

Caring Hands

A publication of Home Bound Healthcare, Inc.

Private Duty Division



American Heart Month

Hello, all!

The month of February is American Heart Month, and we here at Home Bound are definitely showing our heart healthy spirit!

While heart health is something we should care for all year, awareness months give us the chance to really hone in and work together with the community on these important topics. There are few things more vital than a healthy heart!

According to the CDC, every year, 715,000 Americans have a heart

attack. About 600,000 people die from heart disease in the United States each year – that's 1 out of every 4 deaths. Heart disease is also the leading cause of death for both men and women.

In light of these staggering statistics, what better time to take action and be proactive about heart health?

As detailed below, Home Bound is offering a free "Be Kind to Your Heart" event to the public. We hope that our friends in the community will contact us to partner in bringing this educational

presentation to as many seniors as possible.

Please read on in this newsletter for heart healthy tips, as well as a recipe for salmon – considered one of nature's superfoods!

Wishing you a happy and heart healthy 2014!

Kim Park

Regional Private Duty Consultant
kpark@homeboundhealth.com

Schedule a "Be Kind to Your Heart" Event!



Above, Peggy Caviola, RN, listens to the heartbeat of a Home Bound Healthcare client.

Home Bound Healthcare is offering a new *free* event to the public called "Be Kind to Your Heart!"

A Be Kind to Your Heart event includes a presentation from Home Bound professionals on important stress management techniques, positive thinking, and tips for heart healthy living.

The 'Be Kind to Your Heart' presentations can be paired with other events that we offer, such as Laughter Yoga or wellness checks from nurses. We are really looking forward to sharing this with seniors, especially during American Heart Month!

To schedule a "Be Kind to Your Heart" event, please call (800) 444-7028 or your nearest HBH location.

HBH Opens New Office in Muscatine, Iowa!

Home Bound Healthcare is pleased to announce it has expanded its operations, opening a new office within the Shepley Building at 1808 Mulberry Avenue in Muscatine.

The new local business will address the health care needs of seniors throughout Clinton, Scott, Muscatine, and Cedar Counties in Iowa.

“Due to the ever-growing senior population and their need for a high quality of care, we saw opening a local office in Muscatine as the next logical step in providing the best service possible to our Iowa clients.” says David Rine, Executive Vice President for Home Bound Healthcare.

Also located within the Shepley Building is Muscatine Senior Resources, a non-profit dedicated to helping seniors throughout Muscatine County.

For more information about the services offered by Home Bound in Iowa, please call (563) 263-5411.



Pictured above is the entrance to the Shepley Building in Muscatine, Iowa – home to HBH’s newest office location!

Seniors Create “Cereal Hearts” for Bird Watching

In the month of January residents of Grand View Alzheimer’s Special Care Center of Peoria, Illinois tried their hand at creating festive cereal hearts for bird watching.

“They did a fantastic job!” says Ronda Randolph, Marketing Specialist for HBH Peoria. “This is a great event for people at all levels of functioning, and we thought it would be nice for Valentine’s Day.”

At a Cereal Hearts event residents string Froot Loops and Cheerios on pipe cleaners, and then bend their creations into heart shapes. The cereal hearts are then hung on trees outside of the facility where residents can watch birds come to enjoy the treats long after the craft event is over.

“Using pipe cleaners rather than string is safer for birds because they are less likely to become tangled. The pipe cleaners are also easy to spot and remove once the birds have eaten the cereal.” says Ronda. “I had such a great time with the residents of Grand View, and I hope to put more of these events on my schedule!”



Pictured above are the cereal hearts created by residents of Grand View Alzheimer’s Special Care Center of Peoria, Illinois at a recent event sponsored by Home Bound Healthcare.

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

Hospital to Home: Plan for a Smooth Transition

Returning home after a stay in the hospital can bring unexpected challenges for many seniors. Back at home, older adults may struggle to manage their medications and make follow-up doctor appointments. Seniors may also need to obtain physical assistance and in-home support, at least on a temporary basis.

Due to the changes and challenges that arise after a hospital stay, many older adults do not successfully make the transition home well and end up returning to the hospital. In fact, one in five Medicare patients are readmitted to the hospital within 30 days after discharge.

Many of these readmissions can be avoided by arranging the professional support of a qualified home care company that offers a transitional care program. Please see below for information on Home Bound Healthcare's Private Duty transitional care program, the *Concierge Program*.



Pictured above are Laura Fulton - Occupational Therapist, and Bles Borrero – Physical Therapist, both of the HBH Peoria Office. Laura and Bles, as well as all HBH staff, assist patients in their transition from hospital to home.

Private Duty Concierge Program Helps with Transitions

Home Bound Healthcare's CONCIERGE PROGRAM provides clients and families with the confidence and peace of mind they need when transitioning back home. We assist those transitioning to home by providing immediate one-on-one care and assisting with client and family needs. The journey back home *can* be a smooth transition!

