

HOME HEALTH TODAY

The Monthly Interim Home Health and Hospice Newsletter

World Hospice and Palliative Care Awareness Day by Dylan Roselle, Volunteer Content Writer

“World Hospice and Palliative Care Day” is celebrated worldwide on the second Saturday of October. This year, the observance falls on October 10th, giving us an opportunity to recognize the care that helps people live as comfortably and fully as possible while facing serious illness. Organized by the Worldwide Hospice and Palliative Care Alliance since 2005, the day brings the global community together to advocate for better access to hospice and palliative care services.

Each year, the observance centers on a specific theme. This year’s theme, “Pain Management: An Essential Part of Palliative Care,” highlights the importance of recognizing pain as more than just a physical symptom. Pain can have physical, psychological, social, and spiritual components that are closely connected. A patient’s discomfort may come directly from illness, but it can also be influenced by anxiety, isolation, or other types of stress. Addressing the whole person, rather than focusing only on the source of physical pain, is at the heart of palliative care.

Understanding the role of palliative care also helps clarify how it differs from hospice care.



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World Hospice and Palliative Care Awareness Day (cont.)

Palliative care can begin at any stage of a serious illness and can be provided alongside curative treatment, with a focus on relieving symptoms, managing stress, and improving quality of life.

Hospice care, on the other hand, is generally intended for patients who are expected to have six months or less to live if their illness follows its usual course. At that point, the focus shifts primarily toward comfort, dignity, and support for both the patient and their loved ones. Despite these differences, both types of care rely on an interdisciplinary team approach and can be provided in settings where patients feel most comfortable, including their own homes.

While these services can make an important difference in the lives of patients and families, access to this care remains a significant global challenge.

The World Health Organization estimates that 56.8 million people worldwide need palliative care each year, including 25.7 million people who are in their last year of life. Yet only about 14% of those who need palliative care receive it. Barriers include overly restrictive regulations surrounding morphine and other essential pain medications, limited training for health professionals, and a lack of awareness about what palliative care can offer. As populations age and chronic conditions become more common, the need for accessible palliative care is expected to continue growing.

For those of us who work in home health and hospice, this year's theme is closely connected to the care we provide every day. Every visit, symptom assessment, phone call, and conversation with a family member can contribute to a patient's peace of mind. On October 10th, we can help raise awareness by sharing accurate information about hospice and palliative care with our friends, families, and communities. We can also help address the common misconception that these services mean "giving up." Instead, palliative and hospice care are centered on comfort, quality of life, and helping people live as fully as possible throughout serious illness and at the end of life.



Changing of Seasons; Autumn Safety Tips

by Lisa Gardner, Bereavement and Volunteer Coordinator

With Autumn comes the falling leaves, changing colors, pumpkins and cider, and cooler days. Each season brings with it its natural beauty, but also other factors we should all think about when it comes to keeping ourselves as safe and prepared as possible when planning for the changing of the season. Below are some tips to get you started:



- **Your Wet and Fallen Leaves-** Clearing leaves from walkways prevents slippery conditions when it rains and hides uneven ground or equipment risks. Consider wearing shoes with good traction and that are waterproof. Reach out to a friend, family member, neighbor, or hired company to assist with the removing of leaves.
- **Dressing for the weather-** Dressing in layers can make adapting clothing to the daily change in weather safer and easier, versus putting on a whole new outfit. Also, pack some warm clothing in your car in case of emergencies.
- **Visibility challenges-** Earlier sunsets and morning fog create challenging driving conditions. Dense morning fog and lower sun angles can cause sudden blindness while driving. Keep your windshield clean and leave extra stopping distance. Investigate alternative transportation resources if needed. Make sure to have adequate lighting, both indoors and outdoors.
- **Pathway clutter-** Keep your porch, driveway, walkways, and hallways free of tripping hazards like potted plants, extension cords, decorations, or area rugs.
- **Smoke & CO Alarms updating-** Colder weather means starting the use of our heaters again. Make sure all smoke and carbon monoxide detectors are working. Change the batteries if you haven't done so recently. Clean or replace filters to improve efficiency and air quality.
- **Checking in with your mental health-** As the fall comes upon us, that means we are leading up to less daylight, shorter days, and longer nights. Seasonal Affective Disorder (SAD) becomes more common during this time of year. Make sure you have ways to stay connected with others, try sticking to an active routine as much as possible, and get as much natural light as possible during the day.
- **Fireplace & Chimney Care tips-** Schedule a chimney sweep to clear out creosote buildup before your first fire, as this helps to eliminate the amount of smoke that comes back into the home. Always use a sturdy screen to catch sparks to prevent an unwanted fire.
- **Open Flame Alternatives-** Use battery-operated LED tea lights instead of real candles inside your home, to eliminate a higher chance of accidental fires.
- **Space Heater Caution-** Keep space heaters at least 3 feet away from anything flammable (curtains, rugs, bedding) and always plug them directly into a wall outlet, never an extension cord.

