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HOME HEALTH TODAY

The Monthly Interim Home Health and Hospice Newsletter

january

NEW YEAR'S RESOLUTIONS

Welcome to a new year! 2026 is now upon us. The beginning of a new year often brings a renewed sense of motivation and reflection. As a result, many of us choose to set a New Year's resolution as a way to improve our health, habits, or overall quality of life. While the intention behind these goals is positive, studies show that 88% of people fail their set resolutions within the first two weeks. While there are many reasons one might fail to complete their goals, the most common are the result of setting unrealistic or idealistic goals. Was it due to a lack of motivation? Did we set the wrong goal? Did uncontrollable life circumstances get in the way?

So, what are common goals we choose to set for ourselves? In 2024, a study by Pew Research found that across all age groups, resolutions contained the following topics:

- 79% health, exercise, or diet
- 61% money or finances
- 57% personal relationships
- 51% hobbies or personal interests
- 49% work or career

The benefits of achieving our resolutions in these categories are quite obvious. We are able to self-reflect, evaluate our current habits, and identify where we would like to improve. We increase our motivation and promote structure, leading to positive behavior changes and reinforcing a sense of accomplishment all while improving overall well-being. The drawbacks aren't as apparent, but when we set unrealistic goals for ourselves, we present ourselves with notable challenges.

We might feel frustration, discouragement, and feelings of failure when goals are not met. Additionally, an "all-or-nothing" mindset can make setbacks feel overwhelming,

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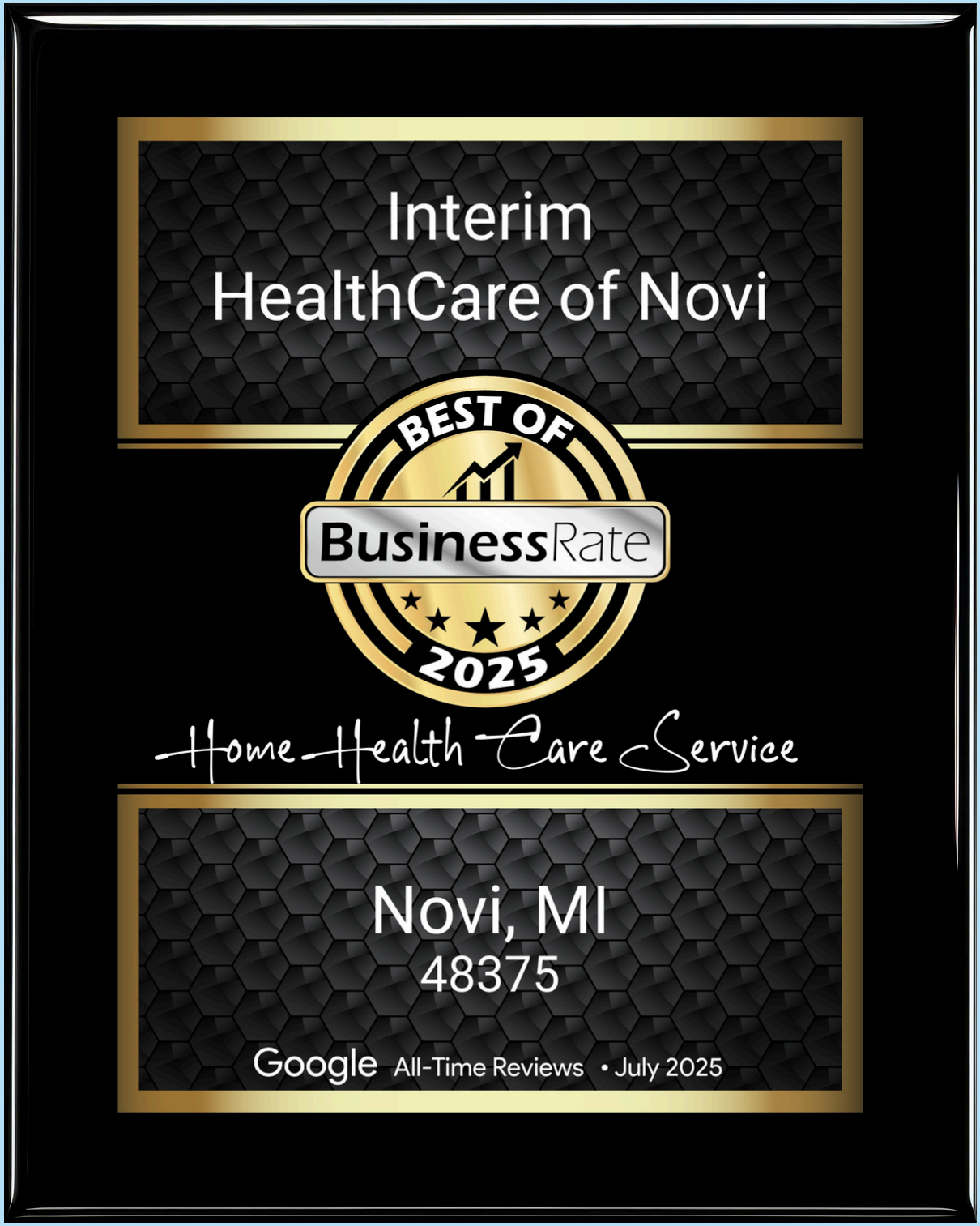
leading individuals to abandon their resolutions entirely rather than adjusting them. All of this can result in a negative view of ourselves, negatively impacting self-esteem or motivation.

