



CELEBRATING INSPIRED TEAM MEMBERS



ARIZONA AGENCY HIGHLIGHTS Congratulations for Deficiency Free Survey!



Inspired HomeCare of Arizona was surveyed in April by the Arizona Department of Public Health for their three-year renewal, as well as change of ownership. The agency received a deficiency-free survey. Congratulations to our Arizona team for a job well done!

Welcome Adam Bell, Patient Care Liaison



Adam Bell

Adam Bell joined the Inspired HomeCare team of Arizona as a Patient Care Liaison in April. With experience in both home health and personal care, Adam has served in elder care for more than 15 years.

Adam began his professional career as an insurance broker, specializing in the needs of seniors. From there he worked as a branch manager for a national private duty provider. Moving into home health, he became an account manager for a top-five national home health provider in Los Angeles, before moving to Arizona.

Adam enjoys experiencing the outdoors. His hobbies include golf, mountain biking, hiking, and surfing.



ILLINOIS AGENCY HIGHLIGHTS Meet Diana Molnar, Patient Care Liaison



Diana Molnar

Diana Molnar comes to Inspired with 40+ dedicated years of experience in eldercare and healthcare. Her passion has always been with older adults and she has worked in independent living, assisted living and skilled nursing. Diana founded a private duty home care agency providing a wellness component, including partnering with area home health agencies to provide the full spectrum of care to residents in retirement communities throughout Chicago, Phoenix, Portland, OR and St. Louis. She owned the agency for 13 years. After selling her shares, Diana accepted a position as Regional Director of Special Projects with Sunrise Senior Living to support the transition of their purchase of 110 Marriott Senior Living properties. Her role was to support 100 homes from Chicago to California. In 2003, she was asked to start a private duty homecare company called "Sunrise At Home" providing services to residents at 25 Sunrise properties in the Chicago area. She moved on after five years to provide consulting services, for the last 16 years, to every entity in eldercare.

"It was time for me to jump back into the day-to-day services," says Diana, "since we are experiencing a change with COVID." She decided to do so with Inspired.

Diana holds a BS degree in Sociology with a minor in Psychology.



St. John's Hospice & Palliative Care
a subsidiary of Inspired Hospice Holdings

ST. JOHN'S HOSPICE & PALLIATIVE CARE AGENCY HIGHLIGHTS

St. John's Hospice & Palliative Care Highlighted in KENS 5 TV News Report

St. John's Hospice & Palliative Care agency in San Antonio received a high honor recently when a hospice patient asked the local news station, KENS5, to share her story on their evening newscast. The patient, Scheherazade Espino, is a former hospice volunteer of almost 25 years, who understands the value of hospice care, as well as its challenges. As the news report said, "she knows what compassionate care looks like," and she wanted to recognize the compassionate service she has been provided by St. John's.

She spent decades as a hospice volunteer. Now, she's an incredibly appreciative hospice patient.

An expert in the profession, she knows what compassionate care looks like. She wants to recognize a local agency that's now taking care of her.



Ms. Espino had lived an active life until she was diagnosed on her birthday with terminal lung cancer. The cancer took away her mobility, as well as her desire for living.

"I didn't really have a desire for much of life. I had pretty much checked out," said Ms. Espino. "But now, I get up and I call, or they call me. They go, 'how you doing,' and I go, 'I'm doing really well.'"

According to the news report, Ms. Espino calls her caregivers her prayer warriors and earth angels and thought they deserved recognition.

To see the whole story, visit the KENS5 website: <https://www.kens5.com/article/news/community/for-mer-hospice-volunteer-thanks-those-taking-care-after-cancer-diagnosis/273-d930c11b-8aa3-4a52-a755-f8ceff2d6a9a>

Welcome Mabel Aguilar, Business Development, to the Inspired Hospice team in San Antonio.



Mabel Aguilar,
BD

Mabel has a strong background in hospice care and will be a great asset to the Inspired team.

"My passion is, first and foremost, a relationship with God, family and friends!" says Mabel. "Traveling, gardening, reading, designing, fostering and advocate for fur babies, dogs in particular.

