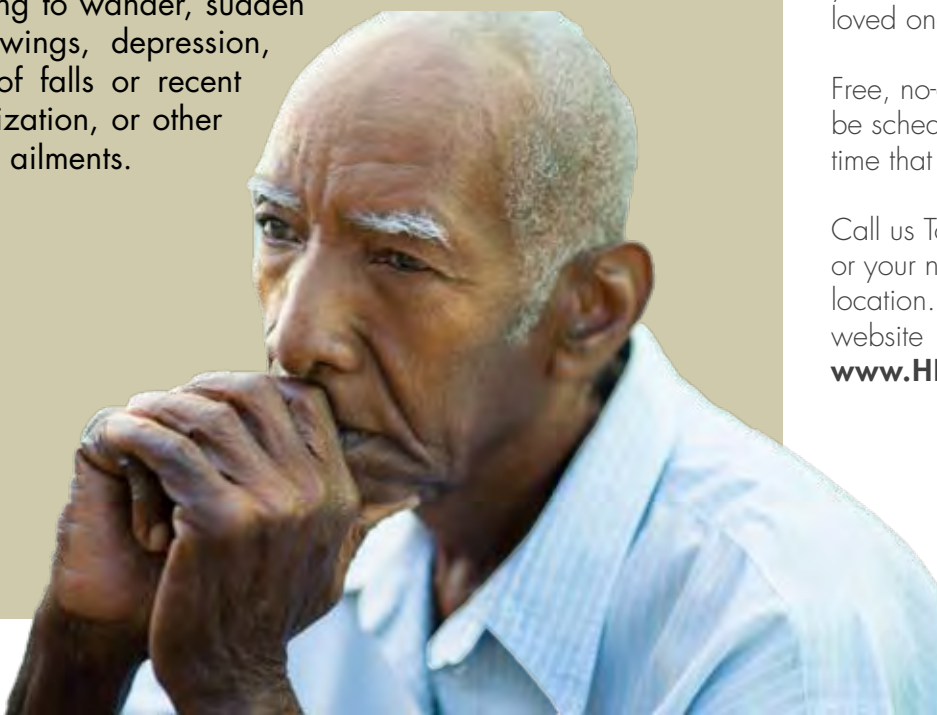
1. Find out how long the agency has been in business. An agency that has only been in business for several years may indicate they are not a “fly by night” company.
2. Find out about the agency’s caregiver screening process. Does it include background and reference checks? What disqualifies someone from working at the agency?
3. Find out if the agency actually employs the caregivers. Many agencies actually offer “placement services” or are caregiver “brokers.” If they do not actually employ the caregiver, then you could be liable for employment taxes and other responsibilities.
4. Find out what happens if your caregiver is sick or unavailable. Is there a policy in place to ensure your needs are met?
5. What is the agency’s reputation for quality and service? Ask around for recommendations from friends and family. Ask the agency to share testimonials.

If you have questions about how to choose the right agency, please call one of our Private Duty Professionals at Toll Free **844.202.1316** or your nearest Caring Hands location.

# WHEN IS IT TIME FOR HOME CARE SERVICES?

As we age, it is only natural to want to remain at home and independent for as long as possible. At Caring Hands, our goal is to keep you safely in your home, wherever home may be. But, how do you pinpoint the appropriate time to call on extra help for yourself or a loved one? Read our suggestions below for help. We encourage you to call us with questions.

- 1. Difficulty With Managing Personal Care.** Has bathing become difficult? What about performing other hygiene related tasks, such as oral hygiene? These red flags, as well as struggling to appropriately dress oneself, difficulty preparing meals, loss of weight, difficulty understanding medications and remembering when to take them all are signs it may be time to consider home care.
- 2. Difficulty With Activities Of Daily Living.** Doing laundry, changing clothing and linens, taking out the garbage and washing dishes, grocery shopping, using the phone, paying bills, turning off appliances appropriately – these are examples of activities of daily living that may become difficult or impossible for some older adults to perform. Struggling with these tasks is a sign that home care may be needed.
- 3. Changes In Emotional, Mental Or Physical Condition.** Unexpected changes in older adults may indicate a need for home care. Pay attention to the following signs: isolation/cutting off social contact, difficulty understanding others and trouble with remembering names, situations and/or locations, getting lost easily or frequently and/or starting to wander, sudden mood swings, depression, history of falls or recent hospitalization, or other physical ailments.



*“I personally want to let you know that Ashley and Beverly are so fantastic. Their care and compassion towards my mother are godsend!”*  
-Tami C.

*“Thank you for the help, care, advice and support you gave to Mark and me during this last year. It has been a long road for him and he is now at peace. I appreciate your kindness! Thanks again.”*  
-Janet K.



Call our trained and compassionate Private Duty Professionals to discuss your needs, or the needs of your loved one.

Free, no-obligation consultations may be scheduled with our experts at a time that fits your schedule.

Call us Toll Free at **844.202.1316** or your nearest Caring Hands location. You can also visit our website [www.HBHCaringHands.com](http://www.HBHCaringHands.com)



**Fun Facts**

October Birthstones: Opal and Pink Tourmaline

October was originally the eighth month of the Roman calendar. It comes from the Latin word "octo" meaning eight. Later, it became the 10th month when January and February were added to the Calendar.

