

Caring Hands

**A publication of Home Bound Healthcare, Inc.
Private Duty Division**



Offering Peace of Mind

Hello, readers!

As we near our 9 year anniversary at Home Bound, we can't help but reflect on all of the wonderful people we have encountered and served throughout the years.

We have always made it a point to seriously listen to your comments and concerns, and responding with what we feel are the best solutions for our clients and their families. One of the main concerns has always been peace of mind. Our clients and families want to have the peace of mind that comes from knowing their

loved one is cared for and safe – at all times.

One solution we have implemented in response to this concern is our partnership with CareLink. CareLink provides a vast array of medical alert devices for seniors and the disabled. Having help available at the touch of a button is of great peace of mind to our clients and their families, and we couldn't be happier to offer this service.

Another innovative solution is that we have set up Wellness Offices in senior communities throughout our

service area. The HBH Wellness Offices offer the peace of mind of having someone available to help, on-site, 24 hours a day, every day.

As we celebrate our anniversary we hope to reach out to more groups by continuing to connect seniors with the services that they need. Please contact us any time with comments or to learn more about our services.

Thank you for your support,


Kim Park
Regional Private Duty Consultant

HBH Offices to Celebrate 9th Anniversary!



Pictured above is the HBH Flossmoor Team. Team Flossmoor and all HBH locations are gearing up to celebrate 9 years of service!

Home Bound Healthcare will be celebrating its 9th anniversary in September of 2013!

Joe Park, Director of HR and Risk Management says, "We couldn't be happier to celebrate 9 years of serving the community. We stand firmly by the thought that you get back what you put in, and after many years of hard work, we feel that the communities we serve have given us back tenfold what we have put in. Helping seniors and hearing the stories of success from our clients is what motivates us to continue in our mission of providing the best healthcare possible."

We would like to sincerely thank our clients, the professionals we work with from our communities, and, of course, the entire Home Bound Healthcare Team! Thank you to all of you for helping us to have a wonderful nine years. We look forward to celebrating the ten year milestone with all of you next year!

When is it Time for Home Care Services?



- Call our trained and compassionate Home Care Experts 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:
1 (877) 220-8808
or your nearest HBH location

As we age, it is only natural to want to remain at home and independent for as long as possible. At HBH, 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, and many other physical ailments.

Schedule Your Flu Shot Clinics!

Believe it or not, it's already time to start scheduling your flu shot clinics, or making arrangements to get your own immunization!

Home Bound Healthcare is pleased to bring flu shot clinics on-site to locations where seniors live or congregate. "This makes it easier for seniors that may have trouble getting around," says Amanda Urness, Corporate Compliance Officer for HBH. "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 groups to contact us as soon as possible to schedule your flu shot clinics for the 2013/2014 season, in order to get your preferred dates.

Flu shots are also available to be administered privately in the comfort of home for those that have difficulty getting out. There is no out of pocket expense for those with Medicare coverage. For those without coverage, the cost is \$25.

To schedule a flu clinic for your group please call 1 (800) 444-7028 or your nearest HBH location.



Ice Cream Socials are a Hit with Seniors!

Summer is here and it is HOT! HBH staff have been out in the community hosting ice cream socials to help seniors beat the heat!

Pictured at right are Pat Lichte, Private Duty Coordinator, and Kimberly Pincombe, RN, Marketing Specialist – both of the HBH Sycamore office. Pat and Kimberly have hosted many ice cream socials for seniors at various senior centers and at other locations in the area.

Pat says, “We have done banana splits, ice cream sundaes, and we always offer a sugar free option. The response has been great, and an ice cream social is just a fun reason to get together.”

In addition to the HBH Sycamore office, Ice Cream Socials are offered to community groups through each of our HBH offices.

“The most important ingredient is the cherry on top.” Pat says.

To schedule your own Ice Cream Social, please call 1 (800) 444-7028 or your nearest HBH location.



Happy Hour with Home Bound Healthcare!

Residents of UAW Senior Citizens Center, located at 444 S Parkway Drive in Pekin, IL, recently enjoyed a “Happy Hour with Home Bound” event at their facility. At a happy hour event, HBH coordinates with the facility to host a special get together creating a fun-time atmosphere for seniors. HBH will often sponsor wine and refreshments, and the facility may provide some type of entertainment, such as a singer or performer to entertain the group. A fun time is always had by all!

