

# Healthy Home *Living*

*A publication of Home Bound Healthcare, Inc.*



## Seven Years of Service!

Hello, again, to the readers of *Healthy Home Living*!

Whether you are a first time reader, or have been with us since we published the first issue almost two years ago, we hope that you will find helpful information and news inside.

This quarter we are overjoyed to celebrate seven wonderful years of providing home care services to the public! See inside to find out more about how we are celebrating this milestone with our own employees and the communities we serve.

In addition to celebrating important milestones, this quarter we are also proud to announce new beginnings, including the Grand Opening of Home Bound Healthcare Hospice, and the new charitable organization affiliated with HBH, Home Based Health Charity. You can find out more about these two organizations inside the newsletter.

Also inside, be sure not to miss the important article from Brian Cooper, Regional Social Worker from HBH, as he tells you what you need to know about Advance Directives.

As I write this letter, the weather is taking a turn for the worse (colder, that is), so please take time to read up on the flu and how important it is to get vaccinated.

Wishing you health and wellness through the changing seasons,

Amanda Maurer  
Regional Marketing Coordinator  
amaurer@homeboundhealth.com

## Have You Had Your Flu and Pneumonia Vaccine?



*Michelle Hansen, RN, Agency Supervisor and Sharon McLachlan, Office Manager, both of the Peru HBH office, gear up for a flu shot clinic in the community.*

As flu season rapidly approaches, Home Bound Healthcare staff is out and administering the vaccine to help ward off the flu!

The Center for Disease Control recommends getting the vaccine as soon as it becomes available in the community. It takes the body about two weeks to build up immunity to the flu, and that immunity will last throughout the entire flu season.

Again this year, Home Bound Healthcare locations are offering the vaccines in the comfort of home. Anyone over the age of 65 or under 65 with a disability that makes it difficult to leave the home is eligible to receive the flu shot in their home.

Home Bound Healthcare offers the vaccine at no out-of-pocket expense to those with Medicare coverage. See inside the newsletter for more information about the flu and how HBH can help.

# Home Bound Healthcare Hospice Greets Community at Grand Opening Celebration



*The HBH Hospice Team and members of the Chamber of Commerce from Lemont, Illinois gather for the hospice facility ribbon cutting.*

On September 15, 2011, the Home Bound Healthcare Hospice Team greeted the community at their Grand Opening and Ribbon Cutting Ceremony.

A full house was present for the celebration, including many public service officials and others with an interest in end-of-life care and services. Attendees toured the newly constructed facility, which includes a community resource center for those with an interest in end-of-life issues, and is also used for bereavement counseling and support. Flu shots were available to attendees, as well as chair massages offered by Home Bound Healthcare Massage Therapists.

A great time was had by all at the event, and the Home Bound Healthcare Hospice Team would like to thank the community and attendees for their ongoing support.

Michael Mutterer, Hospice Administrator, says "Adding hospice to the repertoire of services that are already offered by Home Bound is something that we feel is a natural fit. By adding this new division, we will be offering patients and families a continuum of care that is hard to find anywhere else and a quality that is second to none."

Home Bound Healthcare Hospice provides end-of-life care by empowering decisions and supporting choices, through creative, compassionate and dignified care. For more information, please call the Home Bound Healthcare Hospice headquarters in Lemont, Illinois at 630-914-5140.

## Home Bound CEU Instructors Educate Community

Home Bound Healthcare is pleased to now offer Continuing Education Units (CEUs) to Social Worker and Nursing Professionals, with a host of topics that are prepared to keep you informed and engaged!

Meet the Presenters:

Brian Weinstein, APN, NP-C, RN, MS, the Chief Nurse Practitioner

for Home Bound Healthcare will be providing education on a number of clinical topics important to those in the nursing field, including: clinical dementia, pain management, heart attack education, and many more.