I have a hospice heart and I'm very passionate about advocating for patients and being a voice for the underserved. I enjoy motivating and bringing the best out in people and showing how one person makes a difference."



MARYLAND AGENCY HIGHLIGHTS

Monthly Educational Series Launched

On April 7th, Inspired HomeCare of Maryland agency launched the company's new monthly educational series, "Did You Know". The series includes monthly educational tools for various topics including Healthy Eating, which was the topic for the agency's first session.

In addition to educational "Cubby" inserts, available for order on Mimeo.com, the series includes educational Power Point presentations.

Christine Sdrenka, Regional Vice President for Inspired HomeCare, provided the initial training for the agency. (For more details, see "Did You Know Cubby Series" on page 6.)

A Message from Our CEO & President, Ron Hogan



Ron Hogan, CEO, Inspired HomeCare

Inspired HomeCare grieves with Texas, and our nation, in the aftermath of the horrific shootings of the 19 precious children and their two teachers at the elementary school in Uvalde. As the authorities search for reasons why anyone would carry out such evil, let us take time to pray for the victims' families, loved ones, students, teachers and our nation. Pray for comfort and peace for all those affected.

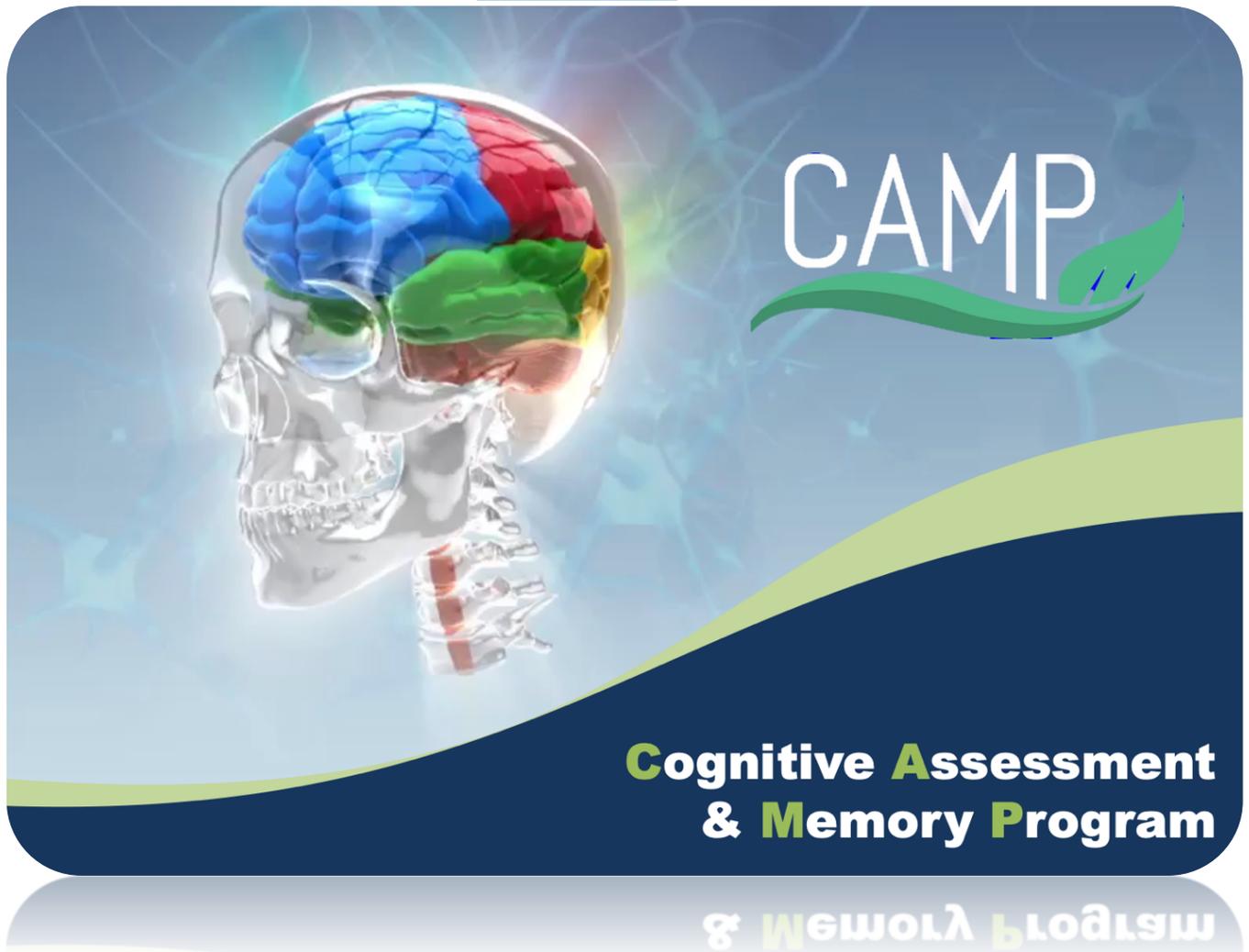
May has been a very busy month and I have no reason to believe June won't be just as busy; and that is a good thing. In May, we celebrated National Nurses Week in our agencies. Some agencies kept their celebrations simple with cookies and recognitions. Others had lunches, and some gave their nurses hand-made mugs with candy. Whatever ways you celebrated your nurses this month, remember that we truly appreciate our healthcare workers every day, not just during national

