

# Healthy Home *Living*

**A publication of Home Bound Healthcare, Inc.**



## An Inspiring New Year!

Happy New Year!

While writing this letter, 2011 is coming to a close. I can't help but reflect on all that has happened in the past year, and also on how fast it went by.

A big happening in 2011 was the introduction of our new company, Home Bound Healthcare Hospice, based in Lemont, Illinois. The development of HBH Hospice was a huge undertaking, but very worth it, as we are proud to now offer a full scope of services to the community.

The past year also brought new and improved office space for some of our HBH offices. The moving and expansion makes us feel good; it tells us that we at Home Bound must be doing right by our clients.

Our clients: they are the people we are here to serve, the ones that challenge us to work harder, and, always – the ones that inspire us. HBH staff is on the front lines with clients every day, working through obstacles, celebrating triumphs, and taking part in the moments you don't always hear about.

Throughout this newsletter you will find a sample of the successes and stories of inspiration of HBH clients. We hope you enjoy their stories, and that you find some inspiration for the new year.

Wishing you a wonderful 2012,

Amanda Maurer  
Regional Marketing Coordinator  
amaurer@homeboundhealth.com

## The Spirit of Giving: HBH Offices Donate to Charities



*Rebecca Tolentino, RN, Agency Supervisor and Phyllis Rine, Assistant Administrator for the HBH Las Vegas office get ready to deliver items to the Better Business Bureau Clothing & Toy Drive.*

During the holidays it is customary to take extra time to help others. Whether it's something as small as putting a few pennies into the Salvation Army kettle, or something as big as organizing a toy drive, many of our thoughts turn to those that are less fortunate, this time of year.

HBH employees were no exception over the holidays.

HBH staff from Las Vegas took time to gather toys and clothing for a local charity drive. The Moline office did the same. In Sycamore, team members purchased items for foster children in need by hanging the wishes on their tree.

We hope that everyone was able to find joy during the holiday season and we encourage staff and readers to continue to think of those in need, no matter the season.

# Living without a Feeding Tube after Over Twenty-Five Years!



**Richard Urbanski, HBH Private Duty Client, smiles for the camera.**

On a sweltering day, over 25 years ago, Richard Urbanski was working outside under the hot summer sun. Richard was working construction. Pouring cement is hard work, but when you add high temperatures into the mix, you have a potentially dangerous situation.

Sadly, Richard had a heat stroke that day.

Heat stroke can be fatal if action is not taken right away when signs and symptoms appear. Luckily, Richard survived the ordeal, but his life was changed in ways he never expected.

One of the ways that Richard's life changed is that, after the heat stroke, he required a feeding tube in order to get the nutrition that his body required.

Richard lived with a feeding tube for over 25 years.

Until...



Enter Home Bound Healthcare. In May of 2011, HBH gained a new client and friend in Richard Urbanski. Since Richard occasionally ate some foods by mouth, the HBH team wanted to see if Richard would be able to have all meals by mouth, and get rid of the feeding tube once and for all.

A Home Bound Healthcare Speech Therapist gave Richard a swallow evaluation and found that he should be able to consume regular food. Before removing the tube, it was necessary to make sure he would be able to get enough calories to maintain his weight. The Home Bound Team tracked all of Richard's calories. The great news is that Richard actually gained 8 lbs over the two month period when eating regular foods (he needed to gain).

After HBH helped to prove that he could get the nourishment he needs without the use of a feeding tube, Richard's physician removed the feeding tube in October of 2011!



**Tara Bitting  
Private Duty Coordinator**

"I think that since Home Bound has been here it has all been changes for the better!" says Julie Wagner, C.N.A. for Home Bound and Richard's longtime caregiver. While Julie started her career with Home Bound in 2011, she has been working with Richard for over 10 years.

Gary Urbanski, Richard's brother, agrees with Julie that the changes have all been for the better. "He's doing a lot better than what he was. He was eating a little bit before, but he's doing so much better now."

After over 25 years of not being able to consume regular food, Richard is enjoying eating again. When asked what foods Richard likes the most, Julie says, "Everything!" The Home Bound caregivers regularly cook meals including omelets, breakfast, and other foods. Richard especially likes onion rings.

Pictured at left is Tara Bitting, Private Duty Coordinator for HBH. Tara coordinates Richard's care and, along with the HBH team, worked as an advocate for Richard in getting his feeding tube removed.

