



NHC
JUST BECAUSE WE CARE

NayarNews

SEPTEMBER 2022

Pulmonary Fibrosis Awareness Month

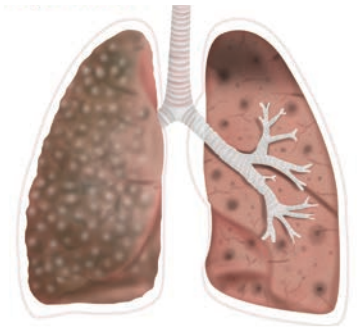
September is Pulmonary fibrosis awareness month. Pulmonary fibrosis is a lung disease that occurs when lung tissue becomes damaged and scarred. This thickened, stiff tissue makes it more difficult for your lungs to work correctly. As pulmonary fibrosis worsens, you become progressively more short of breath.

Signs and symptoms of pulmonary fibrosis may include:

- Shortness of breath (dyspnea)
- A dry cough
- Fatigue
- Unexplained weight loss
- Aching muscles and joints
- Widening & rounding of finger tips or toes



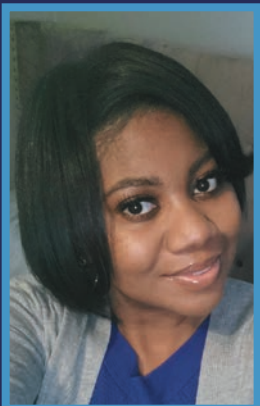
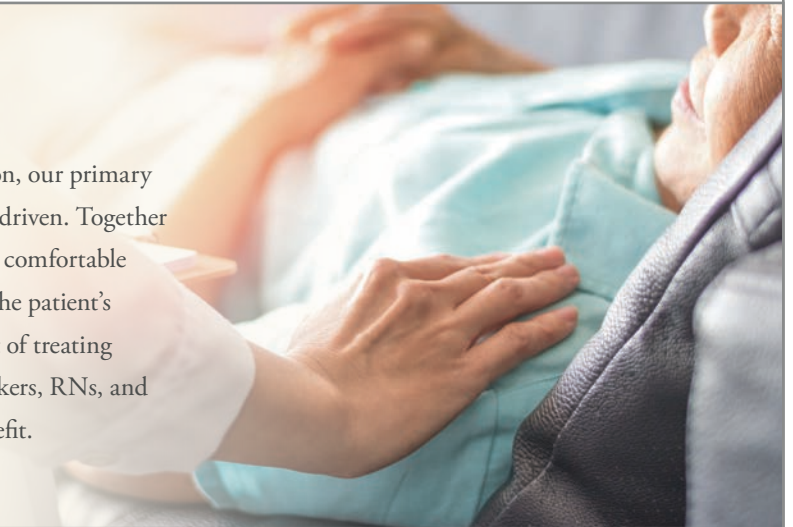
Healthy Lungs



Lungs of someone with Pulmonary Fibrosis

Patient-Driven Care

When patients begin care with Nayar Health Care's Hospice Division, our primary focus is their care and comfort. Everything our team does is patient-driven. Together with the patient's loved ones and family members, patients are made comfortable and peaceful for the rest of their life. Nayar Hospice Care supports the patient's emotional, social, and spiritual needs and medical conditions as part of treating the whole person. Our Hospice team includes Chaplain, Social Workers, RNs, and LPNs. All of which organize and work together for the patient's benefit.



Spotlight: **Kendra Coleman**, Home Health Aide Hospice

Kendra came to Nayar Hospice Care after teaching Head Start in her local school district. She had experienced her own losses, making hospice something she felt called to do. Kendra is loved by all of her patients and their family members. She consistently goes above and beyond to make her patients feel loved and cherished. Her kindness and warmth are unmatched. The care she provides to hospice patients is compassionate and loving, and she has an extraordinary way with her patients. She is a blessing to everyone she meets, cares for, and is always willing to go the extra mile.

To Our Patient's Families

Our medical specialists care about you & your family's health. At Nayar Health Care, we understand what it is like to feel stressed about your loved ones and their care. We realize that you have many demands on your time and need to know the quality of care provided to your loved one at any given time. We want you to maximize the quality of time you spend talking to your loved one. Those precious conversations should be about the beautiful things in life, not what their health care provider did last week. Nayar Health Care built a portal system for families to make this happen. First, we get approval from your loved one to log in. You will be able to see the notes of the person who visited your loved one — their title and a description of their clinical assessment and medication reassessment. You can log on to this anytime from anywhere you have internet. You will also have an option to leave a message for the clinician to call you if you have any questions.

OUT IN OUR COMMUNITY
Marcella provided Root Beer floats for our home health and hospice referral partners at Bowling Green Health & Rehabilitation Center.



Fall Faves: No Bake Peanut Butter Cookies



loveandlemons.com

INGREDIENTS

- ⅔ cup unsalted natural creamy peanut butter
- 1 teaspoon vanilla extract
- ½ cup maple syrup
- Heaping ½ teaspoon sea salt
- 2 tablespoons melted coconut oil
- 2½ cups whole rolled oats
- ¼ cup mini chocolate chips

INSTRUCTIONS

1. Line a baking sheet with parchment paper and set it aside.
2. In a medium bowl, stir together the peanut butter, maple syrup, coconut oil, vanilla, and salt until smooth. Add the oats and chocolate chips and stir until combined. Use a 2-tablespoon cookie scoop to portion the dough. Use your hands to form into balls and place them on the baking sheet, then flatten them into disks with your fingers (the disks will become more cohesive as they chill). Chill overnight to allow the cookies to firm up.

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