



WE LOVE WHAT WE DO

# CARE CONNECTION

A PUBLICATION FOR CLIENTS OF BAYADA AND FAMILY MEMBERS



BAYADA Clinical Manager Pam Compagnola, RN

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## Contest for Clinicians Supports Connection and our Caring Culture

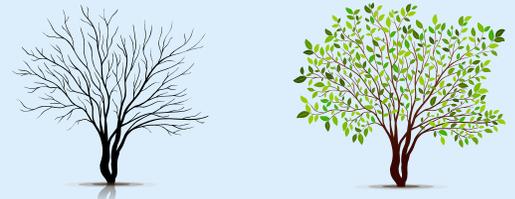


For the past 25 years, BAYADA has carried on a rich tradition of celebrating caregivers and clinicians who demonstrate *compassion, excellence, and reliability* in their work through an annual, companywide contest. **This year's Contest for Clinicians is all about connecting—to our purpose, our core values, our clients, and our colleagues.**

Please join us now through November 27 and Connect4Good by recognizing our nurses, aides, therapists, technicians, and all the other amazing BAYADA direct care clinicians for the exceptional work they do with a contest entry and your words of gratitude. You may honor

as many clinicians as you'd like as often as you'd like, provided each entry is for a distinct action. Each entry represents a separate chance for a caregiver or clinician to win the travel, dining, or shopping experience of their choosing, valued at \$100 to \$500. **Submit an entry through our Client and Community Member Contest Entry Form by visiting [bhbc.co/contest](https://bhbc.co/contest) or by simply calling your office.**

## Managing Seasonal Affective Disorder



Autumn can be one of the most beautiful seasons of the year. However, you may find that the shorter days with less sunshine can trigger seasonal affective disorder (SAD), a form of depression that impacts millions of adults each year.

Research suggests the lack of sunlight reduces levels of serotonin (the feel-good hormone) while increasing levels of melatonin (the sleep hormone) levels. People with SAD have difficulty adjusting to such hormonal changes during the darker autumn and winter months, leading to changes in sleep, mood, and behavior.

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# Champions Among Us

## Fighting for Higher Reimbursement



Teresa M. has undergone 33 major surgeries since her diagnosis of cerebral palsy and lymphedema shortly after birth. Today, she relies on a motorized wheelchair for mobility and is grateful to the home health aides (HHAs) who enable her to stay independent in the comfort of home.

“Without my HHAs I would need to live in a senior care facility,” said Teresa, 67. “For someone as active and lively as me, a senior care facility would seem like a punishment, not having the ability to see my friends and help those in need.”

**Unfortunately, Teresa recently lost one of her HHAs who took a job in a different industry to earn more money and better provide for her family.** “After I lost my aide, it was difficult for the agency to find me a replacement,” said Teresa. “The aides give me the independence to live life to the fullest. Without them, my quality of life and mobility drastically declines.”



Teresa and her HHA Adrianna during NC Advocacy Day.

### Sharing her story with legislators

Earlier this year, Teresa joined more than 150 people at the State Capitol in Raleigh for the North Carolina Advocacy Day, where she shared her story with state legislators.

“I wanted to educate my community and our legislators about the importance of these HHAs who sacrifice so much to keep vulnerable people like me safe at home,” said Teresa, who attended the event with her HHA **Adrianna Odom**. “They deserve to be properly compensated for this difficult work.”

There are more than 40,000 people in NC who receive care through the NC Personal Care Services (PCS) program. These services include help with bathing, grooming, meal preparation, and light housekeeping.

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During Advocacy Day, participants fought for increased reimbursement for the PCS program as well as the Private Duty Nursing (PDN) program. They also successfully lobbied for making the temporary COVID reimbursement rate increase permanent, as the special rate increase was set to expire in July 2022.

### Speaking up for those who can't

“I would recommend anybody who has worked for or received services from a home care agency to advocate, because if we don't, who is going to?” said Teresa. “I did it particularly for those who can't speak up for themselves.”



You can get involved in home care advocacy by attending meetings with legislators, sending emails, participating in events, or sharing your story with the media. For more information visit [heartsforhomecare.com](https://heartsforhomecare.com) or scan the QR code.