Najat Williams, MA, LCPC, LNHA, Professional Geriatric Care Manager, the Clinical Director for Home Bound Healthcare will be teaming up with

Brian Cooper, Regional Social Worker for HBH to educate social workers on a variety of topics including breaking bad news, dementia care, and abuse and neglect.

For more information on setting up a CEU presentation for your group, please call 1-800-444-7028, or visit us online and click on [Contact Us](#).



*Joe Park, Director of HR & Risk Management, in Margaritaville!*

## HBH Hosts Chamber "After Hours"

On Thursday July 21, 2011 the Princeton HBH office hosted a Business After Hours event at their facility for the Princeton, Illinois Chamber of Commerce. The theme of the event was "It's 5 O'clock Somewhere!" Attendees dined on Cheeseburgers in Paradise, Volcano Nachos, and Chocolate Hurricanes. A few lucky visitors also won tropical themed door prizes.

Joe Park, Director of Human Resources & Risk Management, and organizer of the event says "A great time was had by all at the event! Staff dressed in Margaritaville attire and Jimmy Buffet music played throughout the facility. We were proud to host the Chamber Members, and feel that the After Hours was a huge success! We hope to host similar events in the future."

# HBH Offices Celebrate Seven Year Anniversary!



Home Bound Healthcare is celebrating seven years of providing communities with the highest quality of in-home care and services. To celebrate this milestone, HBH offices held Open House celebrations and invited their communities to share in the festivities.

By the time this issue reaches readers, the celebrations will have passed, so we hope you had the chance to visit your nearest HBH location to enjoy h'ors d'ouvres, touring the facility, visiting with the Home Bound Healthcare staff, the Pet Therapy Dogs and their handler, Sharon Sedgwick, and maybe even receiving a complimentary chair massage from one of the HBH Massage Therapists! Flu shots were available at the celebrations, as well as door prizes for some lucky winners!



*HBH Administrators gather for a photo before their seven-year anniversary celebrations.*



*Pictured above is a photo of the cake from the Anniversary Party at the Sycamore office.*

*Thank you for your Continued Support!*

The seven year anniversary of Home Bound Healthcare will always be special, as it marks the beginning of the new hospice division. With Home Bound Healthcare now offering a complete spectrum of care, including Home Health, Private Duty, Durable Medical Equipment, and Hospice, the HBH Team is pleased to offer additional options to clients for wherever they are in their journey through life.

As an agency that was founded by, and is owned and operated by two Registered Nurses, we never lose sight of what is important: patient care. Thank you for another great year, and many more to come!

Chris Welch, Regional Administrative Consultant for HBH says, "On behalf of Home Bound Healthcare, I would like to thank the communities that have helped us get where we are today. If it weren't for the clients and facilities that first tried HBH seven years ago, and the ones that still call on us today, we would not have been given the opportunity to provide the highest quality of care to our patients. At the end of the day, what matters most is how well you have helped someone, and we are glad to share the success of seven years of the highest quality of care with those that we serve."



*Sharon Sedgwick, Pet Therapy Handler for HBH, poses with the HBH Pet Therapy Dogs, Max and Cody.*

# Ask a Social Worker



Brian Cooper, Regional Social Worker for Home Bound Healthcare, joined the team in December of 2010. He is a Licensed Clinical Social Worker and has worked in the social service field for over 15 years. Brian's background includes work as a social worker in acute care, skilled nursing, assisted living, as well as in home health and hospice. He is also a community education presenter for Home Bound. Thanks, Brian, for sharing your expertise with readers of *Healthy Home Living!*

## Question:

## What are Advance Directives and Why are they Important?

## Answer:

Future planning, especially as it relates to our healthcare needs, is something that often falls to the way side until the moment that we or someone we love is in a medical crisis. Simply stated, advance directives are legal documents that help to ensure our wishes regarding medical care are carried out in the event that we are unable to express them. Advance directives take away the uncertainty and stress that is often times placed on family members and healthcare professionals when a crisis arises and serious medical decisions need to be made. The most common forms of advance directives are power of attorney for healthcare (POAHC), do not resuscitate (DNR), living will, and the five wishes.