Zodiac signs: Libra and Scorpio



October in Other Languages:  
 Chinese (Mandarin) - Shí Yuè  
 Danish - Oktober  
 French - Octobre  
 Italian - Ottobre  
 Latin - October  
 Spanish - Octubre



**Autumn Holidays**

- 10th - Columbus Day
- 11th - Yom Kippur
- 16th - National Bosses Day
- 31st - Halloween
- National Hispanic Heritage Month (Sep 15 through Oct 15)
- Italian American Heritage Month
- Polish American Heritage Month
- National Breast Cancer Month
- National Pizza Month
- National Dessert Month
- National Book Fair Month

D X S R E D N I M E R F O N X  
 J I C O N V E R S A T I O N F  
 E C N A T S I S S A H V B E P  
 N K A D I N Z A X E V R U R R  
 O G N I P E E K E S U O H A E  
 V F I N U R S I N G U Z L C P  
 O R C U P E M I I S I N V F A  
 P P I H S N O I N A P M O C R  
 N Q R E V I G E R A C A D O A  
 E O E E E T A V I R P Q I X T  
 Q E Z R N R A X V E K L U I I  
 Q T N E D N E P E D N I N P O  
 V B A T H I N G R C E E W X N  
 D T R A N S P O R T A T I O N  
 H E A L T H C A R E O P U S S

**CARING HANDS WORD SEARCH**

Find the words below in the puzzle:

- PRIVATE
- COMPANIONSHIP
- ASSISTANCE
- NURSING
- CARE
- CAREGIVER
- HOUSEKEEPING
- TRANSPORTATION
- PREPARATION
- CONVERSATION
- INDEPENDENT
- HEALTHCARE
- REMINDERS
- BATHING



# OCTOBER TRIVIA

1. How much of a pumpkin is actually water?
2. What was Jack's (of the Jack-O-Lantern) crime?
3. What is a harvest moon?
4. What are the 2 Zodiac signs of October?
5. Which U.S. President changed the celebration of the Columbus Day national holiday from Oct. 12 to the 2nd Monday in October?
6. What weed pollen causes the most common fall allergies?
7. What is an Indian summer?
8. Although some varieties are available year round, what fruit is freshest in the fall?
9. What is hard cider?
10. In what month is professional baseball's World Series usually played?
11. University of Chicago researchers have found that people born in the fall have the highest chance of what?
12. According to a national survey done by the Social Security Administration of 12,000 Americans what was the most common date of birth?
13. "The President's Mountain", located in the Black Hills of South Dakota, was dedicated on Oct. 31, 1940. What's its official name?
14. Celebrated on the third Saturday in October, Sweetest Day means what?



## Pumpkin Soup

Serves 4

### Ingredients

- 3/4 cup water, divided
- 1 small onion, chopped
- 1 can (15 ounces) pumpkin puree
- 2 cups unsalted vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup fat-free milk
- 1/8 teaspoon black pepper
- 1 green onion top, chopped

### Directions

In a large saucepan, heat 1/4 cup water over medium heat. Add onion and cook until tender, about 3 minutes. Don't let onion dry out. Add remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil. Ladle soup into warmed bowls and garnish with black pepper and green onion tops. Serve immediately.

### Nutritional Analysis Per Serving

Serving size :About 1 cup

- Total carbohydrate 14 g
- Dietary fiber 4 g
- Sodium 57 mg
- Total fat 1 g
- Cholesterol 1 g
- Calories 77
- Protein 3 g

### Answers:

1. 90 percent - This is why despite being virtually hollow, a pumpkin is heavy.
2. He tricked the devil - The devil was the one to condemn Jack.
3. The full moon which occurs closest to the autumnal equinox.
4. Libra September 23 - October 22; Scorpio October 23 - November 21
5. Richard Nixon
6. Ragweed
7. Heat waves which occur in the late fall
8. Apples
9. Fermented apple juice
10. October
11. Living to be 100 years old
12. October 5
13. Mount Rushmore National Memorial
14. A time to remind people that small thoughtful gestures can enrich our lives.

D X S R E D N I M E R F O N X  
 J I C O N V E R S A T I O N F  
 E C N A T S I S S A H V B E P  
 N K A D I N Z A X E R U R  
 O G N I P E E K E S U O H A E  
 V F I N U R S I N G U Z L C P  
 O R C U P E M I S I N V F A  
 P F I H S N O I N A P M O C R  
 N Q R E V I G E R A C A D O A  
 E O E E T A V I R P O I X T  
 G E Z R N R A X V E K L U I  
 O T N E D N E P E D N I N P O  
 V B A T H I N G R C E E W X N  
 D T R A N S P O R T A T I O N  
 H E A L T H C A R E O P U S S



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PRIVATE DUTY SERVICES

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**October 2016**

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## SCHEDULE YOUR IN-HOME FLU SHOT TODAY!

Believe it or not, it's already time to make arrangements to get your flu shot! Caring Hands is pleased to bring the flu shot to your home or nearby locations where seniors live or congregate. "This makes it easier for seniors who may have trouble getting around," says Kim Park, Regional Private Duty Consultant. "If there is something that can be done to make things easier for seniors to get the services and health care that they need, then we want to be a part of it."

We strongly encourage you to contact us as soon as possible to schedule your flu shot for the 2016/2017 season.

Flu shots are available to be administered privately in the comfort of home for those that have difficulty getting out, for the low cost of \$25.00.

To schedule an in-home flu shot, please call Toll Free **(844) 202.1316** or your nearest Caring Hands location.

