

Thanks to the caring hands who care for us in our homes

More than 12 million Americans receive home-delivered health care from home health providers.

The In-Home Services department of the Sheridan Senior Center is proud to be a home care provider and part of this service.

Each November we celebrate National Home Care Month and National Home Care Aide Week. This recognition honors home health caregivers everywhere to showcase how they each make a major difference in the lives of the people and families they serve.

The theme for this past year's National Home Care Month celebration was "Because there is no Place Like Home" and the theme for National Home Care Aide Week was "Caring Hands of Home Care."

The Sheridan Senior Center In-Home Services program is a home health agency licensed by the state of Wyoming.

Our specialty is long-term in-home care, providing homemaking and personal care assistance customized to meet the individual's needs.

Our goal is to maintain independence by fostering self-sufficiency and prevent inappropriate or premature institutionalization.

Services may include: cooking, cleaning, shopping, laundry, bathing, dressing, feeding, and respite. Through a grant from the Wyoming Department of Health, we are able to provide services on a sliding fee scale based on each individual's income and assets.

In this way, we are able to provide affordable assistance in the home for people of all incomes.

We have been providing In-Home Services since 1986, and have been a Home Health Agency since 2002.

One of In-Home Services' guiding principles has always been to ensure that the care we supply helps you or your loved one experience better health and greater independence.

Nearly all of us prefer being in our own homes to being in a hospital or other medical facility. Home Care services are one way to turn that preference into reality.

Our Nursing Supervisor, Buni Ruby, R.N., and home care aides provide compassion, support and experience when working with each and every person. Our



Center Stage

Janet Korpela



caregivers' talent and devotion is demonstrated by the many appreciative comments and written notes from the people we serve and their families.

I would like to take this opportunity to recognize and thank our home care professionals for their important role in helping people served and their families improve their quality of life.

They make it their privilege, duty and commitment to serve individuals and their families

with respect and dignity, and to provide the finest service possible. They are dedicated to helping each person achieve their recovery goals so they can return to the activities they enjoy.

Our Home Health Aide, Jackie comments that for her satisfaction lies in "enriching the lives" of others one person at a time."

Another Home Health Aide, Janet, says, "I love my clients, I love helping them and get great satisfaction from knowing that I am helping to keep someone in their home instead of going to a nursing home."

Home Health Aide, Kathy, says, "I love working independently and the clients are awesome!"

Homemaker Kim says, "This is the most rewarding job of my 40 years in the workforce. It's so nice to know that at the end of the day I've made a difference."

If you see one of our dedicated Home Health staff members, please thank them for doing one of the most difficult and important jobs in the world!

In addition to the great ladies named above, thanks to Jalynn, Nancy Rose, Mary, Tammy, Linda and Sally who also help us provide great home health care to the Sheridan community!

Janet Korpela is the Director of the In-Home Services Program at the Senior Center. If you would like more information if in-home services are appropriate for your needs, please contact Janet at (307) 672-2240.

"Center Stage is written by friends of the Senior Center for the Sheridan Community. It is a collection of insights and stories related to living well at every age."