

ALL EMBRACING HOME CARE Summer Livin'

July
2024

Providing non-medical in-home care services for seniors and individuals with disabilities is truly a labor of love. It is an occupation that requires discretion, a compassionate heart, love for people, and just the right touch. Along with that our team has dedicated themselves to customized training that is accredited by the state of North Dakota through various agencies.



Lovin' on your loved ones.

Leadership Lowdown



by Dee

**Dee
Decimus
Holmes,**
*Owner/
Founder*

Greetings!

Our family has been taking full advantage of the summer heat and sunshine! If we're not at work, we're outside playing with our little bottle lamb Leo, by the pool, riding our bikes or on our pontoon.

At All Embracing Home Care, we have had some exciting changes! Sonia Esquivel has been a Care Manager since May 2019 and recently shifted positions to Office Assistant/Program Specialist. She has always been dedicated to the individuals she supports and has been able to adapt to change and accept challenges with a smile!

We have also brought on Hoff Holmseth as a Human Resource Intern as he is entering his sophomore year at the University of North Dakota. His tasks will include updating employee records, screening resumes, scheduling interviews, and supporting HR policies and procedures. Mr. Holmseth will gain hands-on experience in areas like employee relations, compliance, and policy management.

I attended the 2024 North Dakota Women's Business Summit in Medora, ND this year. I was able to attend in depth workshops with Sandy McMerty, Deputy Secretary of State Kari Dunn with All In Development Company, Tonya Holmstrom with Schmitz-Holmstrom, LLP, Shannon Michels with Karma Convenience Stores, Solli Frank and Angie Milakovic with Kajaer GeoConsulting, LLC, Molly Kocalski with Rocky Mountain Regional United States Patent and Trademark Office, Tammy Miller, Lieutenant Governor of North Dakota, Jessie Johnson with Bremer Bank, and Elizabeth Phares Oren, M.S. with NDWBC. I met so many other female entrepreneurs from around the state that have become resources as I continue to offer the best quality in home care in the Red River Valley.

Thank you for trusting in us to care for you and or your loved one, it is truly an honor!

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

Leadership Team

Lisa Loland, CEO	701-330-8373
LaRae Guzman, HR Generalist	701-330-0159
Amanda Hjelle, Director of Services - Fargo Branch.....	701-317-8459
Hanson O'Leary, Director of Marketing.....	701-330-8373
Brenda Serrano, Director Of Education	701-330-8373
Lachen Stadstad, Director of Home & Community Based Services..	701-317-8488
Emily Schenk, Developmental Disabilities Program Coordinator	701-317-8277
Angelina Zenon, Scheduler.....	701-317-2940
Cheyenne Chaput, Executive Assistant	701-330-8373
Dee Decimus Holmes, Owner/Founder	701-330-8373

Care Manager Team

Sara Alferness	Thomas Hjelle	Marta Rodriguez
Samantha Bogardus	Gretchen Holden	Jodee Rose
Vangie Byfuglien, RN	Hoff Holmseth	Tammy Sandbothe
Carolyn Calkins	Margaret Irons	Emily Schenk
Kelli Case	Elaine Johnson	Eden Scott
Cheyenne Chaput	Dianne Johnson	Jayla Scurry
Natasha Compeau	Sandra Johnson	Brenda Serrano
Maria Cronquist	Emily Just	Kevin Shibata
EmmaLee Dahl	Kathy Klang	Michelle Smith
Deanna Decimus Holmes	Gayle Kuhn	Lachen Stadstad
Karen Deziel	Lisa Loland	Katrina Tjepkema
Terrie Dusek	Donna McMahon	Sarah Vageline
Sonia Esquivel	Stacey Metzler	Tony Veasley Jr.
Francisco Figueroa	Kaleb Mills	Ally Verville
Ella Gabel	Andrew Moncada	Brandon Watt
Ivy Garnett	Leisa Mondry	Ana Weisz
Alison Goodfellow	Chaz Ohlsen	Jean Wellman
Amanda Gunderson Belgarde	Hayden O'Leary	Angelina Zenon
LaRae Guzman	Gina O'Leary	James Zuck
Julie Guzman	Hanson O'Leary	
Jenna Harrington	Michele Omlid	
Lacey Haskell-Daucsavage	Lori Otten, RN	
Chelsea Hehr	Melissa Petrovic	
Tami Hilliard	Mason Plante	
Amanda Hjelle	Raji Dolapo	

Thank You!!

