

ALL EMBRACING HOME CARE Harvesting Care



WE'VE MOVED!
402 UNIVERSITY AVE
GRAND FORKS, ND

SEE STORY ON PAGE 3

October
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

Happy Fall! I love this time of year when the leaves are changing and the crisp air that requires us to wear a sweater! The kids are already asking for their Halloween costumes and what we're eating for Thanksgiving. Time flies when you're having fun! And oh boy, have we been having fun at AEHC!

First, we moved offices on October 1. Our new location is 402 University Ave. Please come by and say hello! It was an open slate when we looked at it and my husband Stephen built out offices, a reception desk, waiting area, conference room and storage room. I made sure that we had a larger storage room for supplies. We currently have shower chairs, shower benches, commode's, walkers, canes, toilet risers, and much more. If you or someone you know is in need of items to make them safer in their home, please reach out to us.

Along with the move, starting Oct 17th we will be offering fingerprinting services through Idemia. Individuals who need fingerprinting to provide services in MN such as: childcare providers, occupational therapist, physical therapist, speech therapist, general public and our Care Managers now will have the flexibility to come to our office instead of traveling out of Grand Forks.

Second, we switched software programs to Therap & CHR. These software programs help us with scheduling, billing, employee payroll and much more! Hopefully, this will not disrupt your services, but with that being said please be patient with us while we are going through this transition.

Lastly, we participated in two parades in September, UND potato bowl parade in Grand Forks and NDSU homecoming parade in Fargo, so much fun! It was great seeing our team come out and join us in marketing AEHC.

I look forward to continuing to support you and or your loved one as we fall into winter!
Dee

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
Lachen Stadstad, Director of Home & Community Based Services..	701-317-8488
Emily Schenk, Developmental Disabilities Program Coordinator	701-317-8277
Cheyenne Chaput, Executive Assistant	701-330-8373
Jodee Rose, Director of Education.....	701-203-1637
Sonia Esquivel, Program Specialist.....	701-330-8373
Melody Shibata, Scheduler.....	701-317-2940
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

WE'VE MOVED!

Relocating to a new office marks a significant milestone for any business, and for All Embracing Home Care (AEHC), it is an exciting step in the journey of growth and expansion. This move not only represents a shift in physical location but also underscores our commitment to better serving our clients, improving our operations, and enhancing the overall experience for our dedicated team.

October 1, 2024, All Embracing Home Care home office in Grand Forks moved to a new location. 402 University Ave downtown Grand Forks, ND. Equipped with 5 offices, reception desk, waiting area, a conference room, storage room, and a kitchen.

The decision to move our office wasn't taken lightly. As our agency continues to grow, so do the needs of both our clients and team members. Our current space, while functional, no longer fully supports the level of service we aspire to offer. A larger, more modern office will allow us to streamline our operations, provide a better work environment for our employees, and ultimately enhance the quality of care we deliver to our clients.



A comfortable, well-equipped office is crucial to maintaining a positive work environment. The new office provides an upgraded workspace with better amenities, helping to boost morale and productivity. This, in turn, helps us maintain our agency's core values: delivering exceptional care with empathy, professionalism, and respect. The design of the new office includes collaborative spaces that will foster teamwork and creativity among our staff, making it easier to problem-solve and share ideas. Our team works incredibly hard, and the new environment will better support them in delivering the high standard of care we're known for.



This move represents much more than a change of address. It's about building a future where AEHC can continue to grow, evolve, and meet the changing needs of the communities we serve. By investing in a space that supports both our team members and clients, we're preparing for the future of homehealth care—one that is increasingly focused on quality, innovation, and personalized service.



With more room to expand our administrative team, the new office will also enable us to implement new technologies and systems that improve efficiency and communication across our entire operation. This translates to faster response times, more organized client management, and better overall service.

Our clients are at the heart of everything we do, and this move is focused on improving their experience. The new office location offers easier access for clients and care managers, with improved parking and more accessible facilities. This will make face-to-face meetings more convenient and pleasant for all involved.

Moreover, the additional space allows us to conduct more comprehensive staff training sessions and workshops. This means our care managers will continue to receive the highest levels of professional development, ensuring that they can provide the compassionate, skilled care our clients depend on.

As we settle into our new office, we remain as dedicated as ever to providing compassionate, high-quality care to those who need



it most. Thank you for continuing to trust us with your care, and we look forward to serving you from our new location!

Our contact information has stayed the same! 701.330.8373

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!



Invest in your mental fitness using proven tools at no cost

Blue Cross Blue Shield of North Dakota is committed to removing the barriers that prevent people from accessing quality resources for mental wellbeing. We're making Learn to Live available at no cost to everyone in your organization, including all employees and family members, even if you're not enrolled on one of our plans.



Why Learn to Live?

Learn to Live is like an online gym for your mental fitness where you can unlock the proven benefits of Cognitive Behavioral Therapy (CBT) to increase your resilience or deal with common concerns. Use the confidential, self-guided programs to pursue your goals from any device, whenever and wherever you want. Make progress on your own or with the guidance of an expert coach.

