

ALL EMBRACING HOME CARE

Inside
Look

What does it take to
be a **GREAT CARE
MANAGER?**



OCTOBER
2023

**It takes
LOVE.**

Lovin' on your loved ones.

Leadership Lowdown

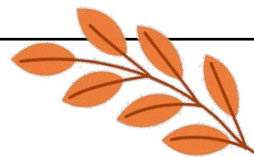
by Dee



Dee
Decimus
Holmes,
Owner/
Founder

We help people of all ages live as independently as possible, without compromising their health and safety.

Leadership Team



LaRae Guzman, HR Generalist	701-330-0159
Amanda Hjelle, Director of Services - Fargo Branch.....	701-317-8459
Dee Decimus Holmes, Owner.....	701-330-8373
Lisa Loland, CEO	701-330-8373
Tina Neil, Director Of Education/Marketing.....	701-739-8338
Kari Situm, Director Of Aging Services	701-330-0329
Lachen Stadstad, Aging Service Coordinator.....	701-317-8488
Leah Taylor, Program Specialist	701-215-4628
Robbie Hassett Program Coordinator	701-317-8277
Madison Armstrong Office Assistant	701-330-8373
Angelina Zenon, Scheduler.....	701-317-2940

Care Manager Team



Madison Armstrong	Julie Guzman	Hayden O'Leary
Madison Bergman	Tina Hanson	Hanson O'Leary
Kennedie Beyer	Phyllis Harrison	Michele Omlid
Christopher Butler	Lacey Haskell-Daucsavage	Mason Plante
LaTonya Carlson	Roberta Hassett	Paw Lay Pway
Andrena Christensen	Chelsea Hehr	Marta Rodriguez
Nikki Clark	Amanda Hjelle	Jodee Rose
Natasha Compeau	Thomas Hjelle	Tammy Sandbothe
Maria Cronquist	Ella Houska	Virginia Schauer
Christine Curry	Shanavia Hugee	Emily Schenk
Deanna Decimus Holmes	Cathy Jarombek	Kari Situm
Kimberly DeNault	Elaine Johnson	Michelle Smith
Zaundra Determan	Dianne Johnson	Lachen Stadstad
Karen Deziel	Sandra Johnson	Leah Taylor
Jonathan Deziel	Emily Just	Katrina Tjepkema
Terrie Dusek	Theresa Kargbo	Jessica Tupa
Jessica Espinoza	Kathy Klang	Sarah Vageline
Sonia Esquivel	Jessica Krongard	Brenda Valles
Francisco Figueroa	Makenna Langston	Brandon Watt
Nyemuoch Gatluak	Lisa Loland	Jean Wellman
Alison Goodfellow	Taylor Lott	Lois Wilson
Amber Gray	Arian Mackner	Maisy Ylitalo
Amanda Gunderson Belgarde	Donna McMahon	Angelina Zenon
LaRae Guzman	Nicole Miller	



Happy Fall!

The leaves are quickly changing into a beautiful array of colors. When I look outside it brings me such joy, because it reminds me of my childhood when we used to rake the leaves up, mix them with straw and create a scarecrow. We used my dad's overalls and a big flannel shirt. We'd fill his boots up with rocks to make sure the scarecrow would stand up straight next to the bales of hay. I love how my mom would encourage us and create these long-lasting memories.

This is one of the MANY reasons why I continue to assist clients in their home. The long-lasting memories and the stories I hear from you all brings tears to my eyes and fills my heart! Hearing about being a student at UND 35 years ago, WWII, having to walk to school 3 miles one way, carrying water into the house to heat up for supper, waking up with frost on eye lashes because of no insulation on the old houses, labor/delivery stories of the mothers, and trick or treating stories. I love knowing that all my team members get to be witnesses to all of our clients, their stories and their families.

We love lovin' on your loved ones and we truly take that to a deeper level when we are with them.

Another reason why I love what I do is how my career blends with my family. When I am volunteering for the Alzheimer's Association, I'm able to bring them with me to all the events and let them see why mommy works so hard for what she is passionate about.