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

Boating and Lake Safety!

AS SUMMER ARRIVES, LAKES AND WATERWAYS BECOME VIBRANT HUBS OF ACTIVITY. BOATING OFFERS A WONDERFUL WAY TO ENJOY THE WARM WEATHER, WHETHER YOU'RE FISHING, WATER SKIING, OR SIMPLY CRUISING. HOWEVER, SAFETY MUST ALWAYS BE A TOP PRIORITY. HERE ARE SOME ESSENTIAL TIPS TO ENSURE YOU AND YOUR LOVED ONES STAY SAFE WHILE HAVING FUN ON THE WATER.

HAVE A LIFE JACKET

THE MOST CRUCIAL RULE OF BOATING SAFETY IS TO WEAR A LIFE JACKET AT ALL TIMES. ACCORDING TO THE U.S. COAST GUARD, 80% OF BOATING FATALITIES IN 2022 INVOLVED INDIVIDUALS NOT WEARING LIFE JACKETS. ENSURE THAT EACH PERSON ON BOARD HAS A PROPERLY FITTING LIFE JACKET, AND THAT CHILDREN WEAR LIFE JACKETS DESIGNED FOR THEIR SPECIFIC WEIGHT AND SIZE.

CHECK THE WEATHER

BEFORE HEADING OUT, ALWAYS CHECK THE WEATHER FORECAST. SUDDEN STORMS AND HIGH WINDS CAN CREATE DANGEROUS CONDITIONS ON THE WATER. IF YOU NOTICE DARK CLOUDS, HIGH WINDS, OR SUDDEN TEMPERATURE DROPS, IT'S BEST TO HEAD BACK TO SHORE IMMEDIATELY.

AVOID ALCOHOL

OPERATING A BOAT UNDER THE INFLUENCE OF ALCOHOL IS JUST AS DANGEROUS AS DRIVING A CAR WHILE IMPAIRED. ALCOHOL AFFECTS YOUR JUDGMENT, BALANCE, AND COORDINATION, ALL OF WHICH ARE ESSENTIAL FOR SAFE BOATING. DESIGNATE A SOBER CAPTAIN TO ENSURE EVERYONE'S SAFETY.

KNOW THE RULES OF THE WATER

UNDERSTANDING AND FOLLOWING THE "RULES OF THE ROAD" ON THE WATER IS CRUCIAL. THIS INCLUDES KNOWING RIGHT-OF-WAY RULES, SPEED LIMITS, AND NAVIGATIONAL

MARKERS. ENROLL IN A BOATING SAFETY COURSE TO FAMILIARIZE YOURSELF WITH THESE REGULATIONS AND TO IMPROVE YOUR OVERALL BOATING KNOWLEDGE.

PERFORM A SAFETY CHECK

BEFORE SETTING SAIL, PERFORM A SAFETY CHECK OF YOUR VESSEL. ENSURE THAT ALL SAFETY EQUIPMENT, SUCH AS FIRE EXTINGUISHERS, FLARES, AND A FIRST AID KIT, IS ON BOARD AND IN GOOD WORKING CONDITION. CHECK THE BOAT'S ENGINE, FUEL LEVELS, AND BATTERY TO AVOID BREAKDOWNS ON THE WATER.

STAY HYDRATED AND SUN SAFE

SPENDING A DAY ON THE LAKE OFTEN MEANS PROLONGED EXPOSURE TO THE SUN. DEHYDRATION AND SUNBURN CAN SNEAK UP ON YOU, ESPECIALLY WHEN YOU'RE ACTIVE AND HAVING FUN. DRINK PLENTY OF WATER, WEAR SUNSCREEN WITH A HIGH SPF, AND DON A HAT AND SUNGLASSES TO PROTECT YOURSELF FROM THE SUN'S HARMFUL RAYS.

