

Home at Heart Care

JAMES 1:27

In-Home Personal Care & Homemaking

IN-HOME CARE,
God's Way
James 1:27

THE "APPRECIATION 3-STEP"

A great way to let someone know you care

One of the best ways to let someone know you care is to remember the events in their life.

The 3-step begins by asking a friend or loved one about their plans for the evening or weekend. The second step is to make a mental note to remember their plans. Try imagining them doing it or write it down to make it easier to remember. The last step is to follow-up with them about their plans. The next time you see them, simply ask them about the event. They will be delighted that you remembered something about them and you will have proven your appreciation for them. Using this method give you more fulfillment in your relationships.

Don't get discouraged if the "Appreciation 3-step" doesn't come quickly. New habits are hard to learn but will become easier if you keep practicing.

"5 STAR" CAREGIVERS ★★★★★

The quality of businesses, products, services, and books are often rated by stars. 5 stars is the very best, and everyone is looking for how to improve their star rating. Home at Heart Care doesn't rate caregivers by stars. But if it did, there would be many "5 Star" caregivers working for H@H clients.

These are some of the qualities of a "5 Star" caregiver:

1. They show up at their client's home on time and according to schedule
2. They only submit time for the hours they are providing cares for their client
3. They get to know their client and demonstrate the H@H values of trust, compassion, hospitality, and responsibility
4. They maintain a professional appearance when working
5. They fill out their timesheets daily and send them to the H@H office according to schedule
6. They show up to orientation and evaluation appointments on time
7. They complete all required training and submit necessary documentation according to schedule
8. If they know they are going to be late for a visit or have a change in plans, they call their client right away to update the schedule
9. If they have questions or concerns, they call their supervisor
10. They are friendly and cooperative with their clients, supervisors, and office staff
11. They are careful how they represent themselves in public and online, because they are giving H@H a reputation by how they live and what they say

To all the "5 Star" H@H caregivers out there: Great Job! You are making a positive difference in the lives of others. Way to go!

Home at Heart Care is seeking for caregivers throughout Northwest Minnesota who would like to join the "5 Star" team. Apply online today at HomeAtHeartCare.com.

BLESSINGS ON PHYLLIS' RETIREMENT



We knew it was coming, but it is hard to say "good-bye." With mixed emotions, we announce the retirement of Phyllis Neuschwander, our area coordinator working with homemakers in Pennington and Marshall counties, as well as previously with Lake of the

Woods, Kittson, Red Lake and Roseau. Phyllis came to Home at Heart Care from Tri-Valley in 2013, and we have so enjoyed working with her, learning from her, and depending on her to keep things in order for the services in the area. All who have worked with her are aware of her energy, patience, commitment to detail, and unfailing concern for her clients and caregivers. We also know how important family is to Phyllis, and we trust that giving up her role with Home at Heart Care will allow her to spend more time with that part of her world. Thank you, Phyllis! We wish you well with this next step!

CAREGIVER OPPORTUNITIES

Home at Heart Care is working on ways that our caregivers can make a positive impact in their community and in their clients' lives. In the same manner, we hope our clients may find value in their participation in their community and their circle of family and friends. The conversation starters that we included in the newsletter are one way to reach this goal. We are also thinking of ways our caregivers and clients can connect with others - verbally, in writing, in person, online. We are seeking volunteers to help us create a program of outreach and communication - caregivers that are already connected to friends and family, or caregivers that are seeking ways to make connections. Please contact the office if you would be interested in participating in this volunteer group/effort.

Refer-a-friend bonus is doubled through August 31! Contact the office for more information.



FREEZING FRUIT FOR THE WINTER

Few treats are tastier and healthier than a fruit smoothie or other fruit desserts, but buying fruit in the winter can be costly. You will save money on fruit if you buy it in bulk during the summer and freeze it. You will need plastic freezer bags or quality canning jars to store your prepared fruit.

Strawberries, peaches, cherries, blueberries, and raspberries all freeze well and are available in bulk during the summer at grocery stores or u-pick farms.

Strawberries and peaches will take up less space in the freezer if they prepared by cutting them into smaller pieces. Cherries need to be pitted, and blueberries and raspberries can be frozen whole.

Sugar or another sweetener can be added to the prepared fruit, if desired.