All Embracing Home Care, LLC is an equal opportunity employer/provider



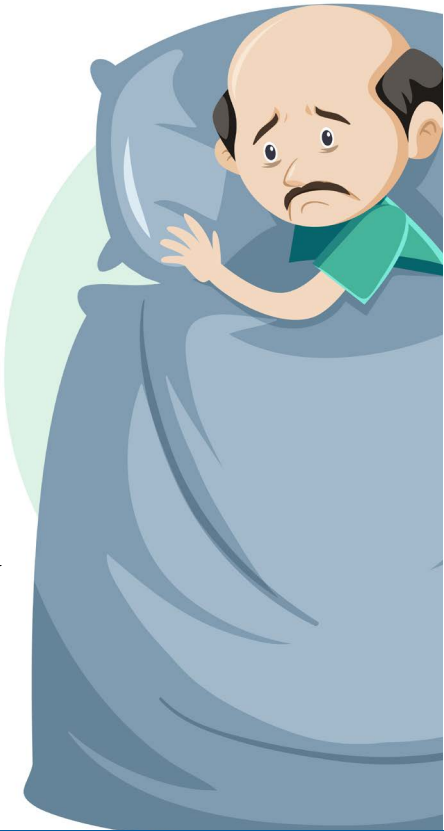
THE EXTRA EMBRACE

6 Tips for Managing Sleep Problems in Alzheimer's

Alzheimer's disease often affects a person's sleeping habits. It may be hard to get the person to go to bed and stay there.

Here are some tips that may help caregivers manage sleep problems in people with Alzheimer's disease:

1. Help the person get exercise each day, limit naps, and make sure the person gets enough rest at night. Being overly tired can increase late-afternoon and nighttime restlessness.
2. Plan activities that use more energy early in the day. For example, try bathing in the morning or having the largest family meal in the middle of the day.
3. Set a quiet, peaceful mood in the evening to help the person relax. Keep the lights low, try to reduce the noise levels, and play soothing music if he or she enjoys it.
4. Try to have the person go to bed at the same time each night. A bedtime routine, such as reading out loud, also may help.
5. Limit caffeine.
6. Use nightlights in the bedroom, hall, and bathroom.



It was a busy summer...



"To care for those who once cared for us is the highest honors."

What does it take to be a **GREAT** CARE MANAGER?

Being a care manager is a rewarding job requiring a particular personality type and "soft" skills. A good care manager will meet your loved one's needs and fit the job description. But a **GREAT** Professional Care Manager will go above and beyond to ensure the well-being of their client, under their watch.

Qualities a **GREAT** AEHC Care Manager has:

- Ability to Maintain Confidentiality
- Excellent Communication Skills
- Patience and Professionalism
- Empathy Above All
- Honest, Compassionate, and Supportive
- Passion and Dedication to the Job
- Adaptable

At All Embracing Home Care our Care Managers are trained in house and in the field. Some of the in-house training includes, but is not limited to Traumatic Brain Injury Courses, Alzheimer's Webinar, CPR/First Aid/AED Certification, Therapeutic Response through Positive Behavior Supports Training, Med Certification and Full-Time or Part-Time Modules through the University of Minot. Minot University is contracted through the state of North Dakota to offer and document all training with the State. Our amazing care managers breeze through these requirements. Then they team up with a seasoned care manager and do training with our clients. That is where they really shine. Introducing a new team member to a client is an enjoyable task. It's great when you can see that connection happen. Watching a clients eyes light up, when you help them complete a task that we may take for granted is the best reward a person could possibly achieve. This doesn't happen in other jobs or with the average person. It takes a special person to be a care manager and

WE HAVE THE BEST.



"The strength of the team is each individual member. The strength of each member is the team."

"Take comfort in knowing you don't need to fill up the silence to have a visit be meaningful."



"To love a person is to see all of their magic, and to remind them of it when they have forgotten."

Our Mission

Providing optimal in-home care to individuals with disabilities.



Owner and Founder of All Embracing Home Care, Deanna "Dee" Decimus Holmes understands the yearning we all have to be treated with respect and to live independently in our home setting. Dee appreciates the trust individuals and families must place in home care providers and is dedicated to ensuring their peace of mind. With her years of experience she advocates for clients and their needs. Ensuring the best fit possible for support with a variety of resources.

Independence

Living independently just feels good. Clients tell us that more than anything, they wish to live in the comfort of their own homes. Offering compassionate, dignified help with personal aspects of daily living. We respect their privacy and ensure they are treated with the dignity they deserve.

We believe that everyone, regardless of age or ability, deserves to live as independently as possible in surroundings which are safe and familiar to them. With our support, individuals receive comfort and companionship, as well as help with personal hygiene, household, and other daily living tasks, which provide the autonomy they crave and the peace of mind their families need.

