FEBRUARY - YEAR 2026 - ISSUE 2

HOME HEALTH TODAY

The Monthly Interim Home Health and Hospice Newsletter



Coping With The Winter Months

February is home to “Emotional Health Week (19th-23rd),” a time dedicated to recognizing the importance of mental and emotional well-being. While emotional health matters year-round, the winter months can present unique challenges. Blistering cold (as we know all too well), shorter days, and having trouble getting back into the swing of things after the holidays can all contribute to increased stress and low mood. Recognizing our moods and identifying the areas contributing to why we might struggle is important. By pinpointing specific areas, we can target them to improve our overall emotional health. But first, what exactly is emotional health?

Often being coupled with terms like “mental health” and “emotional wellness,” in general, emotional health is about how we think and feel. It’s not simply being happy all the time. It’s our sense of well-being, our ability to cope with life events, and how we acknowledge our own emotions as well as those of others. It’s managing stress, coping with change, maintaining relationships, and navigating life’s daily challenges (Samaritans, n.d.). The American Psychiatric Association (APA) conducted a survey in 2024 related to how the winter months affect the moods of individuals. They found that two-fifths of Americans say their mood worsens and their mental health is affected. When asked about their behaviors and feelings in the winter, Americans reported these top five changes:

- Sleeping more (41%)
- Feeling fatigued (28%)
- Feeling depressed (27%)
- Feeling moody (23%)
- Losing interest in things they like (20%)

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Coping With The Winter Months - *con't. from pg 1*

Experiencing changes in mood or energy during this time does not mean something is "wrong," but rather that our emotional health may need extra attention and care. So, while we may not be able to control the weather or the length of the days, there are practical strategies we can employ to promote our emotional health. Here are a few from a CDC article (n.d.) that stood out to me:

- ***Identify and manage difficult emotions***. Check in with yourself to see how you are feeling. Let yourself feel and accept your feelings without judgment, even if they are upsetting. Try replacing negative or critical thoughts with positive ones, something known as cognitive restructuring.
- ***Cope with stress in healthy ways.*** Practice relaxation techniques such as deep breathing or meditation. Engage in hobbies or activities that you enjoy. Keep a journal; writing about your feelings lets you express, understand, and cope with them better.
- ***Strengthen and maintain relationships and social connections*.** We are not in this alone! Share your emotions honestly and respectfully. Dedicate time to spend with others and do things you enjoy. Search for local events, gatherings, volunteer opportunities, etc.
- ***Take care of your physical health.*** Caring for the body is just as important as maintaining emotional well-being. Eat healthy, get enough sleep, and be active. Every small action builds us up. Strengthening the body guides us to strengthening the mind.

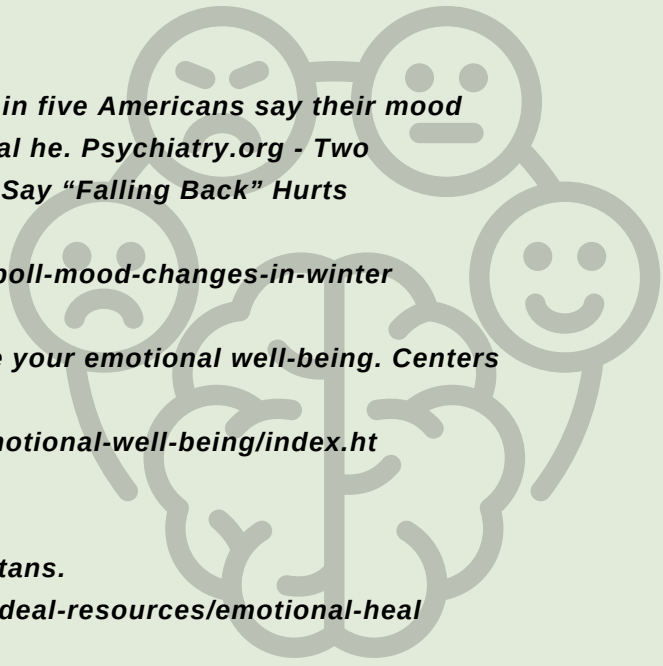
Similar to physical health, our emotional well-being is enhanced by small, ongoing efforts. As we move through February, let's take some time to check in on ourselves and each other. Offering a listening ear, practicing a little patience, or performing a small act of kindness can significantly impact someone's emotional well-being, especially during the colder months.

