

# Home at Heart Care

JAMES 1:27

In-Home Personal Care &amp; Homemaking

## TELL US YOUR HOME AT HEART STORY!

Recently on one of my road trips, I had the opportunity to hear one of our Caregiver's stories. I was so impressed that I asked her if she would be willing to do a radio commercial for us. You can hear Nancy's story on QFM radio or listen to the link at [www.homeatheartcare.com](http://www.homeatheartcare.com).

If you would like to share your Home at Heart story, email it to me at [info@homeatheartcare.com](mailto:info@homeatheartcare.com), and you might be asked to do our next radio commercial.

Bruce

## HOLIDAY NOTICES

### Memorial Day

Home at Heart will be closed on Monday, May 27th for the Memorial Day holiday. For this week only, timesheets will be due by 9:00AM Wednesday, and corrections must be in the office by 5:00PM Wednesday.

### July 4th

Home at Heart will be closed on Thursday, July 4th. Because of the short work week, timesheets will need to be submitted by 5:00PM Monday. Corrections must be in the office by Tuesday at noon. Paychecks will be available in the office on Wednesday, July 3rd.

## *Seriously?*

Since childhood, I often experienced life from a serious perspective. For instance, my brother, my cousin, and I were all playing in the barn as all young farm boys should. As in every cow barn, there is often a lot of mess laying around that requires a good pair of boots. I don't know who started the "mud" fight, but I stated very clearly that I wanted no part of it. I knew this fiasco would end in the three of us getting in trouble, and I wasn't interested. While my brother and cousin were slinging slop, they were also desperately trying to include me in the barnyard fun. I was mortified, trying to stay out of the way of the smelly assault of barn floor freshness, but the laws that govern the universe wouldn't let me get out of the situation without including me in the mess.

As we walked back to the house, I was smelly, angry, and knew we would all be in trouble, and the two jokers didn't seem to care at all. We had family visiting, so we couldn't strip down, and mother stated quite emphatically that we were not coming into the house until we were properly hosed off. Knowing I was next, I watched in horror as my dad rinsed the other two with the cold well water. Their hair, ears, and even their pants pockets

receive a good washing, while their enthusiastic screams pierced my very soul. When it was my turn, I was blubbering, crying, and yelling that I had tried to stay out of it and didn't deserve what the other boys received. I was such an emotional wreck.

My dad showed me some mercy, and although I was rinsed off, it wasn't as intense of a washing as the other two received. I was angry for a quite a long time that they included me in the mess against my will.

Looking back, I have a different perspective. I would have preferred that I would have not been so worried about getting into trouble. I could have had some lighthearted fun, but my serious attitude stole my joy. Going forward, I hope to learn from this memory and not take all of my situations so seriously. There are certainly times to be serious, but there are also times to calm down and have some fun. It is about time that I learn

the difference, and I am serious about that.

Keep striving,  
*Troy*



## HOME AT HEART CARE SERVICES *What we do definitions*

**Personal Care:** Personal Care Assistants help clients with Activities of Daily Living and must be with their clients, performing cares for their client, to claim time for their client.

**Homemaking:** Homemakers who work for clients receiving Homemaking-Cleaning Services are restricted to Cleaning and Laundry Services in the client's Home only.

Homemakers who work for clients receiving Homemaking-Home Management Services may do shopping and errands as instructed on the client's care plan in addition to Cleaning, Meal Prep and Laundry Services. (245 D Service)

**Individual Community Living Support (ICLS Services):** ICLS is a DHS service provided by Home at Heart Care for seniors on Elderly Waiver that combines Personal Care, Homemaking-Home Management and Transportation. (245 D Service)

**Respite:** Home at Heart Care offers In-Home Respite for recipients that are approved through a Waiver. (245 D Service)



## OOF-DA SATURDAY AT THE FAIR WITH BRUCE

Clients who have had trouble traveling to our open houses have suggested that we have an open house closer to them to make it easier for them to see us. This year I said "OOF-da let's do that!"

If you are a current Caregiver wearing a Home at Heart Logo, we will give you a 2019 Logo T-shirt or Hat and a \$10 OOF-da Taco Voucher, on Saturday while supplies last, either at the Beltrami County Fair, north of Bemidji or the Pennington County Fair in Thief River Falls.