**Hearts for Home Care**

A BAYADA Community Supporting Quality Care at Home



BAYADA client **Ilse K.** has fond memories of growing up with her two older sisters in a loving Jewish family in Vienna, Austria. Her father made hats for a living, and her mother helped in his shop. She enjoyed going to school and described her neighbors as kind and friendly.

All of that changed in 1938 when Nazi forces invaded Austria, putting Ilse and her family in grave danger. **At 18, she watched in horror as Nazi troops marched into her neighborhood.** Jews, including Ilse, were barred from going to school, and the neighbors stopped talking to the family.

### A wave of violence

In November 1938, their apartment was raided and robbed on "Kristallnacht," or the Night of Broken Glass, when the Nazis spurred a wave of violence against Jewish homes, businesses, and synagogues. Her father's and other Jewish-owned businesses were seized by Nazi forces.

In April 1939, Ilse fled empty-handed to England where she and her sister Margit worked as domestic servants. They tried desperately to help their parents flee Austria, but unfortunately, were unsuccessful. Sadly, after the war, Ilse learned her parents had died in an extermination camp in Poland.

### Settling in the United States

Eventually, she and Margit moved to Philadelphia, PA where they reunited with their oldest sister Edith. Ilse and her late husband Leo had a son Gary, who passed away in 2017, two grandchildren, and a great-grandchild.

Today, Ilse lives with her daughter-in-law **Wendi** and receives support from BAYADA Home Health Aides seven days a week, four hours a day. She enjoys walking in her Philadelphia, PA neighborhood, as well as reading and crocheting. In fact, up until her late 90s, Ilse participated in a knitting club that made blankets for people with cancer and newborns at a local hospital.

### The oral history archive

Ilse rarely spoke about her experience as a Holocaust survivor, however, when her family encouraged her to participate in an interview with the United States Holocaust Memorial Museum (USHMM), she agreed. Her six-hour interview is now part of the USHMM Oral History Archive, the largest, most diverse collection of Holocaust testimonies in the world.



Ilse with her daughter-in-law Wendi

The archive includes interviews with Jews, Roma, Jehovah's Witnesses, members of the LGBTQIA+ community, political prisoners, and others who were targeted by the Nazis, as well as testimonies from liberators, collaborators, witnesses, and rescuers.

"Ilse is such a lovely woman," said BAYADA Client Services Manager **Barbara Wiseman**. "I'm so glad she got the opportunity to share her incredible story."

**View Ilse's oral history interview by visiting [bit.ly/Ilse-k](https://bit.ly/Ilse-k)**

## Fire Prevention

Did you know smoke alarms reduce the chances of dying in a fire by nearly 50%. Make sure your home has smoke alarms on every level, inside each sleeping room, and outside each sleeping area.

To learn more visit [nfpa.org/publiceducation](https://nfpa.org/publiceducation).





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Content in this newsletter is provided as general summary information for our clients and is not intended to take the place of personalized medical guidance. We encourage you to seek the advice of your physician or other qualified health care professional if you have specific questions about your care.

BAYADA provides skilled nursing, rehabilitative, therapeutic, hospice, habilitation, behavioral health, and assistive care services to people of all ages. Services vary by location.

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## Managing Seasonal Affective Disorder *continued from page 1*



### Symptoms of SAD

Symptoms can range from mild to severe, and may include:

- Sadness
- Loss of interest
- Low energy
- Hopelessness
- Agitation
- Difficulty concentrating
- Over sleeping
- Overeating
- Weight gain
- Social withdrawal

### Tips for managing SAD

- Let in as much natural light as possible. Open those curtains and blinds.
- Buy some plants, which have been shown to ease symptoms of depression and anxiety, especially during a long winter.
- Try light therapy with an SAD lamp—a box that emits a very bright light and filters out harmful ultraviolet rays. Typically, it requires 20 minutes or more per day, but ask your health care provider what they recommend.
- Depending on your physical abilities, get some form of daily activity, preferably outdoors. Ask your family or BAYADA clinicians for help.
- Maintain a consistent schedule, including meals, physical activity, and sleep.
- Make space for joy! Laughter is a well-documented stress reliever. Watch your favorite comedy movie, TV show, or comedian, or call the funniest person you know.

**To learn more, visit [bit.ly/sad-bh](http://bit.ly/sad-bh)**