recognition months.

Speaking of national recognition months, National Mental Health Awareness Month was also a focus in May. Serving the needs of people who are at their most vulnerable, even to the point of their final days, can be tough. In fact, sometimes our jobs can be traumatic. It's important that we keep in touch with our own mental health and take time to recharge every day. Just 30 minutes of quiet time away from televisions, screens, phones, and people, can make a world of difference and helps to keep our minds clear and sharp. Patients and their caregivers may also need more attention paid to their own mental health which can be affected by their illness or other factors. Let's all make it a point to be more aware of the needs of others so that when we see a need for help, we may direct them on where and how to get the help they need.

Oftentimes, when our caregivers are with a patient or speaking with their family/caregivers, they may learn about issues that need to be addressed, such as concerns about memory. It is important that we listen to our patients and their families to identify those needs. Paying attention to their needs can give us the opportunity to offer some of our many services and programs.

Recently, Inspired launched the Cognitive Awareness Memory Program (C.A.M.P.) as a service for our patients who qualify. The program includes a digital therapeutic platform with app-based technology used to assess mild to moderate cognitive impairment and provide tools for treatment. (More about this excellent program is included in this newsletter.) As healthcare technology advances, services like remote patient monitoring, telemonitoring, virtual visits, and C.A.M.P. play an important role in delivering care of all types. Our platforms and programs at Inspired will advance, as well. Let's all make sure we are knowledgeable about what we have available and keep learning new things.



"As many as 91% of seniors around the world with a cognitive impairment go undiagnosed."

"Between 2000 and 2019, deaths from heart disease have decreased 7.3% while deaths from Alzheimer's disease have increased 145%."

This spring the business development and clinical teams of Inspired HomeCare agencies and SA Nurses Home Health Agency received training for the cognitive assessment and memory program, C.A.M.P. The program combines digital therapeutics with app-based technology to provide first-in-class assessment and treatment for mild to moderate cognitive impairment. Designed for patients with dementia, Alzheimer's, TBI, CTE, Parkinson's, age-related memory loss and other cognitive deficits, C.A.M.P. is a complete workout program for the brain.

Training for the business development teams includes review of C.A.M.P. assessment tools and processes. presentation while trainees observe and then the trainees show what they have learned with their own presentation.

Agency clinicians receive Clinical training with a C.A.M.P. trainer where they review the process of performing a MOCA (a mini mental assessment), followed by scoring of Mild / Moderate impairment.

Following training, clinicians will obtain an order to administer the C.A.M.P. program thru the **APP C.A.M.P. for Memory** on clinicians' tablets.

"As of May 4," reports Christine Sdrenka, "we have one patient in the Illinois agency, one patient in the San Antonio Nurses Home Health Agency and two patients pending."

