MARCH - YEAR 2026 - ISSUE 3

HOME HEALTH TODAY

The Monthly Interim Home Health and Hospice Newsletter



National Nutrition Month

In 1973, the Academy of Nutrition and Dietetics created the annual campaign held for one week in March to encourage people to make informed food choices and build healthy eating habits. In 1980, the occasion became a month-long observance in response to growing interest. This month offers a special opportunity to reflect on how the foods we eat fuel our bodies, support our health, and shape our lives. For 2026, the theme is “Discover the Power of Nutrition.” This theme emphasizes how nutrition is not only about what we eat, but how those choices support energy, growth, immune function, and disease prevention. The nutrients we consume, or fail to consume, help repair tissues, support brain function, and influence how we feel both physically and mentally. When we consistently nourish our bodies with balanced, nutrient-rich foods, we build a strong foundation for long-term health.

In unison with their theme for the month, The Academy provides four weekly messages to guide us nutritionally throughout March and the rest of the year.

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:

See page 2 for Four Weekly Messages!



WHAT'S INSIDE THIS ISSUE:

National Nutrition Month, by Dylan Roselle, Volunteer Content Writer - p1
National Nutrition Month (cont.) - p2
Business Rate Best of 2025 Award - p3
Virtual Grief Series - p4
Development Disability Awareness, by Lisa Gardner, Volunteer and Bereavement Coordinator - pg5
Now Hiring - Special Days - p6
About Us - p6

National Nutrition Month - *con't. from pg 1*

Week 1 - Power your day with nutrition.

- The Academy emphasizes choosing healthful foods from all food groups. This means eating the proper amount of whole grains, proteins, dairy, healthy fats, vegetables, and fruits. It's important to note that this looks different for everyone. You can read the recently updated nutritional guidelines for 2025-2030 by following this link: DietaryGuidelines for Americans or visit https://cdn.realfood.gov/DGA.pdf. This recommendation also means avoiding dangerous "fad diets" that promote unnecessary restrictions.

Week 2 - Find advice backed by science.

- The Academy speaks on the importance of finding accurate sources for our nutritional information. This can mean meeting with a registered dietitian nutritionist (RDN) who will specialize in your unique needs. From them, you can receive personalized nutrition information to meet your health goals. Outside of RDNs, finding credible information can be hard as the food industry is heavily influenced by financial incentives. Leveraging peer-reviewed, scientific information is the next best source for understanding the foods we eat or need to eat.

Week 3 - Stay nourished on any budget.

- Perhaps the most challenging of the Academy's messages, they highlight how learning cooking and meal preparation skills that work with the resources we have will help us financially and nutritionally. However, access to adequate foods can be challenging. Being educated on buying the proper foods as well as assistance programs can make a world of difference. While going out to eat or buying fast food is convenient, we pay the price financially. Consider laying out a meal plan each week, versus day by day.

Week 4 - Feel good with healthy habits.

- To end the month, the Academy discusses the importance of our habits and their effects on our lives. Planning in advance can mitigate much of the stress we might feel with mealtime. It can also reduce overeating or undereating if we have a predetermined meal ready for us. Consciously choosing healthy, whole foods as opposed to fast, processed ones is difficult but worthwhile for our immediate and future health. As with forming any habit, consistency is key.

Discovering the power of nutrition does not require dramatic changes or perfection. Small, sustainable steps lead to lasting benefits. When combined with other healthy lifestyle habits (getting enough sleep, managing stress, consistent eating patterns), we create a balanced approach to caring for the body and mind. As March unfolds, National Nutrition Month offers an opportunity to reflect on personal habits and consider small changes that can support better health.

Works Cited:

About RDNs and NDTRs. Eatrightpro.org. (n.d.).
https://www.eatrightpro.org/about-us/our-members/about-rdns-and-ndtrs

Dietary guidelines for Americans realfood.gov 2025–2030 protein, dairy. (n.d.-c).
https://cdn.realfood.gov/DGA.pdf

National Nutrition Month®. Academy of Nutrition and Dietetics: eatright.org. (n.d.).
https://www.eatright.org/national-nutrition-month



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!