Richard, the HBH team wishes you congratulations and best wishes for your continued success!

# HBH Therapists Visit Haiti to Aid in Relief Efforts

In January of 2010, a devastating 7.0 magnitude earthquake occurred in Haiti. An estimated three million people were affected by the quake, and the Haitian government reported that an estimated 316,000 people had died, 300,000 had been injured, and 1,000,000 made homeless.

After the earthquake, many were left with injuries that required amputations. Some Haitians found that they had to learn to live with a life-changing illness or injury, many times due to either a lack of resources, medical supplies or skilled care.

This is where Diane O'Neil, PT and Linda Lang, PTA come into the picture. Both ladies work as outstanding members of the therapy team at Home Bound Healthcare's Moline, Illinois office. After learning of how they could help in Haiti, they started planning the trip.

Diane and Linda, along with Diane's daughter who will soon graduate as a Physical Therapy Assistant (PTA), spent a week in Haiti working with patients, physicians and staff at a local clinic. "There were two main parts of the mission," Diane says. "During the day we gave evals and treatment to patients that came to the clinic for help. The physicians that served the clinic would spend as much time as possible with us as we worked with the patients, so they could receive training on therapy. In the evenings we would provide formal education seminars to the physicians and staff."

Diane says that it was an amazing experience, and recalls some of the things that she witnessed and experienced. "We had some patients where family members carried them miles down the mountainside for treatment. We helped paraplegics, stroke patients and lots of people with arthritic deformities. The focus of our treatment was to show the family members what exercises to do with the patients. We had gait belts donated for the trip, and we showed patients and their family members how to use them. We even showed a family how to transfer a patient on and off a donkey!"

"We helped a paraplegic that needed to be carried in by his family and could not walk. We gave him therapy and helped him with stretching exercises, and by the end of the treatment he was able to walk. Everyone was crying when he walked, and it was just an overwhelming experience." Diane says.

Thank you, Diane and Linda, for showing us all that helping others is what it's all about. Your caring spirits and selfless attitudes bring great pride to the Home Bound Healthcare family. Keep up the great work!



*Linda Lang, PTA (front, center) and Diane O'Neil, PT (2<sup>nd</sup> row on left) pose with staff outside of a clinic in Haiti where they volunteered.*



*Pictured above are the HBH bags that were used to bag supplies for new mothers in Haiti.*

# Hard Work Pays Off for Cancer Survivor

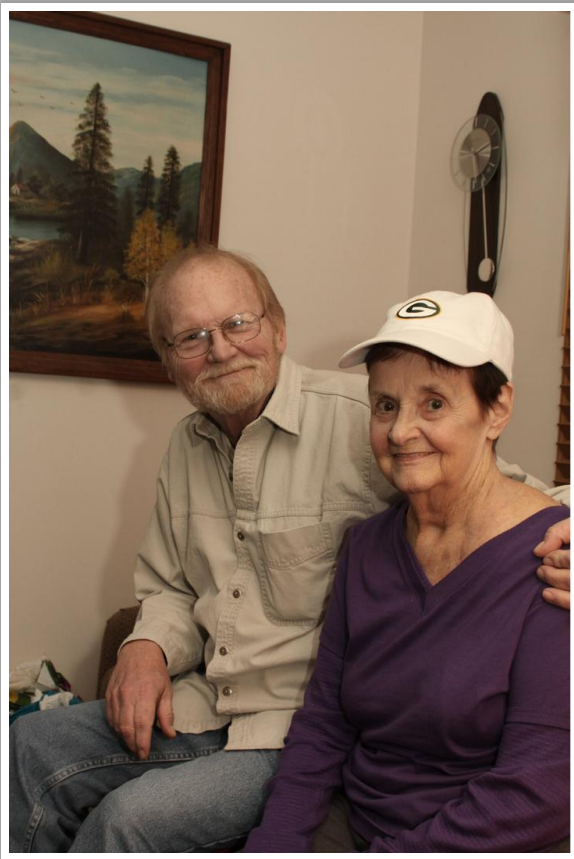
In June of 2011, Deanna Griffiths was diagnosed with throat cancer. She received chemotherapy and radiation, and became very weak from the treatment. According to Deanna's partner, Doug, "She was on her death bed."

