

HomeTimes®

America's Choice In Home Care

Your resource for an at home senior lifestyle.



Emergency Medical Files Can Save Senior Lives

Millions of seniors experience health emergencies – such as falls, heart attacks, or strokes – that require immediate medical attention every year. In these unexpected situations, a comprehensive and readily available “emergency medical file” can be a life-saver.

What is an Emergency Medical File?

An emergency medical file is a centralized document of important health information that details an individual’s medical history, including pre-existing conditions, allergies, medications, and more. This information can be crucial for first responders, doctors, and other care professionals during time-sensitive emergencies. If an emergency medical file is not available, life-saving decisions could be delayed.

An emergency medical file for seniors should include:

Identifying Information

Add a senior’s name, address, and date of birth on the front page. Also, consider including a photo ID, because some hospitals require picture identification to avoid insurance or billing fraud.

Emergency Contact Information

A senior’s emergency contacts—including names, phone

numbers, addresses, and places of employment—should also be placed near the front of the medical file.

Medical Information

Official medical records contain information that helps emergency professionals provide the best treatment. Make sure to include brief summaries of allergies, medications, health conditions, surgeries, medical equipment, etc.

Doctor Information

List all health providers, including name, contact information, and location of practice. Add a calendar of past and future visits and any communications with a doctor or medical professional.

Insurance Information

Include a copy of a senior’s insurance card (front and back) to avoid confusion regarding who or how to bill.

Advance Directives & Similar Documents

Advance directives are legal documents that explain a person’s wishes regarding medical decisions in the event they cannot make decisions on their own. Documents may include a living will, Do Not Resuscitate (DNR) order, Physician Orders for Life-Sustaining Treatment (POLST), and health care proxy.

Who Should Have Access to an Emergency Medical File?

Emergency medical files should be stored in handy locations for paramedics and others to retrieve. Some seniors keep their files in a brightly colored binder that is clearly labeled and placed near the front door or on a coffee table for emergency responders to easily see.

Additional copies can be distributed to family members and the caregiving team, including a professional caregiver. Some seniors and their families prefer to keep these records in a shared online folder or on a portable thumb drive.

Remember, an emergency medical file can have life-saving benefits when seconds count. Start the process of creating this vital document today!



Flexible Home Care Hours and Options for Seniors

Did you know Visiting Angels provides professional home care beyond the typical 9-to-5 business hours on weekdays? Unfortunately, many people assume in-home personal care is not an option if a loved one needs assistance during:

- Weekends
- Evenings
- Overnight
- A few hours each week

Visiting Angels caregivers provide in-home support any time of the day or night and offer customized hours to suit the needs of seniors and families. Professional caregivers fill in gaps — providing care only when a senior needs it, so families don't have to pay unnecessary home care costs.

Clients and families can add, remove, or adjust hours as needed.

Popular Home Care Options

Visiting Angels provides the best senior care through flexible hours, cost savings, and quality-of-life benefits. Here are a few popular care options for older adults:

Respite Care

Respite care is typically provided hourly to give family members a break from caregiving duties. Respite care can be customized to unique circumstances, providing short-term, temporary care as needed. Temporary services can come in handy during a family vacation or other personal obligations and responsibilities.

Hourly Care

Visiting Angels can provide support on a routine, hourly basis at any time of the day or night, enabling seniors and families to customize the length and frequency of visits.

For example, your loved one may need help in the morning, assistance with their evening meals, or bedtime routine a few days a week. Maybe they need two full days of care per week

or during the weekend. Whatever their needs, an hourly plan offers flexibility.

Full-Time Care

A full-time home care option is available for seniors who need 9-to-5 assistance on weekdays. This 40-hour-a-week service is ideal for multigenerational households that need senior care during the day when family members are at work or school.

24/7 Care

Visiting Angels provides around-the-clock support for seniors, offering an affordable, reliable alternative to nursing home care. 24/7 care is also ideal when families live far away or cannot provide consistent in-person caregiving support. Seniors receive one-on-one attention from several caregivers who work 8- or 12-hour shifts. This schedule ensures a senior's normal routine is not disrupted.

Overnight Care

Many older adults benefit from having a trusted caregiver with them overnight — particularly if they are living with dementia, insomnia, or experiencing anxiety or loneliness at night. Caregivers can assist seniors with bedtime habits, offer companionship, and provide a sense of security during the overnight hours.