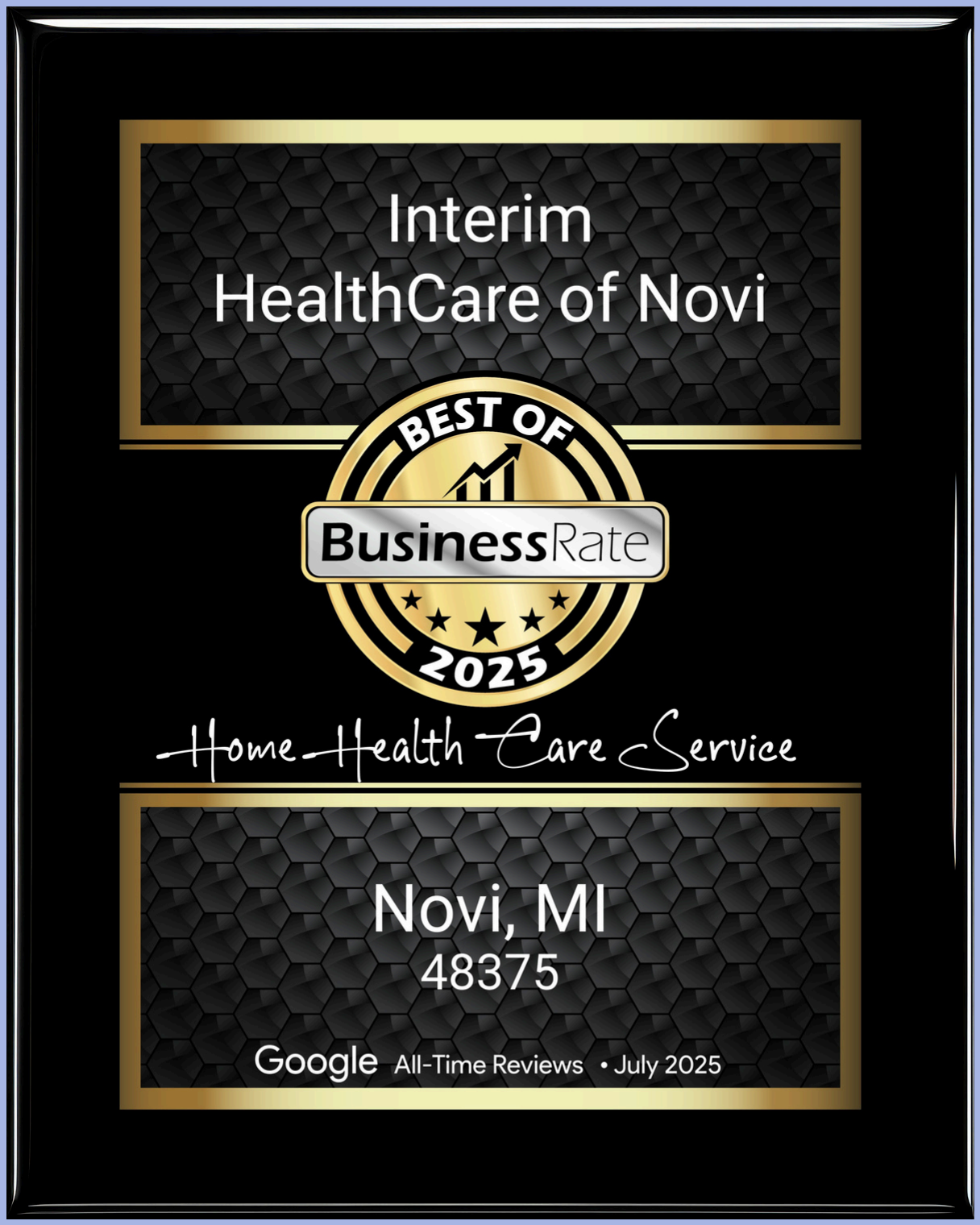
Works Cited:

