

March / April 2022



CELEBRATING INSPIRED TEAM MEMBERS



ARIZONA AGENCY HIGHLIGHTS

Congratulations, Brian Mol, on Promotion to Director



Brian Mol

Inspired HomeCare congratulates Brian Mol, RN on his promotion to Director of Inspired HomeCare of Arizona. Brian joined the agency as a Registered Nurse in July 2021 and was promoted to Director in December. The team looks

forward to seeing the agency grow and prosper through his leadership.

Welcome to the Team



Shekinah Carrasquillo

Welcome to Shekinah Carrasquillo, RN, who came to Inspired HomeCare of Arizona as a full-time Registered Nurse in December 2021. Shekinah received her MSN-PHN from Grand Canyon University.



ILLINOIS AGENCY HIGHLIGHTS

Meet Sharon Ruedel, RN, Case Manager



Sharon Ruedel, RN

Sharon Ruedel, RN, is a full-time Case Manager with Inspired Homecare of Illinois and has been with the agency since 2015. As an integral part of the Wheaton community and surrounding territory, Sharon provides clinical services and coordination of care.

Sharon is a strong team player and works closely with the other disciplines on the team while building strong relationships within the communities served by the agency. This kind of team effort provides optimal outcomes for clients served and makes Sharon an invaluable member of the Wheaton team.



Linda Williams

Retirement Congratulations for Linda Williams, LPN

Inspired HomeCare of Illinois wishes all the best to Linda Williams, LPN, Patient Care Liaison, on her upcoming retirement. Linda joined the company in 2015 and has provided exceptional service in the agency's office. Her special rapport with clients and her unique and innovative methods of communication will be hard to replace. Linda moves on to a new chapter in her life of relaxation, working on her new home, and spending time with her grandchildren.

Did You Know?

An occupational therapist can provide help obtaining and teaching a patient on how to use assistive devices.

(Learn more on page 4.)



MARYLAND AGENCY HIGHLIGHTS

Celebrating 20 Years with Tamira Davis, GNA



Tamira Davis, GNA

Tamira Davis, Geriatric Nursing Assistant (GNA), celebrated her 20th anniversary with the company on February 22, 2022. As a valued member of the Inspired HomeCare team of Maryland, Tamira continually exceeds expectations in her role.

She often picks up last minute shifts when others are unavailable and puts the needs of patients in her care first and foremost in all that she does. As is expected of a true healthcare professional, Tamira communicates any changes or needs of her patients promptly. She is a pleasure to work with and a great asset to the Inspired team.

Cynthia Sankar, GNA – 20 years of Service in October



Cynthia Sankar, CNA

Cynthia Sankar, GNA, for Inspired HomeCare of Maryland, has worked in homecare for almost 20 years. Her services are so appreciated that she has had the honor to provide personal care services for the same couple for many years and continues to work with the husband since his wife passed away. The family of this client says she is very dedicated to his care and is considered part of the family.

Did You Know?

Over the counter pain medicines, such as NSAIDs (nonsteroidal anti-inflammatory drugs), may alleviate your aches and pains, but they can harm the kidneys, especially if you already have kidney disease.
(Read about protecting your kidneys – page 6.)



SA NURSES HOME HEALTH HIGHLIGHT



Irene Flores, LVN

Meet Irene Flores, LVN

Irene, a Licensed Vocational Nurse (LVN), serves patients in the SA Nurses Home Health office and has been a dedicated field nurse there for more than 20 years. Irene is always a fierce patient advocate, as well as a diligent,

organized and prudent nurse. She has never missed a day of work nor turned in a late note. Additionally, her clinical notes are always exceptional and detailed regarding her care of our patients. SA Nurses Home Health receives many positive patient reports about Irene from the patients for whom she provides care. Although she enjoys her work, Irene says she would "like to retire someday."



AUGUSTA OFFICE HIGHLIGHT

Welcome Ivy Wiley



Ivy Wiley

Inspired HH Holdings' Augusta, Georgia office recently welcomed Ivy Wiley to its Finance team. As Human Resources and Accounting Assistant, Ivy will process payroll, see to benefits matters, and assist in the overall flow of accounting information. Ivy comes to Inspired from the

Augusta University Clinical Trials Office, where her superior organizational skills helped keep the program efficient. Outside of work, Ivy enjoys painting, spending time in the outdoors, and interior decorating.

