



NHC
JUST BECAUSE WE CARE

NayarNews

SPRING 2024

Spring Renewal: *Embracing Wellness in Home Health & Hospice Care*

As winter fades and spring emerges, Nayar Health Care embraces the season's spirit of renewal with four tips, offering hope and healing to our patients receiving home health or hospice care.

1. Nature's Healing Power:

Spring's embrace brings healing through nature. Find solace in gardens, parks, and fresh air, fostering strength and courage amidst adversity.

2. Spring Cleaning for Health:

Focusing on spring cleaning means you have a safe, organized space for yourself and loved ones. Practical decluttering and organization can also help our nurses and therapists arrange homes for healing.

3. Wellness Through Nutrition:

With seasonal produce, it's the perfect time to work towards health through nutrition. Personalized meal plans prioritize health, vitality, and enjoyment.

4. Celebrating Joyful Moments:

Amid life's challenges, it's important to celebrate the moments of joy along the way! Cherish the big and small milestones that mark your journeys toward healing and wholeness. Whether it's a birthday celebration, a graduation ceremony, or simply a shared laugh over a cup of tea, these moments of connection remind us how resilient we are.

As spring unfolds, embrace renewal. Nayar Health Care remains committed to compassionate care, nurturing wellness in every season of life.



Nayar Health Care & Hospice
Corporate Headquarters

celebrates

our 1 year anniversary in our
beautiful new corporate
headquarters in Ashland, VA

*We are Thrilled to Announce
the Accreditation of
Nayar Health Care, Melbourne!*

It is with immense pride that we share the news of our Clinical Team's outstanding achievement: Passing our Medicare Accreditation with flying colors and zero deficiencies! This remarkable accomplishment is a testament to the dedication, expertise, and unwavering commitment of our Clinical Team, led by the exceptional Melbourne Director of Nursing, Raina Benedith-Osborne. Their tireless efforts and relentless pursuit of excellence have ensured that our healthcare services meet the highest standards of quality and care. Congratulations to this remarkable team for their well-deserved recognition of their hard work and dedication. We look forward to continuing to provide top-notch healthcare services to the Melbourne community, guided by our unwavering commitment to excellence.



EMPLOYEE FEATURE:

Sydney Caplinger

We are so excited that Sydney is being recognized at Nayar Health Care! She is a superstar in the making. Sydney has recently accepted a promotion to the Hospice Business Office Manager position. In this new role, she oversees and manages the hospice referral to the admissions process and supports all business office functions, such as contract management and EMR oversight. Sydney is smart, quick to learn, loves doing new things, and is a pleasure to work with every day. NHC is incredibly fortunate to have Sydney in this role, creating in-office organization and efficiency. She is the backbone of our program.

Focused on Nayar Home Health

What is Skilled Home Health Care?

Home health care offers a wide range of services provided in the home. Most often, these are less expensive, more convenient, and more effective than services provided in hospitals. Examples include:

- Wound care
- Patient and caregiver education
- Intravenous or nutrition therapy
- Injections
- Monitoring serious illness and unstable health status

NHC helps patients improve, regain independence, and become self-sufficient.



"They always drive so far out to see us, but they're always so perky, encouraging, supportive, caring, precious people."

— Floyd T., NHC cared for her husband

Nayar Health Care | Fax Referral to Intake Office at 866.554.5041

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