



Home Instead®

January Newsletter

A Word From the Office Manager

Hello everyone, ☺ I am so excited to be a part of the Home Instead team! What an honor it has been already to be a part of such a great team who is truly making a difference in the lives of our local seniors. I was born and raised in LaPorte County, Rolling Prairie to be specific, so I have a space in my heart for the aging generations that came before me. Prior to this position, I worked as the Administrator of a family owned and operated Skilled Home Health Care Agency out of Knox, IN. In this position I managed the office and field staff along with serving as the company liaison, which is how I met Aaron and Paul! During my time in home health, I recognized just how meaningful it is for families to keep their loved ones at home in time of sickness, injury, or aging. I saw first hand the difference it makes in the lives of all family members involved, but more importantly, the individual who is struggling themselves. As a home care provider, I truly believe we have an obligation as humans to do all we can to make a difference in the lives of the people who reach out to us. The relationships we build together as a team and with our clients keeps me motivated to continue Home Insteads' commitment to providing quality home care!

When I am not in the office, I'm spending time with my own family. My partner of 7 years is a LaPorte County Firefighter/EMT. We have 2 beautiful kids, 9 year old boy and 7 year old girl. We are an outdoors family! We spend most of our time tending to our backyard farm or doing other activities outside such as hunting, gardening, kayaking, camping, and more! I am looking forward to getting to know each and every one of you, thank you for welcoming me:)



CAREGiver of the Month— Vanessa S



We are proud to announce Vanessa S as our April CAREGiver of the Month! Vanessa has been with Home Instead since November 2022. Before joining our team Vanessa had experience in safety & security and wanted to help people out in a different way. Vanessa loves to be around people and enjoys taking care of people like they are family. Vanessa knows that not all people have family to take care of them, and she wants to step into that role or help her clients. Vanessa's favorite part about being a CAREGiver is the bond that you create not only with the client, but

with the family as well. She loves when she walks into her client's home and they smile and are happy to see her! When Vanessa isn't creating incredible bonds with her clients, you can find her hiking, painting, or reading. She especially loves to roller skate and do karaoke with her daughter. Vanessa is a proud mother to 4 kids. Vanessa is our May CAREGiver of the month due to her communication with the office, her ability to connect with her clients, and her high standards of care. Thank you Vanessa!

FREE CPR CLASSES

As always the LaPorte Firefighters are offering free CPR classes. This is a great opportunity to get some hands on CPR experience and training. Must be booked in advance by calling 219.362.3456

Feb 18: 8 AM & 12 PM

March 3: 8 AM, 12PM, 4PM

March 25: 8 AM & 12 PM

April 17: 8AM & 12PM

May 5: 8 AM, 12 PM, 4 PM

June 21: 8 AM & 12PM

July 27: 8 AM, 12 PM, 4 PM

August 12: 8 AM & 12 PM

Sep 12: 8 AM & 12 PM

Oct 5: 8 AM & 12 PM

Nov 10: 8 AM, 12 PM, 4 PM

Dec 7: 8 AM & 12 PM



Happy Birthday!



HAPPY BIRTHDAY!

Melinda G—Jan 17

Melissa D—Jan 25

RECIPE OF THE MONTH Baked Spaghetti

Ingredients

- 1/2 box spaghetti
- 1/2 lbs ground beef
- 1/2 onion
- 1/2 jar meatless spaghetti sauce (32 oz)
- 1/4 tsp seasoned salt
- 1 egg
- 1/4 cup parmesan cheese
- 3 tbs butter, melted
- 1 cup sm curd cottage cheese
- 2 cups shredded mozzarella

Directions

Preheat oven to 350. Grease 9x13 baking dish. Cook and drain noodles. Cook beef and onions, drain fat. Add in spaghetti sauce and seasoned salt. In a large bowl, whisk eggs, parmesan, and butter. Mix noodles and egg mixture. Place half noodles in baking dish. Top with 1/2 cottage cheese, mozzarella, meat, and sauce. Repeat layer again and cover with foil. Bake 40 min. Remove foil and bake an additions 25 minutes.