

Caring Hands

A publication of Home Bound Healthcare, Inc.

Private Duty Division



Support for Our Seniors

Hello to all readers!

As we prepare to publish the second issue of this newsletter for 2014, the long winter has finally relented! While we didn't let the winter weather keep us inside, we are surely ready for spring and summer activities – and we hope you are, too!

Residents of a senior living community in Springfield, Illinois recently enjoyed a Carnival and Health Fair sponsored by Home Bound. Lawn games and bowling were a perfect way to kick off the

arrival of spring! Please see inside the newsletter for more information on this fun event.

We are also very excited to report that our Senior Care Specialist Training & Certification Program is up and running! We invite the community to join us for this free and informative training. Please see inside the newsletter for more on this new and exciting program.

In other exciting news, Home Bound Healthcare will be celebrating its 10 Year Anniversary in September of this year! Please watch for more

news to come as we will surely be celebrating!

As always, if you or anyone you know is interested in learning more about how Home Bound Healthcare can provide you with personal care, medication reminding, meal prep, companionship, and so much more, please call us at any time.

Wishing you a great spring/summer!

Kim Park

Regional Private Duty Consultant
kpark@homeboundhealth.com

Having a Medical Procedure? HBH Can Help!



Pictured above, Arlene Martin, PT, visits with a Home Bound Healthcare client.

Do you have an upcoming medical procedure? Do you need to soon begin preparing for your appointment? Home Bound Healthcare can help by:

- Assisting with adhering to instructions prior to your medical procedure;
- Assisting with packing a bag and necessary supplies;
- Providing transportation to and from the location of your health care provider;
- Picking up prescriptions, assisting with day-to-day tasks as you recover, and more.

For more information or to arrange assistance in preparation for your medical procedure, please call Home Bound Healthcare at (815) 879-8808.

www.HomeBoundHealth.com

Support Group: Caring for the Caregiver

The challenges of being the caregiver for a loved one can often result in caregivers ignoring their own physical and emotional health needs. This stress, if ignored and not tended to, can lead to caregiver burnout.

Outside support can be helpful, and is often essential, for those caring for loved ones. Asking a friend for help to allow the caregiver a break, talking with a clergy person or a doctor, or taking part in a caregiver support group are steps caregivers can take to recharge and refocus their energies.

"I have too often seen caregivers that are overworked, overloaded, and stressed out to the max. We saw a need in our community for the caregiver support group, and we would like to invite all interested community members to attend." says Michelle Hansen, Administrator of the HBH Peru office and founder of the support group.

For more information about the Caregiver Support Group, please call the HBH Peru office at (815) 220-8808.



The Caregiver Support Group meets on the third Thursday of each month at 1PM at the HBH Peru office: 4231 Progress Blvd Peru, IL

Care When YOU Need It: Residents Benefit from On-Site Care Services

Are you the manager of, or resident at, an independent living facility or a retirement community? Do you see a need for additional on-site assistance for residents in your facility? If so, Home Bound Healthcare can help!

Home Bound Healthcare is experienced in providing quality home care and assistance services to residents of retirement communities via on-site care offices that are staffed with CNAs and other home care professionals, up to 24 hours a day, to fit the needs of your residents.

Home care and assistance services include customized service plans tailored to each individual. Popular services include:

- Medication Reminders
- Escorts to Meals and Activities
- Daily Bed Making and Linen Changing Once Per Week
- Laundry Services
- Dressing and Grooming Assistance
- Shower Assistance
- Companionship and More!



For more information about on-site assistance services in your community, please call (815) 879-8808.

A Matter of Balance: Take the Course to Learn About Falls!

Pictured at right, Sharon McLachlan and Michelle Hansen of the HBH Peru office, and Tara Bitting of the HBH Princeton office, recently became certified instructors of the “A Matter of Balance – Managing Concerns About Falls” course. The certification was earned through, and is presented in conjunction with, the Western Illinois Area Agency on Aging.

A Matter of Balance is an award-winning, evidence based practice program designed to manage falls and increase activity levels. Enrollees of the course learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance.

Who Should Attend the Class?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility, and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities due to falling concerns



For more information about the *A Matter of Balance* class, please contact Sharon or Michelle in Peru at (815) 220-8808 or call Tara in Princeton at (815) 879-8808.

Living with Dementia: Home Care Can Help!

According to Alz.org, the Alzheimer’s Association website, there are more than 5 million Americans currently living with the disease, and someone develops Alzheimer’s in the US every 67 seconds.

Being the caregiver of someone with Alzheimer’s, or with any form of dementia, can be mentally and physically draining due to the constant care and attention that is required. For caregivers of those with dementia, you now have the role of someone that is responsible for making important life-changing decisions for a loved one. Proper guidance and constant care is required at all times.