The POAHC calls for an alert and oriented individual to appoint another to make medical decisions in the event they are unable to do so for themselves. Everyone should consider putting this advance directive in place, regardless of age or health status.

The DNR is a physician order that makes clear whether or not individuals would like to have cardio pulmonary resuscitation (CPR) performed in the event their heart stops or their breathing becomes labored. This order is most often associated with hospice patients or other individuals that suffer from a life-limiting illness.

A living will is a document that allows for individuals to express their desires to have life-prolonging procedures withheld or withdrawn in the event they are diagnosed with a terminal illness by a physician. An example of this would be the decision to be placed on a ventilator if unable to breathe independently.

The five wishes document was created to give individuals more control over what takes place when they are being cared for when they are seriously ill. The five wishes document takes the place of the POAHC and living will, as it allows for individuals to appoint someone to make medical decisions on their behalf and discuss life-prolonging procedures. This document takes care a step further and allows for the discussion of their personal, spiritual, and emotional needs.

If you or a loved one have any questions regarding advanced directives, how they are prepared, how to obtain them, or how to make changes to them, "Ask a Social Worker."

*Article written and submitted by Brian Cooper, Regional Social Worker for Home Bound Healthcare.*

*Social Workers are available at each Home Bound Healthcare location. To get in touch, please call 1-800-444-7028, or contact your nearest Home Bound Healthcare office. You can also visit us online and click [Contact Us](#) from the main menu on our home page.*

# Staying Healthy through the Changing Seasons

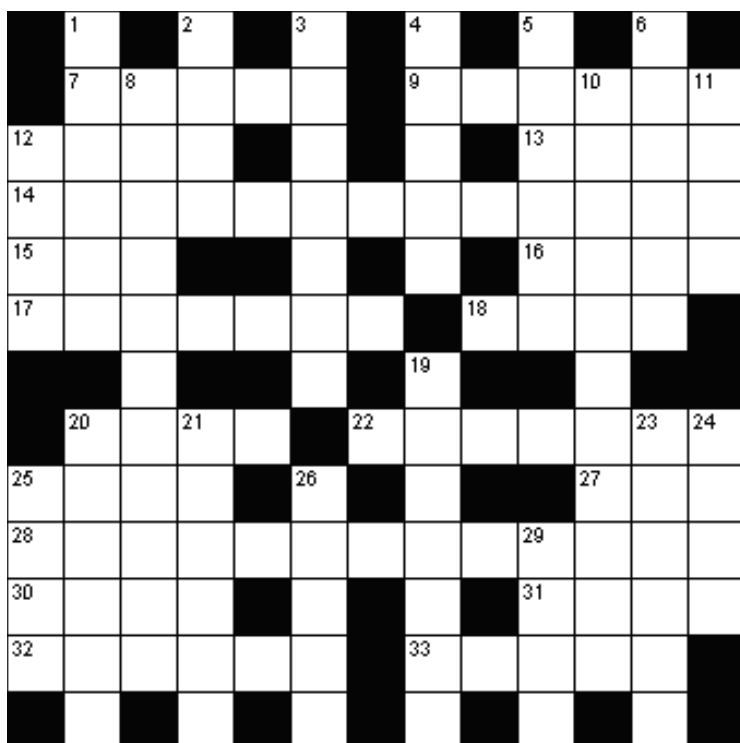
The seasons are changing, and with these changes come concern for health and safety in the upcoming months. While fall and winter can be filled with family get-togethers and beautiful scenery, these months can also, unfortunately, be times of germs, sickness, and weather related accidents. Read the tips below to learn how you can stay in top form in the upcoming months.

