



# SAHARA INSIGHT

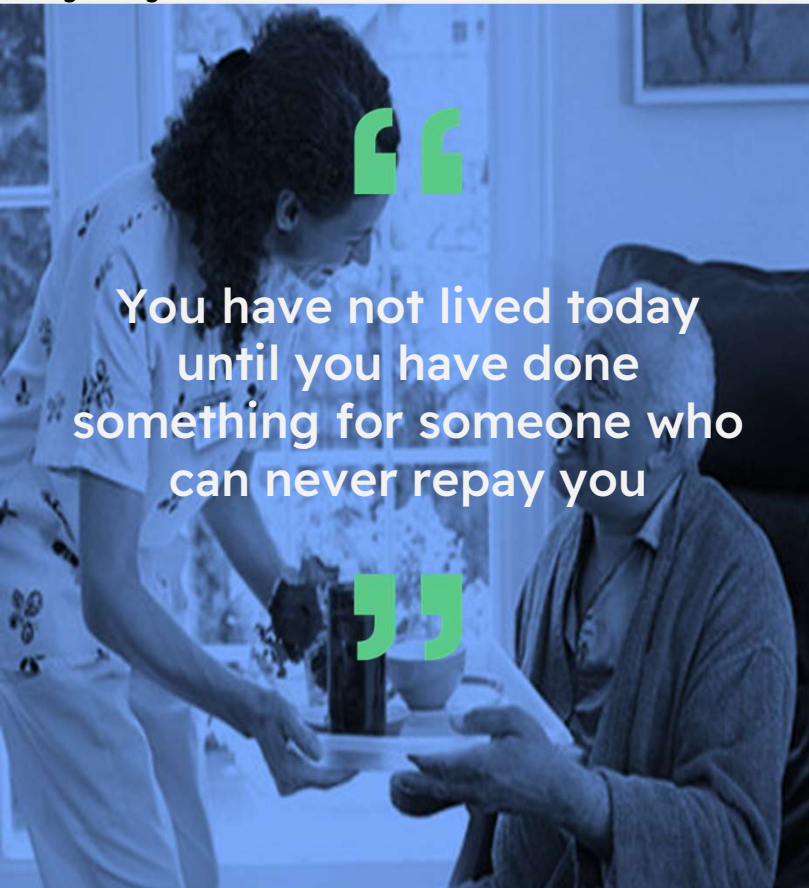
## ABOUT OUR AGENCY

Funded by the Illinois Department on Aging, Sahara Home Care a.k.a. Sahara Asian Elderly Care is an in-home care service provider for elderly and disabled persons. Initially, our organization was formed to provide valuable services to the growing South Asian and Middle Eastern elderly population of Chicago land. However, our clientele has expanded into seniors of various ethnic and cultural backgrounds. Our research shows many of these individuals that desperately seek assistance with personal care and everyday errands often go overlooked and are left unserved. Being so accustomed to their cultural settings, they also want to remain in a familiar surrounding at home. With the ethnic and immigrant population growing and high-priced senior nursing facilities as the only other alternative, their options become very limited. In-home care is a feasible solution to meet our targeted population's growing needs.



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You have not lived today  
until you have done  
something for someone who  
can never repay you



## 13 YEARS OF SAHARA

Sahara, has just completed 13 years of operation. This is a significant milestone for us, and we would like to take this opportunity to thank all of our employees, Home Care Aides, and Clients for their continued support and dedication.

Over the past 13 years, we have grown from one location to a well-established company with 11 locations. We have faced many challenges along the way, but we have always remained committed to our core values of integrity, teamwork, and innovation.

As we celebrate this milestone, we are reminded of the hard work and dedication that has gone into building this company. We are proud of what we have accomplished so far, and we are excited about the opportunities that lie ahead.

We look forward to continuing to serve our clients with the same level of commitment and dedication that has brought us this far. Once again, thank you to everyone who has contributed to our success over the past 13 years.

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Having you as part of our team is what makes us "our team". We're grateful to each and every one of you!

”



Start where you are. Use what you have. Do what you can.

## MEET OUR NEW STAFF (APR – JUN 2023)

### ALBANY PARK

Hina Arshad	Supervisor
Meriem Sahihi	Office Support

### ELGIN

Joseline Perez Martinez	Supervisor
Nirali Thakkar	Supervisor

### BOLINGBROOK

Dulce M Villegas Lopez	Supervisor
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### JUSTICE

Reem M Rafati	Office Support
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### CRYSTAL LAKE

Brittany A Potter	Supervisor
Clarissa Quinones	Supervisor

### SKOKIE

Abbira Hassan	Supervisor
Najrana Bhagat	Office Support

### LOMBARD

Leslie Asteri	Supervisor
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# PROMOTIONS

