



CELEBRATING INSPIRED TEAM MEMBERS – 3rd QUARTER 2022



SA NURSES HOME HEALTH AGENCY HIGHLIGHTS Welcome Krystal Robb, RN

SANHH happily welcomes Krystal Robb, RN, as hospice RN for San Antonio. Krystal's background includes NICU, PICU, home health and hospice. She is a mother of three children who enjoys reading, taking her dog to the river, hanging out with her children and baking in her spare time. Krystal is excited about her position with hospice and says, ***"I thoroughly enjoy patient care and hospice. Transitioning patients to eternal rest and helping their families along the way has been the most rewarding career choice so far!"*** Welcome, Krystal!



Krystal Robb, RN



ILLINOIS AGENCY HIGHLIGHTS Achieves Successful ACHC Survey

Congratulations to Inspired HomeCare of Illinois on a successful survey by the Accreditation Commission for Health Care (ACHC). ACHC is a nonprofit organization with deeming authority from the Centers for Medicare & Medicaid Services (CMS). The organization conducts onsite accreditation surveys every three years. It is worthy to note that the ACHC surveyor was complimentary of the agency's excellent patient care, as well as the passion shown by the team.



MARYLAND AGENCY HIGHLIGHTS Welcome Toni Linzer, RN, BSN, Executive Director

Welcome Toni Linzer, RN, BSN, Executive Director for Inspired HomeCare of Maryland. Toni's extensive background in healthcare leadership, serving as director, supervisor and infusion nurse, have prepared her well for her leadership role with the Inspired team in Maryland. She is a graduate of Duquesne University School of Nursing and is a delegating nurse with the Maryland Board of Nursing.



Toni Linzer, RN, BSN

A MESSAGE FROM OUR CEO & PRESIDENT, RON HOGAN



Ron Hogan, CEO, Inspired HomeCare

During the two years since the formation of Inspired Homecare, our young network has enjoyed the opportunity to interact with several thousands of patients, clients, and family members, and we have done so with great outcomes across our network. Our growth and progress are both humbling and exciting, and the opportunity to impact so many lives is a privilege and calling.

In the background, we have several teams of high-quality support staff in our clinical offices and in Augusta. While our face-to-face clinical interactions often include immediate feedback from our patients and their families, the regulatory and compliance aspects of our feedback is often received from surveyors through recurring surveys. Recently, our Inspired Illinois team completed its triannual ACHC survey, in a very successful fashion. This great work often goes unnoticed to many of us, so please join me in thanking the Illinois support team, clinicians, caregivers, and staff for a job well done.

In addition to Illinois, our Maryland team has shown renewed energy and growth with the re-start of skilled home health services, making an impression on people in our industry. Having received a call from the Maryland North Oaks Sr. Community regional executive thanking us for a job well done, I know first-hand the positive impact provided by focused engagement and leadership in each market and service line. In addition, our efforts in San Antonio are leading to a growing recognition in continued efforts to serve restorative home health, end of life homecare services, and clinical trials support in Texas. In Tempe/Phoenix, we remain poised for growth and renewal in the private duty service line and in skilled home health.

Though not always recognized, we are living and serving in a great era of healthcare. Technology and improved scientific advances have furthered our ability to make a significant impact to an unmatched level. Home health, hospice, and private duty homecare are as important in the utilization of new technology and techniques as inpatient hospital services, primary care services, or outpatient ancillary services. In fact, an argument can be made that our services have the potential to create a longer lasting positive impact as we touch lives in their homes. Let's embrace our role in the delivery system.

While we have made great strides in a short time, the opportunities to do more is limitless. Let us continue to serve with commitment, respect, compassion, accountability, gratitude, and servant leadership as we passionately seek to deliver highest-quality health care for the patients we are blessed to serve. Each day, challenge yourself to fully utilize your God given gifts, talents, and experiences to deliver your best service to our deserving patients, clients, families, and fellow employees.

ENJOY THE FALL SEASON WITH RECREATION

By: Katherine Webb, FMCHC



Each year, as the weather begins to shift to welcome Fall, I feel giddy. Warm drinks, fires in the fireplace, cozy sweaters, and holiday preparations swarm my thoughts.

Changes of season can also feel like new beginnings. We are saying goodbye to hot weather and trading our lemonade for hot cocoa and pumpkin spice *everything*. Whatever your favorite season, I encourage you to consider new possibilities and new activities you could embrace in the coming months.

Consider this quote by Alexander Den Heijer—

“You often feel tired, not because you've done too much, but because you've done too little of what sparks a light in you.”

Although depression is not a normal part of aging, seniors are at an increased risk for experiencing symptoms of depression. Although there are many causes for this, I often wonder if we could start by doing more things that “spark a light” within us. Recreation, or doing things solely for the sake of enjoyment, contributes to health in a major way.

Another definition of “recreation” includes “**refreshment of strength and spirits...**”



Recreation looks different for each of us. But it may include creativity, connection with others, stress reduction/relaxation, and self-esteem. While you may feel the limitations of injury or home bound status, incorporate that reality into the “best you can do” when it comes to recreational activities.