Live Your Best Life

Compassion and a strong sense of community are the driving forces behind Dee's commitment to providing high-quality home care services to seniors and individuals with special needs from across the region. When proper help is received at the ideal time, Dee believes people are able to live happy, healthy, and fulfilling lives.



I was a single mom of 1 and 1 on the way, I had wanted to give back to my community. I had cared for my niece for 4 years here in Grand Forks and to see her learn how to run, ride a bike, using a communication device and enjoy life like everyone else, made me want to make that possible for many others here in GF. My first client April 19, 2019 out in Northwood, ND. It was the most rewarding shift, I had ever completed. I knew I had it right, I knew I wanted to do this until I was unable. Bringing on Care Managers didn't happen for 7 months and at that time I had 11 clients. Doing what we have been doing for the last 4.5 years has helped hundreds of people in our community

"Lovin' on Your Loved Ones."



Our Values

Honesty, integrity, reliable, dependable, fun, innovative, community involvement and passion for enriching lives.

"There is no exercise better for the heart than reaching down and lifting people up."



Workplace Wellness

by LaRae

LaRae, Guzman,
Human Resources Generalist

Steps to Support a Healthy Mind at Work and in Life

Healthy Mind = Healthy Body

It's important for you to take a preventive approach to your mental health just as you should for your physical health. To get you started, we've outlined five steps you can take to support a healthy mind at work and at home.

Reduce your stress

Short bursts of stress, such as when you're meeting a deadline, can be motivating, but chronic stress, which persists over longer periods of time without time to rest and recover can affect both mental and physical health.

Regulate your emotions

All humans feel a continuum of emotions—and some, such as grief, anger, and anxiety, can be overwhelming. These negative emotions can lead to poor physical and mental health in the long term. Practicing mindfulness can help you learn how to regulate and cope with challenging emotions like anxiety and anger.

Build social connection

Social interaction is a cornerstone of good health. Social connections generate positive feedback loops in our brains and bodies and promote physical, emotional, and social well-being. People who are lonely might also be dealing with considerable emotional exhaustion.

Improve whole-body care

Adequate nutrition is needed for countless aspects of brain functioning. Physical activity has been widely adopted as a beneficial way to self-manage mental health, and it may slow mental decline. Exercise has been proven to reduce anxiety and depression, perhaps because exercise improves blood circulation to the brain, and the body's reaction to stress.

Take one small step at a time to develop a healthy mind. If this list seems daunting, start small—you'll be on your way to having a healthy mind at work and in life!

HAPPY Birthday

to these Care Managers

-----October-----

Alison Goodfellow..... 29

-----November-----

Amanda Gunderson Belgarde..... 9

Hanson O'Leary 11

Marta Rodriguez 15

Emily Just..... 19

Donna McMahon..... 24

Julie Guzman 30

Jodee Rose..... 30

-----December-----

Christine Curry 2

Shanavia Hugee 23

Tina Hanson 27

EXTRA SPECIAL BIRTHDAY WISHES to these Clients...

October

CK..... 22

SR..... 24

HD 26

BY 27

November

CL.....1

DM.....13

EF.....18

CB28

December

RT..... 3

AS..... 10

TW 19

RM 23

TT 24

SH..... 28

THE EXTRA EMBRACE



Kari Situm,
Director of Aging
Services

What Does an Occupational Therapist Do for Elderly?

The OT uses several techniques and procedure in order to help the patient. S/he provides devices that can make their daily activities easier, offers them personal care that helps them live as long as possible through education, rehabilitation technique, exercises, etc. They also impart education to the family and caregivers on how to provide care.

Benefits of Occupational Therapy for Elderly

1. **Overcome The Challenges Faced in Daily-Life** - The very first benefit of the therapy is that it can help overcome the challenges of routine life such as bathing, dressing, feeding, etc.
2. **Surrounding Modification** - The therapists make the life a lot simpler with convenient devices like built-up eating utensils, semi-automatic cutting boards, etc.
3. **Promote Better Health** - Therapy has an impact on the mental and physical health of people. The educational techniques and devices used during the therapy foster longevity, facilitate healthier lifestyle, and make people sense the greater quality of life.
4. **Life Transitions** - Elderly people have to go through numerous transition phases in life, like retirement, relocation, widowhood, etc., which may be disturbing. These changes in the life of an elderly can go effortlessly with occupational therapy.
5. **Prevent Falls** - Falls are dangerous as they may result in severe injuries such as broken hip. The therapy teaches people how to stay active, conserve energy, and several techniques, and methods to prevent fall.



