

IN HOME CARE

*God's Way*

James 1:27

# Home at Heart Care

JAMES 1:27

In-Home Personal Care & Homemaking

FEBRUARY 2019

*Did you know?*

## EMPLOYEE ASSISTANCE PROGRAM

H@HC works with Clearwaters Life Center of Clearbrook to provide our Caregivers, Clients, & their families with FREE confidential counseling and coaching in:

- Conflict Resolution
- Anger Management
- Chemical Dependency
- Eating Disorders
- Divorce/ Blended Family
- Marriage Counseling

Call today 218-776-2789

In January, Bruce gave up his office at Home at Heart Care, but it doesn't mean he quit working. Bruce has returned to what he always loved best about the Home Care business, spending time with clients and caregivers.

Having grown up on two farms, Bruce claims both Gonvick and Clearbrook as his hometown. He's also lived in Thief River Falls, Crookston, Bemidji and Argyle and not to mention, he and his wife Audrey, lived near a First Nations Reserve near the town of Southend in Saskatchewan.

Bruce's story about starting Home at Heart Care in 2006 is on our web site, but not many know before that, he was an Airline Manager in Bemidji for 16 years. His Airline experience focused on Customers, Employees and Government Regulators, a job that prepared him for what he does

now. Prior to that he worked both as an Aircraft Mechanic and a couple short summers as a Pilot/ Crop Duster.

Often self-described as a cross between a farmer like his father and a compassionate caregiver like his mother who was an RN, he is also the loving husband of Audrey, 34 years and counting, the proud father of two, grandpa to four and counting, and above all else, a passionate follower of Jesus Christ.

If you see someone pull up in a grey GMC pickup, it's probably Bruce.



## Human Connection

I am so thankful for the Home at Heart caregivers who are faithfully providing care for their clients. This care is so important because it fulfills the most basic of all human needs. Compassionate care not only provides for physical needs, like food, care for the body, and care for the home, but it also provides for the emotional needs of love, acceptance, and dignity.

We live in an age of information and technology. We are seeing this technology rapidly growing, with increasing complexity of personal electronic devices, advances in medical breakthroughs, and the introduction of vehicles that drive themselves. We can learn almost anything we want to know by asking our smartphone. It is an amazing age to be on earth.

Medical leaders throughout our country are attempting to use these advances to increase our ability to care for those in need. A patient can visit a doctor with a computer, medical alert and GPS devices can save the lives of those who live alone, sensors can be set up in the home to monitor activities, and remote data apps can send client information to medical care providers automatically.

But with every advancement in medical technology, there is a major problem that comes with it. Technology can help provide for physical needs, but it can never replace the human connection that is needed to meet emotional needs. Technology can make caregiving more efficient, but will never bring the internal feelings of warmth, love, joy, and acceptance that every human needs. Someone could have a home filled with the most advanced medical technology, and still feel deeply alone.

My hope is that all caregivers would understand the emotional value they bring to their clients, and that the caregivers would continue to learn how to better meet those needs. Human connection that brings love, warmth, and acceptance to the hearts of those in need is the greatest of blessings. And human connection is something that technology will never replace.

Keep striving,

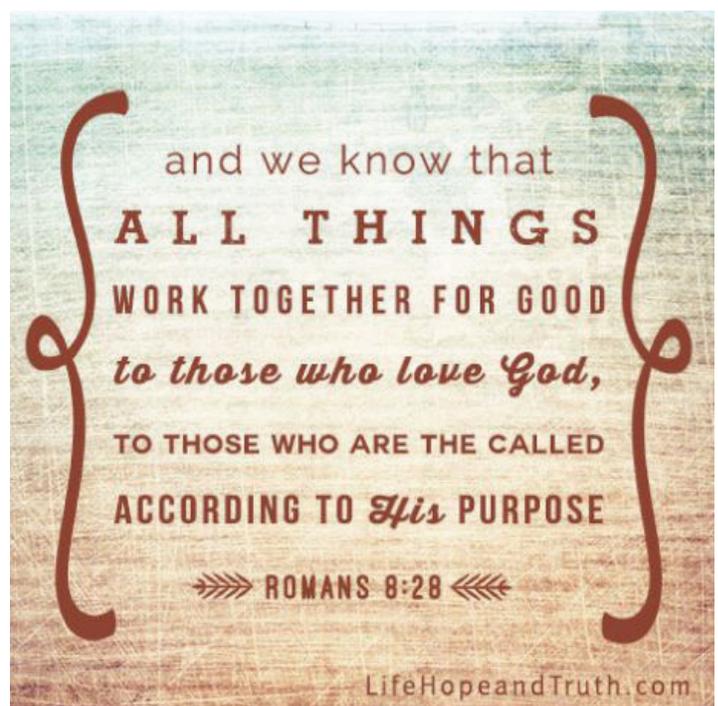
*Troy*

Some months have 30 days and some have 31 days. How many months have 28 days?