KEEP AN EYE ON SWIMMERS

IF YOUR BOATING ACTIVITIES INCLUDE SWIMMING, DESIGNATE A RESPONSIBLE ADULT TO KEEP AN EYE ON SWIMMERS AT ALL TIMES. ENSURE SWIMMERS STAY WITHIN A SAFE DISTANCE FROM THE BOAT AND THAT THE ENGINE IS OFF WHEN PEOPLE ARE IN THE WATER NEAR THE VESSEL.

COMMUNICATE YOUR PLAN

ALWAYS INFORM SOMEONE ON SHORE ABOUT YOUR BOATING PLANS, INCLUDING YOUR EXPECTED RETURN TIME AND YOUR INTENDED ROUTE. THIS ENSURES THAT SOMEONE WILL KNOW TO LOOK FOR YOU

IF YOU DON'T RETURN AS SCHEDULED.

RESPECT WILDLIFE AND THE ENVIRONMENT

LAKES ARE HOME TO A VARIETY OF WILDLIFE AND DELICATE ECOSYSTEMS. BE MINDFUL OF YOUR WAKE TO AVOID ERODING SHORELINES AND DISTURBING HABITATS. DISPOSE OF TRASH PROPERLY AND FOLLOW ALL LOCAL REGULATIONS TO PRESERVE THE NATURAL BEAUTY OF THE LAKE.

BY FOLLOWING THESE SAFETY TIPS, YOU CAN ENJOY A FANTASTIC SUMMER ON THE WATER WHILE MINIMIZING RISKS. BOATING RESPONSIBLY ENSURES THAT EVERYONE CAN HAVE A SAFE AND MEMORABLE EXPERIENCE ON THE LAKE.



We Are A Proud National VA Provider

All Embracing Home Care is proud to serve the veterans in and around the Grand Forks and Fargo/Moorhead communities. Our local Vets have selflessly served our country and we are here to serve them. We have experience providing in-home care services to veterans that allows them to live happy, independent lives in the comfort of home.

The families of veterans often ask, "Does the VA provide home health care? Yes, All Embracing Home Care provides home health aides and homemaker services for veterans."

To find out more, give us a call today 701-330-8373

Home Care
for Our
HEROES!



THE EXTRA EMBRACE

10 Summer Safety Tips for Older Adults

by Lachen

Lachen Stadstad,
OTA, Director of Home and
Community Based Services

As summer brings warmer weather, older adults need to take extra precautions to stay safe. Here are essential tips to ensure a healthy and enjoyable summer.

1. Stay Hydrated

Older adults are more prone to dehydration. Drink at least 8 cups of water daily and avoid excessive alcohol and caffeine.

2. Dress Appropriately

Wear light-colored, loose-fitting clothing and use a wide-brimmed hat and sunglasses for UV protection.

3. Use Sunscreen

Apply broad-spectrum sunscreen with at least SPF 30 on all exposed skin and reapply every two hours or more often if swimming or sweating.

4. Avoid Peak Sun Hours

Stay indoors between 10 a.m. and 4 p.m. when the sun's rays are strongest. Plan outdoor activities for early morning or late afternoon.

5. Keep Cool

Spend time in air-conditioned places during extreme heat. Fans help but are not sufficient alone.

6. Recognize Heat-Related Illness

Know the signs of heat exhaustion (heavy sweating, weakness, dizziness) and heat stroke (high body temperature, confusion). Seek medical attention immediately for heat stroke.

7. Stay Active, But Pace Yourself

Exercise indoors during extreme heat and take frequent breaks to cool down and hydrate.

8. Keep in Touch

Regular check-ins from family, friends, or neighbors can ensure safety and address any heat-related issues.

9. Medications and Heat Sensitivity

Review medications with a healthcare provider to understand any heat-related side effects.

10. Prepare for Power Outages

Have a plan for power outages, such as a backup generator or an alternative location with air conditioning.

By following these tips, older adults can safely enjoy the summer season.

SUMMER



United States Department of Agriculture

USDA Rural Development Section 504 Home Repair Program

Mission Statement: "Increasing economic opportunity and improving the quality of life for all rural Americans."

