

ALL EMBRACING HOME CARE

Inside
Look



GRAND OPENING BISMARCK, ND

Oct
2025

Growing Team!

by
Dee



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

It's been an exciting season for All Embracing Home Care! I'm thrilled to share a few highlights:

- New Bismarck Office - We officially opened the doors to our Bismarck location, expanding our reach and the care we can provide across North Dakota.
- We added a talented Virtual Assistant Urooj Mirza to help keep everything running smoothly behind the scenes.
- Staff Appreciation Ice Cream Bar, Nothing says "thank you" like sprinkles! Our team cooled off and connected over a build-your-own ice cream bar to celebrate everyone's hard work.
- Garage Sale for Alzheimer's Association, together we hosted a community garage sale in Fargo and Grand Forks and proudly raised funds in support of the Alzheimer's Association.

I'm so grateful for our growing team and the families we serve. Thank you for being part of the All Embracing Home Care story, we couldn't do this without you! If there is ever a time you'd like meet with me, please call our office to schedule a time.

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

Leadership Team

Lisa Loland, <i>CEO</i>	701-330-8373
LaRae Guzman, <i>HR Generalist</i>	701-330-0159
Amanda Hjelle, <i>Director of Services - Fargo Branch</i>	701-317-8459
Lachen Stadstad, <i>Director of Home & Community Based Services</i> ..	701-317-8488
Kaylee Richter, <i>Director of Services - Bismarck Branch</i>	701-330-8373
Katie Larson, <i>Developmental Disabilities Program Coordinator</i>	701-317-8277
Linnea Reed-Tucker, <i>AZ Program Administrator</i>	480-744-9160
Jodee Rose, <i>Director of Education</i>	701-203-1637
Melody Shibata, <i>Scheduler</i>	701-317-2940
Michelle Smith, <i>Assistant Program Administrator</i>	701-330-8373
Cheyenne Chaput, <i>Executive Assistant</i>	701-330-8373
Dee Decimus Holmes, <i>Owner/Founder</i>	701-330-8373

Care Manager Team

Amanda	Sara	Lydia
Jean	Vangie	Patience
Deanna	Lori	Jennifer
Elaine	Marissa	Cam Nhung
Michelle	Cheyenne	Nathaniel
Lisa	Kevin	Dawn
Tammy	James	Tonya
Katrina	Stacey	Jada
Emily	Eden	Eulinda
Dianne	Dolapo	Jason
Linnea	Annabella	Amber
Julie	Kylie	Elise
Maria	Melody	Karli
Hayden	Kiley	Mayama
Margaret	Elizabeth	Diane
Jodee	Arya	Kaylee
Gina	Blessing	Carsyn
Tass	Fnu	Marielle
Christopher	Sofia	Lorina
Lachen	Angela	Sandra
Karen	Michelle	Michele
Kathy	Callie	Katie
Donna	Mary Beth	Patricia
Marta	Marjorie	Aubrey
Christine	Charlee	Mawatta
Chelsea	Erika	Karla
Amanda	Rugiatu	Massalan
Sandra	Kimberly	Elise
Aubrey	Cheryl	Sierra
Terrie	Melinda	Charissa
Lacey	Mohamed	
Samantha	Eliana	

