

# HOME HEALTH TODAY

The Monthly Interim Home Health and Hospice Newsletter



## Alzheimer's and Brain Awareness

First established in 2014, the month of June began highlighting Alzheimer's disease, other dementias, and proactive brain health. Today, more than 7 million people aged 65 and older in the US live with Alzheimer's, and two-thirds of Americans have at least one major potential dementia risk factor. Brain health is one of the most critical, yet often overlooked, aspects of our well-being. This month helps us shed light on the distinction between normal aging and cognitive decline, as well as daily habits that can support lifelong brain health.

Understanding the difference between Alzheimer's disease (AD) and dementia is important. Dementia is the umbrella term for a collection of symptoms (cognitive, functional, and behavioral) caused by specific diseases. AD is the most common dementia causing disease, often due to age-related buildup of beta-amyloid plaques and tau tangles. However, other conditions, such as vascular dementia (the second most common), Lewy Body dementia, and Frontotemporal dementia, can all cause similar symptoms. Cognitive

decline must be associated with an underlying progressive neurodegenerative disease to be considered dementia.

While age is the primary risk factor, AD is not a normal part of aging. Distinguishing between typical age-related changes and potential warning signs is crucial for early intervention. For instance, occasionally forgetting names or misplacing keys but remembering them later is normal aging. Conversely, losing track of dates, experiencing difficulty with familiar routes,

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## Alzheimer's and Brain Awareness (cont.)

or struggling to follow a conversation are signs warranting medical evaluation. Early diagnosis offers the best opportunity to manage symptoms, participate in clinical trials, and plan for the future. Recognizing early changes in memory, problem-solving, judgment, and mood allows individuals and families to access critical care and support systems sooner, reducing the rapid impact these progressive diseases can have on daily life.

Genetics can sometimes play a role, but our daily habits are often the strongest line of defense for taking charge of our brain health and preventing disease. The Alzheimer's Association offers a few suggestions to best accomplish this:

- Incorporate healthy habits. Challenge your mind through puzzles, new skills, and reading.
- Eating healthier foods lower in fat and higher in fruits and vegetables, such as the Mediterranean diet, for example.
- Exercising regularly, whatever that looks like for you.
- Staying socially engaged.
- Learn the early warning signs. While memory loss is one of the most common signs, the other symptoms mentioned also signal cognitive decline. Some memory changes can be a normal part of the aging process, but when they start to interfere with daily living or stray significantly from the person's normal behavior, it's best to get them checked.
- Accelerate disease-related research. Clinical trials are the key to new treatments. Today, more than 50,000 participants are needed in current Alzheimer's clinical trials examining treatments, with hundreds of thousands more needed in broader dementia studies. Alzheimer's Association TrialMatch® is just one of the free services that connects interested individuals with appropriate trials.

It's easy to view brain health as something to worry about only in old age, but the physical changes associated with neurodegenerative diseases can begin decades before any visible symptoms appear. By following these suggestions, as well as suggestions by our own doctor, we are directly investing in our future cognitive independence. As we move into the busy summer months, let's approach this season with an intentional focus on the mind. Whether it's picking up a new book, opting for the salad, or simply enjoying a brisk walk in the sunshine, every small action builds momentum!

### WORKS CITED:

- Alzheimer's Association. (2026, April 30). *Alzheimer's association encourages Americans to take charge of their brain health.* <https://www.alz.org/news/2025/alzheimers-brain-awareness-month-june>
- *Dementia vs. alzheimer's disease: What is the difference?* Alzheimer's Association. (n.d.). <https://www.alz.org/alzheimers-dementia/difference-between-dementia-and-alzheimer->
- Mayo Foundation for Medical Education and Research. (2026, March 3). *Alzheimer's disease.* Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/symptoms-causes/syc20350447>

# National Safety Month

## *Safety Tips for the Digital Age*



While many of us didn't see computers in our homes until the the late 80s to early 90s, computers and the "digital age" have been around for many years. As technology has become more advanced, so has the digital world and are ability to access it. With many calling the late 90's "the dial-up era," the early 2000's was considered the tipping point of the broadband era. Ever since then, the internet has allowed us to expand our networks, our knowledge, and how we communicate with one another, more quickly and efficiently than we ever thought possible.

However, with this new digital age comes our increased vulnerability to unwanted and unpredictable threats, scams, and safety intrusions. According to the Federal Bureau of Investigation Annual Internet Crime Report, complaints of cyber security attacks are on the rise each year. According to their 2024 report, the three top reported cyber crimes were phishing/ spoofing, extortion, and personal data breaches.

The good news though is that there are things within our control that we can do to better protect ourselves during the digital age. Here are some suggested tips to help keep us a little bit safer as we navigate the digital world:

- Do not share pictures online that you wouldn't want to be seen by family, friends, teachers, or a total stranger.
- For social media platforms, such as Facebook, Instagram, etc., be sure your user profile is set to "private," so only those you wish to view your profiles are allowed.
- Be wary of emails from unknown senders. Do not click on any links unless you verified it's authenticity. You can hover over a link without clicking on it.
- Check for look-a-like domains and email addresses. Many phishing emails will take a known email address, and change it ever so slightly so it looks like a sender that is trustworthy, but is actually a scam.
- Do not click on links sent through texts or emails, unless verified it is from a trusted source.

These are just some of the many tips to help protect ourselves, and is only the tip of the iceberg. Continue to educate yourself on additional ways you can better protect yourself. See our Resources Page for more information. If you ever fear you were the victim of a scam, you may report it to the Internet Crime Complain Center (<https://www.ic3.gov/>).

# *Interim Homecare recognized as Top-rated Agency*



Congratulations to our local agency for being honored as 1 of 3 home care agencies within our corporation that were given a 5-star rating!!

We thank all those who work, volunteer, and support our agency, and others who have allowed us to be a trusted resource for those in need.

## **Resources**

Internet Crime Complaint Center, <https://www.ic3.gov/>

"FBI Releases Annual Internet Crime Report," Federal Bureau of Investigation, [https://www.fbi.gov/file-repository/2025\\_ic3report.pdf/view](https://www.fbi.gov/file-repository/2025_ic3report.pdf/view)

April 23<sup>rd</sup>, 2025; FBI National Press Office, "FBI Releases Annual Crime Report," <https://www.fbi.gov/news/press-releases/fbi-releases-annual-internet-crime-report>

The Blue Campaign, "Online Safety," <https://www.dhs.gov/blue-campaign/online-safety>

Google Safety Centre, "Tips and Tools to Help You Stay Safer Online," [https://safety.google/intl/en\\_in/safety/security-tips/](https://safety.google/intl/en_in/safety/security-tips/)



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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<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:

Carissa Richardson- 6/3  
Mariah Mangum- 6/3  
Shelby Sweeney- 6/5  
Denise Dobbs- 6/10  
Sneha Pardhi- 6/10  
Abaigeal Sulewski- 6/11  
Kamleshkumar Patel- 6/25  
Nathalia Calderon (volunteer)- 6/25  
Shannon Corden- 6/29

### Wishing a Happy Work or Volunteer Anniversary:

Sharion Stock- 4 years  
Candace Riggs- 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.