

# Home at Heart Care

JAMES 1:27

In-Home Personal Care & Homemaking

November 2018

## Trust:

- firm belief in the reliability, truth, ability, or strength of someone or something.

**Synonyms:** confidence, belief, faith, certainty, assurance, conviction, credence; reliance  
"good relationships are built on trust"

## Behind the scenes...

H@HC leadership is continually striving to make caregiving a positive and successful experience. H@HC NOT ONLY offers competitive wages but also offers benefits that improve the caregiver's quality of life. These benefits also provide peace of mind to those who participate.

**401k** - H@HC offers a 401k plan for saving money for retirement years. H@HC also has a match to what team members contribute, building the savings even faster

**Aflac** - Aflac will provide cash benefits in the event of an accident or illness

**Health Insurance** - Full time team members are eligible to enroll the H@HC's health insurance plan.

**Employee Assistance Program** - H@HC works closely with the Clear Waters Life Center to offer counseling and coaching to team members, clients, and their families. These services are all provided free of cost to those who need them. The Clear Waters Life Center provides:

- Conflict resolution and crisis counseling
- Anger management classes
- Chemical dependency and addictions counseling

- Eating disorder counseling
- Grief and depression counseling
- Marriage counseling
- Divorce recovery and blended family issues
- Referrals for special needs

**Vendor Agreements** - H@HC works with local furniture and automotive vendors to ensure reliable transportation and to meet family needs.

### Paid Training

- On the job - QPs (Qualified Professionals, RN's), are available to work with caregivers to help them meet the needs of the clients.
- CPR, First Aid training - teaches life-saving skills
- Person Centered, Cofe' 12 groups - opportunity for caregivers to connect with each other to discuss health, job, and life topics

**Social Media** - H@HC uses Facebook to post information, encouragement and inspiration.

For benefit details and eligibility information, contact the office.





## Early Winter Invasion...

I was driving to the office a couple of weeks ago, taking it slow because of the slick roads. I saw flashing lights of a deputy sheriff up ahead, so I cautiously passed by. Buried in the swamp grass, laying on its side, was a small SUV. There were the skid marks on the shoulder and across the highway, clearly explaining what had happened. Two thoughts came to mind. First, I was glad that I was going slow. Second, that slippery roads don't care if a vehicle has four-wheel drive.

It also brought to mind that this is a great time of year to recall all the safe driving tips that we learn so well in the winter and forget in the summer.

### LET'S MAKE A TOP 10:

1. Please slow down. Leave early and avoid the temptation to rush.
  2. Think about each intersection long before you arrive. Give yourself lots of braking time.
  3. Don't assume that the car on the crossroad will be able to stop at their stop sign. Watch them carefully, and let them slide through if they were driving too fast. As they do, note the expression on their face and think about the frustration you saved by paying attention.
  4. Identify the cars that are traveling too fast for the conditions and give them room. The car (or life) you save could be your own.
  5. The cost of an accident will pay for a set of tires. Bald looks good on men, but not on tires. Good tires will help greatly on wintery roads.
  6. Turn off your phone when driving. The pings, chimes, chirps, and beeps will take focus off of where it belongs...on the slippery road.
  7. Keep a winter emergency kit in your vehicle, with hats, gloves, a blanket, and jumper cables. There are lots of good suggestions online. Search out a few and make a kit.
  8. Don't think that four-wheel drive means you can drive as if it were summer. Ice, packed snow, and slush will show no mercy, no matter what you drive.
  9. Check travel reports before you leave. Getting stuck on the highway, in a white-out, with 843 other over-ambitious drivers is NOT what I call fun.
  10. Take all curves and turns with caution. Momentum into a turn can cause spin-outs.
- \*\*\* Bonus! Pretend you have a glass of milk on the dash. Drive in a way that won't spill it. Try it for real if you don't believe me.

*Troy*

What gets wetter and wetter the more it dries?

Answer:  
A Towel

What has hands but can not clap?

Answer:  
A Clock



Being a *Christian* is like being a **PUMPKIN**. God **PICKS YOU** from the *patch*, brings you in, and *washes off the dirt*. Then he cuts the top and **scoops out** the yucky stuff. He removes *seeds of doubt, hate and greed*. Last, He **carves you a new SMILING FACE** and puts his **light inside you to shine for all the world to see!**



**H@HC QP TEAM** Left to Right: Theresa, Roxanne, Sarah, June & Alicia

## Some new faces...

Over the last couple years, some of the H@HC QPs (Qualified Professionals, Nurses) have either retired or moved on to other opportunities. This has given H@HC the opportunity to bring a new group of QPs onboard. This has been wonderful for H@HC, bringing a variety of new personalities, skills, and opportunities to serve clients and caregivers with the same level of excellence, but in a new way.

### ALICIA

- 1 year with H@HC
- Enjoys time with her husband and 3 children, gardening, and reading.

### SARAH

- 1 year with H@HC
- Enjoys time with family

### ROXANNE

- 8 years with H@HC
- Served in Zambia as a missionary for 25 years

### THERESA

- 1 month with H@HC
- Enjoys camping, hiking, and fishing with her husband and daughter

### JUNE

- 7 months with H@HC
- Enjoys time with family, gardening, travel, has 6 grown children and 7 grandchildren

### PHYLLIS

- 5 years with H@HC
- Enjoys time with family

### OLIVIA

- 5 years with H@HC
- Enjoys scenic photography and time with her new grandson



## Hot Apple Cider

- 6 cups apple cider
- 1/4 cup real maple syrup
- 2 cinnamon sticks
- 6 whole cloves
- 6 whole allspice berries
- 1 orange peel, cut into strips
- 1 lemon peel, cut into strips

*Prep 5 min. Cook 10 min. Ready in 15 min. 6 servings*

**Nutrition Facts Per Serving:** 163 cal

1. Pour apple cider and maple syrup into large stainless steel saucepan.
2. Place cinnamon sticks, cloves, allspice berries, orange peel and lemon peel in the center of a washed square of cheesecloth; fold up the sides of the cheesecloth to enclose the bundle, then tie it up with a length of kitchen string. Drop the spice bundle into the cider mixture.
3. Place the saucepan over moderate heat for 5 to 10 minutes, or until the cider is very hot but not boiling.
4. Remove cider from the heat. Discard spice bundle. Ladle cider into big cups or mugs, adding a fresh cinnamon stick to each serving if desired.

## Mandarin Pumpkins

- 10 mandarin or clementine oranges, peeled, pith removed
- 2 stalks celery

*Prep 10 min. Ready in 10 m*

1. Cut celery into small pieces and stick a piece of celery into the middle of each peeled mandarin orange.





**Home at Heart Care**

P.O. Box 183  
221 3rd Ave S.W.  
Clearbrook, MN 56634

*Christmas  
Open House*

**Thursday, December 13  
10am-2pm**

*Come join us for a day filled with  
Holiday cheer!*

**Gingerbread Contest** – 10:45am-11:45am  
*(Must arrive by 10:45 to participate)*

**Bingo** – 12:30pm-1:30pm

*Holiday Hours*

Thursday, November 22 – CLOSED  
*Happy Thanksgiving*

Monday, December 24 – OPEN  
*9am-12pm Christmas Eve*

Tuesday, December 25 – CLOSED  
*Merry Christmas*

Tuesday, January 1 – CLOSED  
*Happy New Year*

Fax machines are on 24/7