Employee Recognition Program



The All Embracing Home Care Team is TOADally awesome!!

Thank you for going over and beyond. Congrats for being caught being great!!

F.
Forever
R.
Recognizing
O.
Others
G.
Greatness

June

Tony
Tammy
Sarah
Michele O
Lachen
Aubrey
Chase
Madi B
Emily S
Kristie
Jean
Emily
Francisco
Nyemouch
Natasha
Katrina

June

Sonia
Christine
Madison
Donna
Michelle
Amber
Iris
Julie
Lois
Jessica E
Chelsea
Jazmin
Kari

July

Lois
Kari
Julie
Jon
Robbie
Chase
Elaine
Madi B
Emily S
Jodee
Thomas
Mary
Bethany
Natasha

August

Elaine
Natasha
Dee
Bethany
Hayden
Karen
Kathy
Jon
Donna
Jodee
Tkeyah
Madi B
Amber G
Katrina
Shanavia
Emily S
Tina
Julie
Jean

Thank You!!

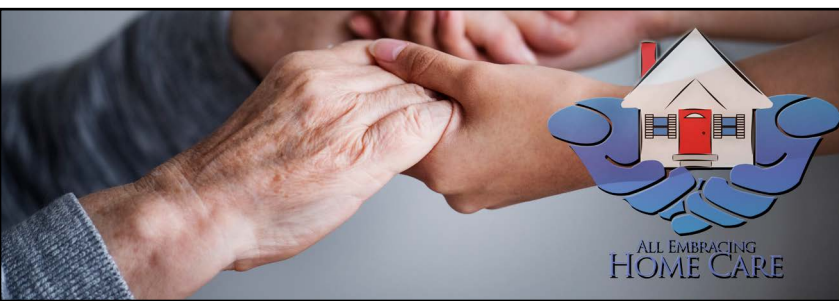
Recognized for...

- Going over and beyond
- Did something extraordinary
- Preformed a job well
- Great accomplishment
- Excels in Relationship skills

Submit a **F.R.O.G.** Card and/or send a name and description to:

Grand Forks Branch
LaRae Guzman,
Human Resources Generalist
LaraeG@AllEmbracingHC.com

Fargo Branch
Amanda Hjelle,
Director of Fargo Branch
AmandaH@AllEmbracingHC.com



"Lovin' On Your Loved Ones"

701.330.8373 (O)

WWW.ALLEMBRACINGHOMECARE.COM



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Alzheimer's

by Madison Armstrong

Around 6.7 million adults 65 and over have Alzheimer's disease in the United States. On July 6th, 2023, the FDA fully approved Leqembi, the first drug meant to slow disease progression that's been granted full regulatory approval. Other medicines have only been approved to help combat symptoms.

Targeting the brain protein beta-amyloid, which is thought to be one of the fundamental causes of Alzheimer's disease, is the goal of the Japanese and American-made medication Leqembi. In the phase 3 clinical trial, researchers assessed patients' performance in six areas where cognitive decline was thought to be prevalent, including memory, orientation, judgment and problem-solving, community involvement, home and hobbies, and individualized care. Patients were given a 5-point importance rating for each type: 0 for average, 0.5 for doubtful dementia, and 1, 2, and 3 for mild, moderate, and severe stages of dementia, respectively. After 18 months, patients in the placebo group had an average importance score of 1.66. Leqembi recipients typically scored 1.21, which is a difference of 0.45 points, or a 27% slower rate of decline.

"In real-world terms, this likely means more time for the patient to be living independently, enjoying their hobbies, their friends, and having a better quality of life, time will tell how much, but the clinical trial did show significant benefit on activities of daily living measures," said Donna Wilcock, the assistant dean of biomedicine at the University of Kentucky. How about the negative impacts, though? How about the drawbacks? The illness's 27% slowing down in advancement is hardly "noticeable" to a patient, according to Dr. Alberto Espay, a neurologist from the University of Cincinnati College of Medicine. In June, Espay started a petition asking for the Alzheimer's medication to not receive complete approval. "The odds for brain swelling and hemorrhage are far higher than any actual improvement," she added.