- ✓ Immediate, 24/7 access
- ✓ No cost to you or your family members (age 13+)
- ✓ Coaching available via phone, text, or email
- ✓ Access via mobile app or web
- ✓ Available to ALL employees with no exceptions

 Use of Learn to Live is strictly confidential and member information will not be shared with anyone at your organization or Blue Cross Blue Shield of North Dakota.

Start your journey today!

Visit learntolive.com/partners
and enter code: **BLUEND**

or
Download
our mobile
app



All Embracing Home Care has updated Our Email Addresses:

Lisa Loland: LisaL@allembacinghomecare.com
Amanda Hjelle: Amandah@allembacinghomecare.com
Emily Schenk: EmilyS@allembacinghomecare.com
Lachen Stadstad: Lachens@allembacinghomecare.com
LaRae Guzman: Laraeg@allembacinghomecare.com
Jodee Rose: Training@allembacinghomecare.com

Sonia Esquivel: Programspecialist@allembacinghomecare.com
Hanson O'Leary: Hansono@allembacinghomecare.com
Melody Shibata: Scheduler@allembacinghomecare.com
Dee Decimus Holmes: Dee@allembacinghomecare.com
Foundation: Foundation@allembacinghomecare.com
Main email: Info@allembacinghomecare.com

Please update your Contact list!



Farmers Union INSURANCE

Medicare Supplements • Medicare Advantage • Healthcare



BRENT VIK

 **1551 28TH AVE S, STE A
GRAND FORKS, ND**

 **(701)757-5757**



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



Autumn Safety: Fall-Proof Your Life!

by Cheyanne

Cheyenne Chaput,
Executive Assistant

Here are some tips that can actively help to prevent falls:

1. Stay Active: Regular physical activity helps build strength, balance, and flexibility.

Engaging in exercises like walking, tai chi, or strength training can improve coordination and reduce the risk of falls.

2. Review Medications: Certain medications can affect balance and coordination. Review your medications with your doctor to ensure they aren't contributing to your fall risk. Be cautious with medications that cause dizziness or drowsiness.

3. Keep Your Home Safe: Make your living environment as fall-proof as possible. Remove clutter from floors, secure loose rugs, and install grab bars in the bathroom. Ensure that all areas are well-lit and that stairs have sturdy handrails.

4. Wear Proper Footwear: Choose shoes that fit well, provide good support, and have non-slip soles. Avoid walking in socks or slippers that can increase the risk of slipping.

5. Get Regular Vision and Hearing Checkups: Poor vision and hearing can contribute to falls. Regular checkups can help address these issues and ensure you have the proper prescriptions for glasses or hearing aids.

6. Use Assistive Devices: If recommended by a healthcare professional, use assistive devices like canes or walkers to improve stability and support. Ensure they are properly adjusted and maintained.

7. Stay Hydrated and Nourished: Proper hydration and nutrition play a crucial role in maintaining strength and balance. A well-balanced diet with adequate fluids can help prevent weakness and dizziness.

8. Seek Professional Guidance: Consider working with a physical therapist who can provide personalized exercises and strategies to improve balance and mobility.

By incorporating these tips into daily routines, seniors can significantly reduce their risk of falling and enjoy a safer, more active lifestyle. Remember, prevention is key, and taking these steps can help maintain independence and overall well-being.



Workplace Wellness *by LaRae*

LaRae Guzman,
Human Resources Generalist



WHAT IS WELLNESS?

Wellness is the active pursuit to understand and fulfill your individual human needs—which allows you to reach a state where you are flourishing and able to realize your full potential in all aspects of life. Every person has wellness aspirations.

Successful workplace wellness initiatives require supporting employees in fulfilling their needs in seven areas.

- 1. Health:** Beyond the absence of mental and physical illness, health is a feeling of strength and energy from your body and mind.
- 2. Meaning:** Feeling part of something bigger than yourself. Knowing that your work matters. Having purpose in your life.
- 3. Safety:** Knowing that you are safe from physical and psychological harm at work. Feeling secure enough to take calculated risks and show vulnerability. Free of concern about meeting basic life needs.
- 4. Connection:** Experiencing positive, trusting relationships with others. Feeling a sense of belonging, acceptance and support.
- 5. Achievement:** Feeling you have the support, resources and autonomy to achieve your goals. Succeeding at meeting your individual goals and work aspirations.
- 6. Growth:** Feeling like you are progressing in your career. Learning and being challenged to use and expand on your strengths.
- 7. Resiliency:** Viewing life with optimism. Feeling grateful and expressing appreciation. Feeling validated and encouraged.