MEET OUR EXECUTIVE LEADERSHIP TEAM



Jimmie Stapleton

Jimmie M. Stapleton, Vice President – Board of Directors

Jimmie serves as Vice President for Inspired HomeCare, is on its Board of Directors and is a co-founder of the Inspired HomeCare network, along with President and CEO, Ron Hogan.

In addition to Inspired HomeCare, Jimmie is founder, owner, and President/CEO of Dallas-based Ardent Healthcare, a hospice, home health, house call services, palliative care, and private duty provider network. His years of experience in healthcare, along with his overall business acumen, provides the wisdom and foresight that is necessary to help lead Inspired HomeCare into the next generation of senior healthcare services.

Prior to founding Ardent, Jimmie served as a key executive for LifeCare Long-Term Acute Care hospitals, leading the company's developmental, operational, and administrative strategies. Jimmie began his career with KPMG (a large, international accounting services organization), serving as manager in the audit services division. Jimmie is a contributor and active volunteer with several local charities, including endowed scholarships at multiple universities. He holds a CPA designation and is a graduate from the University of Louisiana-Monroe.



Sabrina Hogan

Sabrina R. Hogan, Secretary – Board of Directors

Sabrina is the Secretary of the Board of Directors of Inspired HomeCare and provides limited support regarding leadership personnel decisions.

Additionally, Sabrina is Sr. Vice-President with a Louisiana based health insurance provider, focused on provider alignment and provider delivery models.

Previously, Sabrina served as the chief operating officer of a 50+ multi-specialty physician network, including surgeons, cardiologists, hospitalists, and internists. In addition to physician group leadership, her experience includes an executive leadership role in a hospital network where she led in operationalizing acquisitions, physician recruitment, and employment

initiatives. Sabrina believes in caring for and giving back to those in need and volunteers on various community boards, giving freely of her time to support their efforts.

She earned her MSN from Loyola University in New Orleans and holds the designation of Malcolm Baldrige National Quality Examiner.



Sara Klepel

Sara Klepel – Vice-President of Finance

Sara joined the Inspired HomeCare team in August 2021 and serves as the Vice-President of Finance. She is responsible for financial oversight, including financial reporting, budgeting, treasury, procurement, and

transaction analysis.

Before joining Inspired HomeCare, Sara held a key financial leadership role with NavCare / Health at Home for several years and has served in both private healthcare and governmental sectors, with multi-faceted responsibilities. Sara's ability to engage operational leaders in identification of measurable opportunities is a strength utilized in her daily leadership role. Her expertise with electronic medical records used for homecare services is demonstrated by her HomeCare HomeBase Certified Builder designation. She is currently enrolled and actively pursuing her MBA.



Vicki Layton

Vicki Layton – Vice-President – Texas Region

Vicki serves the Inspired HomeCare network as the Texas Region Vice-President with responsibilities for home-based activities in the state, including initiatives for growth of hospice services as well as established home health services. She has more than 30 years of leadership experience in homecare, hospice, and hospital-based roles.

Vicki joined Inspired in December 2020, after most recently serving as San Antonio market Administrator for a national home health provider. Her track record demonstrates her ability to sustain protocols and practices that drive immediate results. Vicki's leadership in both clinical delivery and staff recruitment/retention has created an atmosphere leading to consistent quality scores in the 4.0-5.0 range (on a 5-point scale).

(Meet Our Executive Leadership Team Continued.)

Christine Sdrenka, Vice-President – Extended Region



Chris Sdrenka

Chris serves the Inspired HomeCare network as the Vice-President of the Extended Region, with responsibilities for multi-state operational leadership. Chris joined the Inspired HomeCare team in August 2021, with the acquisition of the NavCare Health at Home providers. Chris brings

more than 30 years of experience in various post-acute settings, including home-based care and senior living community leadership.

Chris's extensive service has included both on-site executive director and regional leadership for independent living, assisted living facilities, memory care units, and skilled nursing units. Chris's track record for clinical and quality leadership is demonstrated by the 4.0-5.0-star quality ratings (on a 5-point scale) for homecare providers under her direction.

A Message from Our CEO & President, Ron Hogan



Ron Hogan, CEO, Inspired HomeCare

Recently, the Centers for Medicare and Medicaid (CMS) released their **Quality of Care** Ratings for home healthcare agencies. It was both humbling and exciting to learn that each of the agencies in our Inspired HomeCare network earned overall ratings from 4.5 to 5.0 Stars on a 5-point scale.