To schedule a Happy Hour event for your group, please call 1 (800) 444-7028 or your nearest HBH location.



Pictured at far left: La'Creasha Powell, Administrative Assistant for the HBH Peoria office serves cupcakes during UAW's Happy Hour.

Pictured at near left: Mable Trueblood, a resident of UAW, enjoys wine and entertainment during Happy Hour with Home Bound.

“Skydiving Granny” Inspires Us to Do Big Things

So, you feel that you lead an adventurous life? Sit down and tell that to Barbara Bass, the 83 year old “Skydiving Granny” from Princeton, Illinois, and you just might change your mind.

We recently had the pleasure of meeting with Barbara at the Clark House, which is located at 502 S. Main Street in Princeton, and is also the headquarters for HBH Private Duty Services. The Clark House houses not only HBH offices, but also a salon, a senior center, and senior apartments. Barbara was going for her weekly hair appointment and was kind enough to meet with us and share the story of her recent adventure.

After sitting down with Barbara, we can only describe her as lovely, and as a firecracker of a woman. On Sunday July 7th, 2013, Barbara and two friends traveled to Ottawa, Illinois to jump from a plane and go skydiving for the first time.

When asked if she was scared, Barbara said, “You’re darn right I was!” with a smile on her face. “I’m glad I did it. It was a thrill, and I was scared to death. I boarded that plane and thought ‘Lord what have I got myself into?’ and I thought ‘Oh, I don’t know, but Lord stay with me!’” Despite any pre-jump jitters, Barbara kept her positive and spirited attitude throughout the experience, as seen in the photos at right.

The skydiving trip was a Christmas gift from her granddaughter, who was keen to Barbara’s adventurous ways. Just last October Barbara went up in a hot air balloon. She has also been on a zip line three times, all while in her eighties.

Barbara told us that her son said “Oh, no you’re not!” when she agreed to go skydiving. But, Barbara says, “He can’t tell me what to do!” It’s interesting how the tables can turn, and children are the ones that start worrying about their parents.

“When we were getting ready to jump they had me walk on my knees to get to the open door.” Barbara says. An instructor from Skydive Chicago™ jumped with Barbara and prepared her for the jump prior to going up in the plane. “You free fall for about 60 seconds and then shoot way up in the air when the chute opens. We were then coming down at about 120mph. We were originally up to 13,000 feet. During the last 500 feet it slows down and you can really enjoy the scenery” she says.

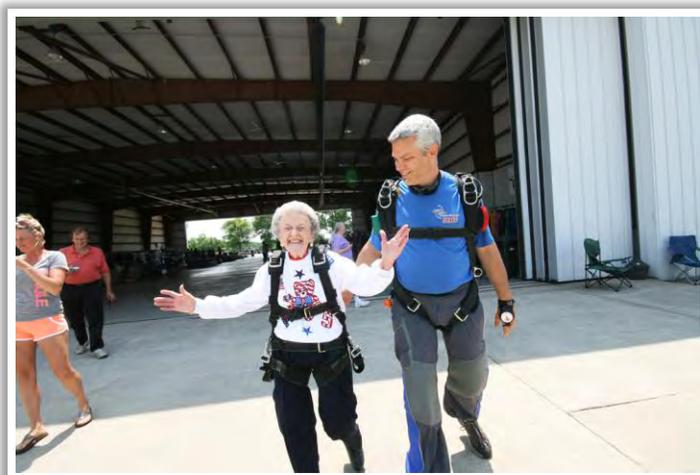
When asked if the landing was hard on her, she says “We came in slicker than a whistle, sliding on our fannies.” They had no problems at all, and slid right into the grass.

Barbara is originally from Oklahoma and moved to Princeton in May of 1958. Barbara worked at factories, including Harper-Wyman, in the packaging department. When asked if this was hard work, Barbara says, “It was easy for me.”

Barbara has now been skydiving, ziplining, and has been up in a hot air balloon. We all want to know.. what’s next?

“No bungee jumping!” Barbara says, smiling, and then continues, “I have no idea. I can’t imagine anything.”

For some reason I am not sure if I would trust that Barbara’s adventures are over. Thank you, Barbara, for sharing your inspiring story with readers. You have given us reason to pause and ask ourselves if we are living our lives to the fullest. We know that Barbara is!