- 1. Wash your hands!** Hand washing is the best way to reduce the spread of germs. This time of year, there are several strains of illness going around, and many are spread through respiratory droplets. Grocery store carts, door handles, and money can be covered in these germs. Wash your hands often, especially after being out in public, and keep hand sanitizer close by for times when you cannot wash. Many stores now have sanitizing towels for carts, as well as hand sanitizer at the entrances... use them!
- 2. Stay hydrated.** In the summer months, it is easy to remember to drink fluids. As the weather cools, it becomes more challenging, but it's just as important. A dehydrated body is more susceptible to infection. Try some hot herbal tea. It may be more appealing than cold water this time of year, and the antioxidants will help ward off infection.
- 3. Eat well.** Again, in the summer, fresh fruits and vegetables are more accessible and appealing. For most, the consumption of these vitamin and antioxidant powerhouses goes up during the summer months, and dwindles as they are less available. Remember that frozen and canned veggies have nutrients, too! Try adding canned pumpkin to your oatmeal, make a big pot of vegetable soup, microwave canned or frozen veggies as a side, or add fresh cranberries to your bran muffins.
- 5. Get your flu shot.** The best way to prevent the flu is to get the flu vaccine each year. Home Bound can even administer the flu shot in the comfort of home, at no cost to those who qualify.
- 6. Recruit some help.** Don't try to do everything yourself! Remember that Home Bound Healthcare can send someone to assist with your day-to-day activities. Whether you need assistance navigating icy sidewalks, a ride to the doctor, someone to assist with meals and laundry, or all of the above and more, HBH Private Duty Services may be just what you are looking for to make it through the changing seasons. Home Care Experts at HBH are always available to discuss your needs, so please call 1-800-444-7028 or your nearest HBH location for details. You can also visit us online and click [Contact Us](#) from the main menu on our home page.



Wendy Smith, Marketing Specialist for Home Bound Healthcare of Springfield, IL.

## Be Kind to the Mind! Crossword Puzzle Challenge



### Across:

7. Evergreen Tree
9. Unfastens
12. Agitate
13. Upon
14. Amount a tablespoon can hold
15. Single unit
16. Departed
17. Kind of selling
18. Funeral woodpile
20. Sleeps briefly
22. Knapsacks
25. Drill a hole
27. Also
28. Rebirth of the soul in a new body
30. Examination
31. Steals from
32. Dining cars
33. Directed a light

### Down:

1. Plant science
2. Female child
3. Small animal
4. Gossip
5. Pertaining to a sponge
6. Cause to be out of tune
8. Person who advocates liberty
10. Data
11. Flat-fish
12. Cease
19. Person who plays the piano
20. You cannot get out this way
21. Writers
23. Peanut
24. Male offspring
25. Spawned
26. Temporary stop
29. Stepped

# HBH Announces *Home Based Health Charity*



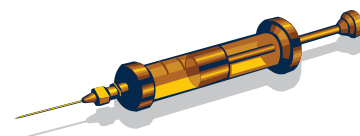
Home Bound Healthcare is pleased to announce that it is affiliated with a new charitable organization, *Home Based Health Charity, NFP!* *Home Based Health Charity* is a not-for-profit charity organization that is dedicated to providing medical support & assistance to those in need.

The charity will work to provide assistance to low-income individuals by providing home delivered meals, assistance with medical expenses and services (nursing, therapy and social services), legal services, homemaker/caregiver services, and assistance with end-of-life and funeral expenses.

In order to be eligible for assistance, individuals must meet the Low-Income criteria of the Illinois Department of Health and Human Services, the Illinois Department of Rehabilitative Services, or the Illinois Department on Aging.

To schedule a needs assessment by an experienced Social Worker, or if you are interested in volunteering your time to perform meal deliveries, to provide medical or professional services, or to make a contribution, please call 708-798-0800, or visit our website and click on [Contact Us](#).

## 'Tis the Season... To Get Your Flu Shot!



With the holidays right around the corner, our thoughts turn to family togetherness, festive decorations, and trying to find that perfect gift. In the midst of the holiday hustle and bustle, we hope that most readers will have already thought ahead and received the oh-so-important flu vaccine! For those that have not received the vaccine, not to worry, as there is still time to protect yourself and your loved ones.