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



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



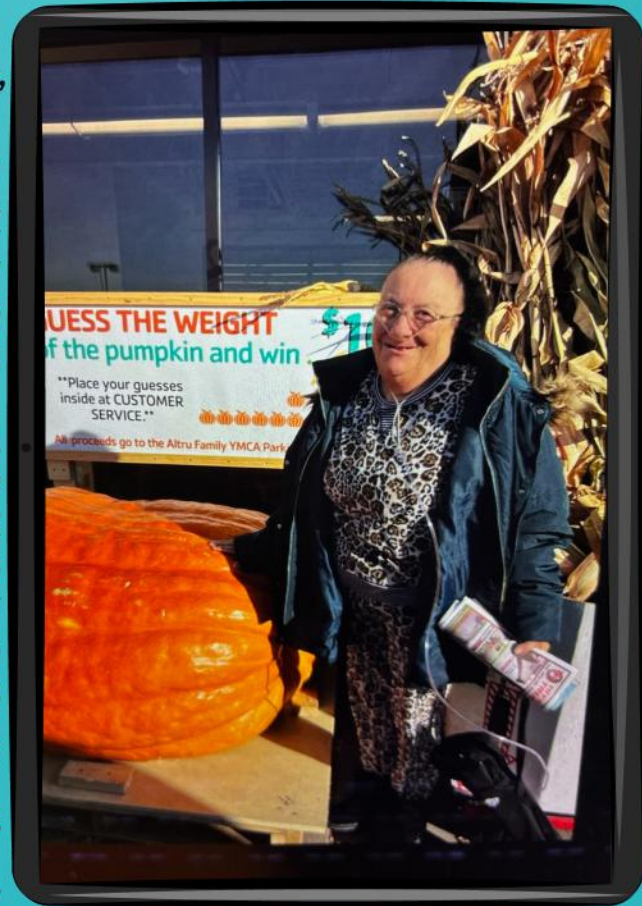
Lachen Stadstad
Program Coordinator

A Heartfelt Bond: Christine's Journey with All Embracing Home Care

At All Embracing Home Care, the mission goes beyond providing exceptional care, it's about fostering meaningful connections that transform lives. Christine's story beautifully illustrates the profound bond that can develop between a client and their caregiver, highlighting the compassionate care that defines the organization. After trying several agencies, Christine found All Embracing Home Care when it was just Dee, the founder, and another care manager. What stood out was Dee's genuine attentiveness. "She seemed to listen to the client and adapt to necessary situations," Christine shared. For someone who values their independence, this approach was crucial. "We don't want to give up our independence, and we do give up a lot to have someone help us," she explained, emphasizing the importance of a caregiver who respects her autonomy.

Christine receives a range of services, including assistance with bathing, selecting clothing, housekeeping, and shopping. These services have been life-changing. "Having the services keeps me happy, keeps me clean, and there is no way I would survive without them," she said.

Beyond the practical support, the friendship provided by her caregiver, Julie, has been a source of joy, and comfort. "The friendship they have provided me with is wonderful," Christine noted. The relationship with Julie is particularly special, described as nothing short of familial. "Julie is family; I am 'mom' to Julie," Christine said warmly.



"She cares for me, and it would break my heart if I ever lost her as my caretaker." This deep connection is built on trust and comfort, which Christine considers essential. "I feel so comfortable with her, and that is so important to me," she added. The consistency of having the same caregiver is vital, as Christine emphasized, "It is really important that when a client finds

a caretaker, they get to keep them.”

One moment stands out as a testament to Julie’s dedication. When Christine was hospitalized, Julie made a special visit. “That made all the difference in the world,” Christine recalled. “That’s when I knew she was special, and I didn’t want to lose her.” This act of kindness cemented their bond, proving that Julie’s care extends far beyond her role.

All Embracing Home Care’s commitment to listening has also made a significant impact. “All Embracing Home Care listens to me and my needs,” Christine said, noting that this attentiveness allows her to maintain her sense of self. “Not much different than I normally am; I voice my opinion.” This respect for her individuality contributes to her overall well-being, ensuring she feels heard and valued.

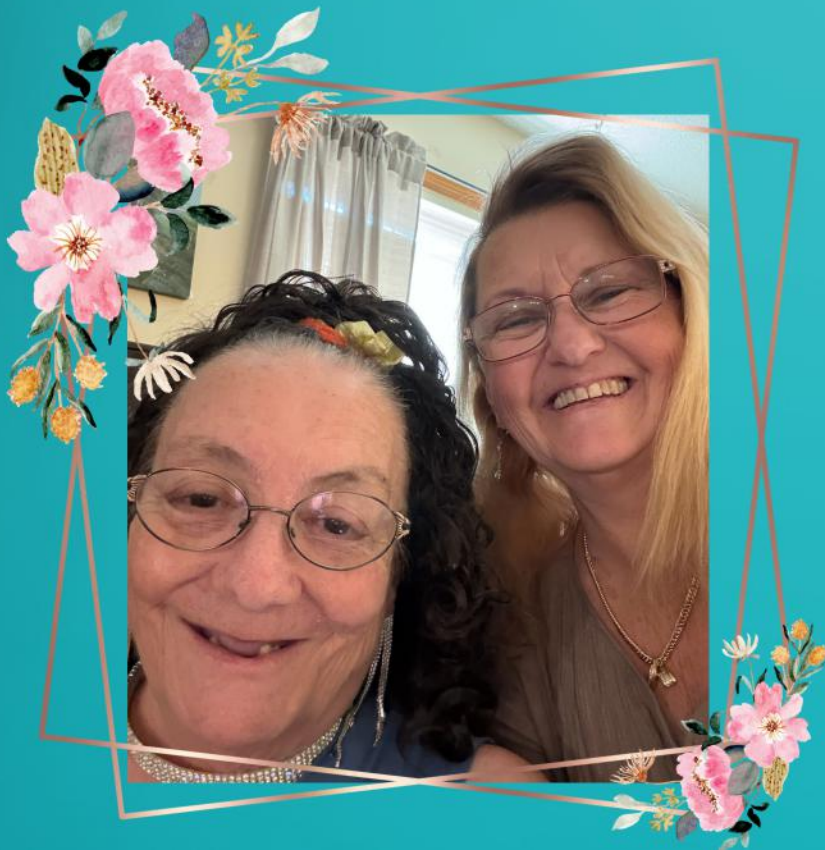
Reflecting on her experience, Christine emphasized the importance of being truly cared for. “All Embracing Home Care listens, and that’s good—that’s so important. All Embracing cares about me, and Julie cares too,” she shared.

