

December, 2019

CareLink

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A Note From Sylvia

Dear Friends,

Welcome to CareLink, our new, monthly E-Newsletter. Our intention is to stay in touch with you and share helpful information. Enjoy reading about health, wellbeing and our endeavors. Feel free to share it with family and friends.

The holidays come with mixed emotions. For some it is a time of religious celebration or self-reflection, for others the celebration of family and friends. It is a joyous time to share

HOME HEALTH CARE

from the Alliance for Home Health Quality & Innovation



At its basic level, "home health care" means exactly what it sounds like – medical care provided in a patient's home. Home health care can include broad care given by skilled medical professionals, including skilled nursing care, physical therapy, occupational therapy and speech therapy. Home health care can also include skilled, non-medical care, such as medical social services or assistance with daily living from a highly qualified

favorite recipes and traditions, enjoy decorations, lights and the beauty of nature. A time of giving and receiving, the closing of one year with the anticipation of what a new year might bring. For some the holidays may come with feelings of longing or isolation, perhaps a time to remember a special person that is unavailable or passed on. As a community let us be supportive to each other with love, warmth and compassion.

Warmest regards,
Sylvia Allais
Executive Director

CareLink Suggestion
Box



Holidays and Loss

By Rick Davis, Chaplain

Holidays bring with it many dynamics that we don't see throughout most of the rest of the year. For many, the holidays are wonderful times, full of love and excitement, family, friends and good times. For others the holidays are times of tension, poor family relationships, a reminder of financial constraints; and for others this may be the first holiday season since they lost someone. We have all seen the ornament "Baby's first Christmas" but no one hangs the ornament "Grandpa's last Christmas." That would be in bad taste, right, unless you are from a family of comedians, then it might be alright. Often, we see a greater number of people transition just

home health aide. As the Medicare program describes, home health care is unique as a care setting not only because the care is provided in the home, but the care itself is "usually less expensive, more convenient, and just as effective" as care given in a hospital or skilled nursing facility.

Across Colorado, home health care providers are offering care to thousands of seniors, many of whom are living with chronic conditions. The state's home health sector also generates jobs, which help to support the state's overall economy. The Medicare home health benefit covers skilled nursing care and therapy services provided to patients in their own residence. The patient must be under the care of a physician-approved place of care, meet the definition of "homebound," and be in need of skilled services on an intermittent basis. Patients often receive home health care following an acute care hospital discharge or because they require certain rehabilitation services. Services include care from highly skilled nurses, physical therapists, occupational therapists, speech-language pathologists, and medical social workers. Home health aides provide personal care services for patients if needed to support skilled nursing services. As Colorado's senior population grows, home health is poised to provide these needed health care services to the state's seniors.

[Read more](#)

FALL PREVENTION TIPS
from the Center for Disease
Control and Prevention

after the holidays.

Thanksgiving, which often includes family, friends, dinner, traveling and perhaps a bunch of football, begins the holiday season. We roll right into holiday shopping, then the celebrations and the New Year. Effectively, the holiday season starts early and the atmosphere lasts for weeks.

It is the best of times and it is the worst of times.

How do we cope, deal with the stress, or in some wonderful fashion, make it a wonderful experience? The answer, my friends, is Santa's magic dust... no wait, that is a story for an entirely different article!

Not magic dust.

The answer is to take it one-day at a time, to set intentions for having a good day (or at least a not so bad day) to give yourself some room and time to breathe, to step back from expectations and judgments and just take each moment as it comes.

In the end, the one true thing Hospice has taught me is *life is fragile, every moment matters, cherish it.*

GIVE A GIFT TO HOSPICE

By Tricia Williams, Development Director



Gifts

HomeCare & Hospice of the Valley is a nonprofit organization. We rely on support from donors to provide high-



Do Strength and Balance Exercises

Do exercises that make your legs stronger and improve your balance. Tai Chi is a good example of this kind of exercise.

Have Your Eyes Checked

Have your eyes checked by an eye doctor at least once a year, and be sure to update your eyeglasses if needed. If you have bifocal or progressive lenses, you may want to get a pair of glasses with only your distance prescription for outdoor activities, such as walking. Sometimes these types of lenses can make things seem closer or farther away than they really are.

Make Your Home Safer

- Get rid of things you could trip over.
- Add grab bars inside and outside your tub or shower and next to the toilet.
- Put railings on both sides of stairs.
- Make sure your home has lots of light by adding more or brighter light bulbs.

Tips for NOT Slipping on Ice

1. Wear boots or slip-resistant shoes. Walk slowly and watch the placement of your feet.
2. Watch out for black ice which forms when wet pavement freezes. Black ice appears to just be a wet surface, but in reality is

quality services to our community. Your gift ensures we can provide our home health, palliative, hospice, grief, and bereavement services to our communities in Eagle, Garfield, and Pitkin counties.

We will never say no to someone who chooses our services. Your gift makes it possible for us to support anyone regardless of their ability to pay. Your gifts can be made monthly to support our work all year long.

[Set up recurring donation](#)

Online Shopping

When you shop online, we get a percentage of what you spend, at no cost to you!

Amazon Smile

Sign up with Amazon Smile, choose Hospice of the Valley Inc as your charity.



iGive

You shop. We get money. For free.

Help your favorite cause or charity every time you shop online, it's all free and so easy to be socially-conscious. Join me and start Giving #AllYearRound.

The stores make this possible because they want you to like them and shop at them over and over again. There's 2290 socially-responsible stores helping to make donations happen.

iGive empowers members to shop and give back to their favorite causes for free. Over the past 20 years, iGive has donated over 9 million dollars to over 30,000 causes and charities.

3. Use your arms to keep yourself stable and balanced when walking on ice. (Think: **walk like a penguin!**) Don't carry a lot of items with you; instead use a backpack if you can.
4. Use handrails whenever possible and watch the floors as you enter a building. Make sure you clean your feet on **rugs or mats** as the first few steps inside a building are the most dangerous.

SHOP LOCAL TO SUPPORT HOSPICE

City Market Community Rewards

Enroll or update your City Market Rewards account to make sure your rewards come to HomeCare & Hospice of the Valley.

[Enroll or Update](#)

Local Consignment Shops

If you have items to donate and are willing to let us be the recipient of any funds generated, you may take consignment items to these local merchants. Just give them the consignment number listed below or let them know it is for HomeCare and Hospice of the Valley.

Miser's Mercantile

303 Main St, Carbondale
Consignment # A258

Susie's Consignment

623 E Hopkins, Aspen
Consignment # 9834

Sign up for
iGive

Lily's Designer Consigner
715 Grand Ave, Glenwood
Springs
Consignment # 741

Aspen Home Consignments
220 E Main, Aspen
Tell them its for hospice!

Board Member Matching Gifts

Make your \$ go further

The HomeCare & Hospice volunteer Board of Directors is challenging you to raise \$10,000 or more this month. Our Board has pledged \$5,000 if we can raise \$5,000 in donations between NOW and **December 31, 2019**. Help us raise \$10,000, or more, by making your gift count twice!



Make My Gift
Count Twice

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