

February 28, 2022



HOME HEALTH & HOSPICE OF KANSAS

# American Heart Month

## February is Heart Month

### HEALTH FACTS

#### What is Congestive Heart Failure (CHF)?

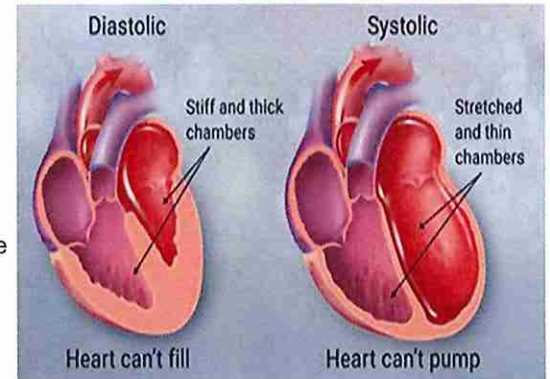
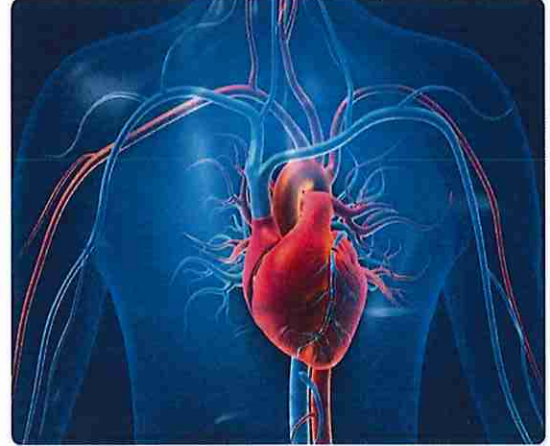
CHF is a chronic condition in which the heart doesn't pump blood as well as it should.

Heart Failure can occur if the heart cannot pump (systolic) or fill (diastolic) adequately. Symptoms include shortness of breath, fatigue, swollen legs, and rapid heartbeat.

Treatments can include eating less salt, limit fluid intake, and taking prescription medications. In some cases a defibrillator or pacemaker may be implanted.

CHF is not curable, but with early detection, medical treatment, proper diet and medication, and lifestyle changes, may help improve your quality of life.

Please see the diagram to your right for the difference between Diastolic and Systolic.



### Follow Your Heart

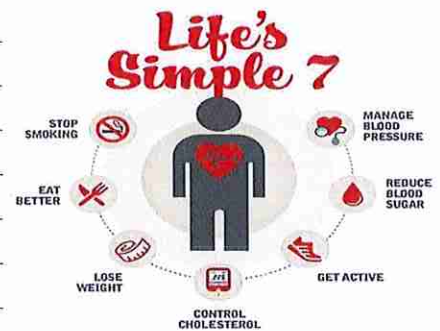
The month of February is Follow Your Heart month. It is a time to provide education about taking care of one's cardiac health and give people the opportunity to get help

when they need it most. Education ranges from medicine management, to CHF and even down to diet. Home Health & Hospice of Kansas strives to do whatever we can to make lives



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## Preferred Access Program: By Brian Speer

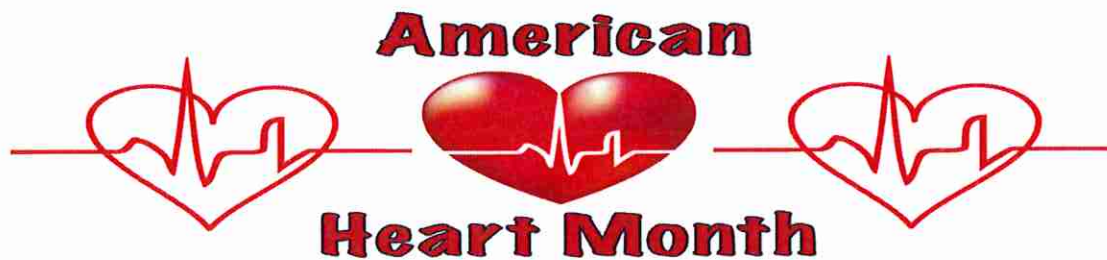
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February is Heart Health Month. We here at Home Health and Hospice of Kansas know that Home is really where the heart is; According to the AARP Public Policy Institute, 87 percent of adults age 65 and over want to stay in their current home. There are several ways to make your goal of staying in your home achievable, one of these may be our new Preferred Access Program.