Above: Barbara and the Skydive Chicago™ instructor are all smiles before boarding the plane.



Above: Barbara prepares to jump from the plane, and Below: Barbara skydiving with the instructor.



Healthy Peach Float Recipe



Ingredients:

- 1 can (15 ounces) peaches, drained, except for ½ cup juice
- 4 cups vanilla ice milk
- 32 ounces club soda or seltzer
- ½ cup reduced fat whipped topping
- Ground nutmeg, to taste

Serving size: 1 peach float (Makes 4 servings)

Nutritional analysis per serving:

Calories: 269
Total fat: 7 g
Saturated fat: 5 g
Monounsaturated fat: 1 g
Cholesterol: 18 mg
Sodium: 177 mg
Total carbohydrate: 48 g
Dietary fiber: 1 g
Protein: 5 g

This recipe is great for those wanting a lighter option for a treat!

Directions:

In a small bowl, mash the peaches with a fork. Divide the mashed peaches into 4 glasses (12 ounces each). Add to each glass 2 tablespoons of the peach juice and 1 cup ice milk. Pour 1 cup soda or seltzer into the glasses. Top each drink with 2 tablespoons whipped topping and a dusting of nutmeg. Serve immediately.

Source: mayoclinic.com

Classic TV Word Search

Find the words below in the puzzle at left:

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

- ADDAMS FAMILY
- BATMAN
- BEWITCHED
- CHINA BEACH
- COACH
- DEAR JOHN
- DOCTOR WHO
- FRASIER
- FULL HOUSE
- GUNSMOKE
- HAZEL
- HEE HAW
- HOWDY DOODY
- I SPY
- LAUGH IN
- MANNIX
- MAVERICK
- NIGHT COURT
- ROSEANNE
- TARZAN
- THE NANNY
- THE WALTONS
- TWIN PEAKS

Decorative Summer Hat Making for Seniors!

The HBH Las Vegas team recently held an arts and crafts event for the seniors of Vintage Desert Rose Apartments. Vintage Desert Rose offers affordable senior apartments, and is located at 1701 N Jones Blvd in Las Vegas, Nevada.

Jennifer Rairata, a volunteer for Home Bound Healthcare, led a large group of ladies in this fun event. Participants were free to decorate their hat with the materials of their choosing. Home Bound Healthcare supplied the hats, decorations, and supplies needed for this project.

“The seniors loved it!” says Jennifer. “I had a lot of fun myself. I love crafts, and it is a great way to reach out to seniors and have some fun together.”

This was the first arts and crafts event sponsored by the HBH Las Vegas team, and they can't wait to hold more. Arts and Crafts events are offered through each Home Bound Healthcare location.



To schedule your own Arts & Crafts event for your group, please call 1 (800) 444-7028 or your nearest Home Bound Healthcare location.



Pictured at top of page: HBH volunteer Jennifer Rairata, leads a class in making decorative summer hats.

Pictured above: ladies work on decorating their hats at the arts & crafts event.

Pictured at left: ladies participating in the arts & crafts event pose for a photo with Jennifer and their finished products!

Stress Busting Tips for Caregivers

When a loved one is sick, caregivers are often so busy *providing care* that they forget to take care of *themselves*!

Consider the tips below, and take care of yourself! *Adapted from AARP.org's Caregiving Stress Busters*



MAKE THE FREEZER YOUR FRIEND

Telling caregivers to eat right can be futile! Caregivers usually know *what* to eat, but it is a matter of making time to actually cook a nutritious meal. If you find yourself short on time, consider “batch cooking” which allows you to freeze individual portions and reheat them throughout the week. A nutritious soup or stew with vegetables and meat could be a lifesaver to a stressed and short-on-time caregiver.



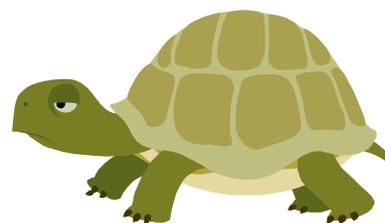
MIX IN MEDITATION

UCLA researchers report that just twelve minutes a day of meditation can significantly improve the mental health of caregivers. In that study, 65 percent of family caregivers who practiced a chanting yogic meditation called Kirtan Kriya every day for eight weeks saw a 50 percent improvement on a depression-rating scale. Meditation also increased telomerase activity – a sign that cellular aging had slowed.



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.