Her kidneys shut down, and things looked grim. Deanna then went to a nursing facility for three months. It was at this nursing facility that Deanna and Doug found out about Home Bound's in-home services. By late September, Deanna was home and was receiving the care of a Registered Nurse, Physical Therapist, Speech Therapist, and Home Health Aide, all from HBH.

Doug says, "Home Bound was the reason she could come home."

When Deanna first started receiving Home Bound's services, she was very weak and couldn't walk, eat, talk or feed her two cats, Bodie and Ruffia.

After working with the Home Bound Team, Doug says, "Jodi is wonderful!" referring to Jodi Nusbaum, the Registered Nurse that cares for Deanna.



*Cancer survivor Deanna Griffiths poses with her significant other, Doug Yeomans.*

Jodi helps by providing assistance and teaching with regard to the feeding tube that Deanna currently uses, as well as providing medication management and other support.

Doug also sings the praises of Victoria Diefenderfer, Deanna's Physical Therapist, "Vicky is great." When Deanna and Victoria first started working together it was very hard to accomplish what many consider easy, everyday tasks, such as sitting up in bed without assistance. Now, after putting in a lot of hard work, Deanna is able to get out of bed by herself and walk with the help of a walker.

One specific goal that Deanna set for herself was to be able to walk upstairs to her bedroom without assistance. This was something she wanted to do very badly. On December 17, 2011, Deanna met her goal! She is getting her strength back, and credits her improvements to all of the hard work that she and Victoria have been putting in.

Deanna also lost the ability to talk in 2011. Deanna, not to be defeated, put in much hard work with HBH's Speech Therapist, Judy Johnson. Deanna is now talking. Deanna and Judy are now working on swallowing, and hope to have the feeding tube removed soon. When asked what the first food she will eat once the feeding tube is removed, Deanna replied "Spaghetti and ravioli!" She wants to eat the delicious food that Doug makes.

Deanna started on HBH services with a long and difficult road ahead of her. Through her own hard work and perseverance, and the excellent clinical team in Sycamore guiding her along, Deanna has been able to regain much of her independence. She can now walk, talk, go up and down stairs, feed her pets, and even hosted a holiday celebration for 18 people! Last, and surely not least, Deanna has beat cancer.

Doug says, "Home Bound has been a terrific help!"

Congratulations, Deanna, for all that you have accomplished! The Home Bound Team wishes you the best in 2012!

# Roxanne's "Not Your Usual" Party Mix

Roxanne Smith, RN, is the Therapy Coordinator for the Home Bound Healthcare office located in Moline, Illinois. Roxanne is famous for the tasty treats and recipes that she often brings to share with her co-workers, and she was kind enough to share the recipe below!

## Ingredients:

- 15.6 oz package Rice Chex cereal
- 10 oz package oyster crackers
- 9.5 oz package mini Ritz cheese sandwich crackers
- 6 oz package Goldfish crackers
- 16 oz package mini pretzel twists
- 16 oz package peanuts
- 12 oz bottle butter flavored popcorn oil
- 1 oz package ranch salad dressing mix

## Directions:

Combine cereal, crackers, pretzels and peanuts in a large bowl. Combine the oil and salad dressing mix in a separate smaller bowl. Toss the oil mixture with the cereal mixture until evenly coated. Store in air tight container. Enjoy!



*Roxanne Smith, RN  
Therapy Coordinator and Treat  
Maker Extraordinaire*



# Classic TV Show Word Search Challenge

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

ALICE  
BEN CASEY  
BEVERLY HILLBILLIES  
CHIPS  
CANNON  
CAPTAIN KANGAROO  
DOBIE GILLIS  
DONNA REED  
DR. KILDARE  
EMERGENCY  
FLIPPER  
FLYING NUN  
FUGITIVE  
GOMER PYLE  
GOOD TIMES  
GREEN ACRES  
GREEN HORNET  
HOWDY DOODY  
I SPY  
IRONSIDE  
JETSONS  
KOJAK  
L.A. LAW  
LASSIE  
LOVE BOAT  
MAD ABOUT YOU  
MAUDE  
MEDICAL CENTER  
MIAMI VICE  
MOD SQUAD  
MOONLIGHTING  
MURPHY BROWN  
ODD COUPLE  
PEYTON PLACE  
RAWHIDE  
RIFLEMAN  
RIN TIN TIN  
SOAP  
ST. ELSEWHERE  
TAXI  
THREE'S COMPANY  
WALTONS

# Amazing Weekend for Football Fan!



*Traino McCullum, pictured above, tells us about his fun-filled weekend in Minnesota.*

Traino McCullum, HBH client and football fan, was able to go on an amazing trip this past year!