Quality of Care Ratings are determined using seven measures of quality, including timely initiation of care, improvement in management of oral medications, improvement in ambulation, improvement in bed transferring, improvement in bathing, improvement in dyspnea, and acute care hospitalization during the first 60 days of home health.

We salute the Inspired Homecare teams across our network, including SA Nurses HHA, as well as Inspired HomeCare agencies, for their passion and devotion to our patients and commitment to outstanding skilled homecare and residential services!



QUALITY OF CARE STAR RATING
OASIS data from July 1, 2020, to June 30, 2021

Learning About Occupational Therapy

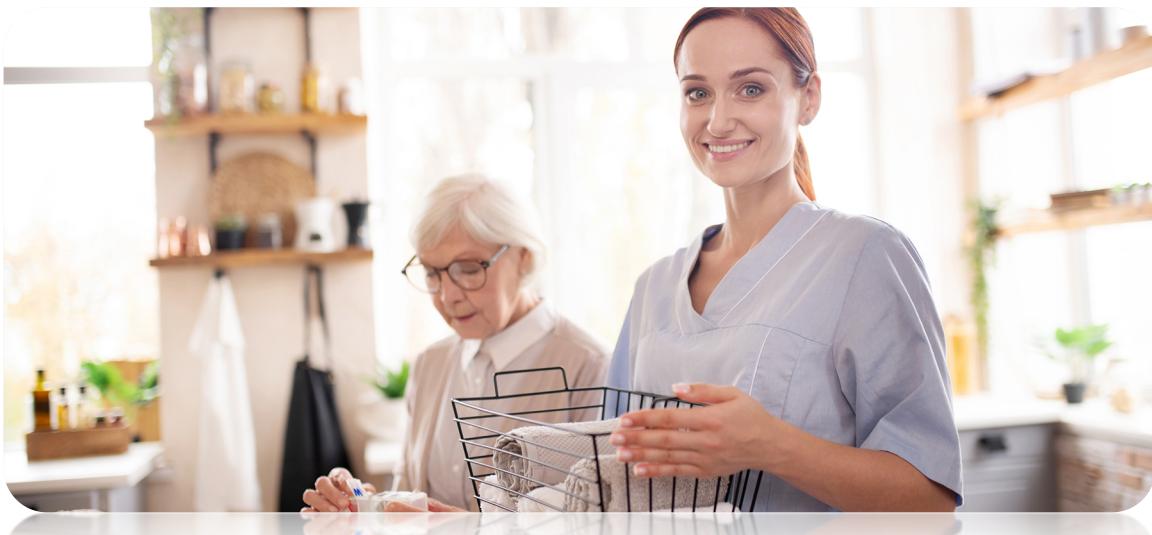
When a person is recovering from a serious illness, surgery, or injury, often they are prescribed occupational therapy. A person who receives this type of therapy may need help relearning how to perform activities of daily living or may need help learning to adapt new ways to overcome disabilities.

When a person is prescribed OT, the occupational therapist will meet with the patient and develop a plan uniquely suited to their needs. Working with the patient, the OT will produce a set of goals designed for the patient's unique needs, disability, or limits, providing training on ways to adapt their movements, improve motor skills and ways to do tasks differently.

An occupational therapist can provide help obtaining and teaching a patient on how to use assistive devices like a walker, a cane, long shoehorns, sock pullers, long-handled grabbers, and other devices needed to perform daily activities.

The OT will take a holistic view of not only a patient's physical needs, but overall emotional, psychological, and social makeup. By designing strategies for everyday living and customizing environments to help patients adapt, occupational therapy can maximize the potential for better participation in daily living or for living better with injury, illness, or disability.

UNDERSTANDING PRIVATE DUTY HOMECARE



What is private duty care and how is it different from Medicare certified home health care?

This question was asked by the daughter of a 91-year-old homebound patient, Lilly, who had just been discharged from Medicare certified home healthcare. Prior to receiving home healthcare, Lilly had been in the hospital with pneumonia and congestive heart failure. Even though skilled nursing services were no longer prescribed, Lilly still needed regular help since she was no longer able to perform normal activities of daily living without assistance. Because Medicare certified home healthcare covers a single illness or injury and is not continuous, Medicare would no longer pay for Lilly's in-home care services. Lilly's daughter, who worked full-time and was also Lilly's caregiver, was not able to be there as often as was needed for regular care, and she did not have the skills needed to assist with some of her mother's needs. So, she looked into private duty homecare.

