



A Message from Our CEO & President, Ron Hogan



Figure 1: Ron Hogan, CEO, Inspired HomeCare

There is much joy and satisfaction in hard work, especially when the results are good. Our team has been working diligently behind the scenes to grow our service offerings so that we may provide more access and better service for our patients. Happily, that hard work has produced very exciting results. In the Fall of 2021, our company was blessed to add Inspired HomeCare agencies in Arizona, Illinois and Maryland through the purchase of agencies previously known as Health at Home.

Recently, in mid-January 2022, we finalized the purchase of a new hospice agency, St. Johns Hospice, now known as St. John's Hospice & Palliative Care, a subsidiary of Inspired Hospice Holdings. The hospice agency is located in San Antonio, Texas, is Medicare certified, Texas licensed, and CHAP accredited.

The addition of St. John's Hospice complements our SA Nurses Home Health agency which provides home health and clinical research support services in the San Antonio area.

St. Johns Hospice Medical Director is Dr. Manuel A. Estrada, a Board-Certified Internist and Hospitalist in the San Antonio area, with several years of hospice and palliative care experience. Staff includes Administrator and Director of Nursing, Vicki Layton, MBA, RN; and Alternate Administrator, Raquel Rodriguez, LVN. Gilbert Solis, Maddie Manahane, and Maria Garcia will provide business and in-take support for hospice services, as they have so capably done for our SA home health services.

It is our mission to passionately deliver the highest quality healthcare to our patients. Our overall growth and the high-quality of home care our agencies provide has positioned our company well to add hospice to our suite of services. We are blessed to have the opportunity to provide love, touch, and comfort to our hospice patients, while continually providing high-quality skilled home care, private duty services, and clinical research support throughout our Inspired network. ~Ron Hogan

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– Get Moving!

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Glaucoma Awareness

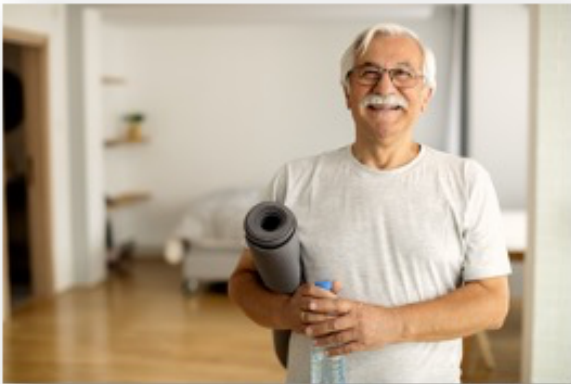
Crossword Answer
Key

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HAPPY NEW YEAR!

The new year means new resolutions to make our lives better. It's the time when families tell themselves: "This year will be different. This year we will get outside more. We'll ride bikes, take long walks, play more sports, exercise more, and become like those fitness gurus we see on television." And by the second week in February, many abandon all their exercise equipment, add more power to their internet plan and buy an extra season of "It's Us" or whatever they call that show. In fairness, not everyone shares this same experience. Many families and individuals enjoy regular activities involving some form of exercise.



For some, the thought of beginning an exercise routine may be a little daunting. Reasons for this vary and may include not having the energy or strength to exercise, arthritic joints, or other underlying health conditions. Yet, any amount of exercise done on a regular basis will benefit the body, mind, and spirit in some way. The problem is that many of us start too large and give up before we have a chance to see any benefits.

For those of us who make a career of avoiding exercise, here are some easy tips for a stronger, healthier life.

Start small. Take two small dumbbells, or two cans of vegetables (or whatever – keep them the same weight) and start doing several lifts with each arm. Do this several times during the day.

Add to it. When you feel ready, add leg lifts – several at a time – several times a day.