The Section 504 Home Repair program provides loans to very-low-income homeowners to repair, improve or modernize their homes or grants to elderly very-low-income homeowners to remove health and safety hazards. The maximum loan is \$40,000. Loans bear a 1% fixed interest rate and are financed over a 20-year term. Grants applicants must be 62 years of age or older and funds must be used to remove health and safety hazards. The maximum lifetime grant is \$10,000. Grants must be repaid if the property is sold in less than 3 years. Loans and grants can be combined for up to \$40,000 in assistance. Rural Development resources can be combined with other rehab programs. Section 504 Home repair funds are available year-round as long as funding is available. Households must apply directly with their local Rural Development office. The applicant's household income must not exceed 50 percent of the Area Median Income. Program Contact: Dana Rauschnot, SFH Direct Lead Specialist – dana.rauschnot@usda.gov or 763-689-3354, ext. 108.

Interested applicants should contact the local office in their area:

https://www.rd.usda.gov/sites/default/files/MN_SFHcontacts_2021.pdf

For additional information for Rural Development or the Section 504 program you may visit:

<http://www.rd.usda.gov/mn>



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We do not offer every plan available in your area. Currently we represent [10] organizations which offer [54] products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

*Products are not underwritten by Farmers Union Insurance.

THE EXTRA EMBRACE



Gardening as Therapy: Cultivating Mind and Body Wellness

by Cheyanne

Cheyenne Chaput,
Executive Assistant

As summer blooms in full glory, it's the perfect time to embrace gardening—not just as a hobby but as a therapeutic practice that nurtures both mind and body. Gardening offers a plethora of benefits, particularly for seniors, enhancing physical health, mental well-being, and overall quality of life.

Let's delve into how this enjoyable activity can become a cornerstone of your summer wellness routine.

Physical Benefits of Gardening

Exercise and Mobility: Gardening is a form of low-impact exercise that can improve strength, stamina, and flexibility. Activities such as digging, planting, weeding, and watering involve a range of movements that help keep muscles active and joints limber.

Cardiovascular Health: Engaging in regular gardening can boost heart health. The physical activity helps maintain a healthy weight, reduces blood pressure, and lowers the risk of heart disease.

Sunshine and Vitamin D: Spending time outdoors while gardening increases exposure to natural sunlight, which is crucial for the production of vitamin D. This vitamin plays an essential role in bone health and immune function.

Mental and Emotional Benefits

Stress Reduction: Gardening has been shown to reduce stress levels. The act of nurturing plants, combined with the serene outdoor environment, helps calm the mind and reduce anxiety.

Mindfulness and Relaxation: Gardening encourages mindfulness, allowing individuals to focus on the present moment and their immediate surroundings. This can promote a state of relaxation and improve mental clarity.

Sense of Accomplishment: Watching plants grow and thrive under your care provides a sense of achievement and purpose. This can be particularly rewarding and boost self-esteem and confidence.

Social Interaction: Gardening can also be a social activity. Joining a community garden or gardening club can provide opportunities for socializing, sharing tips, and forming new friendships.

Cognitive Benefits

Memory and Cognitive Function: Engaging in gardening tasks can stimulate the brain, improving cognitive functions and memory. It involves planning, problem-solving, and learning, which are beneficial for maintaining mental sharpness.

Sensory Stimulation: Gardening is a sensory-rich activity that can enhance sensory perception. The textures, colors, and scents of plants provide a stimulating environment that can be particularly beneficial for individuals with cognitive decline.

All Embracing Home Care has updated Email Address:
Please update your Contact list!

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Workplace Wellness *by LaRae*

LaRae Guzman,
Human Resources Generalist



The Benefits of Morning Meditation

Tie the practice to something you already do each morning, like brushing your teeth. One small study found that people who did an in-app meditation “anchored” to a morning routine stuck with meditation longer.

Set a timer.

Even if your mornings are chaotic, research suggests that just five minutes of meditation can decrease stress and anxiety the rest of the day. Ms. Ivanovic likes to use an hourglass so she can gaze at the moving sand, but a digital alarm on your phone works too, she said — “just make it something gentle, like a chime or a bell.”