What comes to mind when you think of recreation? Here are some ideas to get you started:

- bird watching (and listening!),
- painting,
- creating decorations for the fall holidays,
- starting a walking club for the cooler mornings,
- planning a holiday gathering with family,
- baking a treat for neighbors, or
- participating in a book club or card games.

What would it look like to truly enjoy this Fall season? Only you can answer that question for yourself and take steps to make it happen!



About the author – Katherine Webb, FMCHC, is a Certified Functional Medicine Coach with a master’s degree in Speech Language Pathology. She is a Medical Speech Pathologist and also provides one to one health coaching to clients in the Seattle, Washington area. In addition, Katherine shares health tips on her Instagram page at

<https://www.instagram.com/we.can.thrive.health.coaching/>



DEFINING THE HOME HEALTH CLIENT



Home healthcare is often confused with private duty homecare. However, while home healthcare may include some home care services, it is medical in nature. Home healthcare professionals are often licensed nurses, therapists, or home health aides, most of whom work for home health agencies who are licensed by the state and certified by Medicare.

What is home healthcare?

Home healthcare is medical care provided in a client's home. It can include broad care given by skilled medical professionals including:

- Skilled Nurses
- Physical Therapists
- Occupational Therapists
- Speech Language Pathologists
- Medical Social Workers
- Home Health Aides
- Certified Dietitians

When a client is prescribed home healthcare, the home healthcare team will work closely with the prescribing physician to develop and follow a plan of care created uniquely for that client.

When is home healthcare needed?

When a client is recovering from a serious illness, injury, or surgery, been newly diagnosed with a chronic disease like heart failure, respiratory or kidney disease, diabetes, or Alzheimer's disease or are having complex medical treatments requiring the use of medical equipment and/or medication monitoring, their physician may prescribe home healthcare.

Is home healthcare covered under Medicare?

If care is medically necessary, ordered by their doctor and meets the coverage requirements, Medicare, Medicaid and most private insurance plans will usually pay for home health services. If the client is an eligible Medicare beneficiary, Medicare will cover 100% of home health care costs, if they qualify. To be covered under Medicare the client must be homebound (leaving the home takes a considerable and taxing effort), have had a recent illness, injury or worsening medical condition that requires skilled nursing, physical therapy, or occupational therapy for a continuing need. The care must be on an intermittent basis (limited basis) and be prescribed by a physician.

What are some indicators that a client may require the attention of home healthcare professionals?

- Needs help to walk
- Shuffles when walking
- Needs help to transfer
- Loses balance
- Knees buckle
- Frequent falls
- Needs help using a wheelchair
- Does not sit well in a wheelchair
- Is not safe alone in a room
- Is confused
- Is losing weight
- Is not finishing meals
- Is drooling or coughing while eating
- Has problems using utensils
- Has problems bathing
- Has coordination / balance issues
- Complains of pain
- Difficulty with medication management

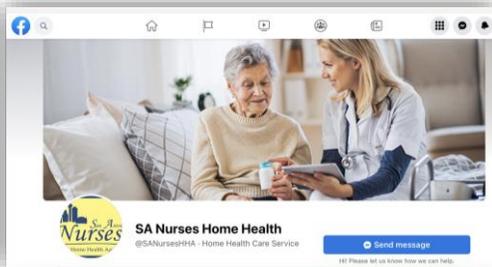
When choosing a home healthcare provider, clients should be sure the provider is Medicare certified and licensed by the state in which the client will receive the services.

Inspired HomeCare agencies are state licensed, Medicare certified, and also certified by the Accreditation Commission for Health Care (ACHC) to ensure standards that result in a higher level of performance and a greater focus on patient care. Visit us online at www.inspiredhomecare.net.

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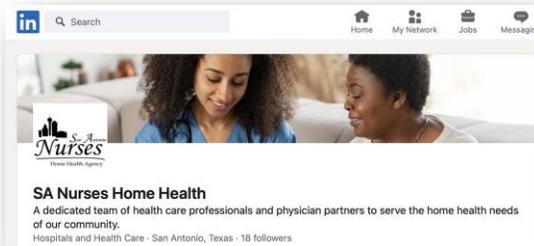
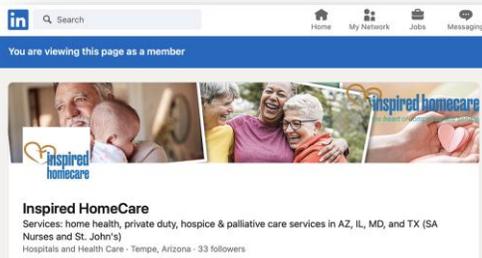
Inspired HomeCare and its agencies, including San Antonio Nurses Home Health Agency and St. John's Hospice and Palliative Care, participate in multiple social media pages. If you are a member of either Facebook or LinkedIn, you can find your agency page by searching for the listings shown below. As a member, users can follow, like and share posts on the page to help raise your agency's page status and help them gain new followers. This is especially useful when an agency has a local event or an open job position to highlight.

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