In my opinion, this represents a significant development in the fight against Alzheimer's disease. As previously said, this medication slows the progression of the condition, which is preferable to medications that only treat the symptoms. Although with the side effects, people are willing to accept this risk to improve their health because all medications have adverse outcomes.

COMMUNITY GRAND FORKS Corner

by Leah Taylor
Assistant Program Director

Monthly Events

Memory Cafe - Every 2nd Tuesday of the month @ Calvary Lutheran Church. An educational event for people living with Dementia/Alzheimer's & their family. Hosted by Home Therapy Solutions. 1-3:30pm

Bingo @ Grand Forks Senior Citizens Center every Wed & Thur @ 1 pm

OCTOBER

1-8Full Steam Ahead interactive learning fair @ Grand Forks Curling Club Sat & Sun 10a-8p, & M-F 4p-8p
4 Pumpkins for Parkinson's Day 9a-4p @ YMCA
7 East Grand Forks Arts & Crafts Fair @ EGF Civic Center
7 Touch a Tractor Weekend @ Valley Corn Maize
8 Fall Festival @ United Lutheran 4-6pm
13-14 Junkin Market Days @ Alerus
21 Movie Night & S'Mores @ Patch on the Point @ 6pm
28 ND Museum of Art Family Day 10a-12p
29 Trunk or Treat @ Calvary Lutheran Church 3-5 pm
29 Trunk or Treat @ Sharon Lutheran Church at 3 pm
30 ND Athletics Halloween Bash 6:30-8:30 @ Pollard Athletic Center

NOVEMBER

3 Pride of Dakota Grand Forks Holiday Showcase @ Alerus 2-8pm
4 Northern Valley Youth Orchestra Fall Concert 3-4:30pm @ Central HS
11 Holiday Craft & Vendor Fair @ Ralph Engelstad Arena
11 Veterans Day - Thank you to all who serve & have served!!
11 Up North Makers Market @ St Michaels gym
19 Holly Dazzle Festival of Lights @ Town Square 3-6:30pm
27-Dec. 22 Santa Village @ 250 Elks Dr. F-Sat 10a-8p & Sun 12p-6p

DECEMBER

2 Winter Wonderland Family Holiday Concert @ Chester Fritz @ 1:30
14 & 28 Free legal services - appointment needed
Grand Forks Senior Center
17 A Blue Violin Candlelight Christmas 2-3:30pm
Empire Arts Center



Providing optimal childcare and educational opportunities to children ages birth to 5 years old.

CALL TODAY! 701-809-2149

624 North Washington Street - Grand Forks, ND

elwaycccl@gmail.com

Take A BITE of Healthy Living

by Robbie

Robbie Hasset,
Program Director

Best Darn Chili

Serves: 6 to 8
Total Cook Time: 1 hr 30 min.

- 3 tablespoons olive oil
- 2 med. yellow onions, chopped
- 5 cloves garlic, chopped
- ¼ cup tomato paste
- 1 pound lean ground turkey
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 3 med. russet potatoes, skin on and cut into ½-inch cubes
- 1 can (28 oz) no-salt-added diced tomatoes
- 1 can (15 oz) low-sodium kidney beans, rinsed & drained
- 1 can (15 oz) low-sodium white beans, rinsed and drained
- 4 cups low-sodium chicken stock

Toppings: Chopped fresh parsley and plain nonfat Greek yogurt
What to do: Add olive oil to a large Dutch oven set over medium-high heat. Add onion and cook, stirring, until slightly soft, 5 minutes. Add garlic and cook, stirring, 1 minute more. Add tomato paste, turkey, chili powder, and cumin. Season with salt and pepper.

Cook, stirring occasionally, until turkey is cooked through, about 5 minutes. Add potatoes, tomatoes, kidney beans, white beans, and stock. Season with salt and pepper, and stir.

Bring to a boil, and reduce to a simmer. Cook, uncovered, for 1 hour and 15 minutes, until the chili is thick. Serve chili topped with parsley and a dollop of Greek yogurt.

Bon Appetite!

MAKING TRACKS

All Embracing Home Care has an ADA Compliant Van to transport All Embracing Home Care (AEHC) Clients.

Our van is optional for any AEHC employee to use while transporting clients for AEHC purposes. Some restrictions do apply.

Family of clients or friends are authorized to drive or ride in our company van with prior approval from AEHC's owner Dee Decimus Holmes.

