

Getting to know Kim Daniel-Nimz, RN, Iroquois Home Health



Kim will be celebrating 15 years at IMH. She has worked in Home Health, Hospice PRN, PCU and IRH, and she has resided in Watseka for the past 25 years.

Kim has a daughter, Becca, age 23 and a son, Lukean, age 20 who are both in college. Becca made the Deans List and mom is very proud of them both.

Kim's hobby goes way back as she has always been a car enthusiast. Her dad has a Chevelle that he is restoring and the plan is to take it to car shows. She also has her late brother's yellow Camaro SS, nicknamed The Beast. A treasure for her to have for sure.

Going into patients' homes has some funny moments, she said. From a goat greeting her when she opened the door, being chased by wild turkeys, removing a potbellied pig from a patient's bed, to having a sweet dog that paid attention so much at her visits that eventually he knew exactly what she was going to do and would beat her to the location she would be working.

Kim feels strongly that being an advocate for her patients is of the utmost importance. She will go above and beyond for her patients' best interests. Having worked with Hospice, she is the one who educates and helps Home Health patients with transitioning into Hospice if that becomes an option.

In 2020, Kim was awarded a Patient Advocacy Award presented to her by a family associated with the Veterans Hospital in Washington D.C., acknowledging her incredible and loving care of their grandparents. Well done, Kim!

Kim is posing with Owlie the Owl in her photo after Home Health won the door decorating contest and was titled the "2024 Business Champion" for Red Ribbon Week. "You definitely have to keep your humor in this career", Kim states.

Safety Tips: Freezing Temperatures

- Keep all exposed skin covered. Check on your neighbors/elderly/family. Keep an emergency kit in your car (salt, blankets, flashlight). Dress in layers.
- Avoid strenuous activity, it strains the heart.
- Cover your mouth to protect your lungs from extreme cold air.
- Drink warm liquids and water to avoid dehydration.
- Wear mittens or gloves to protect hands - mittens are warmer.
- Keep the furnace 60 degrees or above to keep pipes from freezing.

February is American Heart Month

DID YOU KNOW?

Per the American Heart Association, statistics show that 127.9 million Americans have some form of cardiovascular disease.

Risks for Heart Disease can include high cholesterol or high blood pressure, smoking, being overweight or obese with a BMI of 35 or higher, not getting enough physical activity, as well as a diet that is high in sugars, and saturated and trans fats.

You can protect your heart by reducing Salt Consumption, Limiting Alcohol Consumption, Getting Daily Exercise, Choosing Healthy Food, Not Smoking, and Maintaining a Healthy Weight.

How Has Iroquois Home Health Been Beneficial to You?

"Iroquois Home Health has been beneficial to me in too many ways to count! Thanks to the care provided, we 'mended' faster and better! The excellent care, dedication, expertise - priceless!"

- Bill & Bette Fesselmeyer