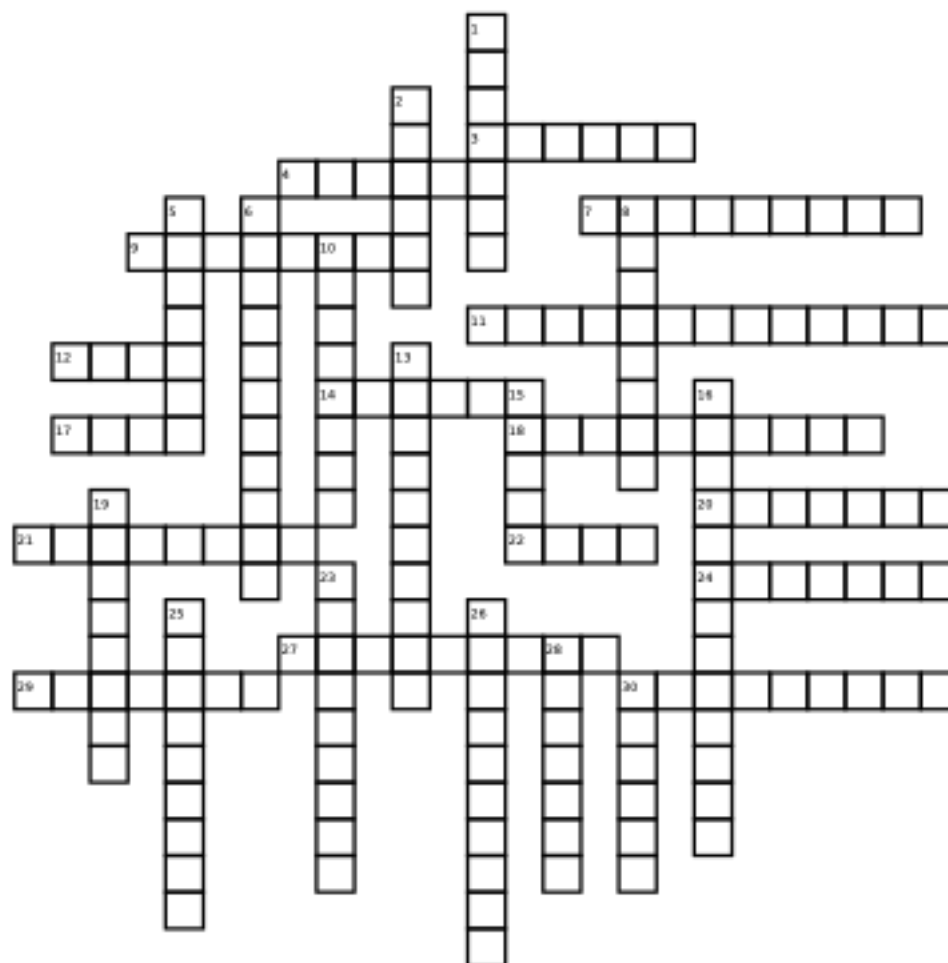
Build onto it. Build onto that routine with a short walk around the inside of your living quarters a few times a day. After a couple weeks, add a brisk walk outside, weather permitting, or walk briskly in place for five full minutes, along with your other exercises.

Keep it going. Pretty soon, you'll find that your arms and legs feel stronger, you're able to walk further and do more. Adding simple exercises, done multiple times a day, every day, will improve your health and enhance your life.

Ultimately, work toward at least 30 minutes total exercise of some sort every day. Keep it up and add to your exercise routine as you find more energy. Soon you will find that you are enjoying a stronger, healthier you and a better quality of life.
~Diana Porter



JANUARY/FEBRUARY 2022 CROSSWORD PUZZLE



Down:

1. what you have when you can stand on one leg without falling
2. the heaviness of a person or thing
5. a person who is very good at sports, especially one who competes
6. able to see near things more clearly than distant ones
8. physical activity used to improve health
10. eye disease with symptoms that are often unnoticed
13. the act of stopping something from happening
15. relating to the eye
16. firmness of purpose
19. a short bar with a weight on each end that you lift up and down
23. state of feeling pleasure or contentment
25. the ability to sustain prolonged activity
a formal expression of intention, often for
26. the new year
28. a regular series of things that you do at a usual time

Across:

