

HOME HEALTH TODAY

The Monthly Interim Home Health and Hospice Newsletter



Taking a Break; The Self-Care We Often Forget

August 10th marks National Lazy Day, a lighthearted observance that encourages us to slow down, rest, and recharge. While the idea of being “lazy” often carries a negative connotation, the day highlights the importance of intentional rest, with periods of downtime supporting both our physical and mental well being. In the fast paced world that prioritizes productivity, taking time to pause is not only beneficial, but necessary.

Relaxation plays a key role in maintaining overall health. When we engage in restful activities, the body shifts out of a constant “fight or flight” state and into a more restorative mode. This allows heart rate and blood pressure to decrease, muscles to relax, and stress hormones, such as cortisol, to drop. Over time, chronic stress can contribute to fatigue, weakened immune function, and increased risk for conditions like heart disease.

By incorporating moments of rest into our daily lives, we give the body the opportunity to recover and function more efficiently. And yet, even with this knowledge, we seem to ignore how important rest is in American culture.

In America, we rank 29th out of 41 countries with similar development on several measures of work-life balance according to the Organization for Economic Co-operation and Development (OECD)’s Better Life Index.

WHAT'S INSIDE THIS ISSUE:

National Lazy Day - by Dylan Roselle, Volunteer Content Writer - p1-2

Grief Awareness; Myth Versus Reality- p3-4

Upcoming Programs/ References - p5

About Us/ Special Days- p6

National Lazy Day (cont.)

The contributing factors being long work hours, lack of paid parental leave policies, as well as challenges for new mothers returning to work. Similarly, a survey in 2024 by Kickresume found that significantly more Americans work between 41 and 50 hours a week (40% compared to Europe's 26%).

Despite this culture of constant productivity, the human body is not designed to function without adequate rest. Even short, intentional breaks throughout the day have been shown to improve focus, mood, and overall efficiency, reinforcing the idea that rest is not wasted time, but rather an investment in our well-being. The way we go about restoring ourselves can take many forms. The APA recommends prioritizing these categories: Physical, mental, emotional, social, sensory creative, and spiritual rest.

Whether it's through restful sleep, allowing the mind to wander without pressure, spending time with those who uplift us, or alternatively taking time alone to recharge, it is important to remember that rest does not have to be lengthy or elaborate to be effective. Small, consistent moments of relaxation throughout the day can have a lasting impact. This day serves as a reminder that rest is not a sign of laziness, but a necessary component of health. In America, it's easy to get swept up in the culture that makes us feel left behind if we pause for a moment. August provides the gentle reminder that rest is productive in its own way, even if others will tell us we're being "lazy".

If you would like to learn more about prioritizing self-care and suggestions on how we can do that, contact Lisa Gardner, Bereavement and Volunteer Coordinator, at ligardner@interimhealthcare.com, for access to the presentation "Identifying and Practicing Self-Care."



National Grief Awareness Day; Myths versus Reality

Written by Lisa Gardner, Bereavement Coordinator



Did you know that National Grief Awareness Day is on August 30th? National Grief Awareness Day was founded by a woman by the name of Angie Cartwright, an identified grief and loss expert and author. Like many others, she is also someone who had experienced significant loss, wanted to dedicate a day that focused on bringing awareness to this important topic, so those that were experiencing grief and loss didn't feel so alone and felt heard. She set her mind on this goal, and it was achieved and nationally recognized in 2014.

Grief and loss is something very close to our hearts, as we strive to support the patients, families, friends, and caregivers of those we care for in their grief. One common theme that seems to show itself is time and time again is normalization of one's grief. "Is what I'm feeling normal?" "Do other people go through this?" In this article, we will look at some of the common misconceptions about grief, and try to differentiate between myth versus reality.

Myth: Grief always involves the death of a person.	While grief and loss can be triggered by the death of a person, people can also grieve the loss of many other things, such as a pet, house, relationship, friendship, decreasing health, etc.
Myth: People tend to grieve the same universal things.	While there are certain losses that are somewhat universal, the identified loss that someone experiences is very subjective and individualized to that person. Someone might think "why am I so sad over this? To this person, it is very much a significant loss, and should be treated as such. There is no rules when it comes to what we can and cannot grieve.
Myth: Everyone goes through the same pattern and stages of grief.	While studies have indicated that there are common stages of grief that people collectively may experience, the truth is that everyone's trajectory on this journey is individualized and impacted by many factors, such coping skills, how grief was dealt with growing up, different belief systems, etc. There is not "one size fits all."