MORE ABOUT C.A.M.P.

C.A.M.P. is physician ordered and monitored and is covered 100% by Medicare. It is performed in the patient's home with trained home healthcare clinicians who treat the patients twice a week using interactive C.A.M.P. exercises custom tailored for each patient, based on the results of their initial assessment. Orders for treatment are delivered to clinicians by way of the APP C.A.M.P. for Memory on their tablets. The APP is used from the initial assessment through regular visits and post assessment and discharge. Patients receive treatment for four months and can continue as needed.

The C.A.M.P. initial assessment evaluates the patient's immediate recall, delayed recall, language, auditory memory, visual memory, executive memory and processing. Based on the results of the assessment, the C.A.M.P. program automatically creates a custom treatment plan with exercises to target the patient's deficits. C.A.M.P. currently offers over 2,000 exercises and continues to grow through ongoing development and innovation.

Patients are given a biometric armband to track sleep, activity, and heart rate.
(HIPAA Compliant server with cryptography ensures patient data remains confidential and secure.)

Informative and in-depth reports provide extensive data including cognitive performance and biometrics.

C.A.M.P. ASSESSMENTS & SCREENINGS

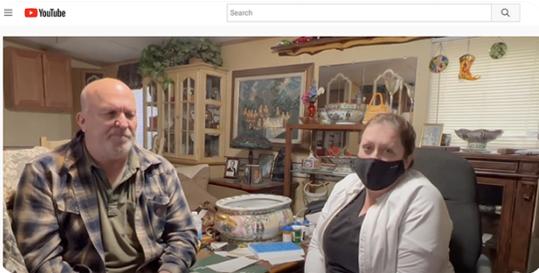
- Patient is given a 5–10-minute MoCA (Montreal Cognitive Assessment). Scores between 11-26 qualify for the program.
- Patients are given sleep (Epworth), depression (PHQ-9) and anxiety (GAD-7) screenings.
- Patients are then given a 45-minute cognitive assessment within the C.A.M.P. app to evaluate performance in a range of cognitive domains.

BENEFITS FOR THE HOME HEALTH PATIENTS / CLIENTS MAY INCLUDE:

- **Decrease in hospitalizations:** Fewer fall risk, decrease in depression, improved cognitive function, clinician there to address issues before they become serious.
- **ALF marketing:** Since the program keeps residents healthy and mentally acute, ALFs are proud to partner with the agency to promote the program to new residents.

C.A.M.P. Patient Clinician Success Story

Video on YouTube • Jan 12, 2022 • <https://youtu.be/twp1pCkhXWI>



"Patient not only saw dramatic cognitive and memory improvement but also an increase in activities and family interaction while on C.A.M.P.: Cognitive Assessment & Memory Program. He was able to eliminate three medications and has seen a significant decrease in depression and anxiety. Due to better medication compliance the patient's blood pressure was reduced. He is off of one of his depression medications. Patient has improved to the point that he now is able to manage his medications and call in his prescription refills.

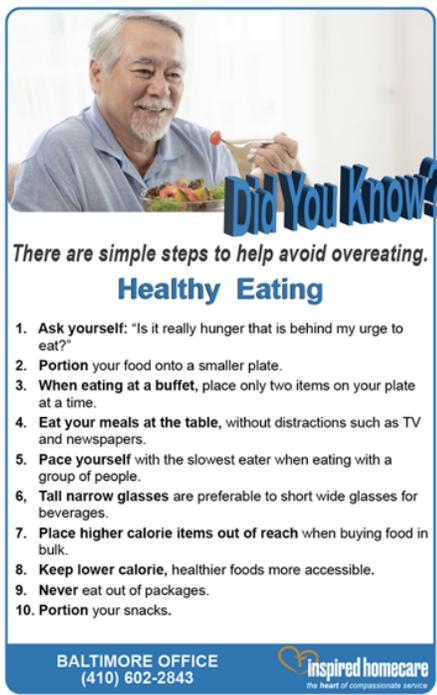
Patient was on the C.A.M.P. program for four months and saw a MoCA (Montreal Cognitive Assessment) increase from 17 to 29 during that period."

