

Caring Hands

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



Making Healthy Decisions

Hello, everyone! We are pleased to publish the first edition of Caring Hands – a publication of Home Bound Healthcare’s Private Duty Division.

We decided to focus on the important topic of nutrition for our first issue. As we grow older and our metabolisms slow, getting all the nutrients we need while taking in fewer calories in order to maintain a healthy weight can be a challenge. Caregivers are also challenged to take the time to care for themselves and make healthy food choices so

they have the energy to keep up with their busy jobs... caring for others!

Caregivers at Home Bound 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 2 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 in 2013! As always, please call us with any questions or for more information.

Wishing you a healthy 2013,

Kim Park

Regional Private Duty Consultant

March is National Nutrition Month!



When we talk about healthy eating habits, many of us focus on what we should NOT be putting on our plates. Fried foods, high calorie processed snacks and sugary drinks are just a few of the “no-nos” when it comes to eating right.

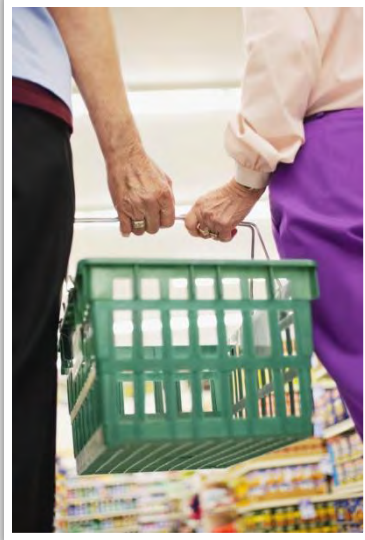
But what about what you DO put on your plate? Are you ensuring that you’re getting enough of the “good foods” that can help you to feel your best?

With March being National Nutrition Month, we invite you to join us in taking a look at what is on our plates. See inside for a Registered Dietician’s analysis of one HBH employee’s eating habits for a day.

More nutrition tips can be found at:
www.helpguide.org/life/senior_nutrition.htm

Please contact your physician before making changes to your diet and lifestyle. www.HomeBoundHealth.com

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 1(800)444-7028 or your nearest Home Bound Healthcare location. Visit us on the web at www.HomeBoundHealth.com.

Recommended Reading:

PrivateDutyHomeCare.org

Checklist: What to Look for When Choosing a Home Care Agency

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 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 1(800)444-7028 or your nearest Home Bound Healthcare location. www.HomeBoundHealth.com

Director for Brandon Wood Retirement Community Talks Seniors & Home Bound

The management of Brandon Wood Retirement Community of Morton, Illinois has long been an advocate for seniors and the ability for seniors to be independent at home. We recently had the pleasure of speaking with Kaye Strauch, the Director of Brandon Wood Retirement Community, about seniors, Home Bound and more.

Kaye says, "Home Bound has been excellent to work with! They have been able to help my residents, and I feel that my residents are very happy with the caregivers that are provided in the facility."

When asked about seniors, and what she tries to keep in mind when working with seniors, she says "I usually look at what difficulties a resident may be encountering as they move in, or even while they are here, to see if they would benefit from additional services such as the skilled nursing, physical therapy or OT."

"It helps them maintain their independence longer." she says.

With more and more seniors wanting to stay in the home for as long as possible, Private Duty Home Care Services and Skilled Home Health Services are on the rise.

We asked Kaye if she would recommend Home Bound to others. She said "I do! I do to a lot of people in the community. When people call in and inquire, even if it's not our building that they choose, they may want to stay home longer instead, and that's when I recommend Home Bound."

"Your Peru office even comes to the Washburn Senior Center that I do the scheduling for. They come out once a month and do their wellness clinic. They also do flu shot clinics. They really reach out to the rural areas for seniors that are more shut in. Our community is really happy that Home Bound comes and does that for them." she says.

Kaye continues, "I know your staff is trustworthy. They show up. Some of the other companies may not be as dependable, so I feel comfortable with Home Bound."