This story is a powerful reminder of the impact of compassionate, personalized care. At All Embracing Home Care, it’s not just about meeting needs—it’s about building relationships that feel like family, providing support that uplifts, and creating moments that matter.

Meet our Bismarck Director



Hi, I’m Kaylee Richter, the new Director of Services for All Embracing Home Care Bismarck location with a passion for helping others and serving my community. All Embracing Home Care was founded in 2019 by Dee Decimus Holmes in Grand Forks, ND. It has since grown from Grand Forks to Fargo ND, Arizona and most recently to Bismarck ND. For the last 4 years I have been working with Sanford within a few different specialties; most recently the Neurosurgery department. Prior to my time at Sanford, I spent my time working at Edgewood with those in the Aging community. When I am not working with individuals in the community, I spend my time with my family. We enjoy things like going to church, spending our time outside, and watching movies. As our new office opens and expands here in the Bismarck area, we are hoping to provide the best care for as many individuals as possible. We are excited to meet you and eager to help in any way that we can.





COMMUNITY GRAND FORKSCorner

Jodee Rose
Director of Education

by Jodee

Recurring Events

Sept 18-Oct 27: Nelson's Pumpkin Patch @ 2448 20th Ave NE Emerado ND.....
M-F 3-7pm, Weekends 11a-6pm
Sept 29-Oct 7: Full STEAM Ahead, Annual pop-up Science Museum Event @ GF Curling Club.....
3:30-7:30pm
Sept 29-Oct 3: Patch on the Point Pumpkin Patch..Thur & Fri 5:30-7:30pm, Sat 11a-7pm, Sun 11a-5p
Oct 4-Oct 19 Valley Corn Maze.....Sat 10a-7p, Sun 1p-6p

OCTOBER

4.....UND Hockey vs. Manitoba
6:07pm
10.....UND Hockey vs. St. Thomas
7:07pm
11.....Grace Baptist Fall Festival
Grace Baptist Church 12-2p
11.....UND Football vs. Youngstown State (Family Weekend)
3pm
17/18.....UND Hockey vs. Minnesota
17.....Northern Sky Astronomical Society
Community Astronomy Night
Turtle River State Park in Arvilla @ 7:30 pm
18.....NDMOA Family Day: Breathe, Connect, Draw
Free Admission
North Dakota Museum of Art 10a-12p
18.....Family Film Series: "Willy Wonka & The Chocolate
Factory" Empire Arts Center 1p-3p
19.....Trunk or Treat
Alerus Center 1p-3:30p
23.....Gabriel Iglesias: The 1976 Tour
Alerus Center 8pm
24.....World Ballet Company: "The Great Gatsby"
Chester Fritz Performing Arts Center 7p
25.....UND Football vs. Indiana State (Military Appreciation)
3pm
25.....Hope-O-Ween
Hope Church 11a-2p
25.....Family Film Series: "The Wizard of Oz"
Empire Arts Center 1pm
25.....Downtown's Treat Trail
Downtown Shops 1-3p
26.....YMCA Hoot 'N Howl Halloween Bash
GF Family YMCA 6-8p
31.....The Greater GF Symphony Halloween Masquerade
GF Masonic Center 7:30p
31/Nov1.....UND Hockey vs. Minnesota Duluth