Many people do not expect to become caregivers. Whether you have been providing care for a month, or for years, the time may come when you require outside help to maintain the quality of life of yourself and your loved one. Home Bound can help.

For more information about how Home Care can help those struggling with dementia, please call Home Bound Healthcare at (815) 879-8808.

How Can Home Care Help Those With Dementia?

- Caregivers can provide cognitive stimulation, and ensure clients are safely participating in activities that are suited to their needs
- Caregivers can engage with clients and offer positive companionship
- They can reminisce together about the past
- They can enjoy favorite music together
- They can work together on home projects as abilities allow and as clients desire
- They can look through photo albums and share memories together
- They may improve their cognitive flexibility/strength and thus decrease the risk of falls and hospitalizations through the use of Speech Therapy

You Worked Hard to Earn Your Medicare Benefits: Do Not Give Them Away!

Have you or residents under your watch been approached by sales agents selling Medicare Advantage Plans?

The federal government's Office of the Inspector General (OIG) put out a report entitled: **BENEFICIARIES REMAIN VULNERABLE TO SALES AGENTS' MARKETING OF MEDICARE ADVANTAGE PLANS**. For both 2008 and 2009, sales agent marketing complaints referenced the same three broad topics:

1. Misleading Information about Plan Benefits

- Common complaints allege that sales agents told the Medicare beneficiary that a Medicare Advantage plan supplemented traditional Medicare or otherwise misled the beneficiary about plan benefits.

2. Enrolled without Consent

- Common complaints allege that Medicare beneficiaries were unaware of how they had been enrolled in Medicare Advantage plans.

3. Aggressive Sales Tactics

- Common complaints allege that sales agents inappropriately or inaccurately discussed the Medicare beneficiaries' current plans, contacted beneficiaries at their residences, or falsely claimed to be a representative from Medicare.

Home Bound Healthcare encourages all Medicare beneficiaries to be vigilant and cautious before signing any paperwork related to their Medicare benefits and before signing up for a Medicare Advantage plan.

To view the full report published by the OIG, please visit: <https://oig.hhs.gov/oei/reports/oei-05-09-00070.pdf>.

More about Medicare and Medicare Advantage Plans

- Medicare Advantage Plans may result in fewer services to the beneficiary
- Medicare Advantage plans may result in lower payments than Medicare to your health care providers who can opt out of their network
- Medicare Advantage plans can change their premiums, benefits, and co-pays every calendar year
- For more information, please call 1(800)MEDICARE, or call Home Bound Healthcare at 1(800)444-7028 and ask to speak with a Social Worker.

Free Educational Presentation on Medicare



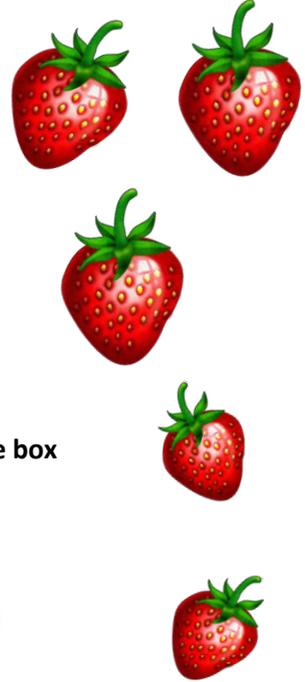
The world of health insurance can be a confusing and scary place, with many important details that can be easily overlooked. This can be especially true for senior citizens that are newly navigating the Medicare landscape.

To help make sense of the confusing topic, we invite you to call Home Bound Healthcare to schedule a free educational presentation for your group. Classes will learn about:

- The benefits of Medicare
- The difference between Traditional Medicare and a Medicare Advantage plan
- How seniors can protect themselves from aggressive and deceptive tactics of sales agents
- And much more

To schedule a free presentation for your group, please call 1(800)444-7028.

Easy Strawberry Cake Recipe



This fruity and summery treat will please guests of all ages! It tastes great and is easy to make!

Ingredients:

- 1 box white cake mix and ingredients called for on the box
- 1 ¼ cup strawberry preserves
- 1/8th teaspoon red food coloring
- 1 container of store-bought whipped cream
- Strawberries for decorating the top of cake as desired

Directions:

For a quicker and almost-homemade strawberry cake, let white cake mix stand in for a cake made from scratch. Reduce the liquid called for in the mix by 1/3 cup and add 1 cup strawberry preserves and 1/8th teaspoon red food coloring. Bake the two 9-inch layers according to package instructions. Shorten the process even more by using store-bought whipped cream. Top with strawberries and ¼ cup preserves.

