

SUMMERTIME SALAD



Sheila's Broccoli Salad

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|-------------------------------|--------------------------|
| 6 c. broccoli florets chopped | 2 Tbsp. red wine vinegar |
| ¾ c. dried cranberries | ¼ c. granulated sugar |
| ½ c. chopped walnuts | ¾ c. plain yogurt |
| ¼ c. finely diced red onion | 2 Tbsp. light mayonnaise |

Directions:

1. In a large bowl place broccoli, cranberries, walnuts and onion together.
2. In another bowl combine vinegar, sugar, yogurt and light mayonnaise. Pour dressing over salad mixture and toss well.
3. Chill before serving.

TIPS!

To transition this dish to fall, substitute raisins, pumpkin or sunflower seeds for cranberries and walnuts.

Boost the nutritional value by adding 2 Tbsp. of ground flax seed. Flax seed is high in fiber and can reduce cholesterol levels and decrease the risk for heart disease.

Liven up a plain lemonade mix by adding fresh fruit. It not only looks pretty, but also adds flavor!



Sheila Crusciel has been working with patients and caregivers as the Agency's Registered Dietician since 1998 to help them learn new ways to create healthy eating habits. With patients needing nutritional counseling for managing diabetes, heart disease, weight loss or other reasons, Sheila interacts with each person individually to offer personalized attention and healthy eating strategies, as well as updated resources and educational materials to support their goals.

TO YOUR HEALTH

Ancient artform relieves stress

*Mandalas aid in focusing
attention and energy*

In a day and age when everyone can identify with having too many demands on their time and energy, one option for relieving stress comes from centuries ago. It may even take you back to your own childhood days of coloring.

Mankind's oldest known artform, mandalas are designs made through divisions of a shape and have been used for healing since the eighth century. Derived from the Sanskrit language, the word "mandala" translates to "container of essence." People who work with mandalas find there is something intrinsically healing about working within a confined space and achieving wholeness, represented through a circular form.

Mandalas allow unique personal expression through patterns, color, design and the experience of creation. You can gain insights and awareness by working through the process and also by stepping back and examining your completed work with color choices and patterns. By engaging with a mandala, your thoughts, daily worries and stresses of everyday life seem to slip into the background as you simply focus within the circle.

Home Nursing Agency Center for Counseling's Art Therapy client Jason Corle shares, "Mandalas have really helped me deal with my anxiety. They have helped me to slow down and really enjoy the beauty around me."

Home Nursing Agency's Art Therapist Molly Ludwig-Henningsgaard created this mandala by drawing a circle and then creating unique lines and shapes inside the confined area. Visit www.homenursingagency.com to download this custom mandala, as well as links to sites with other designs. You can de-stress by focusing your energies on completing this design with color using colored pencils, markers, pastels or paint.



Molly Ludwig-Henningsgaard is a certified art therapist at the Agency's Community Health Center in Altoona. She works with clients everyday through group therapies to constructively convey their thoughts and emotions, such as anxiety, sadness and anger, through artwork.

OUR CARING TRADITION



Granting their wishes...

HOME is where they want to be

*Local family, Agency's services are focus of
national publication*

Home Nursing Agency's Private Duty Home Care and Adult Day Services were showcased in an article in *CARING* magazine, a publication of the National Association for Home Care & Hospice. Bill McManus, the Agency's Vice-President of Private Duty Home Care, and Nicole Fedeli-Turiano, the Agency's Director of Legislative Affairs and Corporate Communications, co-authored the submission featuring the Chesney family from Altoona.

Judy Weaver, daughter of Altoona natives Bob and Shirley Chesney, is embarking on her eighth year as her parents' primary caregiver, helping to preserve their independence and unwavering desire to remain at home even as they require daily medical and personal assistance. With an array of home and community-based services offered by Home Nursing Agency, Judy is maintaining the balance of her career and family obligations with the caregiving demands of her parents' ongoing healthcare challenges and overwhelming desire to be home. She's quick to cite how the quality, cost-effectiveness and value-added benefits of private duty home care, telehealth and adult day services should be the centerpiece of long-term care discussions when families weigh their options. "I want people to know the possibilities," Judy claimed.