When considering elderly care options, it's important to remember an in-home personal caregiver may be able to meet your loved one's care needs for a fraction of the cost of nursing home care. Visiting Angels clients only pay for services when they need them. This provides significant savings compared to 24/7 care in a nursing or assisted-living facility.

Free Home Care Assessment

If you think in-home personal care might be the right choice, then schedule a no-cost, no-obligation home care assessment. A Visiting Angels consultant will meet with you and your loved one to develop a customized home care plan. Call **800.365.4189** today for more information.

Angels Cook Book



Jambalaya

2 tablespoons margarine or butter	¼ teaspoon garlic powder
¼ cup chopped onion	¼ teaspoon black pepper
⅓ cup chopped celery	¼ teaspoon hot sauce
¼ cup chopped green pepper	1 bay leaf
1 (14.5 ounce) can diced tomatoes	⅔ cup diced cooked chicken breast
1 ½ cups chicken broth	⅔ cup cooked crumbled Italian sausage
⅔ cup long grain white rice	⅔ cup peeled cooked shrimp
1 teaspoon dried basil	

Instructions:

Melt margarine in a large saucepan over medium heat. Stir in onion, celery, and green pepper; cook until softened, about 5 minutes.

Pour in diced tomatoes, chicken broth, and rice. Then season with basil, garlic, pepper, hot sauce, and bay leaf. Bring to a boil over medium-high heat, then turn heat to medium-low, cover, and simmer until the rice is done, about 20 minutes.

Once the rice has cooked, stir in chicken, sausage, and shrimp. Simmer for a few minutes until heated through.

Remove bay leaf before serving.

Nutritional Information

Serving Size: 4 servings • Calories: 375

www.allrecipes.com/recipe/133604/jens-jambalaya/



Mandarin Orange Cake

Cake:

1 (15.25 ounce) package yellow cake mix
1 (11 ounce) can mandarin orange segments
4 large eggs
1 cup vegetable oil

Topping:

1 (20 ounce) can crushed pineapple with juice
1 (8 ounce) container frozen whipped topping, thawed
1 (3.5 ounce) package instant vanilla pudding mix

Instructions:

Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 9x13-inch baking pan.

Combine cake mix, mandarin oranges with juice, eggs, and oil in a large bowl; beat with an electric mixer until smooth. Pour batter into the prepared pan.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 35 to 40 minutes. Set aside to cool for at least 30 minutes.

Beat pineapple with juice, whipped topping, and dry pudding mix together in a large bowl until blended. Spread on cooled cake.

Nutritional Information

Serving Size: 18 servings • Calories: 337

www.allrecipes.com/recipe/8101/mandarin-orange-cake-i/

This is an exciting newsletter for Visiting Angels of CDA and Northern Idaho because ...

We are opening our second location, effective March 1, 2024. Our second office will be located at 23801 E. Appleway, Ste. 120, Liberty Lake 99019, and we are ready to serve our neighbors across the border now.

Our second number for that office is: 509-903-4000. If you have any loved ones, friends, family or neighbors that may be interested in obtaining services in this area or becoming one of our beloved caregivers, please feel free to call! You can always reach us at our regular 208-415-1000 number also.

We will be serving the following: Liberty Lake, Otis Orchards, Newman Lake, State Line, East Spokane, Colbert, Mead, Deer Park, Chattaroy, Elk, Newport and more!

You can expect and watch for the same great service, friendly help, one-on-one care and our family atmosphere at our new location.

In the meantime, enjoy this month's recipes and be assured, all of us at Visiting Angels are ready to serve, assist and help caregivers and clients alike.

Thank you for your continued support of our growing Family and Veteran-owned business.

Your Visiting Angels' Team.

America's Choice In Home Care®

Since 1998, Visiting Angels has been providing adults and seniors with the needed assistance to continue living at home. At our nationally known, locally owned agency, it is our mission to maintain the independence and familiar surroundings for those in need.

We offer help with personal care, light housekeeping, meal preparation, transportation, shopping, companionship, respite care for families, live-in care and assistance with daily living activities. Call us today for a free, no obligation consultation! We care every day, in every way!

