



September Newsletter

Reviewing Professional Boundaries

Let's review some very important ways that CAREGivers can keep professional boundaries. Professional Boundaries protect the CAREGiver and client from forming unhealthy codependent relationships.

- Don't Share Personal Information: This includes last names and phone numbers
 - Don't React Emotionally to Client Behaviors
- Don't Use Nicknames or Endearments: Address clients by the name they tell you to
- Don't Accept Gifts or Offer Special Favors: If you are offered a gift, contact the office
 - Don't Visit with Clients during Unscheduled Times
 - Don't Keep Secrets for the Client
- Keep Your Demeanor Professional: This includes the way you dress, the things you say, the way you speak, and hygiene
- Follow HIPAA Guidelines: Do not discuss the client with anyone outside of the Home Instead office
 - Be Aware of Under/Over Involvement

CAREGiver of the Month- Melissa D



We are proud to announce Melissa D as our September CAREGiver of the Month! Melissa has been with Home Instead since February 2023. Before joining our team, Melissa worked in retail but had experience caring for loved ones. Melissa knew she wanted a change, a job where she could make a difference in someone's life that needed it. She wanted to leave work and feel more fulfilled. Melissa's favorite part of being a CAREGiver is interacting with her clients and learn-

ing more about their histories and cultures. She knows every person is different, and she loves learning about them! In her free time you will most likely find her cooking, playing with her dog Gabe, hanging with her kids, reading, knitting, drawing, or online gaming. Melissa is our CAREGiver of the Month due to her communication with the office, high standards of care, and quick connection she makes with all her clients. Thank you Melissa!



What are we allowed to assist with outside?

Let's review some Home Instead policies regarding what we can assist with if a client asks for help with yard work.

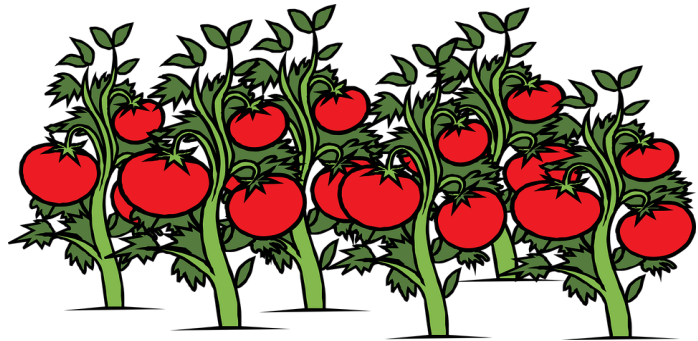
CAN:

- Light Gardening & Weeding
- Pick Up Small Sticks
 - Fill Bird Feeders
 - Lay Down Salt Melt
 - Report Any Issues to the Office



CANNOT:

- Use Equipment or Tools
- Paint
- Get on Ladders
- Shovel Snow
- Rake Leaves
- Home Repairs



RECIPE OF THE MONTH

Sour Cream Cheesy Baked Chicken
By: Chrystal R



Ingredients

- 6-8 Chicken Breasts
- 4 TBS Butter
- 8 oz Sour Cream
- 1 Bag of shredded cheese
- Salt & Pepper
- Lemon Juice (optional)

Directions

Melt 4 TBS of butter and pour half into a cake pan. Place chicken in cakepan on top of melted butter. Pour the rest of the butter on the chicken. Cover chicken with sour cream. Season with salt and pepper and lemon if desired. Top with bag of shredded cheese. Cover with foil and place in oven set at 350 degrees for 3 hours. After 3 hours, remove the chicken and let sit for 45 minutes. Baste the chicken with the broth in the pan. Place back in the oven at 250 degrees for 1 hour or until the internal temperature reaches 165 degrees. Let cool before serving.

Thank you Chrystal for the awesome recipe! If you want YOUR recipe featured, send it to Liz at elizabeth.aubrey@homeinstead.com.

Home Instead
Anniversaries this Month
Aloma C—2 Years

Congrats and thank you for
choosing Home Instead!