Home Bound Healthcare would like to extend a big "Thank You" to Kaye, as well as to the residents of Brandon Wood Retirement Community. We appreciate your continued support!



Pictured above are residents of Brandon Wood Retirement Community enjoying some time together while playing cards.



Pictured at right are photos of the exterior of the building and sign at Brandon Wood.

HBH Employees Attend National Private Duty Conference in Las Vegas

In November of 2012, eleven employees from Home Bound Healthcare attended the 15th Annual Private Duty Conference & Expo in Las Vegas, NV!



HBH employees had the opportunity to learn about hot topics such as partnering with other senior care agencies, care transition programs, and using benchmarking to improve care. Speakers included Private Duty Agency owners, attorneys, and other experts in the field.

HBH Compliance Officer Amanda Maurer says, “We are so pleased that the owners of Home Bound invested in us by sending us to this conference. We were given a fantastic opportunity here, and we are working on implementing ideas that were taken away from the conference. We can’t wait to share some of the new initiatives that will be great for both clients and employees alike!”



For more information on the Annual Private Duty Conference & Expo, please visit www.decisionhealth.com/privateduty.

Specialized Training for Caregivers & Community

Caregivers from Home Bound Healthcare will soon receive specialized training about hospice through the training program of “Hospice 101.” Hospice 101 is an in-depth training program which covers everything from who is eligible for hospice care, how it is paid for, what is included in hospice care, and so much more. Also included in the training are real-life accounts of hospice patients and their families as well as industry experts such as hospice workers and physicians. Brian Cooper, MSW, LCSW, MSHA, LISW, Regional Social Worker for Home Bound will be leading caregivers in the training sessions.

In addition to the hospice training, Brian will be training caregivers and the community on a wide variety of topics, including:

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|---|---|---|
| Patient Rights & Responsibilities | Patient Confidentiality | Recognizing and Reporting Abuse and Neglect |
| Promoting Patient Dignity and Independence | Sensitivity in the Workplace | Effective Communication |
| Caregiver Burnout | Caregiver Safety | Self-Disclosure During Medical Encounters |
| Managing Behaviors in Cognitively Impaired Patients | Communicating with those with Cognitive Impairments | ...and More to Come! |

Brian says, “I am happy to have the opportunity to get to know our staff and the community better and to provide on-going training. My hope is that the training will better equip our caregivers and CNA staff to better serve our patients and add to their overall job safety and satisfaction.” *To schedule a training session for your group, please call 1(800)444-7028.*

Professional Geriatric Care Management

Professional Geriatric Care Management is a service offered through Home Bound Healthcare’s Private Duty Services. A Professional Geriatric Care Manager (PGCM) is a health and human services specialist who acts as a guide and advocate for families who are caring for older relatives or disabled adults.

The PGCM assists clients in attaining their maximum functional potential, and independence is encouraged. Safety and security concerns are also addressed. PGCM’s are able to address a broad range of issues related to the well-being of their client. They also have extensive knowledge about the costs, quality, and availability of resources in their communities. PGCM’s become the “coach” and families or clients are the “team captains.”



For more information on the services of a PGCM, or to make an appointment, please call us at 1(800)444-7028.

www.HomeBoundHealth.com

Fiber Not Fat! Cream of Wild Rice Soup

The blended beans in this recipe provide creaminess without the fat – and the bonus of fiber. Recipe serves 4.

Ingredients:

- 1 ½ cups diced yellow onion
- 1 cup diced carrot
- 1 cup diced celery
- 2 cloves garlic, minced
- ½ tablespoon canola oil
- 1 ½ cups diced kale
- 1 tablespoon minced parsley
- 2 cups reduced sodium vegetable stock
- 1 teaspoon fennel seeds
- 1 teaspoon black pepper
- 1 cup unsalted white beans, prepared
- 2 cups 1% milk
- ½ cup wild rice, cooked

Directions: Saute onion, carrot, celery and garlic in canola oil in a soup pot until lightly brown. Add kale, parsley, stock and spices.