Judy promised her parents, both living with chronic health conditions including congestive heart failure (CHF) and chronic obstructive pulmonary disease (COPD), that no matter what the circumstances, she'd abide by their wishes. "Coming into this house and seeing both of them here is such a joy and provides such a sense of inner peace and satisfaction that's hard to describe," she said. "Married for 56 years, I know they are where they want to be and are surrounded by what – and whom – they love most." To read more about the Chesneys or for information on how Home Nursing Agency can help your loved ones remain at home, visit our website: www.homenursingagency.com.

Above: With an array of Home Nursing Agency home- and community-based services, Judy Weaver (center) is able to keep her parents, Bob and Shirley Chesney, at home with their beloved longhaired-dachshund, Brownie.

HOSPICE

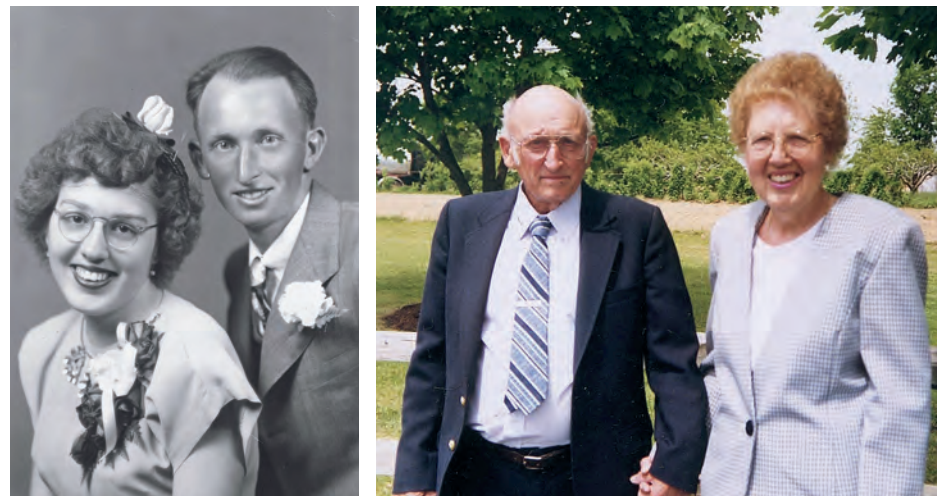
Hospice care allowed devoted Franklin County couple to remain at home

The remarkable care provided by Home Nursing Agency Hospice staff from the Chambersburg office was highlighted in a recent story published in the *Echo Pilot* commemorating a beloved couple of 62 years – the late Jake and Ruby Shindle. Ruby died January 21, and while getting ready for Ruby's funeral on January 25, Jake passed away peacefully.

Earlier this year, the American Heart Association supported recent studies confirming how the emotional pain of losing a loved one can take a toll on spouses, children or loved ones. Today, the Shindle family acknowledges merit to these findings and is grateful for the support and care from the Agency's staff that allowed Jake and Ruby to remain at home even as Jake coped with his chronic illness and the challenges associated with Ruby's dementia.

Your Life. Your Choice. Our Hospice.

The family chose Home Nursing Agency Hospice last fall to help provide comfort care to manage the symptoms resulting



Above left: The newly married Jake and Ruby Shindle are pictured in their wedding photo from 1945. At right: The Shindles celebrated their 50th anniversary in 1995. With the support of Home Nursing Agency Hospice, this devoted Greencastle couple remained at home together until they passed away within four days of one another.

from Ruby's advanced stage dementia and Jake's end-stage chronic obstructive pulmonary disease [COPD]. "The staff exceeded our family's expectations. All of the nurses, including our hospice aide Tina Butts, our social worker Lindsay Newman and Pastor Bill Kauffman were here for the whole family – not just Ruby and Jake," said daughter-in-law, Kathy Shindle.

"The staff adapted and responded to all of our family's needs both physically and

emotionally. They are now considered part of our family. When they were in our home, they were all very focused and gave us all of their time," Kathy added. "We couldn't believe this type of care and support existed for families with loved ones coping with life-limiting illnesses and who wish to remain at home. They helped us to grant the wishes of Jake and Ruby, and we are very grateful for their excellent care." Visit the Agency's website to read more.