We also know we have a lot of supporters out there and we would like to thank you as well. If you are one of them, bring this newsletter or wear our company logo and you can get an OOF-da Taco voucher good for \$10 and a company T-shirt as well. *(While supplies last.)*

We hope to see you there. - Bruce

**Save the date for OOF-da Tacos with Bruce and wear your Home at Heart Logo.**

- Saturday, **July 20** from 12pm-6pm in Thief River Falls at the Pennington County Fair Grounds
- Saturday, **August 10** from 12pm-6pm in Bemidji at the Beltrami County Fair Grounds

## Person Centered Training Comments

You may have noticed a couple things Home at Heart Care has been doing differently in our Person Centered Training. Because we value each of you, we asked our participants to answer two separate questions on blue cards. One of the questions is what do you find as the "Most Rewarding Caregiving Experience" and the other "Advice for New Caregivers." A huge thank you to all of you for being an important & vital part in making the difference in the lives of others. *(The card responses and pictures are not required as part of the class and are voluntary.)*

For those who still need to complete your 2019 Training I can be reached at 218-776-3508.

Please note: the June 25th, Cofe' 12 Class in Redby, updated time change is 8:30am to 11:30am

*Trusting in His goodness,*  
Lisa Hanson, Wellness Mgr. /Training

## MOST REWARDING CAREGIVING EXPERIENCE

- ♥ Knowing that I'm part of the reason the client is able to stay in their home.
- ♥ Being able to relieve exhausted family members. Calming & caring for dementia client who was very scared because she could not remember anything.
- ♥ Receiving hugs from clients that I serve, it means a lot to me.
- ♥ Making new friends with other caregivers and being able to keep giving.
- ♥ Knowing that the person feels safe when I am there. Being told I was like a daughter.
- ♥ The moment you and your client gained trust, its' hard to let someone in your home. And knowing that you helped someone in need.
- ♥ Being the 'eye's for him - he is almost blind - but had eyesight all his life, says it's different through some else's eyes.

- ♥ Coming together @ H@HC and being with each other, this acknowledges others are going through same things. Gain strength & knowledge from each other knowing its faith based.
- ♥ The most rewarding is to see the positive affect on her mood & depression.
- ♥ Knowing I was able to positively impact some else's life.
- ♥ The smile at the end of the day.

## ADVICE FOR NEW CAREGIVERS

- ♥ Be patient. Ask questions. Reread policy manual. Follow instructions. Document significant things. Be flexible.
- ♥ Be the best caregiver you can be. Listen to your client, be friendly, willing to listen, be a friend.
- ♥ It's a very rewarding job helping the elder & disable. I like the flexible hours.
- ♥ Finding out how they want the laundry hung or put away. What doesn't that person like, food, subjects, TV shows.
- ♥ Make your job very important and do the best you can do.
- ♥ To set boundaries with your clients. And to think positive! Be friendly/honest. Care with dignity and Grace. Have FUN! Communication is KEY!
- ♥ I would advise Home at Heart because of their kindness.
- ♥ Treat client as you want to be treated.
- ♥ Listen and learn from your client.
- ♥ Enjoy the opportunity to improve someone else's quality of life while enriching your own.
- ♥ Home at Heart is a great company to work for. They have a caring staff. When you reach out to others to help them, it blesses your life so much and takes focus off yourself. It's the best place I ever worked. God is good.

*Lisa*





## STAY HYDRATED

My Mother used to always ask me, "Have you had your vitamins today?" But now the question is "Have you had your water today?"

Most don't realize how important water is and that it is an essential part to good health. Dehydration can be the cause for many ailments. Muscle cramps and feeling dizzy are just the beginning. Many headaches could be a result of being dehydrated.

Severe dehydration could include any of the following; sleepless nights, lack of energy, and confusion. Some may even experience rapid breathing, rapid heartbeat, even fainting. These could lead to a trip to the doctor or even a medical emergency.

Avoiding these, could be as easy as a glass of water with each meal. Enjoying more fruits and vegetables can also

help you get the fluids you need. Their high water content will add to your hydrating efforts. Approximately 20% of our bodies' hydration come from the foods we eat. Eating fruits and vegetables as a nice snack is an alternative to drinking your water. Watermelon and grapes for example are one of the great fruits you could try. Adding a little flavor to your water may help you drink more. Ever try a slice of lemon or orange?

So stay hydrated folks!! Spring is right around the corner, it's a perfect time for some good old fashion lemonade.

*Kimberley*



## SEAT: CLUES TO BEHAVIOR

H@HC promotes the use of positive behavioral supports (PBS). The state of MN ([edocs.dhs.state.mn.us/lfserver/Public/DHS-6810C-ENG](http://edocs.dhs.state.mn.us/lfserver/Public/DHS-6810C-ENG)) explains that PBS starts with respect for each person and a commitment to understand what someone is telling us through challenging behavior. One way we can "listen" is to look for clues using the **SEAT** acronym:

**SENSORY:** Do certain smells, foods, lights, or noises make the person uncomfortable? Do they prefer quiet moments or busy places? Are they needing to move and be more active? Are they feeling sick?