Source: www.delish.com

Baseball Word Find



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

Find the words below in the puzzle at left:

- BALL
- BATTER
- BUNT
- DOUBLE
- FOUL
- GLOVE
- GRANDSLAM
- GROUNDOUT
- HOMEPLATE
- HOMERUN
- KNUCKLEBALL
- MANAGER
- PITCHER
- RUNNER
- SAVE
- SINGLE
- STADIUM
- STRIKE
- TRIPLE
- UMPIRE

The First Course is Underway for Senior Care Specialist Certification Program!

Home Bound Healthcare is pleased to have the Senior Care Specialist Training & Certification Program underway! The first group of 25 students gathered together at the HBH Peoria office on April 24th, 2014 for a day of learning and sharing.

Students participated in training sessions covering Communication, which is the first track of five in the series.

Joey Tuason, Jr., Coordinator of the Senior Care Specialist Program, says, "The first day of the program was a success! Students learned about customer service, sales & marketing, and also received training on sensitivity, stress management, diffusing hostile situations, and communication with individuals with cognitive impairments. We are looking forward to continuing on to the other tracks of the program in the coming weeks!"

- **TRACK 1: COMMUNICATION**
- **TRACK 2: COMMUNITY RESOURCES**
- **TRACK 3: PROTECTING SENIORS**
- **TRACK 4: COST OF CARE**
- **TRACK 5: DEMENTIA TRAINING**

Thank you to all of the program participants!



La'Creasha Powell – Certified Medical Assistant, and Cindy Perkins – Administrator, both of HBH Peoria, review the Senior Care Specialist training materials.

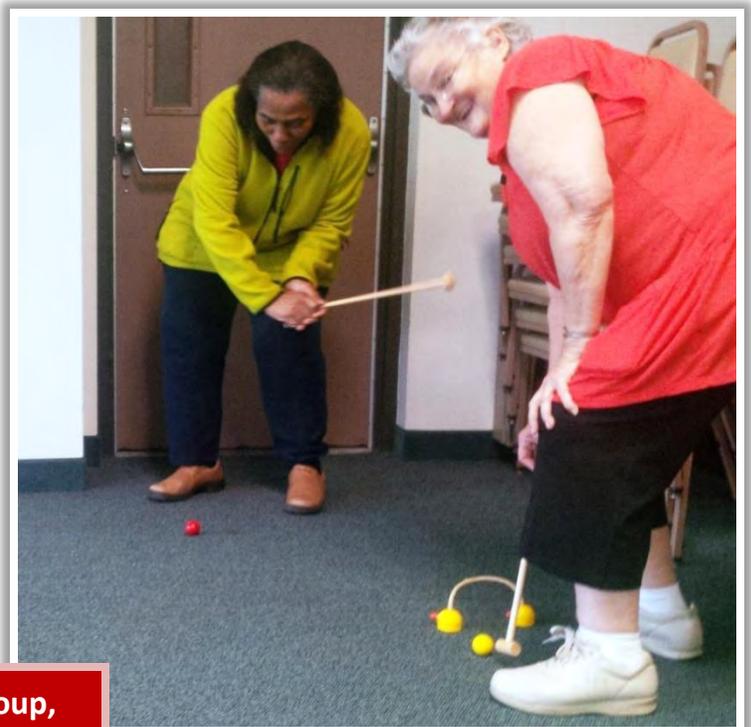
The Senior Care Specialist Certification Program will be open to the public starting July 31st, 2014 & will run once a week for 5 consecutive weeks. To sign up now for this free Program, please call 1(800)444-7028.

Seniors Enjoy Indoor Carnival at Capitol Plaza

Residents of Capitol Plaza in Springfield, Illinois enjoyed a fun Indoor Carnival and Health Fair on April 2, 2014!

Fun was had by all as residents participated in ring toss, croquet, bowling, and other exciting carnival events. The fun carnival atmosphere was coupled with representatives from Home Bound Healthcare offering free health checks, including balance and fall risk assessments from a Physical Therapist, blood pressure checks from a Registered Nurse, and more!

Pam Turner, Administrator of the HBH Springfield office says, "We loved hosting this new event at Capitol Plaza! We hope that more senior groups will reach out to us so we can offer this fun and health conscious event for seniors. It's a nice event to have after the long winter!"



To schedule a free Indoor Carnival event for your group, please call (800) 444-7028 or your nearest HBH location.

Palliative Care Patients Find Comfort with Home Care Services

For those receiving Palliative Care, a caregiver can provide the extra assistance and support that is so important during times of illness.