In blender, puree beans with milk. Add bean mixture to soup, bring to simmer and add rice. Cook for 30 minutes. Enjoy!

Nutritional analysis per serving:

Serving size: About 2 cups

| |
|--------------------------|
| Calories: 229 |
| Total fat: 5 g |
| Saturated fat: 1 g |
| Trans fat: 0 g |
| Monounsaturated fat: 3 g |
| Cholesterol: 6 mg |
| Sodium: 135 mg |
| Total carbohydrate: 35 g |
| Dietary fiber: 7 g |
| Sugars: 0 g |
| Protein: 11 g |



Source: MayoClinic.com

Nutrition Word Search!



Find the words below in the puzzle at left:

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

- AMINO ACIDS
- CELL
- FRUIT
- FATS
- WATER
- CALORIE
- DEHYDRATION
- HORMONE
- VEGETABLE
- CARBOHYDRATES
- FIBER
- MINERALS
- VITAMINS

The Next Big Thing: Wellness Offices!

Wellness Offices are the next big thing in Private Duty Home Care! You may have noticed that many Independent Living Retirement Communities now come equipped with their own Wellness Offices. These offices are often staffed by a select third party agency that offers optional in-home care services for interested residents. The peace of mind of having help available on-site 24 hours a day, if you need it, is a big factor in why the Wellness Offices are so popular.

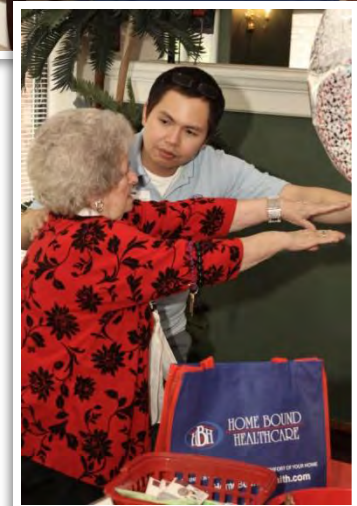
Home Bound Healthcare is pleased to offer Wellness Offices to senior communities throughout our coverage area. In 2012 we officially opened our Wellness Office at Independence Village of Peoria. In December of 2012 we began serving Eastland Retirement Community of Auburn, Illinois. Residents at both facilities have the option of choosing a care package that meets their individual needs. Some residents choose something small, such as once-a-week laundry assistance. Others prefer help with medication management and bathing, or perhaps 24 hour care. We have many packages available and we create custom service plans tailored to the needs of the individual.

We love serving senior communities! See the photo collage below from a recent health fair at Independence Village.

For more information about Wellness Offices, or to set up a meeting, please call us at 1 (800) 444-7028 or at your nearest HBH location.

Mind and Body Wellness Fair

Held at Independence Village of Peoria, Illinois



All in a Day's Nutrition: A Dietician's Look at What's On Our Plate!

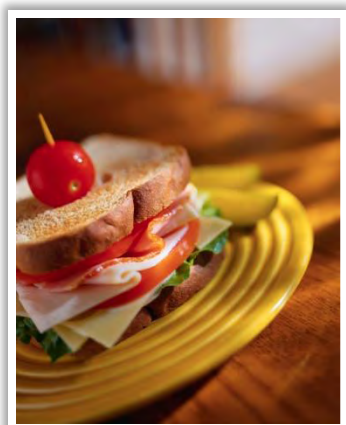
Have you ever wondered if your diet is the best it can be? Home Bound Healthcare's Regional Private Duty Consultant, Kim Park, is also a Registered Dietician. Below, Kim looks at the plate of a Home Bound Healthcare employee for one day and shares her thoughts and advice on small changes to make each meal more nutritious.

Breakfast:

Every day for breakfast I have the same thing: a bowl of either Special K cereal or Cheerios with 2% milk. Some days I might stop at McDonald's and get a sausage egg and cheese McMuffin!