THE INSPIRED HOMECARE "DID YOU KNOW" CUBBY SERIES is a patient education series designed to help patients and their caregivers learn better ways to enhance their health and quality of life. The series includes educational training presentations along with informative *Did You Know* "cubby" flyers and articles which will be posted on the inspiredhomecare.net website on a new blog page.

A *Did You Know* social media advertising & marketing campaign is slated to launch soon.

Below are the first three topics in the 12-month series. Fall Prevention and Fight Dehydration articles are included in this newsletter, as well posting on the new blog page once it is available.

HEALTHY EATING



Did You Know?

There are simple steps to help avoid overeating.

Healthy Eating

1. **Ask yourself:** "Is it really hunger that is behind my urge to eat?"
2. **Portion** your food onto a smaller plate.
3. **When eating at a buffet**, place only two items on your plate at a time.
4. **Eat your meals at the table**, without distractions such as TV and newspapers.
5. **Pace yourself** with the slowest eater when eating with a group of people.
6. **Tall narrow glasses** are preferable to short wide glasses for beverages.
7. **Place higher calorie items out of reach** when buying food in bulk.
8. **Keep lower calorie, healthier foods** more accessible.
9. **Never eat out of packages.**
10. **Portion** your snacks.

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(410) 602-2843



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MD08-BALTIMORE

FALL PREVENTION



Did You Know?

You can safeguard your home from trips & falls.

Fall Prevention

SAFEGUARD YOUR HOME

- Keep floors free of clutter.
- Remove small rugs or secure them with double sided tape.
- Add grab bars in the bathroom and shower.
- Use the handrail when on staircases.
- Make sure your home has plenty of lighting.

STAND UP AND WAIT
Getting up too quickly can cause your blood pressure to drop.

LIGHT THE WAY
Add nightlights near your bed, & bathroom, so that you can see your way to the bathroom during the night.

KEEP MOVING
Regular exercise can improve your balance.

CHECK YOUR EYES
Have your vision checked at least once a year.

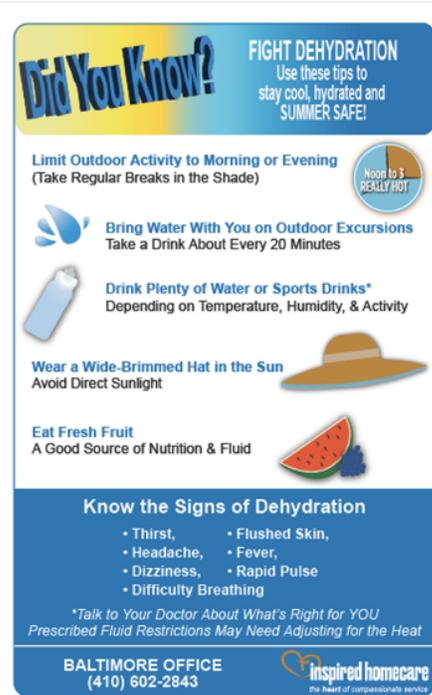
SPEAK UP
Talk openly with your doctor about fall risks and prevention.

AGENCY LOCATION
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FIGHT DEHYDRATION



Did You Know?

FIGHT DEHYDRATION
Use these tips to stay cool, hydrated and SUMMER SAFE!

Limit Outdoor Activity to Morning or Evening
(Take Regular Breaks in the Shade)



Bring Water With You on Outdoor Excursions
Take a Drink About Every 20 Minutes



Drink Plenty of Water or Sports Drinks*
Depending on Temperature, Humidity, & Activity

Wear a Wide-Brimmed Hat in the Sun
Avoid Direct Sunlight



Eat Fresh Fruit
A Good Source of Nutrition & Fluid



Know the Signs of Dehydration

- Thirst,
- Flushed Skin,
- Headache,
- Fever,
- Dizziness,
- Rapid Pulse
- Difficulty Breathing

**Talk to Your Doctor About What's Right for YOU
Prescribed Fluid Restrictions May Need Adjusting for the Heat*

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#OOTBNETWORK

PREVENT FALLS IN THE HOME

Falls can occur anytime, anyplace, and for a variety of reasons. Hazards in the home are a common cause, however, other falls occur due to muscle weakness, balance, vision problems, and side effects from medications.