UPCOMING FALL BEREAVEMENT PROGRAMS



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:

2025 (October), Neighbor Network of Northern Nevada, "Embracing Autumn, Essential Safety Tips for Older Adults,"
<https://neighbornv.org/embracing-autumn-essential-safety-tips-for-older-adults/>

2025 (January), Cook, Jaclyn, P.T., D.P.T., My Michigan Health; University of Michigan Health, "6 Ways to Stay Safe in Slippery Conditions," <https://www.mymichigan.org/about/news/healthdoseblog/6-ways-to-stay-safe-slippery-conditions/>

National Institute on Aging. (2021, February 8). Frequently Asked Questions About Hospice Care. National Institute on Aging. <https://www.nia.nih.gov/health/hospice-and-palliative-care/frequently-asked-questions-about-hospice-care?>

World. (2020, August 5). Palliative care. Who.Int; World Health Organization: WHO. <https://www.who.int/en/news-room/fact-sheets/detail/palliative-care?>

World Health Organization: WHO. (2018, February 23). 10 Facts on palliative care. Who.Int; World Health Organization: WHO. <https://www.who.int/news-room/facts-in-pictures/detail/palliative-care?>

World Hospice and Palliative Care Day. (2026). Socialworkers.Org. <https://www.socialworkers.org/Practice/Health/World-Hospice-and-Palliative-Care-Day>

VOLUNTEER



Consider joining our team as a Volunteer Patient Companion!

Interim Home Health and Hospice improves a person's quality of life when time is limited. We provide physical, emotional, and spiritual support to our patients, and those that love and care for them. As a member of our Hospice team, a Volunteer has a tremendous impact on the lives of the patients and families we serve, no matter what your role.



Volunteer Patient Companions provide social visits to our hospice patients when needed. These visits may include such things as bedside companionship, reminiscing, playing games, sharing a hobby together, and more. These visits strive to reduce feelings of isolation, foster meaningful connections, encourage social engagement, and provide a peaceful supportive presence.

Must be 18+ years of age. Training provided.

For more information, contact:

Lisa Gardner

Interim Home Health and Hospice
Bereavement and Volunteer Coordinator

(248) 986-1272 (phone/text)

ligardner@interimhealthcare.com



No matter what the reasons are that a volunteer chooses to give their time, here at Interim Home Health and Hospice, we are grateful that these volunteers chose our agency to share their time, skills, and passion. We cannot do what we do without the support of our volunteers!



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>
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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:

Patrick Mertz- 10/5
Deb Bailey- 10/6
Amitkumar Patel- 10/10
Sara Marold (Volunteer)- 10/18
Lauren Mangus- 10/26
LaDonna Barnett- 10/28
Claire Boulton- 10/31
Alesha Engram- 10/31

Wishing a Happy Work or Volunteer Anniversary:

Charlos Aro- 22 years
Jamal Ali- 14 years
Kirsten Fulton- 8 years
Sherry Sebasta- 5 years
Brooke Stecker- 2 years
Tanya Wallace- 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.