How the HBH Concierge Program can help:

- Immediate one-on-one care and emergency assistance
- Patient advocacy
- Companionship
- Rest and respite for client's family
- Assistance with client's needs (eating, drinking, toileting, dressing, bathing, etc.)
- Assistance with planning transition to home
- Client transportation upon discharge from facility
- A Caregiver to transition with the client to home upon discharge from the facility
- Home Care Services (Private Duty) and/or Home Health Services upon arrival at home
- Home Bound Healthcare staff will work with client's physician and family to carry out plan of care

Safety. Caring. Wellness.



For more information about the Concierge Program, please call (800) 444-7028 or your nearest HBH location.

For a Healthy Heart: Plan for Prevention!

Some health conditions and lifestyle factors can put people at a higher risk for developing heart disease. Most of us understand that eating a healthy diet, maintaining a healthy weight, and exercising are good for your heart. Let's look at some additional ways you can help take care of your heart.

- **MONITOR YOUR BLOOD PRESSURE**
High blood pressure often has no symptoms, so be sure to have it checked on a regular basis.
- **HAVE YOUR CHOLESTEROL CHECKED**
Your health care provider should test your cholesterol levels at least once every 5 years. Talk with your doctor about this simple blood test.
- **MANAGE YOUR DIABETES**
If you have diabetes, monitor your blood sugar levels closely, and talk with your doctor about treatment options.
- **TAKE YOUR MEDICINE**
If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.

To find more heart healthy tips, please read the full article on www.cdc.gov/features/heartmonth.



"Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable."

-Centers for Disease Control & Prevention

Heart Attack Symptoms

The five major symptoms of heart attack are:

1. Pain or discomfort in the jaw, neck, or back.
2. Feeling weak, lightheaded, or faint.
3. Chest pain or discomfort.
4. Pain or discomfort in arms or shoulder.
5. Shortness of breath.



If you think that you or someone you know is having a heart attack, call 9-1-1.

Heart Healthy: Teriyaki Salmon with Zucchini



Few foods pack a bigger nutritional punch than salmon! It's rich in protein, heart-helping omega-3 fatty acids, and Vitamin D.

Recipe makes 2 servings.

Nutritional analysis per serving:

Calories: 376
Total fat: 16 g
Saturated fat: 3 g
Cholesterol: 87 mg
Sodium: 375 mg
Total carbohydrate: 11 g
Dietary fiber: 3 g
Protein: 40 g
Calcium: 53 mg

Ingredients:

- Low sodium teriyaki sauce
- 2 (6-ounce) salmon fillets
- Sesame seeds
- 2 small zucchini, thinly sliced
- 4 scallions, chopped
- Canola oil

Directions:

Combine 5 tablespoons teriyaki sauce and fish in a zip-top plastic bag. Seal and marinate 20 minutes. Toast sesame seeds in a nonstick skillet over medium heat, and set aside. Drain fish, discarding marinade. Add fish to skillet, and cook 5 minutes. Turn and cook for 5 more minutes over medium-low heat. Remove from skillet and keep warm. Add the zucchini, scallions, and 2 teaspoons oil to the skillet. Saute 4 minutes, or until lightly browned. Stir in 2 tablespoons teriyaki sauce. Sprinkle with sesame seeds and serve with salmon. Enjoy!

Source: www.health.com

American Heart Month Challenge!



Find the words below in the puzzle at left:

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

- AMERICAN
- AWARENESS
- DISEASE
- EDUCATION
- FEBRUARY
- FUNDRAISER
- HEALTH
- HEART
- INFORMATION
- RED
- RESEARCH
- STROKE

Medical Equipment & Supplies: Let Us Bring the Showroom to You!

For those in need of medical equipment or supplies, leaving the home to acquire these items can be difficult, if not impossible.

Home Bound would like to help lessen the burden of attaining medical equipment and supplies by bringing the DME showroom to you! Our mobile DME showroom requires a 10x10ft space and allows residents to browse and purchase items in the convenience of their facility or senior center.

DME Professionals are on site at each mobile showroom event to inspect, clean, and repair existing medical equipment – all at no cost to attendees. “The DME Showroom event can be paired with any number of other activities that we offer.” says Ryan Maurer, DME Technician for HBH. “Seniors can enjoy a presentation on safety, fall prevention, or even receive fall prevention assessments from a Physical Therapist, all while browsing the mobile showroom.”



To schedule a Medical Equipment Showroom event for your group, please call (800) 444-7028 or your nearest Home Bound Healthcare location!

A sample mobile showroom, pictured above, includes items such as walkers, rollators, canes, wheelchairs, shower chairs, equipment accessories, and more.

Seniors Create Snowman Centerpieces at Balsam Terrace and Spruce Manor of Jacksonville, Illinois!



Residents of Balsam Terrace and Spruce Manor senior living apartments of Jacksonville, Illinois created adorable snowman creations to be used as centerpieces in the common areas.