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.



VOLUNTEER

This may seem counter-intuitive when you are already doing so much to help your family member. But keep in mind that helping out in other ways can be very gratifying and therapeutic. Barry J. Jacobs, Psy.D., author of *The Emotional Survival Guide for Caregivers* says: “One woman told me she volunteers weekly at an animal shelter because the pets are so responsive.” Plus, volunteers live longer than nonvolunteers, a University of Michigan study found last year.



IMPROVE YOUR SLEEP HABITS

Disrupted sleep saps your energy for dealing with the demands of caregiving, says Cleveland Clinic geriatrician Ronan Factora, M.D. Brain scans of sleep-deprived patients in the University of California, Berkeley's sleep lab also found that brain measures of anxiety shot up by more than 60 percent in those who were the most fatigued. So adopt good sleep habits – a dark room, fewer distractions in the bedroom – for more restful sleep.



Flossmoor 1615 Vollmer Road Flossmoor, IL 60422 800.444.7028	Princeton 502 S. Main Street Ste B Princeton, IL 61356 877.220.8808	Hospice 14216 McCarthy Rd Lemont, IL 60439 630.914.5140
Kankakee 450 N Kennedy Drive Ste 6 Kankakee, IL 60901 800.444.7028	Peru 4231 Progress Blvd Ste 3 Peru, IL 61354 877.220.8808	
Sycamore 1625 Bethany Road Sycamore, IL 60178 877.895.9898	Las Vegas 1350 S. Jones Blvd Ste 240 Las Vegas, NV 89146 866.953.0888	
Peoria 2322 W Willow Knolls Peoria, IL 61614 866.725.0888	Outpatient Rehabilitation 2930 Manheim Rd Ste 1B Franklin Park, IL 60131 800.444.7028	
Springfield 421 S. Grand Ave W. Ste 2B Springfield, IL 62704 877.753.2210	Medical Equipment and Supplies 2307 West Lake Street Melrose Park, IL 60160 877.615.0803	
Moline 3401 16 th Street Moline, IL 61265 866.541.0900	Staffing 2307 West Lake Street 2 nd Floor Melrose Park, IL 60160 800.444.7028	

Holly Maychszak Wins Star Caregiver Award!

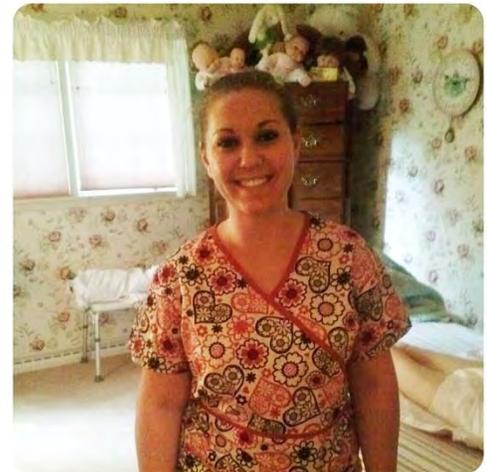
Please join us in congratulating HBH Sycamore employee Holly Maychszak in being named the Star Caregiver of the Quarter!

Holly began working as a C.N.A. for Home Bound in March of 2012. Since beginning her career at Home Bound, coworkers have had nothing but compliments and praise for Holly and the care she provides. In fact, it was Holly's very appreciative supervisor, Pat Lichte, that nominated her for the Star Caregiver award.

Pat says, "There is no doubt that Holly should be the caregiver selected! Holly is a smiling and joyful lady. We have never heard the word 'no' from her when we needed her, and clients that she has worked with cannot say enough great things about her. Holly's kindness and compassion are there for each and every client she has visited, and that's what we truly appreciate and look to reward."

Holly has worked with clients who have gotten better over time, as well as those whose clinical situation has declined. Pat says, "It doesn't matter if a client's medical situation is improving or declining, Holly is there to help the client and family through good times and bad. Holly will spend as much time as needed to be sure the client is comfortable no matter the situation. She has truly gone above and beyond."

Holly, on behalf of the entire Home Bound Healthcare team, we would like to like to thank you for your selfless service to the clients of HBH. Your dedication, compassion, and kindness make you a favorite among coworkers and clients alike. Thank you for all that you do!



Pictured above is Star Caregiver
Holly Maychszak of the HBH
Sycamore Team!

Congratulations, Holly!