The dedicated hospice team at the Agency's Chambersburg office provided remarkable care to the late Jake and Ruby Shindle, allowing their family to honor their wishes to remain at home. The Chambersburg team includes as pictured (front row from left) Darlene Rosenberry, Aide; Ashley Powers, Aide; Shannon McNew, Aide; Gina Lake, LPN; Deborah Giselman, Night RN; Lindsay Newman, Social Worker; (back row) Christa Lohr, RN, Patient Care Supervisor; Judy Crider, Secretary (now retired); Dawn Magee, LPN; Tina Butts, Aide; Megan Loy, Clerical Supervisor; Christy Leonard, Night RN and Bill Kauffman, Chaplain.

Missing from the photo are Kim Kranz, Director of Operations; Brenda Holtry, Hospice Aide; Denise Reeder, LPN; Kayla Burcker, Nurse Practitioner; Kyle Kensing, Customer Relations Coordinator; Kylie Osman, Speech Language Pathologist; Marissa Chilcote, LPN; Pamela Lombard, RN and Ryan Jacobs, RN Case Manager.

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Summer 2012



This is
Real.

"People can understand physical conditions like diabetes, but when it comes to mental health, many people...don't understand how difficult it can be just to get out of bed in the morning and face the day."

CENTER FOR COUNSELING

Getting help to giving help

Counselors guide Altoona woman in journey through mental health to reaching out

"When I had enough, I broke down and realized I had to get help or I was done with life," confesses Caroline Flegal, 45, of Altoona. "It took a lot of courage to call and say those three simple words: 'I need help.'"

Caroline's difficult journey began early in life, with childhood abuse, trauma as a teen and abuse from a significant other. When mental health issues surfaced, Caroline used alcohol to cope and sometimes chose not to get out of bed and face the day. The breaking point came when she faced some personal health issues.

"It was like falling into a deep hole and looking up and seeing a light, but not knowing how to get out." Calling a crisis hotline was the beginning of Caroline's journey to wholeness with the help of her case manager, Home Nursing Agency Mental Health Counselor Helen Kauffman.

With diagnoses of bipolar disorder with depression, alcohol abuse and Post Traumatic Stress Disorder (PTSD), Caroline's treatment plan included proper medication and various group therapies, including anger management.

"I gave her the tools," Helen says. "She took them and used them." Among the tools Helen shared with Caroline were coping skills such as changing negative thoughts to positive ones, identifying triggers and focusing on personal care.

Fast forward two years, and Caroline now graces the halls of Home Nursing Agency's Community Health Center with a smile – a genuine smile – not as a client,



Caroline Flegal of Altoona, right, quickly named Home Nursing Agency Mental Health Counselor Helen Kauffman, left, as one of the people who helped her to turn her life around after struggling with mental health issues. Now two years after treatment, Caroline has embraced the coping skills she learned and is sharing those skills and her experience with current clients as a Peer Support Specialist for the Agency.

but as an Agency Peer Support Specialist who uses her life experiences to relate to current clients with various diagnoses.

"If someone would have told me two years ago that I would be working for Home Nursing Agency, I would have told them they were crazy!"

"I can tell clients honestly, 'I know how you feel. This is what I did, and this is how I coped,'" she explains. "People need to know that someone cares about them. I remind them of what I learned: 'You're not an illness. You are a person, and you are what you make yourself.'"

Caroline's experience with mental health and her journey to healing is what makes her so relatable to her peers.

"People can understand physical conditions like diabetes, but when it comes to mental health, many people are ignorant," she says. "They don't realize it is a chemical imbalance."

For those suffering with mental health, there is hope if the person is willing to change.

"You really have to want it for yourself," Caroline admits. "No one can take that first step for you."

CENTER FOR COUNSELING & HOUSING SERVICES

Homeless to tech school grad

Working through darkness of depression to see bright future

Pittsburgh native Craig Nelson was homeless just three short years ago. Now, Craig has a promising future.

"Depression got the best of me, and at one point I was living in my car," Craig, 45, shares. Relocating to Altoona with his sister temporarily, Craig immediately began services through the Home Nursing Agency Center for Counseling.

Incorrectly diagnosed in Pittsburgh, Craig was re-evaluated and correctly diagnosed by an Agency psychiatrist, putting him on the road to improvement, starting with proper medication.

"There is no happy pill that can fix everything," he says. "You must have the mindset and desire to get better."