Following hospitalizations many patients and their families are faced with the decision of where to go for rehab, or do you

go home with in home therapy. What do medications look like and several other decisions need to be made in a relatively short amount of time. Unfortunately, we cannot take all the risks away and sometimes hospitalizations just happen. Having a good plan B is always advisable; discuss with family members and tour rehab facilities, check with your insurance to see if they are covered. Research different in-home care companies and find out what long-term care insurance they accept. Our Pre-

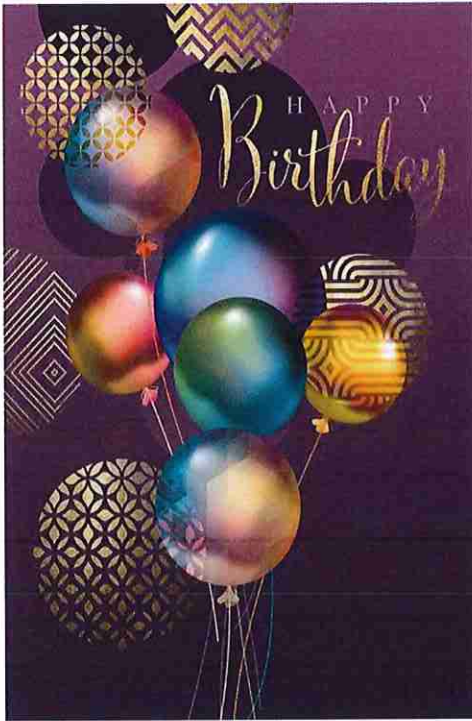
ferred Access Program team can also help with having these discussions and walking you through questions to ask. To keep our heart happy and stay in our home there are things that we can do. Keep up with your primary care physician (PCP) appointments; check into adding a nurse practitioner or concierge doctor to your care team. Having an APRN or PCP that can come to you is not only convenient, but they also tend to spend more time and cater to you and your questions.



Home Health and Hospice of Kansas can also assist you with our Preferred Access Program. This allows you to stay connected to us even if you are not currently receiving nursing or therapy care from us. This program is **COMPLEMENTARY** and is open to the public as well as all of our patients current or previous. The team that assists you in this program will stay connected to you via phone, mail, and in person visits. We can ask some of the tougher questions and document your requests, for example what hospital do you prefer, or where you would like to go for rehab if the need arises, and several others. We are here to help you stay in control of your health along with your PCP. If you wish to hear more or schedule a visit to discuss how our Preferred Access Program can assist you in staying in your home, please contact **Brian Speer at 316-518-7775 or [BSpeer@KansasHomeHealth.com](mailto:BSpeer@KansasHomeHealth.com)**

# Employee Birthdays

## FEBRUARY BIRTHDAY'S



- Trisha, HHA
- Kaylee, RNCM
- Dashionda, Billing Coordinator
- Corie, Volunteer Coordinator/WHV
- Andrea, Account Executive



*"Giving an employee special attention on their birthday makes them feel valued and recognized, and employees who feel appreciated are less likely to quit their jobs".*

## Happy Valentines Day

Our marketers love to have fun and dressed up in heart costumes while visiting patients at various facilities. They handed out candy, flowers and made cookie with our patients. To see all the smiles it really warms the heart.

***"It isn't how much we give, but how much love we put into giving"***

*~Unknown*





HOME HEALTH \* HOSPICE \* CARE PLUS PALLIATIVE

**HOME HEALTH & HOSPICE OF KANSAS**

7607 E. Harry St.  
Wichita, KS 67207

Phone: 316-869-0015  
Fax: 316-618-0414

***Making Lives Better, Together***

***Home Health & Hospice of Kansas** is locally owned and operated by Registered Nurses, and has been in business since 2005. We believe in making every life as meaningful as possible. We value the quality of life as much as quantity. Our mission is dedicated to providing exceptional, high quality and comprehensive services to our clients, families and the community. Our nurses, aides, therapists and chaplains are all certified, screened and highly trained to serve our patients with skill and compassion. We offer home health, palliative care and hospice services.*

*To request information about skilled in-home services, call our office at **(316) 869-0015**.*

**We're on the Web**  
[www.kansashomehealth.com](http://www.kansashomehealth.com)



**Just as the branches of a tree strengthen and grow upwards to the sky,  
we too grow stronger, striving for greater knowledge, wisdom and new experiences  
as we move through life.**

**~ Unknown**

