

Summer 2025

Choose people you know and care you trust. Choose Iroquois Home Health.

## Iroquois Home Health is 5 Star!



"Congratulations to the Professional staff of Our very Own IMH Home Health team! According to the latest Medicare survey reports, found on Medicare.gov, IMH Home Health is the only agency in our Watseka area that is rated at 5 stars on patient satisfaction.

"The patient survey asks patients (or their family or friends) about their home health care, and if they would recommend that agency to someone else. The survey ratings can be used to compare agencies using a 5 star scale, with more stars indicating better quality care" (cited from Medicare.gov).

Patient care is at the center of our Home Health team and we are so proud of our accomplishment!



## SHPBest Superior Performer!



We're honored to share that Iroquois Home Health has been recognized as a 2024 SHPBEST "Superior Performer" — placing us in the top 20% nationally by Strategic Healthcare Programs (SHP)! This recognition is based on heartfelt feedback from the patients and families we serve, who commended our team for:

- Improving quality of life
- Increasing strength and mobility
- Managing medical needs
- Providing clear, compassionate education

Our dedicated staff help patients regain independence after injury or surgery — making it possible for them to safely transition home or remain there with confidence. We're grateful for the opportunity to care for our community!

## Tips for alleviating swelling during the hot humid days

Elevate your legs above heart level to help blood flow and reduce fluid buildup.

Wear compression socks to gently squeeze the legs and minimize fluid pooling, especially if you'll be standing or sitting for long periods.

Stay cool and hydrated to regulate your body temperature and reduce fluid retention.

Limit your salt intake, as salt consumption can worsen water retention in the legs.



## Summertime is in Full Swing!

### Milford Fun Days Parade

Several employees, including Home Health's Karry Hines, represented IMH on June 14 at the Milford Fun Days Parade. We love being out in the community and being a part of all the fun and excitement! See you next year Milford Fun Days!



## Know your A's and P's (Aches and Pains)

**Muscle:** Can be associated with overuse, poor posture, weakness.

**Joint:** Can be caused from loss of joint cartilage, arthritis, obesity

**Head:** Types include migraine, cluster, tension

**Back:** Can be muscular, neurological, or spinal. May be associated with pain radiating down the buttocks or legs.

**Stomach:** Some potential causes can include indigestion, gas, food allergies, stress, infection

Aches and pains can be associated with aging, busy schedules, and lifestyle to name a few causes. While most of the time aches and pains are not serious, they can affect our quality of life. Sometimes there may be a more serious cause for concern.

### Seek medical advice if you experience:

- Pain that is severe or doesn't improve with rest;
- Pain with fever, weight loss, or fatigue;
- Sudden sharp pain in chest, head, or abdomen;
- Swelling, redness, rash, or warmth over a joint;
- Numbness or weakness;
- Pain after a fall or injury

### Things you can do to help prevent Aches and Pains

- Stay Active: Keeps your muscles and joints in good working condition
- Maintain good posture: Avoid prolonged positions
- Stay hydrated and eat a healthy diet: Unhealthy diets can cause inflammation which can lead to aches and pains throughout the body
- Be mindful of your Stress: Tension can cause or worsen pain
- Sleep: Quality rest supports healing and reduces pain sensitivity



### What are some treatment options for Aches and Pains (*ask your doctor first*)

- Over the counter medications such as Acetaminophen (Tylenol), Ibuprofen (Motrin, Advil), Naproxen (Aleve),
- Topical creams (on the skin) such as lidocaine, biofreeze, icy hot
- Home Remedies: heating pads, ice packs, stretching, rest, massage, warm baths
- Professional Help: Physical Therapists, Chiropractors, Medical Doctors