Dietician's advice:

A healthy cereal with milk for breakfast is always a good start. How about adding some fruit to this meal? Fresh strawberries or blueberries are a great choice. Remember, breakfast really is the most important meal of the day. So don't skip it!



Lunch:

Yesterday for lunch I ate a tuna salad sandwich, a pickle spear, and a small bag of potato chips (140 calorie bag). I passed up the cookie that came with it.

Dietician's advice:

Tuna fish is a great choice. Just be sure that the tuna salad you eat isn't loaded with mayonnaise and extra fat and calories. Try to always use whole grain breads instead of white bread. Pickles are great. They are very low in calories and are a great snack to help maintain or lose weight. Cookies and sweet treats are okay sometimes, but should definitely not be eaten with every meal. Good job!

Dinner:

Last night for dinner I had a small salad with ranch dressing, spaghetti with meat sauce, and 1 piece of garlic bread.

Dietician's advice:

Pairing a salad with a meal is a great habit to get into. Be sure to limit extra fat by limiting the salad dressing to one tablespoon, or dip the salad into the dressing. Choose lean beef, then rinse the cooked ground beef with water and drain to avoid added fat intake. Whole grain pasta is a great choice, and tastes good, too. Making your own garlic bread makes it easy to limit the fat intake. Remember, 1 tablespoon of butter or mayonnaise = a fat serving (45 calories).



Important Reminder:

Remember to drink plenty of water! Sometimes when we think our brain is telling us we are hungry, we are actually thirsty!



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 16th Street
Moline, IL 61265
866.541.0900

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

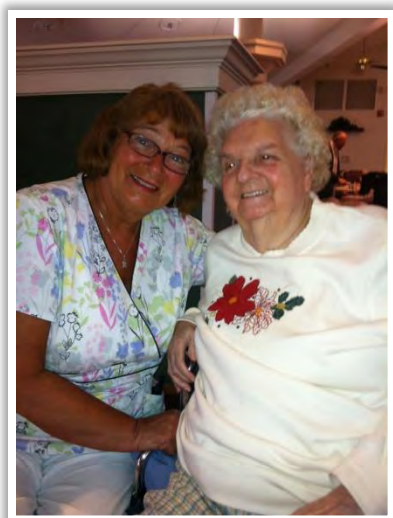
Pat Cremeens Honored as 1st Star Caregiver!

It's unanimous...everyone who knows her, loves her! Pat Cremeens is a home health aide from the HBH Peoria team known for the excellent care she provides, her compassion and commitment to senior citizens residing at Independence Village. Pat glows as she talks about the work that she does, "I love helping people, especially senior citizens and making a difference in their lives!" She adds, "For the people who are entrusted to my care, I make a decision to treat them just like I would my own grandparents."

According to Teresa Walker, Pat does just that and makes it look easy, "Oh my goodness, she is a keeper! When she was on vacation for a week, it felt like a month!" Teresa said as she stretched her arms as far apart as she could reach.

Pat joined Home Bound Healthcare on February 1, 2012, when HBH became the home health agency located in Independence Village. Private Duty Coordinator, Dawn Graves, said that Pat was instrumental in the transition of agencies. "With Pat's familiarity of Independence Village, the tenants and their families, she was such a blessing to have on board! She was a key player when HBH joined the Independence Village community and continues to be such a positive leader." Pat has been a part of the Independence Village family for the past 22 years, working for the various home health agencies that have had the pleasure of providing care.

While her reputation and dedication is an inspiration to us all, Pat is also quite the wife, mother and grandma. Pat and her husband have two kids and are very proud of eight beautiful and active grandchildren. In her spare time, Pat and her husband enjoy traveling. They are very proud of their Irish heritage and work on the St. Patrick's Society. When she is able to find a rare moment for herself, she likes to quilt and read.



Pictured above is Pat Cremeens, Star Caregiver and home health aide from the HBH Peoria team. By her side is client Teresa Walker.