American Psychiatric Association. (2024, October 30). Two in five Americans say their mood worsens in winter; 29% say "Falling back" hurts their mental he. Psychiatry.org - Two in Five Americans Say Their Mood Worsens in Winter; 29% Say "Falling Back" Hurts Their Mental He. https://www.psychiatry.org/news-room/news-releases/apa-poll-mood-changes-in-winter

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We are excited to report that our agency was recognized as one of the Business Rate BEST of 2025 Awards, which identify local leaders in customer satisfaction, brand reputation, and service excellence using publicly available Google review data.

This comprehensive rating shows how our business ranks against local competitors. We are incredibly honored to have been recognized for this achievement, and our sincerest gratitude to all who made this possible!



3-PART VIRTUAL GRIEF AND LOSS SERIES

PresentedbyInterimHomeHealthandHospiceBereavement Program

We know that grief and loss can be a complex journey, and at times, challenging to navigate. Whether you are experiencing a loss yourself, know someone who is experiencing a loss, or just would like to learn more to increase your knowledge around this topic, please consider joining us for the following grief and loss workshop series:

Wednesday, March 11th from 10-12

Different Types of Grief- Did you know that people grieve in many different ways? What do these different styles look like, and how do they impact one's grief journey? Come learn about how these different styles manifest themselves, and factors that may contribute to our grief journey.

RSVP required by Monday, March 9th

Wednesday, April 9th from 10-12 Common Emotional Responses to Grief- Based on the Five Stages of Grief Model, this workshop will explore the different ways our bodies respond to the grief journey, and coping tips on how to best support ourselves or others as we process those responses.

RSVP required by Monday, April 7th

Wednesday, May 14th from 10-12 Coping Tips and Suggestions- This workshop will explore some general coping strategies to help deal with grief and loss, and incorporate four dimensions of self-care, and how finding ways to support those dimensions can help us through the grief journey.

RSVP required by Monday, May 12th

Registrants will get the link to join upon registration.
You do not need to sign up for all 3 to attend, though it is encouraged.

To RSVP by the above dates, please contact Lisa Gardner at ligardner@interimhealthcare.com or by phone/text at (248) 986-1272.

Our Mission

WE IMPROVE PEOPLE'S LIVES.

Core Values

INTEGRITY
We act openly and truthfully in all that we do and comply with laws and regulations.

COMPASSION
We care about others' needs.

CUSTOMER FOCUS
We value long-term relationships by being committed to listening, respecting and responding to our customers' needs.

INNOVATION
We find solutions and are resourceful in meeting customers' needs.

FINANCIAL RESPONSIBILITY
We continue to grow and prosper to ensure long-term opportunities for our employees and customers.

www.interimhealthcare.com

NOW HIRING

Interim Home Health and Hospice are HIRING!

- Home Health Aides
- LPN's
- RN's
- School Aides & Nurses
- CNA's

If you are looking for a change in career or just starting out wanting to care for others, Interim is here with you.

A family run agency, we provide competitive wages, benefits, and educational opportunities to our employees.

Come join a winning team that strives to better the everyday lives of the clients we serve!

Contact Charles Aro For More Information

EMPLOYEE REFERRALS

EARN $250 - $500 per referred relative or friend that's hired into Interim of Oakland County! Contact HR for more details.

Special Days

Wishing a Happy Birthday to our Employees and Volunteers:

Wishing a Happy Work or Volunteer Anniversary:

Jaclyn Campbell 1 year

About Us

We have proudly served the greater metro Detroit area since 2004. Our home health is recognized nationally as a top 500 agency. Our staffing provides services to individual households as well as facilities, 7 school districts, and physician offices.

Over the last year, our agency has grown in all sectors. This is thanks to the community that continues to support us, and the employees who work to better the agency and service the clients.

We currently employee 70+ licensed, administrative, and field staff. We have also added Tuition Reimbursement to our offering of benefits. Interim Home Health and Hospice fostering a top place to work, grow, and be fulfilled in your employment.

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