3. once a year
4. another word for eyesight
7. an act of discovery
9. the quality or state of being strong
11. complete and including everything that is necessary
12. to trust and wait expectantly
14. physical exercise that increases the rate at which your heart works
17. a step made in walking
18. successful, flourishing or thriving
20. to improve the quality, amount, or strength of something
21. often considered "the best medicine"
22. to make someone with an illness healthy again
24. a vague feeling of bodily discomfort
27. the job of examining people's eyes
29. the condition of being allowed to do, say or think whatever you want
30. the act of identifying a disease from its signs and symptoms

GLAUCOMA AWARENESS



January was National Glaucoma Awareness Month, serving as a reminder to schedule your annual eye exam.

Glaucoma is the number one cause of preventable blindness in the US, and the second leading cause of blindness in the world. According to the Glaucoma Research Foundation (GRF), glaucoma symptoms are not always noticeable, and the condition progresses slowly. In fact, most types of glaucoma create no discomfort and because vision loss is often associated with aging, subtle vision changes may go unnoticed. That is why annual eye exams are so important.

The most effective way to test for glaucoma is with a comprehensive dilated eye exam. While there is no cure for glaucoma, early detection and treatment can often prevent significant damage and protect your vision.

Everyone, from babies to seniors, can get glaucoma. African Americans are at greatest risk for glaucoma and are 15 times more likely to get it than Caucasians.

Other high-risk groups are people over 60, people who have family members with glaucoma, and those who are severely nearsighted.

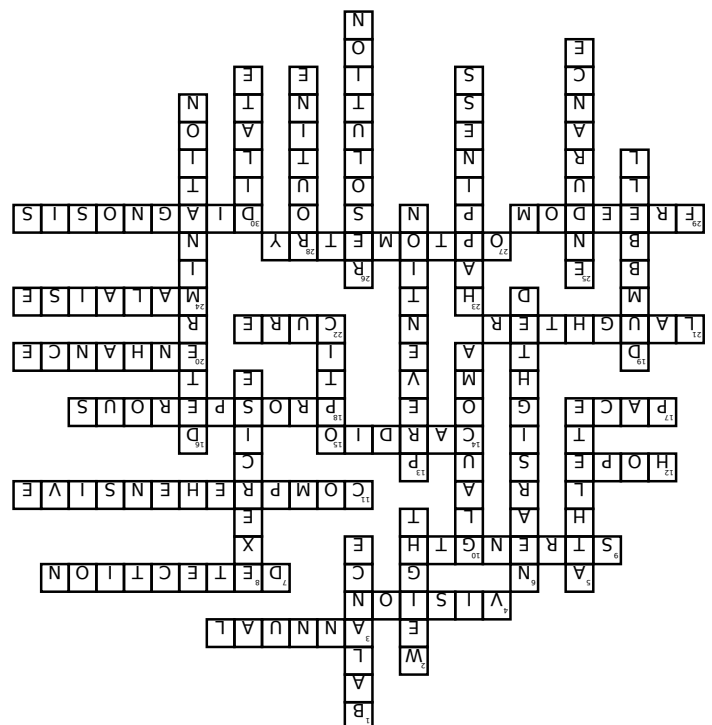
The GRF says that over 3 million people in the USA have glaucoma but only about half of them know they have it.

When left untreated, glaucoma can cause blindness. However, there is hope. With early detection and treatment, 90% of people with glaucoma can maintain their vision. The first step to prevention is diagnosis. So, if you haven't already done so, schedule your annual comprehensive dilated-eye exam right away.

Visit glaucoma.org to learn more.

~Diana Porter

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THE BLESSINGS OF HOSPICE CARE

by Diana Porter



Hospice is a word that strikes fear into the hearts of many people – but it can be a blessing. Recently, my 91-year-old mother was prescribed hospice by her doctor who verified that her condition was beyond a cure. My aunt, mom's sister, was terrified. My sisters and I, while praying for a different result, had researched hospice and learned that hospice can be a true blessing to the patient and to their loved ones.