Madison Armstrong, our Office Assistant can answer any questions you have about the van and how we schedule it out for client use. We encourage care managers to reserve this vehicle for our clients, so that they can get out and enjoy life. It's just another way we continue to keep "lovin on your loved ones."

Give Madison a call today and let's see what we can do for you. 701-330-8373.



It was a busy summer...

From watching Baseball with AEHC Glasses to Indoor Events and Outdoor Job Fairs ...WE WERE THERE! With a branch in Fargo, we are able to reach more people in need and have a little fun doing it.





Advertise Here!!!

Give us a call today for more details.

701-330-8373

OCTOBER 2023

HALLOWEEN SAFETY TIPS

Protect your young trick-or-treaters by following these essential tips for a safe and fun Halloween:

- 1. Practice costume safety.** - Make sure all costumes, wigs, and accessories are fire-resistant, as your kids could encounter anything from jack-o-lantern candle flames to a neighbor's bonfire while trick-or-treating. An ill-fitting or uncomfortable costume can also make or break your child's Halloween. Try before you buy, and ensure that the costume doesn't pose a tripping hazard.
- 2. Choose makeup wisely.** - Many kids have sensitive skin. Choose nontoxic cosmetic products and test makeup on a small area first to see if any irritation occurs. At the end of the night, follow the product's instructions to fully remove all makeup.
- 3. Rethink the mask.** - Masks can obscure kids' vision, making it difficult for them to see traffic or tripping hazards. Instead, plan a mask-free costume—the options are endless!
- 4. Prepare for the scare.** - Especially for young children, Halloween sights and sounds can be intense. It may help to have a discussion in advance about the difference between reality and "make believe." Reassure kids that it's OK to feel nervous. If they aren't ready for the haunted house this year, maybe they can try next year.
- 5. Give kids a refresher on traffic safety.** - In the excitement of the holiday, even older kids may forget the traffic-safety rules they follow every day. Sadly, the consequences can be deadly—children have a greater chance of being fatally injured by a car on Halloween than on any other day. So, it's extra important to remind kids how to cross the street safely.
- 6. Increase your child's visibility.** - Halloween costumes often feature dark colors, making kids harder to see at night. Choose a lighter-colored costume if possible, and pass out glow sticks or use reflective tape to ensure kids are visible to motorists.
- 7. Encourage kids to stay together.** - Even if you will be accompanying your children, remind them to stick with your group at all times. For older kids who will be trick-or-treating without your supervision, the buddy system is essential. Make sure their phones are charged in case they become separated from their friends.
- 8. Have kids stick to familiar, well-lit areas.** - If you won't be accompanying your older kids on Halloween night, discuss their route in advance and remind them to stay in your neighborhood. Reiterate that they should never enter a stranger's house or accept a ride from someone they don't know.
- 9. Check all treats.** - While stories of Halloween candy tampering are mostly urban legends, it never hurts to be safe. Inspect your child's candy before they indulge and make sure to remove any treats that aren't age-appropriate—such as gum or jawbreakers your toddler could choke on.
- 10. Be mindful of allergies.** - Emergency room visits due to peanut and tree nut allergies surge on Halloween. If your child has an allergy that keeps them from eating many kinds of candy, consider stocking up on allergy-friendly treats and have your child swap out their haul at the end of the night.



Halloween is a highlight of the year for kids—but this delightfully spooky holiday also comes with an increased risk of injury.



Family Recipes



3-2-1 Dip

- 3 pkg Cream Cheese
- 2 cans of Rotel Tomatoes & Chilies
- 1 pound Jimmy Dean Sausage

Put cream cheese and Rotel in crockpot.
Fry sausage and drain. Add to crockpot.
Heat until cream cheese melted.



Submitted by:
Karen D.

Wild Rice Soup

- 1 lb. of Velveeta Cheese
- 1 can Cream of Potato Soup
- 16 oz. Heavy Whipping Cream
- 1 lb of Bacon (fry up and cut into small pieces)
- 1/2 cup Wild Rice (cook rice as directed)
- 1 cup of Milk
- Mushrooms (optional)

Mix all of the ingredients into a large crockpot and cook on low for about 3 hours. Stir often and season to taste. Serve hot with crackers. Freezes well in individual portions for future meals.



Submitted by:
Tina H.



If you would like to submit a
"Family Recipe" for this page, please email
your recipe card to
Tina at: tinan@allembacinghc.com