So, what are some tricks we can use to help us keep and achieve our New Year's resolutions?

- **Know your reasons. Being able to articulate why a goal is important is one of the best ways to make a resolution sticky.**
- **Be specific. Choose specific activities or tasks rather than something broad. These will motivate us when we see ourselves accomplishing each little thing rather than aiming for the overarching goal from the start.**
- **Use habit-forming strategies. Set yourself up for success by making your resolution second nature. If working towards a resolution becomes like brushing our teeth, we will be there before we know it.**
- **Ask for help. When someone is watching your progress or working towards a resolution with you, it's easier to feel supported and motivated.**
- **Forgive slip-ups. One of the most common reasons people abandon their resolutions is discouragement. A lack of visible progress, an extra piece of cake, a sneaked cigarette, etc. become reasons to give up. Banish self-criticism and practice the art of being your own friend. Be kind to yourself and keep at it.**

Equipped with these strategies, sticking to a New Year's resolution is easier. It's easy to get caught up in the final goal. To combat this, I think of the philosophy "kaizen" which teaches continuous improvement. Even the smallest rivers lead to the ocean. The smallest streams carve great canyons. Single seeds can become forests. Small progress is still progress, and quiet efforts still move us forward. New year's resolutions don't have to be grand. No matter what, if we are improving, we are winning. Let us take these ideas into the new year and work towards the best version of ourselves.

Works Cited:
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Gracia, S. (2024, January 29). New Year's resolutions: Who makes them and why. Pew Research Center. https://www.pewresearch.org/short-reads/2024/01/29/new-years-resolutions-who-makes-them-and-why/
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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!



ART Therapy

Feeling the weight of grief? Whether you're navigating the loss of a loved one, a pet, a job, or the end of a relationship, grief leaves behind emotions that often go unspoken. This workshop offers a gentle space to release what's been building up inside and explore the deeper layers of your subconscious.

Through intuitive watercolor painting, we'll use abstract art as a doorway to healing, no experience needed, just a willingness to connect with yourself.

All supplies are provided. Let go. Feel. Create.

Reserve your spot today, spaces are limited.

Expressions of Grief Art Workshop
Hosted by Interim Home Health and Hospice
Facilitated by Nathalia Calderon, Volunteer Art Facilitator

Two chances to join: Thursday, January 22nd from 4:00-600 pm and Saturday, January 24th from 10:00 am - 12:00 pm
Where: Orchard Hill Place, 39500 Orchard Hill Place Dr., Novi
(more specific instructions will be given at time of registration)

Pre-registration required by Friday, January 16th

RSVP to Lisa Gardner, Volunteer and Bereavement Coordinator, at ligardner@interimhealthcare.com, or by phone at (248) 986-1272
This is a free workshop. Donations graciously accepted, but not required.

To all of our readers, community members, and those we serve, we wish you a wonderful holiday season filled with cherished memories, and moments of joy and peace. We are also thinking of those who are grieving this holiday season, and are wishing you moments of strength and comfort as the holidays come upon us. Wishing all of you many blessings in the New Year!



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:

Keeana Fleurissant - 1/15
Rebecca Mihailuk - 1/19
Jill Vaishnav (volunteer) - 1/20
Emily Herronen - 1/25
Kaitlin Alff - 1/25

Wishing a Happy Work or Volunteer Anniversary:

Claire Boulton - 17 yrs
Alesha Engram - 17 yrs
Emily Herronen - 4 yrs
Danielle Davis 3 - yrs
Keeana Fleurissant - 2 yrs
Sneha Pardhi - 1 yr
Kelley Atkinson - 1 yr

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.

INTERIM HOME HEALTH AND HOSPICE:
41700 GARDENBROOK RD, BLDG B, STE 130
NOVI, MI 48375

PHONE: 248-553-3333
FAX: 248-553-3377

Charles Aro, Administrator
cjaro@interimhealthcare.com

Jamal Ali, RN, DHCS
jali@interimhealthcare.com

Tanisha Cheatom, LPN, Clinical Supervisor
tcheatom@interimhealthcare.com

Erin Gillespie, Business Development
egillespie@interimhealthcare.com

Oren Basse, Business Development
obasse@interimhealthcare.com

Lisa Gardner, Bereavement/Volunteer cord.
ligardner@interimhealthcare.com

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