

HOME HEALTH TODAY

The Monthly Interim Home Health and Hospice Newsletter

Dystonia Awareness Month

by Dylan Roselle, Volunteer Content Writer



As summer comes to an end and cooler weather approaches, September brings another season of change and an opportunity to learn something new. For that reason, we chose to focus on dystonia, an unfamiliar topic to many for this month's newsletter. Every September is recognized as Dystonia Awareness Month, providing an opportunity to increase understanding of this movement disorder and the challenges faced by those living with it.

Affecting an estimated 300,000 individuals in the U.S., dystonia is a nervous system disorder characterized by excessive, involuntary muscle contractions. These movements result in abnormal body postures, making it difficult to control movements. Dystonia can repetitively affect any region of the body and look different from person to person, but it is generally related to abnormal signaling in the brain. Because dystonia can look very different in individuals, it is often difficult to recognize and may be mistaken for other conditions. It's one of the most common movement disorders, yet more than half of patients with dystonia are misdiagnosed before learning their condition.

The causes are complex and not always known, but cases are generally associated with genetic changes, medications, brain injuries, or infections.

Diagnosis typically involves a medical history, physical examination, and sometimes additional testing to rule out other conditions. Dystonia should not be mistaken for common muscle cramps, tics, or orthopedic conditions like scoliosis. Because there is no single test that can definitively diagnose dystonia, recognizing the signs and symptoms is an important step toward receiving appropriate care. While there is no cure for dystonia, several treatments can help manage symptom. (CONT ON NEXT PAGE)

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Dystonia Awareness Month (cont..)

Depending on the type and severity of the disorder, treatment may include medications, botulinum toxin injections, physical therapy, or, in more severe cases, surgical procedures such as deep brain stimulation. Treatment plans are highly individualized, as what works for one person may not work for another. Researchers continue to study dystonia and develop new approaches to treatment in hopes of eventually finding a cure.

To spread awareness about this condition, we can start by educating ourselves and others about what dystonia looks like and how it can affect daily life. Taking the time to understand the condition can help reduce the stigma and misunderstanding that often surrounds involuntary movements. We can also join and promote campaigns such as the Dystonia Medical Research Foundation's Dystonia Moves Me or other community fundraisers. These efforts not only help educate the public but also support research and resources for individuals and families affected by dystonia. Even small actions, such as sharing information, participating in an awareness event, or simply having a conversation about dystonia, can help bring more attention to a condition that is often overlooked.

As we enter the fall season, let's take this opportunity to learn about dystonia and support those living with it. Greater awareness can lead to greater understanding, earlier recognition, and better support for patients and their families. Sometimes, making a difference begins with simply taking the time to learn about something unfamiliar.





The Healing Power of Music; More Than Just a Melody

Written by Lisa Gardner, Bereavement and Volunteer Coordinator

No matter who you are, music is a universal part of our lives. No matter what your race, age, gender, demographics, or your cultural affiliation maybe, music has a way of connecting with us. Research has shown that music can have a positive impact on our physical and mental well-being. According to UCLA Health, listening to music activates several different parts of your brain simultaneously, helping to strengthen certain neural connections, while also supporting our physical and emotional health as well. In celebration of Classical Music Month, let's look at what some of these identified benefits of listening to and actively engaging in music:

- Improves memory- Listening to familiar or meaningful music may help trigger memories from the past, which has shown to have great benefit for individuals living with a progressive dementia, as these familiar songs may help to bring back memories of the past and allow for meaningful connection with others.
- Helps to ease symptoms of depression and anxiety- While music itself cannot treat or cure depression, studies have shown that music may help reduce symptoms of depression. Studies have found that music may help to reduce production of the hormone cortisol, which is related to stress and anxiety. Some hospitals even utilize music to help patients relax before or during medical procedures.
- Encouraging movement and supporting motor skills- Have you ever listened to your favorite song, and all of a sudden, you realize you were tapping your foot, nodding your head, or even dancing? Music naturally engages our sense of rhythm, which can encourage movement. For individuals who are bedbound or wheelchair bound, simple movements such as tapping your hand or foot to the beat may engage muscles that may not otherwise get much use.
- Helps with physical well-being- While this type of research is still developing, some studies have suggested that music may help improve the body's immune system, and that sound frequencies and rhythm may have an impact on treating physical ailments, including the perception of pain. However, more research needs to be done to see how this actually works.

The next time you are having a rough day or a stressful moment, put on your favorite tune, turn up the volume, and let the music do its job!



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:

American Psychological Association (November, 2013), "Music as Medicine,"
<https://www.apa.org/monitor/2013/11/music>

UCLA Health (April, 2025), "How Music Therapy Helps Older Adults,"
<https://www.uclahealth.org/news/article/how-music-therapy-helps-older-adults>

Dystonia: What it is, causes, symptoms, treatment & types. Cleveland Clinic. (2026, January 21).
<https://my.clevelandclinic.org/health/diseases/6006-dystonia>

Moyer, K. (2026, April 2). September is Dystonia Awareness Month. DTDS Foundation.
<https://www.dtdsfoundation.org/news-updates/september-is-dystonia-awareness-month>

What is dystonia?. Dystonia Medical Research Foundation. (n.d.).
<https://dystonia-foundation.org/what-is-dystonia/>



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:

Eve Ratliff- 9/2
Dawn Buchter- 9/3
Jacklyn Campbell- 9/3
Madeline Block- 9/12
Courtney Dahlson- 9/13
Deh'ron Goff- 9/23
Candace Riggs- 9/27
Lisa Flynn- 9/29

Wishing a Happy Work or Volunteer Anniversary:

Shelby Sweeney- 1 year
Jamelia Fech- 2 years
Patrick Mertz- 3 years
Tiffany Hummel- 3 years
Dawn Buchter- 5 years
Tiffany Gunn- 9 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.