Private duty in-home care (PD) is care that is provided in the patient's residence that is paid for by either the patient's long-term care private insurance plan or paid directly by the patient or their family. In some cases, Medicaid will also pay for some services when the patient qualifies. **PD can provide care a few hours a week, a few hours a day, or 24-hour care, depending on what is needed. To make it simpler to understand, below is a breakdown of the differences between skilled nursing with Medicare and Private Duty Homecare.**

*Not all-inclusive

MEDICARE CERTIFIED HOME HEALTHCARE*	PRIVATE DUTY HOMECARE*
Covered 100% by Medicare for patients who qualify	Not covered by Medicare. Can be used in conjunction with long-term care insurance, other private insurances, and private pay
Services last over a 60-day period and are prescribed by a physician.	Services last as long as they are needed and are determined by patient's individual needs.
Visits are often 2 -3 times a week.	Visits range from once a week for an hour, up to 24/7 care provided by an RN.
Visits include nurses, physical therapists and other professionals such as: <ul style="list-style-type: none"> • Skilled Nursing • Physical Therapy • Occupational Therapy • Speech Therapy • Medical Social Worker • Home Health Aides • Certified Dietitian 	Visits can include both skilled and non-skilled services such as: <ul style="list-style-type: none"> • Self-Care – bathing, dressing, etc. • Companionship • Help with Appointment Setting • Housekeeping • Dietician Assistance • Medication Management • Fall Prevention • Memory Loss Supervision • Skilled Nursing

Take Time to Protect Your Kidneys

According to the National Kidney Foundation (NKF), most of the 26 million American adults with kidney disease do not even know they have it. That can be a frightening statistic. Logic would suggest that adults would want to know if they have kidney disease or not. So, the first step is to be tested. NKF recommends that people over age 60, or those who have diabetes, high blood pressure or a history of kidney failure, ask their physicians for an ACR urine test or a GFR blood test annually.

As part of National Kidney Month in March, the NKF called on all Americans to take five simple and healthy steps to protect their kidneys. The following information was taken directly from kidney.org:

Take 5 for Your Kidneys

All Americans can do 5 simple things to protect their kidneys:



NATIONAL KIDNEY FOUNDATION®

Get Tested! Ask your doctor for an ACR urine test or a GFR blood test annually if you have diabetes, high blood pressure, are over age 60, or have a family history of kidney failure. Get screened for free through the National Kidney Foundation's KEEP Healthy program by visiting www.kidney.org/KEEPHealthy.

Reduce NSAIDs. Over the counter pain medicines, such as NSAIDs (nonsteroidal anti-inflammatory drugs), may alleviate your aches and pains, but they can harm the kidneys, especially if you already have kidney disease. Reduce your regular use of NSAIDs and never go over the recommended dosage.

Cut the Processed Foods. Processed foods can be significant sources of sodium, nitrates and phosphates, and have been linked to cancer, heart disease and kidney disease. Try adopting the DASH diet to guide your healthy eating habits.

Exercise Regularly. Your kidneys like it when you exercise. Regular exercise will keep your bones, muscles, blood vessels, heart and kidneys healthy. Getting active for at least 30 minutes a day can also help you control blood pressure and lower blood sugar, which is vital to kidney health.

Control Blood Pressure and Diabetes. High blood pressure and diabetes are the leading causes of kidney disease and kidney failure. Managing high blood pressure and strict control of blood sugar levels can slow the progression of kidney disease. Speak with your doctor if you are having trouble managing diabetes or high blood pressure.

Throughout National Kidney Month, the National Kidney Foundation is offering free kidney health screenings through the KEEP Healthy program. To locate a KEEP Healthy screening near you, or to learn more about the kidneys and risk factors for kidney disease, visit www.kidney.org/KEEPHealthy.

Kidney Facts:

- 1 in 3 American adults is at high risk for developing kidney disease today.
- High blood pressure, diabetes, a family history of kidney failure and being over 60 are major risk factors for developing kidney disease.
- 1 in 9 American adults has kidney disease -- and most don't know it.
- Early detection and treatment can slow or prevent the progression of kidney disease.
- Kidney disease risk can be reduced by controlling blood pressure and blood sugar, quitting smoking, regular exercise, maintaining a healthy weight, and avoiding excessive use of pain medications.
- The National Kidney Foundation is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease.

For more information, visit www.kidney.org.

(<https://www.kidney.org/news/national-kidney-month-take-five-your-kidneys>)