Home Bound Healthcare provides the vaccine in the comfort of home to those that are over the age of 65, as well as to those that are under the age of 65 with a disability that makes it difficult for them to leave the home. The vaccine is also offered at each Home Bound Healthcare location (call ahead or walk-in). The vaccine is offered at no out-of-pocket expense to those with Medicare coverage, and is \$25 for those without coverage. Home Bound Healthcare also reaches out to the community by holding flu shot clinics at community buildings, senior housing facilities, senior centers, and with other interested organizations.

Not sure about getting the vaccine? Consider what our Nurse Practitioner has to say:

“The best way to prevent the flu is by getting a flu vaccine each year. It is especially important that those considered a high-risk for developing serious flu related complications be vaccinated, as well as those that care for high-risk individuals,” said Brian Weinstein, APN, NP-C, RN, MS, the Chief Nurse Practitioner for Home Bound Healthcare. “The groups most at risk for developing complications related to the flu are children, adults over 65, and pregnant women. In addition, people with the following medical conditions are considered high-risk: asthma, heart disease, blood disorders, diabetes, kidney disorders, liver disorders, COPD, and weakened immune system.”

Home Bound Healthcare has been providing the in-home flu shots to the community for seven years. Weinstein says, “The response in past years has been very positive. Several people said it was a tremendous help to them because they have transportation issues or health problems that make it difficult – if not impossible – for them to leave home or go out in the community to stand in line at one of the flu clinics. The in-home flu shot service will ensure those that have trouble getting around will be provided with the protection they need. We want to make sure the needs of all people are being met.”

To schedule an in-home flu shot or to arrange a flu shot clinic for your group, please call your nearest HBH location today or [register online](#) by clicking “Flu Shot Registration under the main menu on our home page!



*Dan Ortiz, Marketing Specialist gets his flu shot from Eva Baricovich, RN, Agency Supervisor, both of the Sycamore Office.*

# Home Bound Healthcare is Recruiting Therapists!

Home Bound Healthcare is recruiting Physical and Occupational Therapists! As the number of clients continues to grow, so does the need to recruit great team members. HBH has recently hired a Staffing Administrator, Yudi Rine, to oversee recruitment and retention of staff.

Yudi Rine says "I am proud to be recruiting for Home Bound Healthcare, and excited to add to the already dynamic Therapy Team. They are a driving force in our success, and we are continuously creating programs and incentives to attract, and keep, the best therapists to provide the highest levels of care for our clients."

HBH looks forward to seeing new faces and welcoming new team members to the family! To learn more about Home Bound Healthcare, to apply for a position, or to see how you can win your TOEFL registration fee, please visit the Home Bound Healthcare website at [www.HomeBoundHealth.com](http://www.HomeBoundHealth.com).



*Joey Tuason (far left) and Sheri Maurer (center), both of HBH, pose with recently graduated Physical Therapists at a recruiting event.*

## Professional Geriatric Care Management and You

Najat Williams, MA, LCPC, LNHA, is the Clinical Director for Home Bound Healthcare and is also a Professional Geriatric Care Manager. Below, Najat shares her expertise as to how a PGCM can help.

A Professional Geriatric Care Manager (PGCM) is a trained and experienced health and human services specialist who works with older adults and their families with a special focus on elder care.

A PGCM can assist with assessing and identifying problems and needs of the older adult in order to offer solutions that help with providing appropriate services and assistance. A PGCM can also arrange for in-home help, act as a family liaison by providing eldercare assistance, overseeing care, and alerting long distance family caregivers to problems that may arise. A PGCM can also assist families in identifying appropriate recommendations for placement alternatives as the older adult's needs warrant. Some of the benefits of a PGCM are personalized and compassionate services, advocacy and education, as well as a continuity of care management.

