

Upcoming Events

January

1st Week of January is Celebration of Life Week

National Blood Donor Month

Birth Defects Prevention Month

Cervical Health Awareness Month

Eye Health Care Month

National Glaucoma Awareness Month

Thyroid Awareness Month



FOR MORE INFORMATION

CONTACT:

**Tama County Public Health &
Home Care**

641-484-4788 or 1-866-484-4788

www.tamacounty.org



Tama County Public Health & Home Care actively participates on the Tama County Tobacco Coalition and fully supports their "Clear the Air" Campaign. Watch the local newspapers for details on this event.

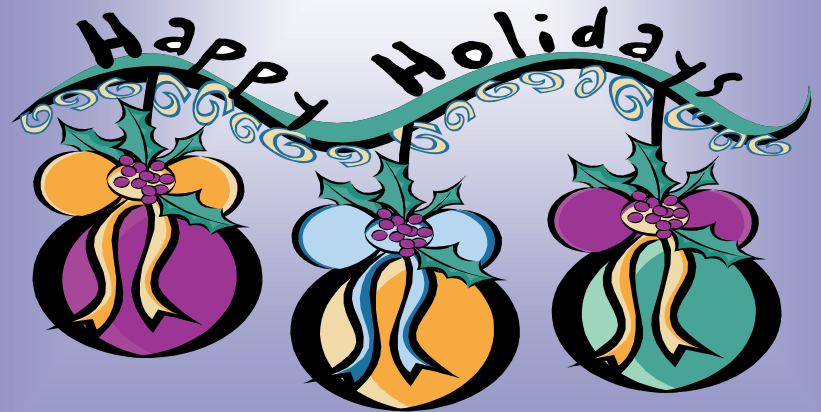
QUARTERLY NEWSLETTER—
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Tama County Public Health & Home Care



From the Desk of Linda
Rosenberger, RN
CEO/Executive Director



Featured Topic: Home Care

“Home Care” is a simple phrase that encompasses a wide range of health and social services. These services are delivered in the home to recovering, disabled, chronically or terminally ill individuals who are in need of medical, nursing, social or therapeutic treatment and/or assistance with the essential activities of daily living.

Generally, home care is appropriate whenever a person prefers to stay at home, but requires ongoing care that cannot easily or effectively be provided solely by family and friends. Individuals who benefit from home care services include:

- A growing number of seniors who elect to live independent, non-institutionalized lives and require home care services as their physical capabilities diminish.
- Young adults who are disabled or are recuperating from an acute illness.
- Chronically ill infants and children.
- Individuals who have been diagnosed with a terminal illness.
- Individuals returning home from hospital stays that require extended care

Home Care Services allow these individuals to return or remain in their homes where they can receive safe and effective care in the comfort of their own home.

What services do home care agencies provide? Home care providers deliver a wide variety of health care and supportive services that include:

- **Skilled Nursing Services**—Registered Nurses (RN’s) provide skilled services. Some of these services include injections and intravenous therapy, wound care, education on disease treatment and prevention, and patient assessments. RN’s may also provide case management services, helping patients and their families identify available community resources.
- **Physical therapists (PT’s)** - work to restore the mobility and strength of patients who are limited or disabled by physical injuries. PT’s often alleviate pain and restore injured muscles. They also teach patients and caregivers special techniques for walking and transfer.
- **Social Workers**—evaluate the social and emotional factors affecting ill and disabled individuals and provide counseling. Social workers can often serve as case managers as well.
- **Speech Language Pathologists (ST)** - work to develop and restore the speech of individuals with communication disorders. Usually these disorders are the result of traumas such as surgery or stroke. Speech therapists also help retrain patients in breathing, swallowing, and muscle control.
- **Occupational Therapists (OT’s)** - OT’s instruct patients on the use of specialized rehabilitation techniques and equipment to improve their function in tasks such as eating, bathing, dressing and basic household routines.
- **Dietitians**—provide counseling services to individuals who need professional dietary assessment and guidance to properly manage an illness or disability.
- **Home Care Aides/Home Health Aides**—assist patients with ADL’s such as getting in and out of bed, walking, bathing, toileting, and dressing. Some aides have received special training and are qualified to provide more complex services under the supervision of a registered nurse.
- **Homemakers**—perform light household duties such as laundry, meal preparation, general housekeeping, and shopping. Their services are directed at maintaining patient households rather than providing hands-on assistance with personal care.

•Foot Care

•Loan Equipment

An individual may receive a single type of care or a combination of services depending on the complexity of their needs. The intricacy of a patient’s medical condition and required course of treatment determine who should provide care. Services for the treatment of medical conditions are usually prescribed by the individual’s physician.

Who provides Home Care Services in Tama County? We do! Tama County Public Health & Home Care is Medicare certified. A Medicare certified agency has met federal minimum requirements for patient care and management and therefore can provide Medicare and Medicaid home health services. Please contact us to find out how we can provide the services necessary for you or your family member to remain in their own home.

Our Registered Nurses offer a FREE evaluation of your health care needs.

Did you know that Medicare will pay for Skilled Nursing Services in your home? Our Registered Nurses work closely with your physician to provide health care in your home and coordinate community resources that are available to assist you in your home.

Some of the services provided, but not limited to, by our Registered Nurses include: Injections, Blood Draws, Wound Care, Diabetic Teaching, Pre-filling Insulin Syringes, Medication Management, Health Teaching, Tracheostomy Care and IV Therapy.

Home Care Aide Services—One of the MANY services offered by Tama County Public Health & Home Care:

Home care aide services specialize in providing assistance with activities of daily living such as: meal preparation, bathing, grooming, light housekeeping, companionship, medication reminders, exercise and activity.

Featured Employees: This quarter we feature Kathi Fehr, HCA Supervisor and Nikki Kirklín, Home Care Aide.



Kathi is originally from the Blairstown area and currently lives southeast of Traer. She has 4 grown children, 7 grandchildren and 1 grand-dog that are the “apple of her eye”. She

and her husband live on a farm and raise horses and chickens. She joined TCPH & HC in 1982 as a homemaker-home health aide and then became HCA Supervisor in 1990. She was encouraged by her mother in law to become a homemaker-home health aide and join our agency. Her job is very challenging as she works to make sure that clients are seen in the most cost effective, efficient way in an ever changing schedule. She also supervises our Home Care Aide staff to assure that their training is current and they are meeting our client’s needs.



Nikki is a lifelong resident of Tama. She has three children—2 boys and 1 girl that keep her very busy. She joined TCPH&HC in 2004 and brought 2 years of experience with her. You’ll see Nikki popping in and out of client’s homes and assisting them as needed.