And don't be afraid to go halfway. “If you're in a highly anxious state or feeling pain, even five minutes can feel too long,” she said. “Set your timer for two and a half minutes, see how you feel, then hit repeat.”

Focus on your senses.

Next, bring your attention to your body. “What are the physical sensations you feel? Maybe it's your feet touching the floor or an ache in your back,” Dr. Tsuda said. Notice any morning noises or smells, the quality of the light, even a lingering taste in your mouth.

After a minute or so of this, “my favorite practice that feels useful is just watching your breath,” said Aditi Shah, a meditation instructor for the fitness company Peloton. “Pay attention to each inhale and exhale.”

Add a mantra.

Research has shown that mantra-based meditation can have a positive effect on mental health and can even reduce hypertension.

To help you focus on your breath, Ms. Ivanovic said, try repeating “in” as you inhale and “out” as you exhale — either silently or out loud.

You can tailor your mantra to “whatever quality you want to bring to your day,” she said. Experiment with “I am” on the inhale, and “grateful,” “present,” “at ease” or any other word that feels fitting on the exhale.

Correct yourself compassionately.

Meditation can feel intimidating because “we don't have a clear picture of what success looks like,” Ms. Shah said. When she first started meditating, she often felt like “a bad meditator” when she got distracted.

Despite your best efforts, stray thoughts will often creep in. The key is not to see this as a failure.

“No matter how experienced you are, your mind is going to wander,” Ms. Ivanovic said. When it does, gently redirect yourself back to your breath. Use the patient, forgiving tone you'd take with a child or pet, she added. “Like, ‘whoops, no, not over there, come back over here.’”

You may find that listening to a guided meditation helps you stay more focused and gives you the building blocks for meditating on your own.

“The whole purpose of meditation,” Dr. Tsuda said, is “to train ourselves to be present with our experience without criticizing or judging ourselves.”

Add some movement.

Not everybody will be comfortable with a seated meditation, even a five-minute one, particularly people who are easily distracted. Also, “if you're very anxious, it's almost impossible to sit still with your thoughts,” Dr. Tsuda said.

Blending mindfulness with movement can multiply the benefits of both. After you wake up, while the day is still cool, consider a quick walking meditation, which research has shown can reduce psychological distress (and potentially alleviate depression and improve balance in older people).

While you walk, look for something around you in every color of the rainbow: a red flower, an orange sign, a yellow shirt and so on.

And if other thoughts creep in, Dr. Tsuda said, “bring yourself back and notice how your body feels when you're walking. Hear the birds chirping. Be fully present.”



“Lovin’ On Your Loved Ones”

2211 SOUTH WASHINGTON - GRAND FORKS, ND 58201

701.330.8373



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COMMUNITY GRAND FORKS Corner

by Emily

Emily Schenk,
DD/ID Program Coordinator

Monthly Events

- Breakfast** at the GF Senior Center Weekdays 8:30am-9:00am
Hot Meal drive-thru & inside at the GF Senior Center Weekdays 11:30am-Noon
*For 60+. Obtain required paperwork and key tags in the Senior Center.
 Order frozen meals ahead of time., pick up during the drive-thru or inside.*
- Memory Cafe** - Every 2nd Tuesday of the month @ Calvary Lutheran Church 1-3pm
*An educational event for people living with Dementia/Alzheimer's & their family.
 Hosted by Home Therapy Solutions.*
- Bingo** at the GF Senior Center Every Wed & Thurs. - 1pm
Wednesday Bites in Time Square Every Wednesday 11-2



July

- 1..... Fresh Georgia Peach Tour Grand Forks
 4..... Sertoma 4th of July Festival 2024
 4..... YMCA Firecracker 5k/10k Fun Run/Walk and Free Kiddie Run
 11..... Fresh Georgia Peach Tour Grand Forks
 11..... Sertoma 4th of July Festival 2024
 12..... YMCA Firecracker 5k/10k Fun Run/Walk and Free Kiddie Run
 16..... Sean Gaskell & the Music of the West Africa Kora
 18..... Nine and Numb Improve @Empire Arts Theater
 18..... The Johnny Holm Band in Town Square
 23..... Family Fun Night (University Park)
 29-30..... Smoke N' Shine Show
 29-Aug 2nd..... Back the Pack! Food Drive for Grand Forks Students