NOVEMBER

1.....Forkin Arts & Crafts Fair
American Legion Club 11a-4p
1.....Fall Bazaar
Sharon Lutheran Church 12p
8.....The More Life Tour starring Randy Travis
Chester Fritz Performing Arts Center 7:30p
8.....UND Football vs. North Dakota State
1pm
11.....Styx with special guest Loverboy
Alerus Center 7:30p
14/15.....UND Hockey vs. Arizona State
15.....Family Film Series: "Brother Bear"
Empire Arts Center 1p
18.....Senior Provider for Older Adults Fair
Valley Senior Living on 42nd 3p-6p
21.....UND Hockey vs. U.S. Under 18 Team
7:07pm
22.....2nd Annual All American Beard & Mustache Competition
American Legion 6p-11p
22.....UND Football vs. South Dakota State (Senior Day)
1pm
23.....11th Annual HollyDazzle: Festival of Lights
Downtown GF and EGF 1-7p
29.....UND Hockey vs. Bemidji State
6:07pm
30.....Cirque Musica Holiday Wonderland
Alerus Center 6p

DECEMBER

12/13.....UND Hockey vs. Omaha
14.....A Yuletide Concert
EGF Senior High School 2:30p
14.....Christmas with Lorie Line
Empire Arts Center 3p
18.....Game Night & Soup Dinner
Augustana Lutheran Church 6-7:30p
20.....Family Film Series: "Elf"
Empire Arts Center 1p



Amanda Hjelle
Director of Fargo

COMMUNITY Fargo/Moorhead Corner

by Amanda

Monthly Events

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 p.m. in Library
Every 2 nd Tuesday	Polka -1-2pm
Every Wednesday	Exercise - 9:30 am (Rosewood Room); Whist - 12:30 pm
Every Thursday	Bingo - 12:30 pm
Every Friday	Crafts - 12:30 pm
First Wednesday of each Month	Trollwood Foot Care Clinic , 10:00 am - 2:00 pm
First Thursday of each Month	Trollwood Foot Care Clinic , 10:00 am - 2:00 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

Caregivers Cafe

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

OCTOBER

- 1-2.....**Foot Care Clinic**
Trollwood Village, AEHC Office 10a-2p
- 4.....**Fall Craft, Quilt, & Bake Sale**
Grace Lutheran Church 9a-1p
- 4,11, 18, 25.....**Red River Market**
Broadway Square 10a-2p
- 5.....**Brewhalla Fall Craft Market**
Brewhalla Market 12-6p
- 5.....**Fall Turkey Dinner St Williams Church**
Argusville Community Center 11a-1:30p
- 8, 29.....**Designer Purse Bingo**
Suite Shots 7p-10p
- 7,14, 21, 28**Moorhead Farmers Market**
Hjemkomst Center Parking Lot 3:30-6:30p
- 1-26.....**Buffalo River Pumpkin Patch**
Glyndon, MN weekly Saturday & Sunday 10-6
- 1-26.....**Lil' Bitz Pumpkin Patch**
7414 40th Ave N Fargo weekly Saturday & Sunday
- 25.....**Dylan Scott: Easy Does It Tour**
Scheels Arena 7:30p

NOVEMBER

- 5-6.....**Foot Care Clinic**
Trollwood Village, AEHC Office 10a-2p
- 7.....**Jeff Dunham**
Scheels Arena 7p
- 12, 26.....**Designer Purse Bingo**
Suite Shots 7p-10p
- 21, 22.....**Pride of Dakota Showcase**
Scheels Arena Fri 12-8p, Sat 9a-5p
- 22.....**Holy Cross Holiday Collections Craft Show**
Holy Cross Catholic Church 8:30-3p
- 23.....**Turkey Bingo/Social**
Holy Cross Catholic Church 1-3p

DECEMBER

- 3-4.....**Foot Care Clinic**
Trollwood Village, AEHC Office 10a-2p
- 10,31.....**Designer Purse Bingo**
Suite Shots 7p-10p

Advertise Here!!!

Give us a call today for more details.

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, Fargo/Moorhead and Bismarck 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 provides home health aides and homemaker services for veterans."

To find out more, give us a call today 701-330-8373 or talk to your Doctor at your local VA clinic.