About one in three people over the age of 65 fall each year, and this number increases with age. Falls cause over 90% of broken hips and are the most common cause for hospital admissions due to injuries. People 75 and older who fall are more likely to be admitted to a long-term care community, however, falls remain the most preventable cause for nursing home placement. Among older adults, falls are the leading cause of death due to injury.

WHAT CAUSES PEOPLE TO FALL?

Each year, nearly two million people over the age of 65 receive treatment in an emergency room as a result of a fall. Of those, about 25% require hospitalization.

The most common causes of falls include:

- Hazards in the home account for at least one-third of all falls. Contributing factors include objects on the floor, pets, loose rugs, barriers such as furniture, poor lighting, and lack of or poorly installed grab bars.
- Medications such as sedatives, anti-depressants, or anti-psychotic drugs contribute to falls by reducing mental alertness, disrupting balance and gait, and/or a drop in blood pressure while standing or changing positions. People who take four or more medications or have had a recent change in their medications are at greater risk of falling.
- Changes in vision caused by age-related diseases can increase your risk of falling. Cataracts and glaucoma alter depth perception, visual acuity, peripheral vision, and increase sensitivity to glare. Regular examinations by your eye doctor will help detect and treat changes in vision and eye diseases.
- A change in mobility can occur due to illness, poor muscle tone, decreased strength and flexibility, and may contribute to an increased risk for falls. It is important to stay active. A program of prescribed exercises, using proper body mechanics during daily activities, and wearing proper fitting, supportive shoes with low heels or rubber soles will help to prevent falls.
- A balance disorder causes a person to become unsteady on their feet and experience a sensation of floating

or spinning. It is usually described as “feeling dizzy.” Dizziness is a warning signal that the system that maintains balance is not functioning properly.

- An organ in the inner ear, called the “labyrinth” is an important part of our balance or “vestibular” system. The labyrinth coordinates with your brain, nervous system, eyes, bones, and joints to keep your body properly positioned. When not working correctly, you may experience the following symptoms:
 - dizziness or vertigo
 - light headedness
 - blurry vision
 - a feeling of falling or an actual fall
 - changes in your heart rate
 - nausea and vomiting
- Some medical conditions, such as high or low blood pressure, or emotional responses such as fear, anxiety, or panic may also contribute to a balance disorder and dizziness.

HOW ARE BALANCE DISORDERS DIAGNOSED?

Diagnosis of a balance disorder may be difficult because there are many different reasons for dizziness, which include disorders and other medical conditions or medications.

If you experience any symptoms of a balance disorder, contact your doctor for an appointment. Bring a list of your symptoms with you including how, when, and where you experience dizziness. Also bring a list of all medications you are taking, including vitamins, minerals, herbal, or nutritional supplements, and any other “over-the-counter” medication. Be sure to tell your doctor about any recent health changes, recent or reoccurring infections, or recent head injuries, falls, or other trauma.

Treatment of a balance disorder depends on the cause. If caused by a medical condition or medication, treatment may include a change or new prescription. Your doctor may request specialized tests or further consultation by another doctor. Individual treatment will be determined by your symptoms, medical history, general health, examination by a physician, and the results of medical tests.

A home healthcare provider, like Inspired HomeCare, can address your fall risks with you and work with your physician to develop a plan specific to your needs.

WHAT CAN YOU DO TO PREVENT FALLS?

Are you or a family member at risk for falls? Here is a safety checklist to help your prevent falls.