Professional Geriatric Care Managers who are also members of the National Association of Professional Geriatric Care Managers must abide by strict Standards of Practice and a Pledge of Ethics with the goal of advancement of expert assistance to older adults and their families as they deal with the challenges of aging.

*Adapted from: National Association of Professional Geriatric Care Managers.* For more information on Professional Geriatric Care Management and what they can do for you, please visit the National Association website at [www.NAPGCM.org](http://www.NAPGCM.org), or call Home Bound Healthcare at 1-800-444-7028. You can also visit us online and click [Contact Us](#) from the main menu on our home page.

## Warm Apple Cider Recipe with a Twist

Enjoy this unique apple cider recipe on a cold autumn or winter day to warm your spirit. An added benefit is that it makes your home smell wonderful!

### Directions:

In a large saucepan, combine all of the ingredients listed at right. Bring to a boil. Reduce heat and then cover while letting the cider simmer for 20-30 minutes. Discard cinnamon sticks. Serve warm in mugs. Enjoy!

### Ingredients:

2 quarts apple cider  
1 ½ cups orange juice  
¾ cup pineapple juice  
1 tablespoon brown sugar  
½ teaspoon lemon juice  
2 cinnamon sticks  
1 dash ground cinnamon  
1 dash ground cloves





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 Las Vegas, NV 89146  
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**Peoria**  
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**Hospice**  
 14216 McCarthy Rd  
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**Springfield**  
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 Springfield, IL 62704  
 877.753.2210

**Outpatient Rehabilitation**  
 2930 Manheim Rd Ste 1B  
 Franklin Park, IL 60131  
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**Moline**  
 3401 16<sup>th</sup> Street  
 Moline, IL 61265  
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**Medical Equipment and Supplies**  
 2307 West Lake Street  
 Melrose Park, IL 60160  
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**Peru**  
 4231 Progress Blvd  
 Peru, IL 61354  
 877.220.8808

**Staffing**  
 2307 West Lake Street 2<sup>nd</sup> Floor  
 Melrose Park, IL 60160  
 800.444.7028

## Employees in the Spotlight

This quarter we are shining the spotlight on a pair of employees that work great as part of a team – at the office and at home! We are, of course, referring to the husband and wife team of Joe and Kim Park!

Joe is the Director of Human Resources & Risk Management and Kim serves as the Regional Administrative Consultant for Private Duty. Both began their careers at Home Bound as Administrators, with Joe running the Peoria office and Kim heading up the Peru HBH team.

In 2010, after jobs well done, both were promoted to their current corporate positions.

Prior to joining the HBH team they worked in either Administrative or Regional Administrative positions in the long term care field, with each having over 20 years of experience in the healthcare field, respectively. Kim is also a Registered Dietician, and her expertise is a great asset to Home Bound Healthcare.

While having great professional records, Joe and Kim are also valued on a personal level by their co-workers. A co-worker shares their thoughts about Joe and Kim:

“Both Kim and Joe are always great to be around. I know that if I have questions, or just need an ear, that both will be there to listen and lend their support in whatever way they can. I’m proud to be on the same team as the Parks!”

Away from the office they are both active in the community. Joe serves as a member of the Princeton Rotary, and is a devoted member along with his father-in-law (Kim’s dad).

As a couple, Kim and Joe share a love for travelling. While vacationing, you would be most likely to find them where the sun is shining and there is a beach – probably in the Sunshine State! They also enjoy spending time with their children and families, and have a Springer Spaniel named Oliver that has a special place in their hearts.



***Joe Park, Director of HR & Risk Management, and Kim Park, Regional Administrative Consultant for Private Duty***

The Home Bound Healthcare family is proud to have Joe and Kim on the team. They are both the epitome of professionalism and are excellent resources for both their co-workers and the community. We couldn’t ask for better spokespersons to represent Home Bound!

Thank you, Mr. and Mrs. Park, for all that you do!