Craig did have that mindset, and working with his Home Nursing Agency Case Manager Courtney Blair, he was able to move into an apartment at the Agency's Blair House, a transitional housing program for people experiencing homelessness or a housing crisis. He also made the decision to advance his education and began attending a local technical school.

"I'm proud that I was able to maintain my grades while studying in the common area at Blair House," Craig says. "Courtney has been so vital. Giving me the opportunity to vent or get out when I needed to has been helpful, and she knows what is available with resources in the community."

In the meantime, Craig continued his treatment and eventually secured permanent living arrangements with the help of Jimmy Hayes, an Agency Housing Assistance and Rental Project (HARP) Case Manager.

He graduated in June with an Associate's Degree in Health Information Technology after completing internships with various medical facilities, including Altoona Regional Health System. Now, Craig is beginning his job search.

Articulate and passionate, Craig would be a strong addition to any healthcare provider. However, he knows that he would not be where he is today without the help of many Agency employees along the way. He is grateful for the support of those like Courtney and Jimmy, who allowed him to focus on what matters: getting better.

"If I have the opportunity to work in a field that would allow me to help others who are where I've been, I would like that," Craig says. "I wouldn't have had to hit rock bottom if I had been willing to talk to someone."

Craig Nelson, right, has appreciated the support of the Agency's Center for Counseling Case Manager Courtney Blair, left, as he has worked through depression that left him homeless at one time. He lived at the Agency's Blair House while seeking permanent housing, and he is now living on his own and recently graduated from a local technical school with an Associate's Degree in Health Information Technology.



CENTER FOR COUNSELING

Speaking without words

Emotional healing through art therapy



Jessica explains an art piece she created for her children including her zodiac symbol and the symbols of her three children. The piece reminds her that she needs to take care of herself and work through difficult times in order to be a good mother.

"I found I could say things with color and shapes that I couldn't say any other way - things I had no words for."

Georgia O'Keeffe, American artist (1887-1986)

"It's all the stuff that I can't get out any other way," Altoona resident Jessica Droll shares, echoing O'Keeffe's sentiments.

Art has a unique ability to help people communicate, and Jessica, 31, has experienced this firsthand as a client of Home Nursing Agency's Art Therapy program through the Center for Counseling.

At the Center, Jessica participates in a variety of treatments to work through her emotional and mental health challenges, but art therapy has tapped into a part of her that other treatments have not reached.

"Art therapy brings out my calm, spiritual side," she says.

Helping people constructively sort out their emotions has been one of the goals for Home Nursing Agency's Art Therapist Molly Ludwиг-Henningsgaard, who prompts clients to reach deeper and to connect with their art.

"Art therapy works because it taps into the right side of the brain, where imagery and creativity are located. Emotions are also there, so art can unlock those emotions," she explains. "After creating a piece, we then switch to the left brain, which is analytical and concrete, to explain and process whatever the artwork represents."

Each year, the Center for Counseling hosts an "Arts in Healing" exhibit of clients' work. Art supplies are provided through grants from the Home Nursing Agency Foundation and the Central Pennsylvania Community Foundation.

HOME NURSING AGENCY FOUNDATION

YOU have the power to CHANGE LIVES!

Do you ever wonder if your financial gift makes a difference? At Home Nursing Agency, it does! Your gift – of any amount – to the Home Nursing Agency Foundation helps so many of your friends and neighbors in need throughout all counties served by Agency caregivers.

Through support from individual and community contributions and fundraising events, the Foundation is able to annually award Mission Grants to programs and services that directly impact patient care. Mission Grants support:

- Services for those who have little or no insurance but need additional care.
- Assistance with high co-pays and deductibles for individuals who desire and need treatment to continue in order to regain their health.
- Provision of life's basic necessities for individuals and families who have needs beyond normal circumstances, such as medication, fuel, food and personal hygiene supplies.
- Community-based programs that are offered free to the community such as the Healing Patch, our children's grief center; school-based grief support programs and adult bereavement services.

Consider the story of Nathaniel Germany, an Altoona resident who has maintained sobriety through the help of a Mission Grant awarded to the Agency's Center for Counseling. The Mission Grant provided the resources and opportunity for Nate to continue treatments despite losing his health insurance after being laid off. Along with support and guidance from the Agency's staff, Nate found a renewed hope and joy in life. Today, he's actively seeking employment and was recently ordained as a minister. Your gifts DO make a difference in the lives of people—just ask Nate!