Traino, a big fan of the Minnesota Vikings, and his HBH caregiver, Kristie hit the road for Minneapolis in September of 2011. The amazing 3 day trip was “just for fun” and included an itinerary that could tire out the best of us – but not Traino!

First, Traino got to see the animals at the Minnesota Zoo. His favorite animals at the zoo are the penguins, cheetahs and lions.

They also went to the Mall of America, attended a comedy show, and had meals at cool places like the Hard Rock Café and the Rainforest Café.

Last, but certainly not least: the main event of the trip was to see Traino’s beloved Minnesota Vikings play – especially his favorite player, kicker Ryan Longwell. Not only did he see the Vikings play against the Tampa Bay Buccaneers, Traino also got to meet the Vikings cheerleaders and get their autographs on their calendar!

Now that’s what we call a great weekend! Thank you, Traino, for sharing the story of your fun-filled weekend!



## Discover the Joy of Laughter Yoga!

Laughter is universal. It has no language, and no cultural barriers. Who doesn’t love to laugh?

Home Bound Healthcare is proud to introduce *Laughter Yoga* as a new, feel-good event to add to our growing list of Community Outreach Programs. Laughter Yoga is now being offered throughout the entire HBH service area.

### *What is Laughter Yoga?*

Laughter Yoga combines unconditional laughter with yogic breathing. Sessions begin with gentle warm-up techniques which include stretching, chanting, clapping and body movement. These help break down inhibitions and develop feelings of childlike playfulness.

Breathing exercises are then used to prepare the lungs for laughter, followed by a series of ‘laughter exercises’ that include fun, playful games. These games, along with the personalities of the group, undoubtedly lead to fits of laughter that go on and on!

### *What are the Benefits?*

According to LaughterYoga.org, Laughter Yoga can lead to an almost immediate better mood due to the release of endorphins that happens when you participate in a session. Laughter Yoga is also like an aerobic exercise, and will bring more oxygen to your body and brain, which helps participants feel more healthy and energetic. It’s important to note that Laughter Yoga is a very gentle routine, making it easy for people of all ages and abilities to participate.



*For more information, or to schedule a Laughter Yoga event, please contact your nearest HBH location.*

[www.HomeBoundHealth.com](http://www.HomeBoundHealth.com)

# Caregivers Need Care, Too!

While much of our energy is focused directly on the patient or client receiving care, it is important to remember the family members, friends, and loved ones that take on the role of caregiver when Home Bound staff is not present in the home.

Kaye Jackson, C.N.A., R.M.A. has been working directly with patients and their families for 28 years, and was kind enough to share her thoughts with readers of *Healthy Home Living*.

"It's important to remember that caregivers need care, too. A lot of times caregivers neglect themselves, and that's what can cause the burn out. You have to take care of yourself." Kaye says.

"When caregivers get burned out, they may become tired, short-tempered and frustrated – and that's not a good situation for anyone involved."

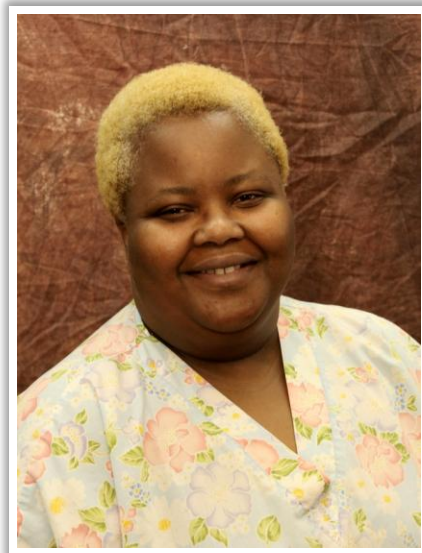
"It's one of my duties as an HBH Home Service Worker to relieve the caregiver of the front line duties for a while." Kaye shared.

Sometimes a respite from the day-to-day responsibilities of caring for a loved one is just what is in order.