**ESCAPE:** Is the person trying to get away from something? Are they avoiding someone? Is the task frustrating?

**ATTENTION:** Is the person looking for a reaction? Are they trying to be noticed? Are they struggling to explain something?

**TANGIBLES:** Is there an item that the person wants? Is it a specific activity?

What other clues have you discovered—both in yourself and in the people around you? I'd love to hear your ideas the next time we meet!

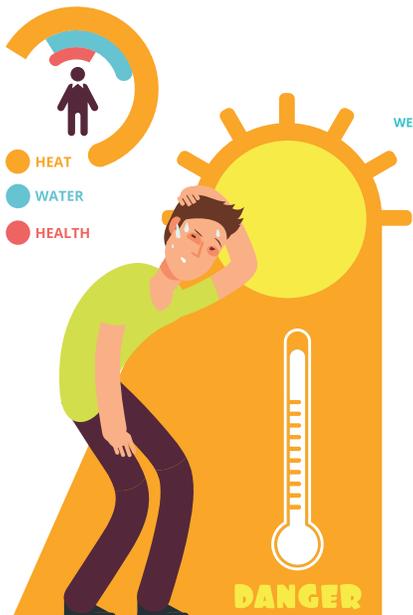
The goal of PBS is to create a positive environment that supports positive behaviors and well-being. Our first step is to partner with the person to understand their needs and wants.

*Next time:* Positive Ways to Help Someone Meet their Needs and Wants



*Sarah*

## HEAT STROKE



### PREVENTION



### STROKE STATISTICS



### SYMPTOMS



First, Last  
Address  
City, State Zip

## *Gospel of John Problems*

Here's a confession on my part. When I ordered the Gospel of John books, I didn't just mistakenly double order; I double, double ordered. I'm sure we still have thousands left. We will be giving them out to employees and clients for a long time to come. We had them printed in the easy to read NLT translation with our mission, vision, and values on the back. Our core values of Trust, Compassion, Responsibility and Hospitality are values we can ask everyone to adhere to, regardless of personal belief, religion, or even what they think of this Gospel of John. But I hope you think of this Gospel as a gift, not as a requirement to read. From what I've heard, there are at least four problems people have with reading this Gospel:

### **1. AN UNBELIEF PROBLEM.**

As in believing God was talking to everyone except "me." If we don't personally believe that "everyone" includes me, we will miss it. As this famous quote from Jesus on page 7 says' "For God loved the world so much that he gave his one and only Son, so that everyone who believes in him will not perish but have eternal life." John 3:16

### **2. RELIGIOUS PRIDE, OR COMMONLY CALLED, "I'M A GOOD PERSON" PROBLEM.**

We think we have religion all figured out. Our heart is not repentant of sin, because we don't see our own sin, nor ask Jesus for forgiveness. Scolding the religious know-it-alls, Jesus said on page 13, "You search the Scriptures because you think they give you eternal life. But the Scriptures point to me! Yet you refuse to come to me to receive this life." John 5:39-40

### **3. GUILT PROBLEM.**

Like me, most of us have messed up. Some of us really bad. We are broken and we know it. Our own guilt (condemnation) haunts us. Even reading the Gospel of John can add to our guilt if we only see the do's and don'ts. That is, unless we recognize Jesus as the cure to our guilt. On page 13' Jesus said' "I tell you the truth, those who listen to my message and believe in God who sent me have eternal life. They will never

be condemned for their sins, but they have already passed from death into life." John 5:24

### **4. IGNORING THE PROBLEM.**

Everyone only has so many days and even fewer days are spent contemplating the important issues of life. Sometimes we put off the most important. Listen to the urgency in our Lord's voice in this verse on page 22. Jesus said, "You are from below; I am from above. You belong to this world; I do not. That is why I said that you will die in your sins; for unless you believe that I Am who I claim to be, you will die in your sins." John 8:23-24

My prayer is that everyone who reads the Gospel of John will:

1. See the Bible not as a rule book or story book, but for helping everyone understand their need to believe in Jesus Christ and that Jesus is God's only fix for my sin and the true source of life.
2. Yes! "Come to Jesus!" Pray, Pray and Pray! Repent of sin, ask for forgiveness and healing, and express to God your belief in Jesus Christ.
3. Follow him, spend time in prayer, study what Jesus said and what the rest of the Bible says about Jesus, and then learn to love God by doing what he says as he puts a new spirit in you.
4. Tell others about Jesus. And if you need some Gospels of John to give away, just ask. We have extra.



God Bless You All,  
*Bruce*

*P.S. There's a fifth problem too, and that's if you don't read it. The Apostle John on page 51 said that; "Jesus' disciples saw him do many miraculous signs besides the ones recorded in this book. But these are written so that you may believe that Jesus is the Messiah, the Son of God, and that by believing in him you will have life" John 20:30,31*