Answer:  
All of them.

## Ideas for Human Connection

- 1 Learn about the other person by asking questions.
  - Where are you from and what was it like there?
  - Who are your friends or family and what are they like?
  - What do you enjoy doing and can you teach me?
- 2 Remind them they are valuable to you and to God
- 3 Learn the kind words that are encouraging to them
- 4 Listen to them and engage them in conversation
- 5 Think about what you would hope someone would do for you if you were lonely and needed a friend.



# 2019 TRAINING

DATE	TIME	CITY	DESCRIPTION	CRED.
JAN 16	10a- 5p	Clearbrook	CPR/1st Aid/AED	6
FEB 13	10a-5p	Clearbrook	Person Centered	6
FEB 19	1p-4p	Thief River Falls	Cofe` 12	3/6
MAR 13	10a-5p	Clearbrook	CPR/1st Aid/AED	6
MAR 19	9a-12p	Crookston	Cofe` 12	3/6
APR 9	12p-3p	Erskine	Cofe` 12	3/6
APR 17	10a-5p	Clearbrook	Person Centered	6
MAY 15	10a-5p	Clearbrook	CPR/1st Aid/AED	6
MAY 21	9a-12p	Clearbrook	Cofe` 12	3/6
JUN 12	10a-5p	Clearbrook	Person Centered	6
JUN 25	1p-4p	Redby	Cofe` 12	3/6
AUG 14	10a-5p	Clearbrook	CPR/1st Aid/AED	6
AUG 20	9a-12p	Naytahwaush	Cofe` 12	3/6
SEPT 11	10a-5p	Clearbrook	Person Centered	6
SEPT 17	1p-4p	Bagley	Cofe` 12	3/6
OCT 16	10a-5p	Clearbrook	CPR/1st Aid/AED	6
OCT 22	9a-12p	Bemidji	Cofe` 12	3/6
NOV 13	10a-5p	Clearbrook	Person Centered	6
NOV 19	1p-4p	Clearbrook	Cofe` 12	3/6

## FAQ

- Q:** Why did so much tax come out of my paycheck?
- A:** Home at Heart utilizes weekly and bi-weekly tax calculations. Submitting more than two weeks of time may increase the tax amounts on that paycheck.

Submit timesheets on your weekly or bi-weekly schedule for consistent tax amounts.

*If you have a question, contact the office. It may even appear in a future newsletter. Thank you!*



Many asked about the Sloppy Joe Recipe from our Christmas Open House so we thought we would share it with you. Courtesy of Teri.

### *Ma's Sloppy Joes*

- 1 ½ Lb Hamburger
- 3 Chopped Onions
- 1 Chopped Green Pepper
- 1 Cup Diced Celery
- ¼ Cup Sugar
- 2 Tbsp. Dry Mustard
- 1 Tbsp. Salt
- ½-3 Tsp. Chili Powder
- ¾-1 Cup Ketchup
- ½ Cup Water

Brown veggies in butter. Add hamburger and brown, drain. Add remaining ingredients. Simmer 2-2.5 hours, adjusting seasoning as desired.

What word begins and ends with an E but only has one letter?

Answer: A  
Envelope



## Home at Heart Care

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### *Scripture Corner*

There has been a lot of snow across the North Country this winter. It can make for frustration and extra work, but it also can remind us of a truth from Scripture. Isaiah 1:18 states that our sins are like scarlet, but they will be as white as snow. After a fresh snowfall, the outside world can be so bright it makes our eyes squint and our head hurt. That is the picture that comes to my mind when I think about my sin

that is forgiven through Christ. My soul was tainted, stained, and corrupted because of my resistance to God. But through repentance, we are clean, forgiven, bright and white as snow. So the next time you are trying to find a reason for all those unique little ice crystals, remember God's forgiveness. It is there for those who ask Him.