"Lovin' On Your Loved Ones"

2211 SOUTH WASHINGTON - GRAND FORKS, ND 58201

701.330.8373



WWW.ALLEMBRACINGHOMECARE.COM

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





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

October

- 25.....UND Hockey vs Boston University
26.....UND Volleyball vs St. Thomas
26.....UND Hockey vs Boston University
26.....Trick or Treat @Grand Cities Mall
26.....Halloween Carnival
26.....Downtown Treat Trail
27.....UMCA Hoot n Howl Halloween Party
30.....Rydell Trunk or Treat
31.....Indoor Trick or Treat @Edgewood
31.....Trunk or Treat @Berkshire Hathaway Home Services Family Reality

November

- 1.....Breakfast and Hot Meal Drive Through
1.....LSS Senior Meals
2.....Johnny Cash and Neil Diamond Tribute
2.....ArtWise Art Camps for Adults
5.....Open Chess night - 5:30pm @EGF Cambell Library
6.....Penny Pinchers Party - 4pm @EGF Cambell Library
8.....1st Annual All-American Beard Competition
11.....Veterans Day Ceremony
16.....UND Men's Hockey vs Denver
26.....Cirque Dreams Holidaze @Chester Fritz Performing Arts Center

December

- 20.....A Magical Medora Christmas @Chester Fritz Performing Arts Center
24.....GF HollyDazzle: Festival of Lights



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

CALL TODAY! 701-757-0670

624 North Washington Street - Grand Forks, ND

info@elwayccclc.com



COMMUNITY Corner

by Amanda

Fargo/Moorhead Monthly Events

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
Sanford Brain/Spine Center, 2301 25th St S, Fargo, ND

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

October

4 Josh Blue Comedy
5 FM Studio Crawl
5 Oktoberfest @Drekker Brewing Co
12 Boo at the Zoo
13 Punkin Bash!
17 Fargo ValleyCon
24-26 The Big One (Arts and Crafts Fair)
31 Night Bazaar: Spook

November

3 Kidz Bop Live
6 Chase Mathew Music
22-23 Junkin' Market Days
22-24, 29-1 Folkways Christkindlmarkt

December

1 Santa Village
7 XCEL Energy Holiday Lights Parade
21 Nick Swardson - Toilet Head Tour
21 Fargo Masonic Vendor & Craft Show



Advertise Here!!!

Give us a call today for more details.

701-330-8373



A New Addition to the AEHC Team!

Sonia Esquivel,
Program Specialist



Hi, my name is Sonia and I have been with AEHC for 5 years! I spent my first four years as a care manager before ascending to my position as Program Specialist. My grandmother was the reason I crossed paths with this amazing company!

I will be answering calls and making sure they are directed effectively and efficiently on a day to day basis along with several other tasks. I'm excited to hear from you!

Outside of work, I have two teens. EXHAUSTING! We like to spend our time running a small business that creates custom designs and apparel. I have a degree in liberal arts and law enforcement. I speak fluent Spanish and I am from Texas. I still spend some time as a care manager after my regular hours! I just can't sit still after my arctic surgery! I'm hopeful one day I can become a probation officer! Thank you all for listening and supporting me and AEHC!



-----October-----

Christina Schmiedt 25
Allison Goodfellow 29

-----November-----

Kevin Shibata..... 4
Amanda Gunderson Belgarde..... 9
Hanson O'Leary 11
Marta Rodriguez 15
Emily Just..... 19
Donna McMahon..... 24
Jodee Rose..... 30
Julie Guzman 30

-----December-----

Kelli Case 15
Rebecca Sondrol 19
Gretchen Holden 24
Carolyn Calkins..... 31

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.

The month of November we are collecting any and all cleaning supplies to help our clients we support. For example: brooms, mops, vacuums, bleach, 409, vinegar, window cleaner, bathroom cleaner, toilet cleaner, antibacterial wipes, disinfectant wipes, paper towels, rags, and or brushes.

If you would like to make a donation to the Foundation, please do so at our location 402 University Ave or at any Gate City Bank locations: All Embracing Home Care Foundation or Venmo: @allembicinghomecarefoundation

2024

ALL EMBRACING HOME CARE - Grand Forks

Cleaning Supply Drive

During the month of November we are collecting any and all cleaning supplies to help our clients.

Call 701-330-8373 to donate!

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
- Employee Recognition Program
- Rewarding Career
- Flexible Schedule
- Multiple Shifts Available
- Benefits
- Growth Opportunities



701.330.8373

Info@allembicinghomecare.com

APPLY HERE: <https://allembicinghc.clearcareonline.com/quick-apply/>

Great people deserve a great place to work!

2211 S. WASHINGTON ST. - SUITE A
GRAND FORKS, ND 58201



Family Recipes



Easy Pumpkin Bread

Prep Time: 10 minutes.
Cook Time: 40 minutes.
Total Time: 50 minutes

Ingredients:

- 1/2 cup vegetable oil
- 1 3/4 cups granulated sugar
- 2 large eggs
- 15oz can pumpkin puree
- 2 cups all-purpose flour
- 1tbsp pumpkin pie spice
- 1tsp baking soda
- 1/2tsp baking powder
- 1/2tsp salt

Directions:

*Submitted by:
Lauren Johnson*

Step 1: In a large bowl, whisk oil and sugar.

Step 2: Add the eggs and whisk until combined.

Step 3: Whisk in the pumpkin puree until combined.

Step 4: Add the dry ingredients and whisk until just combined. Do not overmix. Overmixing will give you dense or heavy loaves.

Step 5: Pour the batter into the prepared pans.

Step 6: Bake until a toothpick in the center comes out clean.



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