National Grief Awareness Day; Myths versus Reality

(CONT. FROM PREVIOUS PAGE)



Myth: Eventually the grief will end.	The goal when it comes to coping with a loss is that the frequency and intensity of the grief response will decrease over time. However, grief never truly ends. It is something we learn to co-exist with, and continues to change and evolve over time.
Myth: There is a designated timeline for normal grieving.	There is no rulebook that states that one must “feel better” by a certain date. Many people grieve for the rest of their lives, and for some, it may take longer to for someone to navigate this journey. Grief is an emotion and energy that may change it’s form over time, but never truly goes away.
Myth: Grief is experienced the same for every loss.	The way we navigate our loss and how we react to that loss may be very situational. How we dealt with and coped with another loss does not always define how we will cope with every loss. Allow yourself to feel what you feel, and don’t place expectations on it.

Grief changes us, and the landscape of our lives that we once knew. Whatever our journey looks like, remember that healing is not a straight path, but may twist and turn, may have obstacles that you have to deal with in the moment, or there may be a crossroad, and you aren’t sure which path to choose. This unfolds differently for everyone, and we do the best we can. It’s important to celebrate each step toward healing, and move at your own pace. As the saying goes, it’s a “one foot in front of the other” journey.

UPCOMING FALL BEREAVEMENT PROGRAMS

EXPRESSIONS OF GRIEF ART PROGRAM

Abstract art is a wonderful outlet that allows us to tap into a different part of our brain, and provides us with an alternative outlet for expression related to grief and loss. No artistic ability is required, and there are no concrete guidelines or rules regarding your art.

WHEN: Saturday, September 19th from 10:00 am - 12:00 pm

WHERE: 39500 Orchard Hill Place Drive, Novi MI

***Pre-registration required by Monday, September 14th*

VIRTUAL PRESENTATION: Navigating Common Responses to Grief

Based on the Five Stages of Grief Model, this workshop will explore the different ways our bodies respond to the grief journey, and coping tips on how to best support ourselves or others as we process those responses.

WHEN: Wednesday, September 30th from 10:00 am - 12:00 pm

VIRTUAL PRESENTATION: Coping Tips and Suggestions when Living with Grief

This workshop will explore some general coping strategies to help deal with grief and loss, and incorporate four dimensions of self-care, and how finding ways to support those dimensions can help us through the grief journey.

WHEN: Friday, October 23rd from 12:30- 2:30 pm

VIRTUAL GRIEF AND LOSS SUPPORT GROUP

Connect with others who are also experiencing the grief and loss of losing a loved one.

Facilitated by Lisa Gardner, Bereavement Coordinator

WHEN: Wednesday, November 18th from 11:00 am - 12:00 pm

FOR MORE INFORMATION, OR TO REGISTER, CONTACT:

Lisa Gardner, Bereavement Coordinator at ligardner@interimhealthcare.com,
or by phone/text at (248) 986-1272.

Resources/ References:

Abramson, A. (2025, May 6). Seven types of rest to help restore your body's energy.
<https://www.apa.org/topics/mental-health/seven-rest-types>

McKinsey, R. (2025, June 11). Work-life balance: Is the American model getting a bad reputation? | worldatwork.
<https://worldatwork.org/publications/workspan-daily/work-life-balance-is-the-americanmodel-getting-a-bad-reputation>

National lazy day - national day archives. (n.d.).
<https://www.nationaldayarchives.com/day/national-lazy-day/>

National Day Calendar, "National Greif Awareness Day,"
<https://nationaldaycalendar.com/celebrations/national-grief-awareness-day-august-30>

March, 2025. BetterHelp. "What is National Grief Awareness Day?"
<https://www.betterhelp.com/advice/grief/what-is-national-grief-awareness-day/>



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.

www.interimhealthcare.com

INTERIM HOME HEALTH AND HOSPICE:
41700 GARDENBROOK RD, BLDG B, STE 130
NOVI, MI 48375
PHONE: 248-553-3333
FAX: 248-553-3377

Charles Aro, Administrator
cjaro@interimhealthcare.com

Kelley Atkinson, Operations Manager
KAtkinson@interimhealthcare.com

Jamal Ali, RN, DHCS
jali@interimhealthcare.com

Tanisha Cheatom, LPN, Clinical Supervisor
tcheatom@interimhealthcare.com

Lisa Gardner, Bereavement/Volunteer Cord.
ligardner@interimhealthcare.com

Howard Fisher, Business Development
hfisher@interimhealthcare.com

David Jacobs- Business Development
djacobs@interimhealthcare.com

Erin Gillespie, Business Development
egillespie@interimhealthcare.com

<https://www.interimhealthcare.com/novimi>
<https://www.facebook.com/interimnovimi>

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:

Madison Matthews- 8/01
Tonya Wallace- 8/6
Brooke Stecker- 8/8
Kirsten Fulton- 8/12
Monika Dike- 8/13
Jasmine Smith- 8/21
Sharion Stock- 8/28

Wishing a Happy Work or Volunteer Anniversary:

Lisa Gardner- 5 years
Lisa Flynn- 3 years
Monika Dike- 2 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.