This past month, our Volunteer Art Facilitator Nathalia, and our Business Development Representative (BDR) Howard Fisher, facilitated an art program at Park Place Residence, where they created some beautiful Valentine's Day door hangers! Thank you to our Volunteer Nathalia, our BDR Howard, and the staff at Park Place Residence for welcoming us!







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.

MARCH
DEVELOPMENTAL DISABILITY AWARENESS

Written by Lisa Gardner, Volunteer and Bereavement Coordinator

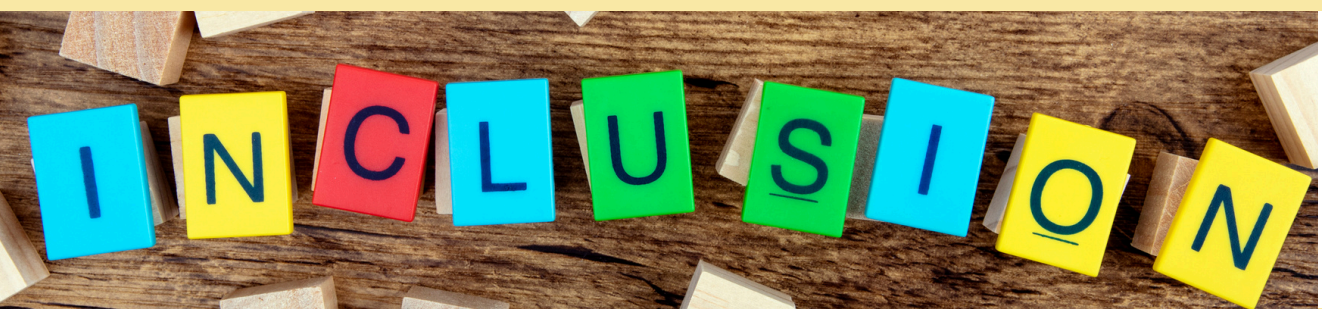
March is Developmental Disability Awareness Month. While some readers may know me as the Volunteer and Bereavement Coordinator for our hospice, I am also the parent of a child with a developmental disability, something that is deeply personal to me.

This awareness campaign was established in 1987 by President Ronald Reagan to increase public understanding of the needs, contributions, and potential of individuals with developmental disabilities. The Centers for Disease Control and Prevention defines developmental disabilities as conditions that can impact physical, learning, language, or behavioral development.

My son was born with Trisomy 21, more commonly known as Down syndrome. Over the years, I have witnessed firsthand how advocacy, acceptance, and opportunity can create meaningful change. I have also learned how important it is to see people as individuals first, not as labels or assumptions.

Take my son, for example. He is complex, joyful, and full of personality. Though he does need support in some areas, he attends middle school, builds relationships with all types of peers, and embodies unconditional love and acceptance. He loves baseball, basketball, bowling, games, and looking through photos. While forming clear words and sentences can be difficult, he always finds a way to communicate what matters to him. He can run and play alongside his peers. At times, he may feel overwhelmed, but with the reassurance of a helping hand, he quickly reconnects and thrives. He is also an incredible big brother to his little sister, even if they have the occasional (or frequent) sibling disagreement. His developmental disability is part of who he is, but it does not define him. It exists alongside all the other qualities that make him the person we know and love.

My hope this month is that we all take a moment to see individuals with developmental disabilities for who they truly are, people with depth, strengths, challenges, and gifts. When we shift our perspective from labels to people, we create more inclusive communities and recognize the many ways they enrich the world around us.



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!

EMPLOYEE REFERRALS

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

Contact Charles Aro For More Information

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

https://www.interimhealthcare.com/novimi

https://www.facebook.com/interimnovimi

Special Days

Wishing a Happy Birthday to our Employees and Volunteers:

Damia Drew - 3/02
Howard Fisher - 3/3
Shieala White - 3/18
Barbara Stearman - 3/27

Wishing a Happy Work or Volunteer Anniversary:

Denise Dobbs - 2 yrs
Shieala White - 3 yrs
Margaret Caputo - 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.