

HOME HEALTH TODAY

The Monthly Interim Home Health and Hospice Newsletter



Chronic Disease Awareness

Chronic Disease Day was a day established to raise awareness of the growing burden of chronic illness, encouraging education, prevention, and better management of diseases that affect millions of people every day. While many chronic diseases become more common with age, they are not an inevitable part of aging, and many can be prevented or delayed through healthy lifestyle choices and routine medical care.

A chronic disease is generally defined by the CDC as a condition lasting one year or more, that requires ongoing medical attention, or limits activities of daily living, or both. In the US, the most prevalent chronic diseases include:

- Obesity
- High cholesterol
- Hypertension
- Arthritis
- Depression.



Better diagnostic screening and improved medical interventions mean people no longer die quickly from these diseases. Instead, they survive and live for many decades while managing their conditions. Yet, persistent lifestyle risks like physical inactivity, ultra-processed diets, and the compounding effects of things like excessive alcohol consumption, stress, and aging continue to drive the growing prevalence of chronic disease. As a result, chronic diseases remain the leading causes of disability, reduced quality of life, and healthcare spending across the country.

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Chronic Disease Awareness (Cont.)

Although not every chronic disease can be prevented, many can be delayed or better managed through healthy daily habits. Engaging in regular physical activity, even simple routines like walking or stretching, can significantly improve cardiovascular health, mobility, and mental well-being. Maintaining a balanced diet rich in whole foods, including fruits, vegetables, lean proteins, and whole grains, helps regulate weight, blood pressure, and cholesterol levels. Routine health screenings are equally important, as they allow for early detection and timely intervention before conditions progress.



Equally critical is the role of mental and emotional health in chronic disease management. Conditions such as depression and chronic stress not only coexist with physical illnesses, but can worsen outcomes if left unaddressed. Things we can do to help maintain stability, and prevent unnecessary complications are:

- Prioritizing sleep
- Practicing stress-reduction techniques
- Maintaining social connections
- Continue to follow up with your doctor on a regular basis, and inform them of any changes you may be noticing in your condition.

For patients already living with chronic illness, adherence to prescribed medications, consistent follow-up care, and open communication with healthcare providers are essential to maintaining stability and preventing complications.

It is easy to underestimate the long-term impact of daily habits, but chronic diseases often develop gradually over time. Small, consistent choices like choosing water over sugary drinks, taking the stairs, or scheduling an overdue check-up, can compound into meaningful health benefits. As we recognize Chronic Disease Day this July, it serves as a reminder that prevention and management are within reach for many individuals. By taking proactive steps today, we not only improve our current well-being but also invest in a healthier, more independent future.



What is Anticipatory Grief?

Written by Lisa Gardner, Bereavement Coordinator



When we think about grief and loss, we typically tend to associate it happening after the loss of something significant to us, whether that be the death of a loved one, job, friendship, relationship, etc. However, there is a type of grief that starts before the loss actually occurs, which is sometimes where our grief journey actually begins. It's important to understand this type of grief and know the signs that one might be experiencing this type of grief.

According to VeryWell Health, Anticipatory grief is defined as a type of grief that occurs before an anticipated loss, whether that be the impending death of oneself due to a terminal diagnosis, declining health of a loved one, or the anticipation of major changes that may occur in our future, whatever those may be. Have you ever waited in line for a roller coaster that you were nervous to ride? Think of the "waiting" in line as anticipatory grief, and us finally getting on the ride as the actual event we have been anticipating. Both experiences may have some overlap as far as how we emotionally and physically experience the situation, but they may also be somewhat different.

On the next page, we will look at what are some common signs of this type of grief, how might we be able to cope, and how might anticipatory grief help us in our journey?

What are some common signs ?

- Loss of control of one's emotions, or an enhanced emotional state, especially fear, irritability, and anger.
- Increased isolation
- Guilt regarding the present situation, or the situation to come.
- Intense preoccupation for the dying person or the loss to come
- Rehearsing the death or anticipated loss in your mind.

(Continued on next page..)

What is Anticipatory Grief? (cont..)

What Can I Do Now?

- Talk to someone you trust about how you are feeling
- Allow yourself to feel your emotions and identify them
- Make sure you are taking care of yourself mentally, physically, spiritually, and emotionally as best you can.
- Locate community resources that are available to provide support.



How can Anticipatory Grief be Beneficial?

- It can help us confront our fears and anxieties earlier, therefore better preparing us for when the loss occurs.
- Allowing us to deal with unfinished business
- Being able to better navigate bereavement once the loss occurs
- Research potential supports and resources that may help provide support

Anticipatory grief reminds us of how deeply we love and feel connection. Remember, there is no right or wrong way to grieve, and grief is subjective and unique to the person experiencing it. If you or someone you know may be experiencing anticipatory grief, do not hesitate to ask for help and find support.



“Eldridge, Lynne, MD. “What Is Anticipatory Grief?” May (2026)

<https://www.verywellhealth.com/understanding-anticipatory-grief-and-symptoms-2248855#toc-what-is-anticipatory-grief>

Cleveland Clinic, April (2024). “Anticipatory Grief; Symptoms and How to Cope.”

<https://health.clevelandclinic.org/dealing-with-anticipatory-grief>



Our MISSION

WE IMPROVE PEOPLE'S LIVES.

Core Values

INTEGRITY

We act openly and truthfully in all that we do and comply with laws and regulations.

COMPASSION

We care about others' needs.

CUSTOMER FOCUS

We value long-term relationships by being committed to listening, respecting and responding to our customers' needs.

INNOVATION

We find solutions and are resourceful in meeting customers' needs.

FINANCIAL RESPONSIBILITY

We continue to grow and prosper to ensure long-term opportunities for our employees and customers.

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NOW HIRING

Interim Home Health and Hospice are HIRING!

Home Health Aides

LPN's

RN's

School Aides & Nurses

CNA's

EMPLOYEE REFERRALS

EARN \$250 - \$500 per referred relative or friend that's hired into Interim of Oakland County!
Contact HR for more details.

If you are looking for a change in career or just starting out wanting to care for others, Interim is here with you.

A family run agency, we provide competitive wages, benefits, and educational opportunities to our employees.

Come join a winning team that strives to better the everyday lives of the clients we serve!

Contact Charles Aro For More Information

Special Days

Wishing a Happy Birthday to our Employees and Volunteers:

Alyssa Montgomery	7/02
Morgan Hillaker	7/06
Lisa Gardner	7/18
Erin Gillespie	7/19
Jamie Candelaria	7/20
Apoorva Rai (Volunteer)	7/20

Wishing a Happy Work or Volunteer Anniversary:

Kenya Craig	1 year
Courtney Dahlson	1 year
Erin Gillespie	13 years

About Us

We have proudly served the greater metro Detroit area since 2004. Our home health is recognized nationally as a top 500 agency. Our staffing provides services to individual households as well as facilities, 7 school districts, and physician offices.

Over the last year, our agency has grown in all sectors. This is thanks to the community that continues to support us, and the employees who work to better the agency and service the clients.

We currently employ 70+ licensed, administrative, and field staff. We have also added Tuition Reimbursement to our offering of benefits. Interim Home Health and Hospice fostering a top place to work, grow, and be fulfilled in your employment.