

Home Care at Heart

JAMES 1:27

In-Home Personal Care & Homemaking

221 3rd Ave. SW • P.O. Box 183
Clearbrook, MN 56634

NEW OFFICE HOURS:

Monday – Thursday 9am-5pm • Closed on Holidays

FINGERPRINT HOURS: Monday- Thursday 9am – 4pm

Community Outreach

We had the opportunity to volunteer helping FHL Academy with a container gardening class this spring. We would like to continue helping in the communities, please send any recommendations or ideas to us at kwalberg@homeatheartcare.com.

We are getting more & more on social Media. Be sure to check out our Facebook Page, YouTube Channel, & www.homeatheartcare.com. H@HC has been posting how to videos, & blogs. You can search YouTube for Home at Heart Care Channel & watch for new icon.



OPEN HOUSE

Thursday, August 3rd 9am- 12pm
Snacks, Refreshments, & Door Prizes
Come join us in the fun!



ICLS - NEW!

As of July 1, 2017, H@HC now offers Individual Community Living Support (ICLS) services. ICLS is an Elderly Waiver (EW) bundled service that supports participants who need reminders, cuing, intermittent or moderate supervision, or physical assistance to remain in their home. ICLS is made up of the following six (6) categories:

1. Activities of daily living (ADL) support
2. Household management assistance
3. Health, safety, and wellness oversight
4. Community living engagement
5. Adaptive support
6. Active cognitive support

What is the difference from PCA or Housekeeping?

-An ICLS caregiver cannot be related to the person by blood, marriage, or adoption, be the person's landlord, or have financial interest in the person's housing.

-Caregivers must have completed 12 hours of annual training completed **before** working for an ICLS client.

-The Client must own a home or have a signed lease to participate.

Currently this is only an Elderly Waivered service, but we are hopeful the state will expand this service to other waivers as the reimbursement is higher, which will mean a two dollar premium plus some mileage reimbursement for our ICLS Caregivers.

Visit our website for more information at www.homeat-heartcare.com



Ma's Sloppy Joes

1 ½ lbs. hamburger	2 tbsp. dry mustard
3 chopped onions	1 tbsp. salt
1 chopped green pepper	½-3 tsp. chili powder
1 cup diced celery	¾ -1 cup ketchup
¼ cup sugar	½ cup water

Brown veggies in butter. Add hamburger and brown, drain. Add remaining ingredients. Simmer 2-2 ½ hours, adjusting seasoning as desired. *Simmer with lid tilted or completely removed to reduce liquid.*



Pretty Pink Punch

Ingredients:

- 2 tablespoons sugar
- 3 cups cold water
- 2 bottles (64 oz. each) cranberry-raspberry juice, chilled
- 1 can (46 oz.) pineapple juice, chilled
- 1 can (12 oz.) frozen pink lemonade concentrate, thawed
- 1 liter ginger ale, chilled
- Decorative ice mold & lemon slices, optional

Directions:

1. In a punch bowl, dissolve sugar in water. Add juices and lemonade; mix well. Stir in ginger ale. If desired, top with a decorative ice mold and lemon slices. Serve immediately. Yield: 50 servings (7-1½ quarts)



CAREGIVER/CLIENT BOUNDARIES

People have different boundaries. What one person is comfortable with or thinks is appropriate may NOT be what someone else considers appropriate. Boundaries establish and maintain a trusting caregiver-client relationship. Common reasons for boundary problems include:

- Personality styles
- Psychiatric disorders in which normal boundaries are not recognized or respected.
- Caregiver stress/burnout
- Cultural misunderstandings

Warning signs and examples of potential boundary blurring include:

- Offers of gifts from/to client/family;
- Clients having or wanting access to caregiver's home phone number, or other personal information;
- Client/family expectations that the caregiver will provide care or socialize outside of care settings;
- The caregiver revealing excessive personal information with client/family.

Note: It is important for the client/caregiver to self-reflect and consider the following questions when boundaries are approached:

- Am I treating this individual differently than I do others?
- Would I be comfortable if this action/gift offer was known to the public or supervisors?
- What emotions of my own does this individual trigger and are the emotions affecting my decision-making?
- Are my actions truly helpful for the individual, or am I acting in a manner to meet my personal needs?

Any client/caregiver not sure of the appropriate response in their situation to these questions should discuss the situation with HAHC management. Accordingly, all clients/caregivers must:

- Set clear expectations as to their role in the context of care, availability and best ways to communicate.
- Not accept gifts, cash or favors.
- Contact HAHC management when uncertain about individual's behaviors.
- Address issues as they arise with each other;
 - ◊ Acknowledge importance of feelings
 - ◊ Emphasize the caregiver-client relationship and the importance of maintaining boundaries
 - ◊ Understand that the rejection of a requested behavior does not imply a lack of caring.

Failure to maintain boundaries may lead to severe consequences including, but not limited to, disciplinary action, termination of services/employment, and criminal charges, which may affect future employment elsewhere.

Coming soon... Electronic Timesheets

H@HC is currently testing e-timesheets. You will be able to fill out, sign, and submit your timesheets by using your smartphone or electronic device. This will be a great tool for our caregivers. It should greatly reduce errors and send timesheets instantly, rather than by fax or through the mail. Please call the office if you would like to help us in the testing phase of electronic timesheets.

BRAINTEASERS

What gets broken
without being held?
a.) A promise

A man is pushing his car along
the road when he comes to a hotel.
He shouts, "I'm Bankrupt!" Why?
a.) He was playing Monopoly



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2017 TRAINING OPPORTUNITIES

2017 Cofé Round Table Sharing

- August 8 Ness Café in Erskine 9:00 am-12:00 pm
- August 22 Pinehurst Resort in Naytahwaush..... 9:00 am-12:00 pm
- September 6..... Redby Community Church..... 1:00 pm-4:00 pm
- September 19..... Perkins in East Grand Forks 9:00 am-12:00 pm
- October 17..... Aj`s on Main in Clearbrook..... 1:00 pm-4:00 pm
- November 14..... Season`s Family Restaurant in East Grand Forks.... 1:00 pm-4:00 pm

CPR & First Aid Training

(Clearbrook Office)

- September 13..... 10:00 am-5:00 pm
- October 25..... 10:00 am- 5:00 pm
- November 8..... 10:00 am-5:00 pm

Person Centered Training

(Clearbrook Office)

- October 11 10:00 am- 5:00 pm