HAPPY Birthday to these Care Managers

October

Kimberly J.....	5
Mawatta M.....	10
Linn RT.....	22

November

Kevin S.....	04
Melinda S.....	09
Amanda GB.....	09
Michele K.....	10
Marta R.....	15
Margaret I.....	19
Emily J.....	19
Donna M.....	24
Julie G.....	30
Jodee R.....	30

December

Christine C.....	02
Sandra H.....	02
Jada W.....	08
Tass S.....	09
Blessing B.....	16
Lorina D.....	22

Enjoy Your
Special Day!!



FALL WORD SEARCH

S G I V I S G W O R C E R A C S
C O L L A H S C A E I T H R E W
P U M P K I N O K S D E R O R O
T R L U N S R A L L E R D C O R
H D E M L B O N F I R E I H N A
A C A R L O C A R A E L C E E N
N O V E T H A N K S G I V I N G
T R L P H A G O U E R I F Y A E
S W L M A L C R N L E A V E S T
E C A A N L P P A P H A L L O C
V I B H F O O T B P I D E L H O
R E T A E W S H R A N A R O A R
A D O Y T E N A N R E S T W R M
H O O R H E D I R Y A H S E V U
E R F R E N E Y O U R F N O B P
E N E N A E H S C R O W O L L E

WORD BANK

ACORNS
APPLES
BONFIRE
CIDER

CORN
FOOTBALL
GOURD
HALLOWEEN

HARVEST
HAYRIDE
LEAVES
PUMPKIN
ORANGE

RED
SCARECROW
SWEATER
THANKSGIVING
YELLOW

WWW.ALWAYSTHEHOLIDAYS.COM

Staff Appreciation



THE EXTRA EMBRACE



Cheyenne Chaput,
Executive Assistant



Stay Strong, Stay Active

by
Cheyenne

Gentle Movement for the Season

Winters in the north are no joke, icy sidewalks, frigid temps, and early sunsets can make it hard to stay active outdoors. But staying active indoors is not only possible, it's one of the best ways to stay healthy, energized, and independent all season long. Whether you're working with a physical or occupational therapist or just want to keep your body moving at home, gentle exercises can go a long way. Even 10–15 minutes a day can help reduce stiffness, boost circulation, improve balance, and lift your spirits.

Can't get outside? No Problem! Try these easy chair excises:

Ankle Circles – Lift one foot off the floor and slowly rotate your ankle. Do 10 circles in each direction, then switch feet.

Seated Marching – While seated, lift your knees one at a time like you're marching in place.

Go for 20 repetitions or set a timer for 1–2 minutes.

Overhead Arm Raises – Raise your arms straight overhead, then slowly lower.

Repeat 10–15 times to keep shoulders mobile and strong.

Torso Twists – Sit tall, cross your arms, and gently twist side to side to loosen your spine. Try 10 twists per side.

Neck Rolls & Shoulder Shrugs – Gently roll your neck in circles and shrug your shoulders up and down to release tension.

Toe & Heel Taps – Tap your toes and heels to the floor, alternating feet. Great for lower-leg circulation, especially when sitting for long periods.

Bonus Tip: Put on some music and have a short "seated dance party" a fun way to get your heart rate up without leaving your chair!



Remember: Staying active indoors can be just as beneficial as going for a walk outside. If you're unsure where to start, ask your healthcare provider or therapist for a routine tailored to your needs.

Stay warm, stay safe, and keep moving—your body and mind will thank you!



Workplace Wellness *by LaRae*

LaRae, Guzman,
Human Resources Generalist



Caring for the Caregiver

At All Embracing Home Care, our Care Managers are the heart of what we do. Every day, you show up with compassion, patience, and dedication making sure the people YOU support feel safe, respected, and cared for.

Fall can be a busy season. The days get shorter, routines shift, and the holiday season is just around the corner. During this time, it's important to pause and ask yourself: "How am I taking care of my own wellness?" Here are a few simple, practical ways Care Managers can protect their health and well-being this fall:

Prioritize Rest

Working in home care can mean early mornings, late nights, and long shifts. Sleep is one of the best ways to recharge your body and mind. Aim for consistency, try to go to bed and wake up at the same time each day.

Eat Smart

Packing healthy snacks like fruit, nuts, or yogurt can help you stay fueled during busy shifts. Having something to snack on between shifts will keep you fueled! Remember: caring for yourself is part of caring for others.