My aunt saw hospice as a death knell with a very short time left to live and she did not want to lose her sister. Most of the people she has known who were placed on hospice services died within

a very short period of time. While it is true that hospice care is for a terminally ill person who is expected to have six months or less to live, hospice care can be provided for as long as the person's doctor and hospice care team certify that the condition remains life-limiting.

Our research showed that some patients actually improve over time and are taken off hospice. Many do pass away quickly once placed on hospice because they were placed at the very last minute possible. People tend to postpone hospice as long as they can because, like our aunt – they see hospice as an immediate death knell. But it doesn't have to be that way. We learned that hospice could give our mom relief from her pain and accommodate joy in her life for the remainder of her days on this earth. That was our prayer for our mom.

Mom has had difficulty for many years and her pain has gotten steadily worse to the point that one day, quite suddenly, she was no longer able to walk at all, even with a walker. She was in such pain that nothing seemed to help and moving even the slightest bit was excruciating. She needed help but her condition was not an illness from which she would recover.

Hospice is not intended to “cure” a disease but instead is intended to help people live their lives to the best of their ability. It helps both the patient and their family adjust and adapt to the changes caused by their disease or condition. Now that mom is on hospice, she has the medications she needs to alleviate her pain. She has her own RN overseeing her condition coming on a weekly basis – more often or less often, as needed. Mom has a CNA who helps her with bathing a couple days a week also on the schedule we request. She has a social worker who has helped us find additional services for mom, as well as a chaplain, and a music therapist, all of whom are available when she requests them. An MD keeps a close eye on mom's condition to ensure she has the medicines she needs, and they are provided via the hospice agency. Medical equipment like a hospital bed and a Hoyer lift, along with needed undergarments, wipes, and other supplies, are provided through and delivered by the hospice agency. These are just some of the many services available through hospice.

Thanks to hospice, our beloved mother is able to stay in her downstairs apartment in my sister's house where she has lived for the past ten years. All four of her daughters live near enough that she has someone in the house to help her 24-hours-a-day. Mom says that she is blessed beyond measure. Her daughters, our aunt, and all mom's loved ones, are grateful for hospice. Thanks to hospice, mom is comfortable and enjoying her life. Hospice has been an answer to our prayers and is truly a blessing for us all.

To learn more about hospice, visit National Hospice and Palliative Care Organization's website at <https://www.caringinfo.org>.

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KNOW THE SIGNS OF A HEART ATTACK

by Diana Porter



Every year in the US more than 800,000 people have a heart attack. That is one heart attack every 40 seconds. Twenty percent of heart attack victims experience what is called “silent heart attacks.” These are people who are unaware that they even had the attack, but the damage is done, according to the Centers for Disease Control and Prevention (CDC). However, most people who have a heart attack are hospitalized. Tens of thousands of those people recover and go on to enjoy productive lives.

Of course, the best way to handle heart attacks is to prevent them completely. But the next best thing is to recognize the symptoms of a heart attack in its beginning stages so that less damage is done, and there is a better likelihood of recovery.

Even though some heart attacks are sudden, most start slowly. **If you experience any of these symptoms, call 911 immediately:**

- ◆ **Chest discomfort that lasts more than a few minutes or that goes away but comes back with pressure, a “squeezing feeling,” fullness, or pain,**
- ◆ **Pain or discomfort in one or both arms, back, neck, jaw or stomach,**
- ◆ **Shortness of breath, with or without chest discomfort,**
- ◆ **Breaking out in a cold sweat,**
- ◆ **Feeling nauseous, lightheaded, or unusually tired (more often in women).**

In some cases, cardiopulmonary resuscitation (CPR) or using a defibrillator to send electrical shock to the heart may be needed to get the heart pumping again. Knowing how to perform CPR and having a defibrillator nearby is not always possible. That is another reason that calling for emergency help as soon as possible is so important.

The sooner emergency treatment begins, the better the chance of surviving a heart attack and the better the opportunity to reduce the amount of damage done to the heart muscle.

Learn more about heart attacks, prevention and treatment at www.cdc.gov or at www.heart.org.

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