August

- 7..... Community Connections: Grand Forks Workforce Center
 17..... Vets in the Park
 23..... Leg of the Gerdau Northern Tour
 23..... Grand Forks 10 Weekend 2024
 23-24..... Downtown Grand Forks Street Fair
 25..... Zach Bryan @Alerus Center
 26..... Matt Maeson @Alerus Center
 27..... "A Better Trip" LIVE @Empire Arts Center

September

- 10..... The Price is Right LIVE @Chester Fritz
 16-18..... 2024 ND SHRM Conference
 19..... LISTEN's Charity Golf Tour



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CALL TODAY! 701-757-0670

624 North Washington Street - Grand Forks, ND

info@elwaycclc.com



COMMUNITY Corner

Fargo/Moorhead
Monthly Events

by Amanda

Amanda Hjelle,
Director of Services -
Fargo Branch

Trollwood Village Month Events

Every Monday Exercise - 9:30 am (Rosewood room); **Bingo** - 12:30 pm
Every Tuesday **Grocery Bus** - 1:00 pm; **Dominoes** - 12:30 pm;
Bible Study - 2:30 pm in Library
Every Wednesday Exercise - 9:30 am (Rosewood Room); **Whist** - 12:30 pm
Every Thursday **Bingo** - 12:30 pm
Every Friday **Crafts** - 12:30 pm
Wednesday, January 3 **Sanford Foot Care Clinic** , 10:00 am - 2:00 pm
Thursday, January 4 **Sanford Foot Care Clinic** , 10:00 am - 2:00 pm
2nd Tuesday of Every Month **Parkinsons Support Group**, 2:30 pm - 4:00 pm

Memory Cafe

Every Monday...9:00 am - 11:00 am - Coffee and Conversation
Every Monday..... 1:00 pm - 2:30 pm - Music Therapy,
Education Creative Arts, Games, Puzzles & Socialization,
Bethel Church; 2702 30th Ave. S, Fargo, ND

Caregivers Cafe

4th Wednesday of every Month 1:00 pm - 2:30 pm
Linger Laugh and Learn Center;
1122 1st Ave. N, Fargo, ND



July

1..... 701 Day @ Broadway Square
4 Hairball - 8pm
11 Meditation Around Town - 6pm
12..... Blake Sheton @ Red River Valley Fairgrounds
13..... Red River Market - 10am-2pm
15..... Gardening & Pesticides - @ Moorhead Public Library
18..... West Fargo Cruise Night - @ POW/MIA Plaza
27 Fargo AirShow- @ Fargo Air Museum



August

9 Fargo Blues Festival @ Newman Outdoor Field
11 Dwight Yoakam @ Bluestem Amphitheater - 6:30pm
24 Island Park Show - 10am-5pm
31..... Billy Currington @ Bluestem Theater- 7pm



September

10..... Big Iron Farm Show @ Red River Valley Fairgrounds - 9am
22 Daniel O'Donnell @ Fargo Theatre - 6pm
27 Fargo Junk Market - 9am-4pm
28 Fargo Junk Market - 9am-4pm

Advertise Here!!!

Give us a call today for more details.

701-330-8373



Summer Fun Ideas –

Stay Active!

by Lisa

Lisa Loland,
Chief Executive Officer

ALL EMBRACING
HOME CARE



It is important to prioritize your health and stay active. Spending time outdoors during the summer months can provide numerous benefits to your physical and mental well-being. Here are some delightful outdoor activities that you and your caregivers can participate in:

1. Having a picnic at a local park
2. Attending a sporting event
3. Exploring your local Farmer's Market
4. Attending an outdoor theater or concert
5. Visiting a local pool or lake: Taking a dip in the water is a refreshing way to beat the summer heat. Whether it's swimming, water aerobics, or simply floating.
6. Walking in a mall: Malls often provide a climate-controlled environment, making them a suitable place to take a leisurely stroll. Caregivers can accompany you as you explore the mall, get some exercise, and even indulge in a little shopping.