"After a much needed break, caregivers come back feeling refreshed. They have a different attitude. I've seen that the clients will notice it, too." Kaye says.

While some may feel guilty about taking time for themselves, Kaye reminds us that "If there is no you, then there is no care for Mom and Dad. If you feel yourself getting frustrated or burnt out, try a different approach, and don't be afraid to take a break or call someone for help."

Kaye shared the motto she developed over years of working with, at times, frazzled caregivers.



*Kaye Jackson, C.N.A., R.M.A.*

"Every caregiver needs to know C.P.R. For caregivers, C.P.R. stands for Chill, Pause and Relax."

Thank you, Kaye, for sharing your expertise, and for all that you do for HBH clients and families!

*For more information about respite services, please contact your nearest HBH location.*

## Holiday Outing for Peoria Seniors

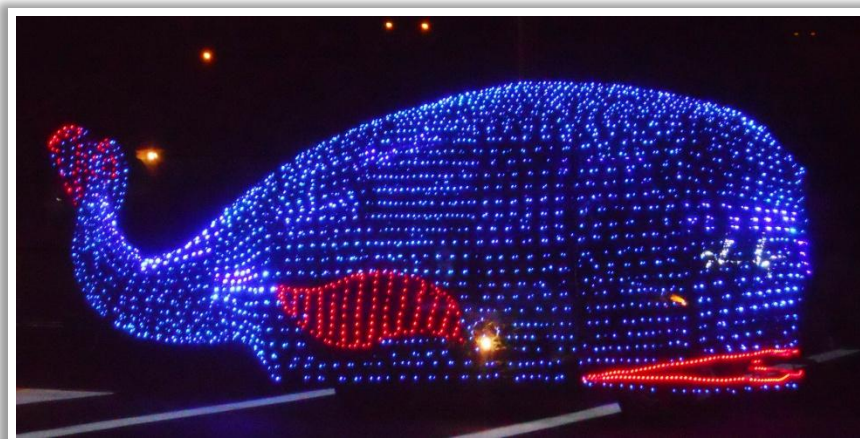
In December of 2011, tenants from Oak Woods Apartments in Peoria, Illinois went on two separate outings to view the spectacular *Festival of Lights* in East Peoria, Illinois.

The participants enjoyed listening to and singing Christmas carols on the outings. Attendees and HBH staff members also shared favorite holiday memories and talked about their favorite Christmas menus.

The *Festival of Lights* is sponsored by the Fondulac Park District and is two miles of amazing lighted structures that initially begin in a *Festival of Lights* parade.

Displays include elaborate villages, Santa's workshop, prehistoric dinosaurs, old fashioned cars, as well as a special section dedicated to our military services, and much, much more.

Thank you to those that joined in the fun!



*Photos courtesy of Katrina Barnewolt*

[www.HomeBoundHealth.com](http://www.HomeBoundHealth.com)



**Flossmoor**  
1615 Vollmer Road  
Flossmoor, IL 60422  
800.444.7028

**Princeton**  
502 S. Main Street  
Princeton, IL 61356  
877.220.8808

**Sycamore**  
1625 Bethany Road  
Sycamore, IL 60178  
877.895.9898

**Las Vegas**  
1350 S. Jones Blvd  
Las Vegas, NV 89146  
866.953.0888

**Peoria**  
7810 N University  
Peoria, IL 61614  
866.725.0888

**Hospice**  
14216 McCarthy Rd  
Lemont, IL 60439  
630.914.5140

**Springfield**  
421 S. Grand Ave W.  
Springfield, IL 62704  
877.753.2210

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Franklin Park, IL 60131  
800.444.7028

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Moline, IL 61265  
866.541.0900

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Peru, IL 61354  
877.220.8808

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Melrose Park, IL 60160  
800.444.7028

## Home Bound Client Shares Kind Words

Some months ago, I asked Monica about getting some help for my left hip. It was starting to tighten up and hurt.

My therapist, Hazel, and I worked many weeks to get me to lift my left leg off the floor.

We made it.

I can now climb stairs and I can almost lift my leg as high as anyone else.

I still have more work to be done. We have worked hard on other parts of my body and solved many little problems.

Thanks to all those who [have] helped me.

- Dorothy Kramer, Home Bound Client

Monica, Hazel, and the rest of the HBH Team would like to congratulate Dorothy on her hard work and success. Best wishes for more triumphs to come!