Simply take your prepared fruit and place it into your bags or jars, leaving room for expansion when the fruit freezes. Place your containers into the freezer you are done.

Now you have quality fruit ready to eat, whenever you like. So yummy!

Quick tip... If you have an overripe banana and don't know what to do with it, peel it and put it in a freezer bag. Pull it out and blend it into a fruit smoothie to add variety. Be careful not to use too much ripe banana, it has a strong flavor and will overpower the other flavors if you use too much.



HAPPY
Birthday
TO

Home  Care
at Heart JAMES 1:27

This July, Home at Heart Care celebrated 15 years of service.

Thanks to everyone who have worked so hard to make it possible.



SUMMER FUN

Minnesota summers are too short. Here are some tips for making the most of your summer before it slips away.

1. **Get good sleep.** You will feel better and enjoy your day more when you are rested.
2. **Get outside.** We are often cooped up for most of the winter and our bodies will feel better when active and breathing the fresh outdoor air!
3. **Enjoy the sunshine.** Our bodies use sunshine to produce Vitamin D. Make sure to use sunscreen for prolonged exposure to the sun.
4. **Drink lots of water.** The warm air dries us out, so pay attention to how much water you drink. Health organizations recommend each person drinks at least eight (and up to sixteen) 8 oz. glasses of water every day.
5. **Try different activities.** You never know what you will enjoy, and a different activity could be lots of fun!
6. **Get together with loved ones.** Summer activities are even more fun when shared with friends.

There is still lots of time for summer fun:

- Build a slip 'n slide
- Backyard camping
- Make ice cream
- Have a picnic at a local or state park
- Climb trees together
- Check out the local county fair
- Backyard stargazing
- Meet friends at the local playground or park
- Build an obstacle course in the backyard
- Sidewalk chalk murals
- Bike rides
- Have a water balloon baseball game
- Have a bubble gum bubble blowing contest
- Fly a kite
- Go fishing



BIBLE TRUTH

The Bible states in Acts 20:35 that Jesus Christ said we are more blessed to give than to receive. This is so different than the message we hear in the news, from advertisers, or what even makes sense in our

own brains. It seems that whenever we receive something, we are blessed with the feeling of happiness because we have more than before. When we give, we should feel a sense of loss as we lose something to someone else, and now we have less.

But here is another way to look at it. What does it mean to be blessed? Are we talking about immediate happiness, or long-term fulfillment and joy?

Receiving a new possession may make us feel happier right away, but that happy feeling wears off rather

quickly. Then we need more to feel happy again.

But when we are the giver, we give up a possession in order to make someone else feel happier. We receive the long-lasting feeling of joy because we did something kind for someone else and made their life a little better. And then we learned a little-known truth that the more we give to others, the better we feel about ourselves. Feeling good about ourselves is one of the greatest blessing of all.

Keep giving and be blessed!

H@H VALUES: TRUST, COMPASSION, HOSPITALITY & RESPONSIBILITY

Make a memory with Hospitality

Clients and caregivers have a unique relationship. Sometimes you share other relationships – family, friends, neighbors, friends of friends, etc. Other times your first introduction was with the caregiver starting work with Home at Heart Care. As you know, HOSPITALITY is a core value for Home at Heart Care. This means “we make the most of every opportunity we are given to help someone feel valued and loved.”

To foster that value, we seek to expand the relationship between our caregivers and clients. We always need to respect boundaries, but we want the relationship to grow between our caregivers and clients – to get to know each other better, to be aware of the needs and concerns of each other, to know how better to perform one’s cares to meet even the unspoken needs and requests, to be considerate when asking for help and providing help to make the roles easier for each – caregiver or client.

One way we can facilitate relationships, is through discussion. A starting point would be to consider one’s history – see below. We’ll be sharing additional topics/categories in future newsletters. These discussions should be conversations, not interviews – share information back and forth – you can choose just to talk, or perhaps to write down the information for future dialogues, or even to create a permanent memory book.

Ask About Family Roots

Start at the beginning by asking questions about family roots. For example, where were your parents and grandparents from? How did they come to be here? What jobs did they have? Did they have brothers and sisters? Did your parents have any hobbies? Ask them to recall a specific memory of their mother and father. Are there any famous or notable ancestors in the family? What are some important elements of their heritage that they would like passed on to future generations?