"Going outside is like a breath of fresh air for seniors and caregivers. It allows them to connect with nature, improve their physical well-being, and strengthen their relationship."



To make the most of these outdoor activities, it's essential to keep safety in mind:

- Stay hydrated!
- Apply sunscreen!
- Take breaks: Remember to take frequent breaks and rest when needed to prevent overheating or exhaustion.
- Wear appropriate clothing.

Engaging in outdoor activities with caregivers not only promotes physical activity but also fosters a sense of companionship and adventure. So, grab your hat, sunscreen, and water bottle, and embark on exciting outdoor adventures together!

Conclusion

Engaging in summer activities is essential to maintain your health and wellness. By participating in regular physical activity, socializing with others, and enjoying outdoor experiences, you can make the most of the beautiful summer weather. However, it's important to prioritize summer safety and take precautions to protect against extreme heat and other health risks.

HAPPY
Birthday
to these Care Managers

-----July-----

Cheyenne Chaput.....	2
Gayle Kuhn	7
Lacey Haskell-Daucsavage	15
Andrew Macada.....	17
Natasha Compeau	25
Lisa Loland	26
McKenna Myron.....	28

-----August-----

Gina O'Leary	1
Emily Schenk	23
Kathy Klang	23
Melissa Petrovic.....	25
Chelsea Hehr	26
Maria Cronquist.....	27
Jenna Harrington.....	30
Michelle Smith.....	31

-----September-----

Katrina Tjepkema.....	5
Hayden O'Leary.....	11
Cindy Gilley.....	16
Marissa Schiller	16
Michele Omlid.....	21

Enjoy Your
Special Day!!



All Embracing Home Care Foundation

The All Embracing Home Care Foundation thrives to create a future where every individual can experience the highest quality of care, services, and equipment.

We recently received a donation from Valley Senior Living of three Sit to Stand Mechanical Lifts that we will be now donating to the Healthcare Equipment Recycling Organization located in Fargo, ND! Thank you, Valley Senior Living!

If you would like to make a donation to the Foundation please do so at : Gate City Bank locations: All Embracing Home Care Foundation



MAKING TRACKS



Struggling with Transportation?

If you have a driver...
we may have a solution.

All Embracing Home Care has an ADA Compliant Van.

PUBLIC ADA VAN RENTAL OPTION:

Half-day\$75*
Full-day\$150*
Weekend: (5pm Fri. until 8am Mon.)\$300*
*Plus mileage. Gas returned at same level it was picked up at.

Proper training and release form required before rental.

LOVIN ON YOUR LOVED ONES....

Our van is an option for any AEHC employee to use while transporting clients for AEHC purposes.
(Some restrictions do apply.) Proper training and release form required before transporting.

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.
Proper training and release form required before transporting.

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 us a call today and let's see what we can do for you.

701-330-8373



Join Our Team!

Make a Difference in Someone's Life Today.

Providing non-medical in-home care services for seniors and individuals with disabilities is truly a labor of love. All Embracing Home Care is currently looking for our next CARE MANAGER SUPPORT HERO!

- Free Training
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Family Recipes



Delicious Grilled Hamburgers

Prep Time: 5 minutes
Cook Time: 10 minutes.
Total Time: 15 minutes

Ingredients:

- 1 pound lean ground beef
- 1 tablespoon Worcestershire sauce
- 1 tablespoon liquid smoke flavoring or less to taste (Optional)
- 1 teaspoon garlic powder
- 1 tablespoon olive oil
- seasoned salt to taste

Directions:

*Submitted by:
Hanson O'Leary*

Step 1: Gather the ingredients.

Step 2: Preheat an outdoor grill for high heat and lightly oil the grate.

Step 3: Combine ground beef, Worcestershire sauce, liquid smoke, and garlic powder in a medium bowl; lightly mix until just combined.

Step 4: With minimal handling, form mixture into three patties.

Step 5: Brush oil onto both sides of each patty, then season with salt.

Step 6: Cook patties on the preheated grill until no longer pink in the center, about 5 minutes per side. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees).



If you would like to submit a "Family Recipe" for this page, please email your recipe card to:
info@allembacinghomecare.com