



Home Instead®

March Newsletter

Welcome Salomae!



Hi everyone!! I am thrilled to join the Home Instead team, in just the few weeks I have been here I have realized just how much of a difference this company and you Care Givers make in the lives of seniors. I believe that together we are capable of making meaningful differences in the lives of our clients, providing them with the care and support they deserve. I worked as a CNA my freshman year of college and truly believe that fostered my passion for home health care.

In my free time I like to spend time gardening, knitting, and camping. My boyfriend and I love to spend time outdoors and spend most of our time in the Spring foraging for mushrooms.

I'm so excited to get to know each and everyone of you as we work together on our shared goal of improving the lives of seniors. I have a lot of respect for what you do as Care Givers and want to do my best to maintain a supportive and fulfilling work environment. Please feel free to reach out to me at any time with questions or just to say hello!

CAREGiver of the Month— Sequoya Moore



We are proud to announce our CareGiver of the month is Sequoya Moore!! Sequoya has been with Home Instead since November of last year. Before working with Home Instead Sequoya went to school to obtain her CNA license. While working her first shift with Home Instead Sequoya realized just how much she values crating a bond with clients. Her favorite thing about being a CareGiver is the opportunity to spend time with the clients and their families. She enjoys getting to know families and helping them navigate difficult times, while always keeping the client in mind. In her free time Sequoya enjoys painting, sitting outside, and hiking. She also enjoys going for walks with her family or spending time cooking with them.

Sequoya is our CareGiver of the month due to her commitment to bettering the lives of clients and maintaining her high standards of care, even when it is difficult. Sequoya comes to every shift with a smile and positive attitude ready to make a difference in her clients lives. Thank you Sequoya, for all you do!!

2024 Handbook Updates!

Our 2024 Handbook has recently been published and we want to go over some major changes:

- Effective May 31, 2024 all CAREGivers will be required to wear scrubs when working with clients. If you work with a client that would prefer you not to wear scrubs, please reach out to the office.
- Effective immediately all CAREGivers are responsible for assisting the office in keeping client's care plans updated. If your client's care plan is out of date, please reach out to office and work together to resolve this issue.

If you have any questions regarding these changes please reach out to the office and speak with Salomae.



If you want YOUR recipe featured, send it to Salomae at Salomae.minniear@homeinstead.com.

RECIPE OF THE MONTH Chicken Enchiladas

Ingredients

- 1 can enchilada sauce (10 oz)
- 4 oz cream cheese (cubed)
- 3/4 cup salsa
- 2 cups cooked chicken
- 1 can pinto beans (drained and rinsed)
- 1 can chopped green chiles (4 oz)
- Flour tortillas (6 inches)

Directions:

Spoon 1/2 cup enchilada sauce into a greased baking dish (9x13). Cook and stir cream cheese and salsa over medium heat until blended. Stir in chicken, beans, and chiles. Place about 1/3 cup of chicken mixture down the center of each tortilla. Roll up and place seam side down over the sauce. Top with remaining enchilada sauce and sprinkle with cheese. Cover and bake at 350 degrees until heated through.



HAPPY BIRTHDAY!

Alycia B—March 6

Brooklyn B—March

India H—March 10

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Home Instead Anniversaries

Jessi Y—1 Year

Congrats and thank you for choosing
Home Instead!