HOME SAFETY

- Keep pathways clear of things that could trip you, such as newspapers, books, clothes, shoes, cords, sleeping pets, or toys.
- Rearrange you furniture to keep walkways clear.
- Remove loose throw rugs or secure tightly with double-sided tape.
- Be sure all carpeting lies flat on the floor.
- Avoid patterned flooring, as it can interfere with depth perception.
- Check furniture, such as table and chairs, for stability in case they are used as support.
- Sit in firm chairs that are the appropriate height with arms to make sitting and standing easier and safer.
- Use bed risers or a platform to raise furniture.
- Furniture with wheels should be in the locked position.
- Keep telephones on a low table and not the wall or high counters. If you fall, they need to be in a reachable place.
- Do not walk over or around cords or wires such as telephone, lighting, or extension cords. Coil or tape cords / wires next to the wall. Do not tuck them under the rug. Have an electrician add more outlets, if necessary.

Stair Safety

- Have sturdy handrails on both sides of the entire staircase.
- Be sure all steps are in good repair. Replace loose, worn, or broken steps inside and out.
- Add boldly colored duct tape to the threshold and each stair so they can be seen easily.
- Firmly attach carpeting on all stairs or remove the carpet and attach non-slip rubber treads.

Kitchen Safety

- Place dishes and food on lower shelves so there is no need to climb or reach too high.
- Clean up spills immediately. Do not step on wet surfaces.
- Avoid climbing, but if necessary, use a steady step stool with a hand bar. Never use a chair as a step stool.
- Do not wax your floors, as they will become slippery.

Bathroom Safety

- Install grab bars near the toilet and in the shower/tub. Your therapist or Durable Medical Equipment company will advise you about proper placement and installment for maximum safety.
- Have non-skid mats or strips on the tub /shower floor and non-skid / -slip rugs on the floor outside the tub / shower.
- Clean up spills and moist areas immediately. Do not step on wet surfaces.
- Use a tub / shower chair or transfer bench with a hand-held shower to bathe if you are unsteady on your feet.
- Use an elevated toilet seat to make sitting and rising easier.
- Keep personal care items within easy reach.
- Place towels close to the tub / shower so you do not have to reach for them.

Outdoor Safety

- Keep walkways free of cracks, holes, clutter, and debris.
- In winter, clear all walkways of snow and ice.
- Be aware of and clean up any spills in the garage or driveway, especially oil.
- Install handrails at the entrance to your home and garage.
- Be sure lighting is adequate at doors and walkways.

Lighting Safety

- Make sure you have adequate lighting; use night lights to light the path to bathrooms.
- Replace all burned out bulbs immediately.
- Avoid low wattage light bulbs. Use the maximum wattage allowed for lamps per the manufacturer's instructions.
- Always use lights in the evening and night.
- Make sure stairways, halls, doorways, and outside steps are well-lit.
- Be sure there is a light switch at both the top and bottom of staircases.
- Place night lights in hallways, bathrooms, and your bedroom so you can see where you are walking at night.

Bedroom Safety

- Have a phone within easy reach of your bed.
- Have a lamp or light switch within easy reach of your bed.
- Keep a flashlight and extra batteries within easy reach of your bed.
- Consider a bedside commode.

Personal Safety

- Take care of your medical problems as needed.
- Have your vision and hearing tested and corrected regularly.
- Be aware that people with cataracts can be sensitive to bright lights which can cause a glare.
- If you wear bifocals, consider getting a pair of glasses for reading, and one pair for distance to avoid visual distortion.
- Use assistive devices, such as canes and walkers, as instructed.
- Be sure adaptive equipment is fitted properly and in good condition.
- Wear footwear with non-slip soles and heels that provide good support and traction between your foot and the surfaces you walk on.
- Avoid wearing athletic shoes or slippers with deep treads.
- Avoid wearing open-toed or backless shoes or slippers.
- Avoid wearing socks or smooth-soled shoes or slippers on stairs, wood, or waxed surfaces.
- Speak to your physician or therapist about exercises that are right for you. By exercising regularly, you can improve your strength, balance, and coordination.
- Rise slowly from a sitting or lying position to avoid becoming light-headed.
- Anytime you change position, take a minute to steady yourself.
- Have a phone within easy reach of your bed or chair and carry a fully charged portable or cell phone with you at all times. Never rush to answer the telephone.
- Keep emergency numbers in large print near each phone. If you have an authorized caregiver, make sure the home number and address is also listed with the emergency numbers in case of emergency.
- Consider an emergency call system to bring you help in case you fall.