Listed below are just some of the ways that Caregivers can provide support to those receiving Palliative Care:

- Sit with clients and ensure they are safe
- Ensure clients are comfortable
- Provide companionship
- Allow time for respite for family caregivers
- Give medication reminders
- Take care of household chores
- Read favorite books, newspapers, and other materials of interest
- Give relaxing hand or foot massages
- Assist with bathing, apply lotion, and help with other personal care needs
- Take care of errands such as grocery shopping, picking up prescriptions, etc.
- Care for plants and animals

Every client is unique. Service plans are tailored to meet the individual needs of each client according to their personal preferences and wishes.



For more information about how Home Care Services can assist those receiving Palliative Care, please call (800) 444-7028 or your nearest HBH location.

Palliative Care and Hospice Care

What is the difference between the two?

There are differences between Hospice and Palliative Care, and yet, there is a relationship between the two services.

- By definition, Palliative Care focuses on relieving symptoms that are related to chronic illnesses, such as cancer, cardiac disease, respiratory disease, Alzheimer's and other dementias, kidney failure, AIDS, Amyotrophic Lateral Sclerosis (ALS), and other neurological diseases.
- Palliative care can be used at any stage of illness – not only in the last few months of life, applying palliative care to the symptoms resulting from the conditions that will no longer respond to treatment, while still aggressively treating the conditions that will respond to curative treatment.
- Hospice care is palliative by nature. The illness, however, has progressed to a point where curative treatment is no longer desired or beneficial. Hospice care supports the patient and their family while focusing on relieving symptoms and offering comfort from pain, shortness of breath, nausea, fatigue, anxiety, insomnia, constipation, etc.

Treatment Differences:

- Treatments are not limited with Palliative Care and can range from conservative to aggressive and curative.
- Hospice Care treatments are limited and focus on palliation of symptoms. The goal is no longer to cure, but to promote comfort and quality of life.

Treatment Timing:

- Palliative Care can be considered at anytime during the course of a chronic illness – not just in the advanced stages.
- With Hospice Care, Medicare requires that a physician certify that a patient's condition is terminal. The physician must certify that a patient's life expectancy is six months or less.

Place of Treatment:

- Both Palliative and Hospice Care can be delivered at any location, including in the comfort of the patient's home.

www.HomeBoundHealth.com



Flossmoor
1615 Vollmer Road
Flossmoor, IL 60422
800.444.7028

Muscatine
1808 Mulberry Avenue
Muscatine, IA 52761
563.263.5411

Hospice
14216 McCarthy Rd
Lemont, IL 60439
630.914.5140

Kankakee
450 N Kennedy Drive Ste 6
Kankakee, IL 60901
800.444.7028

Princeton
502 S. Main Street Ste B
Princeton, IL 61356
877.220.8808

Staffing
2307 West Lake Street
2nd Floor
Melrose Park, IL 60160
800.444.7028

Sycamore
1625 Bethany Road
Sycamore, IL 60178
877.895.9898

Peru
4231 Progress Blvd Ste 3
Peru, IL 61354
877.220.8808

Peoria
2322 W Willow Knolls
Peoria, IL 61614
866.725.0888

Las Vegas
1350 S. Jones Blvd Ste 240
Las Vegas, NV 89146
866.953.0888

Springfield
421 S. Grand Ave W. Ste 2B
Springfield, IL 62704
877.753.2210

Outpatient Rehabilitation
2930 Manheim Rd Ste 1B
Franklin Park, IL 60131
800.444.7028

Moline
3401 16th Street
Moline, IL 61265
866.541.0900

Medical Equipment and Supplies
2307 West Lake Street
Melrose Park, IL 60160
877.615.0803

Ziggy Rozycki Wins Star Caregiver Award!

Star Caregiver Zbigniew “Ziggy” Rozycki has been with HBH since April of 2012. His one and only client is Tom Micheli, for whom he provides 24-hour live-in care. Tom has been a client of HBH for over four years, and in the first two years he was frequently hospitalized due to his diabetes and issues with medication compliance.

Enter Star Caregiver Ziggy! Ziggy was chosen to be a caregiver especially for Tom, and has been a godsend. Ever since Ziggy became Tom’s caregiver, Tom has not been hospitalized once. Ziggy makes sure that Tom checks his blood sugar three times a day, and takes his insulin and medications when he is supposed to.

Tom says, “I don’t think I would have survived this long if it wasn’t for Ziggy. I would be lost and don’t know what I would do without him in my life.”

Ziggy accompanies Tom on many getaways, and is a great companion. They have gone to California for Tom’s niece’s wedding, they have been on a trip to Las Vegas, as well as on outings to many sporting events to see the Chicago Cubs and the Bulls. Tom and Ziggy are currently planning a trip to Eagle River, Wisconsin, as Tom loves the outdoors. Thank you, Ziggy, for being such a wonderful caregiver!



Pictured above at left is HBH client Tom Micheli along with his Caregiver Ziggy Rozycki, winner of the Star Caregiver Award!

Congratulations, Ziggy!