“Our snowmen were made out of scrap fabric, old buttons, and we used sticks for arms!” says Chelsey Peters, Marketing Specialist for HBH Springfield. “It was a lot of fun, and these snowmen can really brighten a room!”

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

HBH Clients Celebrate 65 Years of Marriage!

When Wendell and Elizabeth Wassell were married back in 1948, gas was 26 cents a gallon, bread was 14 cents for a loaf, and it cost 3 cents to mail a letter.

On October 17th, Wendell and Elizabeth celebrated 65 years of marriage. We recently had the pleasure to meet with the two lovebirds, both clients of Home Bound Healthcare, as they took us for a stroll down memory lane.

“We first met at a tavern in the Quad Cities, but I found out Elizabeth was actually working in Omaha at the time. I would drive all the way out to Omaha to meet her and take her out.” says Wendell. “I was thrilled when I heard she was moving back to the Quad Cities!”

“After we had been dating for a while I told my mother that I really like Elizabeth, and I think I’m going to marry her. My mom said we were too young.” Wendell continues. “I was 24 and Elizabeth was 19. We didn’t have a lot of money, so we got married right in my parents’ living room. It was a double wedding with my sister Audrey marrying her husband at the same time.”

As for Elizabeth’s beautiful blue wedding dress, pictured at right, there is a story behind that, too. Wendell was in the U.S. Navy and brought a parachute home with him. “Parachutes were made of silk at that time.” he says. “One of the gals suggested that a wedding dress could be made out of the parachute, so that’s what we did.”

We asked the couple how each of them knew the other was “the one,” and they agree, “You just know it. It’s one of those things.. it’s how you fall in love.”

The couple has raised and led a strong and loving family throughout their 65 years of marriage. Wendell and Elizabeth are the proud parents of 6 children (4 boys and 2 girls), 14 grandchildren, and 16 great-grandchildren. They enjoy taking large family vacations together each year, especially up to a favorite resort in Michigan where the Wassell family rents out all 13 cabins at the resort! “Vacations are always the most fun!” says Elizabeth.

We asked Mr. and Mrs. Wassell for any advice they would like to pass along to other couples for a long lasting and happy marriage. Elizabeth says, “Accept each other as you are. Love each other.” Wendell agrees, and says, “Be there for them, and never give up on each other. I was in the hospital, and she was always there for me. Never give up, and stay with them.”

“Our family and our faith have kept us together all these years.” the couple shared.



Above, Wendell and Elizabeth Wassell, clients of Home Bound, are pictured at their home in East Moline, IL. Below is a photo from their wedding in 1948.



Congratulations to Wendell and Elizabeth on 65 years of marriage! We wish you many more blessed years to come!



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 2 nd 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 16 th Street Moline, IL 61265 866.541.0900	Medical Equipment and Supplies 2307 West Lake Street Melrose Park, IL 60160 877.615.0803	

Michelle Rine Wins Star Caregiver Award!

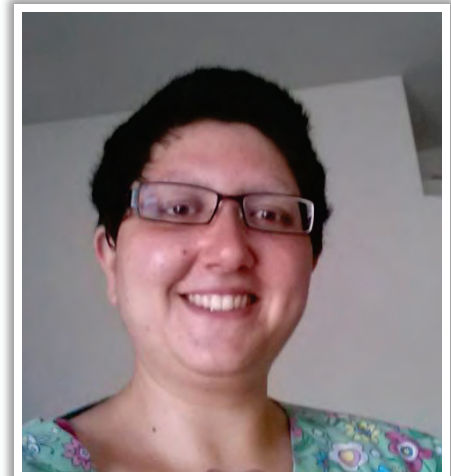
Michelle Rine, Personal Care Assistant for HBH Las Vegas, is the winner of this quarter's Star Caregiver Award!

Michelle works at the home of a married couple several times each week – cooking, cleaning, and shopping for them, as well as taking them to appointments as needed. Michelle is flexible with her time, always trying to accommodate their preferences for each visit. The couple has made it clear that they prefer to work with Michelle exclusively, and say she is pleasant, friendly, and that they like her a lot. Those feelings go both ways, as Michelle is very fond of them both.

Recently, Michelle took the husband to his appointment with the same doctor to whom she had taken the wife just a few days earlier. After they were there for several hours, the Medical Assistant asked if Michelle was related to the husband and wife. Michelle replied that she is not a blood relative, but is their caregiver.

The Medical Assistant responded, "Oh, all of us in the office thought for sure you were a relative! You wouldn't believe the number of caregivers we see coming in here that are not at all caring and attentive to their patients; many don't even make contact with them to help them. But you go all the way, and it shows. We all noticed it last week when you were here with his wife. How nice for them to have you to help them."

The patient/client heard this, looked over, and announced to the Medical Assistant, "She really is like family to us!"



Pictured above is HBH Personal Care Assistant Michelle Rine, winner of the Star Caregiver Award!

Congratulations, Michelle!