Stay Active

Even a 10-minute walk between shifts can lower stress, boost energy, and improve mood. Stretching in your car or at home before work can also ease the physical strain of caregiving tasks.

Celebrate Small Wins

Sometimes progress looks like a client smiling, a safe and clean home, or simply knowing you showed up and gave your best. Recognizing these small victories helps keep you motivated and proud of your work.

Gratitude

We want to recognize the incredible effort each of you bring to All Embracing Home Care. You are not just employees, you are life-changers. Your hard work ensures that the people we support can stay safe, comfortable, and happy in their homes. Thank you for being the heart of our mission.

Protect Your Mental Health

Caregiving is meaningful, but it can also be emotionally heavy. Take advantage of support systems, whether that's talking with coworkers, family, or professional resources. If you need resources talk to any leadership team member.



"Lovin' On Your Loved Ones"

Grand Forks, Fargo, Bismarck

701.330.8373



www.AllEmbracingHomeCare.com

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



Meet our Developmental Disabilities Program Coordinator, Katie Larson



As DD Program Coordinator at All Embracing Home Care, I bring over 22 years of experience in healthcare, long-term care, aging services, and developmental disabilities support, along with a genuine passion for helping others. With a background in Healthcare Business Administration, I am dedicated to ensuring every individual receives the respect, compassion, and quality care they deserve. I was born and raised in Grand Forks, and I'm proud to serve the community I call home. I find joy in making a difference each day, whether I'm supporting people, guiding families, or collaborating with our incredible team at All Embracing Home Care. Outside of work, I treasure time with my beautiful family and embrace opportunities for growth, learning, and new experiences in the ever-evolving world of care and support services.



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



All Embracing Home Care Foundation

Our Vision...

The vision of All Embracing Home Care Foundation is to create a future where every individual can experience the highest quality of care, services, and equipment. The All Embracing Home Care Foundation aspires to be a driving force in creating a healthier & more compassionate world. We see a community united in the belief that, "accessible & quality home care is a fundamental right." Our vision is to serve as a catalyst for positive change by mobilizing resources, fostering partnerships, and inspiring a culture of philanthropy. Through our efforts, we strive to build a sustainable foundation that ensures the continued growth and impact of AEHC. Ultimately leading to a society where the health and well-being of all individuals are prioritized and upheld with dignity & respect.

Our Mission...

All Embracing Home Care Foundation is committed to raising essential funds to ensure accessible, compassionate & high-quality home care services for individuals in need. We believe in the transformative power of health and well-being. Our goal is to cultivate a community of generous donors & partners who share our commitment to improving lives. Through strategic fundraising initiatives, community engagement & collaboration, we aim to secure the resources necessary to enhance the reach and ensure that everyone receives the care they deserve in the comfort of their homes.

How to Donate...



PayPal:
AllEmbracingHomeCareFoundation

Gate City Bank Locations: All Embracing Home Care Foundation

Venmo: @allembraisinghomecarefoundation



Call 701-330-8373 to donate!

ALL EMBRACING
HOME CARE
402 University Ave Ste 4
Grand Forks, ND 58203



Ingredients (4 servings):

- 2 tbsp butter or olive oil
- 1 small onion, chopped
- 3 medium potatoes, peeled and diced (about 1½ lbs.)
- 3 cups low-sodium chicken or vegetable broth
- 1 cup milk (dairy or non-dairy)
- Salt & pepper to taste
- Optional garnish: chives or green onions, shredded cheese, a dollop of sour cream or bacon bits

CREAMY POTATO SOUP



Directions:

1. In a pot, melt butter over medium heat. Add onion and cook until soft.
2. Add diced potatoes and broth. Bring to a boil, then reduce to simmer for about 15 minutes, until potatoes are tender.
3. Remove from heat. Use an immersion blender (or transfer carefully to a blender) to puree until smooth.
4. Stir in milk, season with salt & pepper. Warm gently before serving.
5. Garnish as desired.

Approximate Nutrition per Serving (without optional toppings):

Calories: 210, Protein: 5 g, Carbohydrates: 33 g, Fiber: 3 g
Sugars: 4 g (from milk), Fat: 7 g, Saturated Fat: 3.5 g (using
butter + milk), Sodium: 520 mg (varies with broth used)

Submitted by Michelle