To make a gift and to learn more about the impact of your support through Foundation Mission Grants visit www.homenursingagency.com or call Pam Seasoltz, Director of Development, at 1.800.992.2554, ext. 2565.

The official registration and financial information of Home Nursing Agency may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania 1.800.732.0999. Registration does not imply endorsement. If you would like to be removed from our mailing list, please contact Home Nursing Agency at 814.946.5411, ext. 2578.

MOBILE PSYCH REHAB

Walking the line

Helping clients balance mental and physical health issues

Diana Horten has been with Home Nursing Agency for more than 15 years as a psychiatric nurse helping clients who face mental and physical health issues. We recently sat down with her to learn why mobile psychiatric rehabilitation is so important and how it can improve clients' lives.

Q | What is Mobile Psych Rehab (MPR)?

A | *We help people who have a mental health diagnosis and physical health problems. After a case manager decides a client can benefit from MPR, I see the client in his or her own home on a weekly basis. We talk about what has been going on with their health and their life, and I work with them on their medications – what they are for, how to take them, what the side effects may be, how to use a pill planner and more.*

Q | Why is medication management so important for someone with mental and physical health problems?

A | *Medications can interact with one another, so they must be taken properly. Oftentimes, clients are on medications and suddenly stop because they think that they're better. That creates the risk of seizures and puts clients in a position for their health to decline again. Part of my role is to help them realize that it is because of the medications that they are feeling better, and consistency in taking meds is the only way to enjoy improved health.*

Q | How do you see the connection between mental health and physical health?

A | *There is a fine line. If you're not well mentally, you will have physical problems erupt. If you have physical problems, the opposite can happen – depression, anxiety and other mental health problems can surface.*

Q | How is your role different than mental health counselors and home health nurses?

A | *I'm a Registered Nurse, so I can address the medical aspects of the client's condition, in addition to mental health. I am knowledgeable about medications for both physical conditions and mental disorders. I also get to see people in their own homes, so I get a much better picture of what is actually going on in their lives. One of the ways my role is different from a home health nurse is that I am able to accompany clients to their doctors' appointments. I can hear what the doctors say and make sure the clients know what they need to do to improve their health.*

Q | How does MPR help clients?

A | *I wonder how people do it without that help to balance physical and mental health. With mental health, there is such stigma. When we have clients who have full lives or are able to hold jobs, I think, "Wow, that is amazing that they have overcome those obstacles. It is truly an accomplishment." We can help people get to that point, but they have to be ready to get help and change their lives.*



Home Nursing Agency has been invited to provide a presentation regarding Mobile Psychiatric Rehabilitation (MPR) to the Offices of Mental Health and Substance Abuse (through the PA Department of Public Welfare) and the Office of Developmental Programs. Home Nursing Agency is a leading provider of this unique service for individuals with two or more diagnoses.

IT'S YOUR CHOICE.
Making informed decisions
for you or a loved one

Who should I call if someone in my family is having trouble with emotional issues?

By calling our toll-free number at 1.800.445.6262, you can access a broad range of confidential services for any age group. Our licensed and credentialed professionals at the Home Nursing Agency Center for Counseling will work with your family member in securing appropriate resources and developing a plan of treatment as necessary.

What if my loved one is struggling with drug or alcohol abuse?

Call us toll-free at 1.800.445.6262 to find available options, or you can walk in Monday-Friday from 8:00 a.m. to 2:00 p.m. at our Community Health Center on 500 E. Chestnut Avenue in Altoona.

Who pays for services?

We will find the best funding source for you with options including Medicaid, Worker's Compensation, private or managed care insurance, county and state grant funding, self-pay and more. In most cases, a payor can be obtained.

What services are available?

The Center for Counseling offers a wide array of outpatient individual, group and family services, as well as psychiatric evaluation and medication management.

Some of the offered services:

- Art therapy
- Anger management
- Grief and loss support
- Behavioral/play therapy (children)
- Approaches for co-occurring disorders (mental health/substance use)
- Many cutting-edge alternative therapies specific to the client's needs

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