

WE ARE ACCEPTING REFERRALS WITHIN 24-48  
HOURS!



# HOMEBOUND HAPPENINGS

February 2026

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## Monthly Patient Testimonial:

"We've been with Homebound a long time. Through COVID. They took good care of us. Dr. Charleton recommended Homebound and we trust him. We had another company but we didn't care for them. Lan helps me get stronger and Megan does so much. She's helped with the transitions in and out of the hospital. She helps with my medications, calls the doctors. Meg does everything I need. I can't think of anything Homebound could do better. I'm very satisfied."  
-Eugene R.

**February is National Heart Month** ❤️  
A perfect time to focus on what matters most—your heart health.  
Heart disease remains the leading cause of death in the U.S., but the good news is that many heart conditions are preventable with healthy lifestyle choices and regular medical care. This month, we encourage you to take simple, meaningful steps toward a healthier heart.

## Meet Our Staff

*Each month, we highlight one of our dedicated team members who helps make Homebound Health Services exceptional.*



Megan Zych, RN  
**Case Manager**  
🎓 Graduate of **Pittston Hospital School of Nursing**  
📅 2 years with Homebound Health Services  
👩 45 years of nursing experience in:  
Home Health  
Medical Surgical Nursing  
💖 Throughout her career, Megan has been a constant source of compassion, skill, and stability for patients and families. Her deep clinical knowledge, calm presence, and genuine kindness have set the standard for what home health nursing should be.

**COMMUNITY EVENTS:**  
**National Wear Red Day- Feb 6<sup>th</sup>**  
**VALENTINE CRAFTS:**



## HealthCare Facts:

- 😊 **Eat Smart for Your Heart**
- 🏃 **Move More, Stress Less**
- 🚭 **Quit Smoking & Limit Alcohol**
- ❤️ **Know Your Numbers;**
  - Blood pressure
  - Cholesterol levels
  - BMI