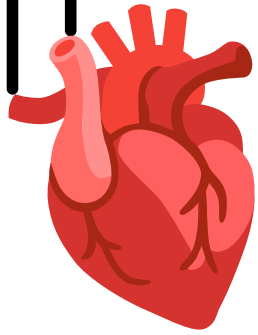


Seasons of Care

918-824-9600 phone
918-824-4445 fax
www.vialifecare.com



February is American Heart Month

Heart Health starts at home! Simple daily habits such as taking medications as prescribed, monitoring blood pressure, staying active within your abilities, and choosing heart healthy foods can make a meaningful difference. Home Health Clinicians help patients manage heart conditions safely by monitoring symptoms, providing education, and encouraging routines that support recovery. Even small changes, like short walks or reducing sodium, can help strengthen the heart and improve overall well-being.

Home Health supports Healing and Independence

Recovering at home allows patients to heal in a familiar, comfortable environment. Home Health Services bring skilled nursing, therapy, and support directly to the patient, helping manage medical needs while encouraging independence.

Care plans are tailored to individual goals, whether that's regaining strength, preventing hospital readmissions, or managing a chronic condition. By focusing on both medical care and daily living skills, home health empowers patients to stay safe, confident and comfortable at home.

www.vialifecare.com - 918.824.9600 phone - 918-824-4445 fax

Fall Prevention at Home

Winter months can increase fall risks, especially for those recovering from illness and surgery. Simple safety steps like clearing walkways, improving lighting, using assistive devices, and wearing proper footwear can significantly reduce the risk of injury. Home Health Clinicians assess the home environment and provide personalized recommendations to promote safety. Preventing falls helps patients stay independent, confident, and on track with their recovery.



Caregiver Burnout

Family caregivers play a vital role in recovery, but caregiving can be overwhelming. Home Health services help ease this burden by providing skilled care, education, and guidance. Caregivers are encouraged to take breaks, ask questions, and care for their own wellbeing. Recognizing stress early helps prevent burnout and ensures better outcomes for everyone involved.

Happy Valentine's Day

Valentine's Day isn't just about cards, candy, and flowers. It has a rich history rooted in Love and Kindness. The holiday is named after Saint Valentine, believed to have been a Roman priest who secretly married couples during a time when marriage was forbidden. His quiet acts of love and compassion made him a lasting symbol of devotion.

Over time, Valentine's Day evolved into a celebration of love in all its forms – Romantic, family, friendship, and care for others.

Today, it's a reminder to slow down, show appreciation, and share kindness with people who matter most.

Because LOVE – simple, heartfelt love – never goes out of style.

www.vialifecare.com - 918.824.9600 phone - 918-824-4445 fax

Emotional Well-Being During Recovery

Recovery is not only physical – it's emotional too. Healing at home can sometimes feel isolating, especially during winter months. Here are a few ways to aid in your emotional well being while you recover.

- *staying connected with loved ones - your support system
- *keeping a daily routine
- *engage in self-care
- *establish achievable goals
- *use coping tools - journaling, therapy, setting boundaries *sharing concerns can help reduce stress and support overall healing.

If you find yourself struggling during recovery, **ViaLife Home Health** **Health Behavioral** that helps to create a safe, nonjudgmental space to feel heard and seen, which can help reduce feeling isolated and lonely. Our nurses focus on patient anxiety, depression, and loneliness through active listening, therapeutic relationships, and personalized support. Our nurses encourage self-care to support patients' mental resilience, recognizing that positive emotions enhance physical recovery and combat treatment.

PLEASE call us at 918.824.9600 if we can help! We will contact your doctor and help get you connected!

MENTAL HEALTH MATTERS

DID YOU KNOW.....

ViaLife Home Health offers **Behavioral Health Nursing?**

We can

- help to create a safe, non-judgmental space at home
- focus on promoting wellness and preventing illness
managing treatment through therapeutic communication
- medication management and support
- assess mood, sleep, behavior, appetite and other symptoms
- provide timely support before patients symptoms become more severe.
- teach and reinforce healthy coping strategies like
establishing daily routines, and stress
management techniques.



Most importantly we help patients understand that depression is a health condition and NOT a personal failure, which can bring relief and hope!

Fax us a referral to 918.824.4445 if we can help!

www.vialifecare.com - 918.824.9600 phone - 918-824-4445 fax