



**NHC**  
JUST BECAUSE WE CARE

# NayarNews

**SECOND QUARTER 2023**

## NHC Delivering Smiles This Spring

Lee Colls, NHC Bedford Home Health Community Liaison has been spreading a little Spring cheer in recognition of National Social Workers Month with Pamela Dent, DSS at Oakwood Health & Rehab as well as at Cardinal Senior Living in Bedford, VA.



Pamela Holmes

## Employee Feature: Pamela Holmes

Pamela Holmes became a part of the Nayar Health Care family in July 2019 as part of our Office Administrative and Intake Staff.

Pam has played a vital role in our company's growth and success since that time and has proven to be an invaluable asset as a support system to the home health and hospice divisions while juggling a work-life balance with five little boys at home!

We are proud of Pam's dedication and accomplishments and feel very fortunate to have her as a part of NHC.



*Nayar Health Care  
Corporate Offices  
have officially moved  
to our new location at  
300 Ashcake Road,  
Ashland, VA 23005!*

# Why Choose Skilled Home Health?

## Home Health Care Cost Up To 52% Less Than A Hospital

Even a few hours stay in a hospital can cost a person thousands of dollars. When you extend that hospital stay to a matter of days and weeks, it can seem impossible to recover financially from the medical bills that will start pouring in. Patients can save substantial money with in-home care while receiving high-quality medical care. Remember that rates between home healthcare companies will vary, but studies have shown that home healthcare is usually the more economical option for patients and their families.



## Hospice Can Improve Your Quality of Life

When chronic pain, fatigue, shortness of breath, anxiety, insomnia, or depression make it harder to get through the day for those with a terminal diagnosis, Nayar Hospice can help. Hospice is designed to reduce suffering and improve quality of life, but it can take time to get symptoms under control. Continuous visits from a hospice nurse over weeks or months can bring comfort and relief. This care can also reduce preventable trips to the emergency room or hospitalizations.

## Spring Salmon with Minty Vegetables



*Flavors of the Season*

### INGREDIENTS

- 750g Small new potato, thickly sliced
- 750g Frozen pea + beans
- 3 tbsp olive oil
- Zest + juice of 1 lemon
- Small pack mint, leaves only
- 4 Salmon fillets about 5oz each

Source: [www.bbcgoodfood.com/recipes/spring-salmon-minty-veg](http://www.bbcgoodfood.com/recipes/spring-salmon-minty-veg)

### INSTRUCTIONS

STEP 1: Boil the potatoes in a large pan for 4 minutes. Tip in the peas and beans, bring them back to a boil, then cook for 3 minutes until the potatoes and beans are tender. Whizz the olive oil, lemon zest, juice, and mint in a blender to make a dressing (or finely chop the mint and whisk into the oil and lemon).

STEP 2: Season the salmon in a microwave-proof dish, then pour the dressing. Cover with cling film, pierce, then microwave on High for 4-5 minutes until cooked. Drain the veg, then mix with the hot dressing and cooking juices from the fish. Serve the fish on top of the vegetables.

**Nayar Health Care | Fax Referral to Intake Office at (804) 330-5423**

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