Our home may be our castle, but it also contains hazards that place us at greater risk for falls. If injured, recovery may be difficult. Even if a fall does not cause an injury, it can limit confidence and the ability to be fully independent.

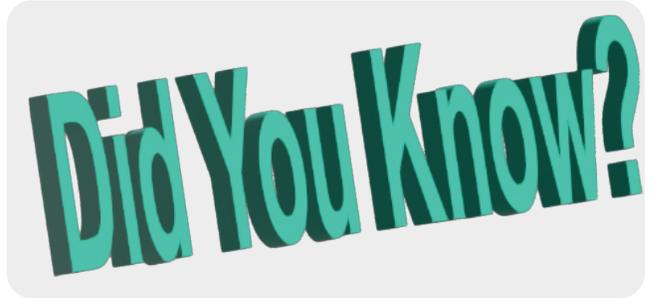
Most accidents in the home can be prevented by eliminating hazards, reducing personal risks, and improving our lifestyle.

Inspired HomeCare agencies provide in home care services such as Medicare certified home healthcare, private duty homecare, and hospice services, in various locations. Talk to your physician or homecare provider, if you have concerns about fall safety. To find an Inspired HomeCare agency near you, visit:

<https://inspiredhomecare.net/locations/>

LEARN ABOUT DEHYDRATION & AVOID IT

For many, summer is the time to enjoy nature and the great outdoors. And what better way to spend a day than on a picnic, on the lake, or enjoying a walk? All this outdoor activity can be very good for a person's dehydration. While many seniors enjoy heat a bit more than their younger counterparts, heat can be our enemy when it comes to hydration.



As we age, our bodies have less water content than when we are younger. Some studies have shown that most adults over the age of 75 have nearly 50 percent less water content in their bodies than their younger counterparts. The reasons for this may include a decline in muscle mass, increased fat cells, and often prescription medications interfere with our body's water content. People with dementia, Alzheimer's and other memory issues may also have more concerns with dehydration, simply because they forget to hydrate. In fact, for many people – especially older adults – dehydration is common and is diagnosed frequently in seniors who have been admitted to the hospital.

While occasional dehydration is common, when your body's water content drops too much, your body cannot function properly. Chronic dehydration can lead to shortness of breath and heart damage. Left untreated, kidney failure, swelling of the brain, and other severe side effects, including coma or death, can occur.

KNOW THE SYMPTOMS

Older adults who are noticeably weaker, more tired or more irritable than usual, may be showing signs of dehydration. Other symptoms may include cramps, dark urine, dry mouth, dizziness, confusion, fatigue, and an increased heart rate. Loss of elasticity of the skin is often used as the first indicator of dehydration but it should not be the only indicator.

TALK TO YOUR DOCTOR

While some general rules of thumb say to drink at least eight glasses of non-caffeinated fluids a day, some people should drink less, and others should drink more. Always talk with your doctor about how much liquid per day is best for you. Your doctor can review your medical history and any medications you are taking that may require more or less fluid intake.

HOW TO STAY HYDRATED

The most convenient and easiest way to stay hydrated is to keep a drink within reach at all times. In addition to the fluids, you consume with your meals, drink a glass of water when you wake up in the morning, in-between meals, before and after exercising, and after urination. Set routine cues to remember to drink water. For example, set an hourly alert on your phone or smart watch, or leave notes in noticeable locations to remind you to drink more.

Supplementing with juices and water heavy fruits like watermelons or honeydew can help avoid dehydration. Also, food with high water content like cucumbers, lettuce, soups, broths and stews can also boost your fluid intake. Be sure to choose low-sodium options if you are watching your sodium.

The best way to avoid dehydration is to learn the symptoms and follow best practices, most importantly follow your doctor's recommendations.

Inspired HomeCare caregivers and clinicians are here to help our patients understand the benefits of proper hydration and help patients and their caregivers better detect and prevent dehydration. To find a location near you, visit <https://inspiredhomecare.net/locations/>