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1

**Faiza Shakil**

Branch: Skokie

Promoted From Assistant Manager to Office Manager

2

**Rachna Patel**

Branch: MT Prospect

Promoted From Supervisor In-charge to Office Manager

3

**Latifa Hammadi**

Branch: Skokie

Promoted From HR Assistant to HR Generalist

4

**Ahmed Raza**

Branch: Lombard

Promoted From Portal Tracking Coordinator to HR Coordinator

5

**Sadia Noman**

Branch: Skokie

Promoted From CCP Supervisor to Supervisor In-charge

6

**Lilia Hernandez**

Branch: Lombard

Promoted From CCP Supervisor to Supervisor In-charge

7

**Humema Zainuddin**

Branch: Bolingbrook

Promoted From CCP Supervisor to Portal Tracking Coordinator

# PROMOTIONS

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**8** ✓ **Shazia Somani**  
Branch: Skokie  
Promoted From CCP Supervisor to Portal Tracking Coordinator

**9** ✓ **Najma Younis**  
Branch: Elgin  
Promoted From Receptionist to Portal Tracking Coordinator

**10** ✓ **Zoobi Sameer**  
Branch: Bolingbrook  
Promoted From Receptionist to CCP Supervisor

**S**

**Specific**

- State what you'll do
- Use action words

**M**

**Measurable**

- Provide a way to evaluate
- Use metrics or data targets

**A**

**Achievable**

- Within your scope
- Possible to accomplish, attainable

**R**

**Relevant**

- Makes sense within your job function
- Improves the business in some way

**T**

**Time-bound**

- State when you'll get it done
- Be specific on date or timeframe

## ARTICLE OF THE QUARTER

Goal setting is an important skill that can help you achieve personal and professional growth. Whether you are looking to improve your career, your health, or your relationships, setting goals can help you stay motivated and focused on what matters most. In this article, we'll discuss some tips for effective goal setting and achieving.

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"Tips for Effective Goal Setting and Achieving"

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# ARTICLE OF THE QUARTER

## 1. Set SMART Goals

One of the most effective ways to set goals is to use the SMART framework. SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound. By setting goals that meet these criteria, you can ensure that they are clear, actionable, and achievable.

Specific goals are clear and well-defined, so you know exactly what you are working towards. Measurable goals have specific metrics that you can use to track your progress. Achievable goals are realistic and can be accomplished with your current resources and abilities. Relevant goals are aligned with your values and priorities. Time-bound goals have a specific deadline or timeline for completion.

## 2. Break Down Your Goals

Breaking down your goals into smaller, more manageable tasks can help you stay motivated and make progress towards your larger goals. By breaking down your goals into smaller steps, you can create a clear roadmap for achieving them. This can also help you stay focused on what you need to do each day to make progress.

## 3. Stay Accountable

Accountability is key to achieving your goals. Whether you share your goals with a friend or family member, or you join a group or community focused on goal setting, having someone to hold you accountable can help you stay motivated and on track. You can also use tools like habit trackers or goal-setting apps to stay accountable and track your progress.

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"Tips for Effective Goal Setting and Achieving"

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# ARTICLE OF THE QUARTER

## 4. Celebrate Your Successes

Celebrating your successes along the way can help you stay motivated and focused on your goals. When you achieve a milestone or complete a task, take time to celebrate your progress and acknowledge your hard work. This can help you stay positive and motivated as you work towards your larger goals.

## 5. Learn from Your Setbacks

Setbacks and failures are a natural part of the goal-setting process. Instead of getting discouraged, use setbacks as an opportunity to learn and grow. Reflect on what went wrong and what you can do differently next time. This can help you stay resilient and motivated as you work towards your goals.

**In conclusion, effective goal setting is a key skill that can help you achieve personal and professional growth. By setting SMART goals, breaking down your goals,**

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"Tips for  
Effective Goal  
Setting and  
Achieving"

”



# EMPLOYEE TESTIMONIALS



**Rabia Khan**  
CCP Supervisor  
Chicago - Devon

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Our welcoming and diverse culture, as well as our individual uniqueness, are two things that I greatly value about Sahara. In the workplace, we can cooperate and participate in team-building exercises. I feel at ease in the Sahara environment to provide and accept criticism, as well as to be a part of a dedicated team.

I like taking on new tasks and completing the objectives. I consistently follow instructions, pay attention, and maintain good attendance throughout the year.

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“



**Lilia Hernandez**  
Supervisor In-charge  
Lombard

“Sahara has been one exciting journey since the beginning. Every day there is a new learning experience and it's never a dull moment working with my colleagues. It's really rewarding to know that I help the elderly on a daily basis.

Gracias Sahara for this great opportunity!!!”

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# EMPLOYEE TESTIMONIALS



I joined the Sahara team back in 2014 and ever since then, I've considered myself very blessed to have always been surrounded by the right people in a great environment. The cultural diversity itself has been the ultimate experience. I can honestly say that Sahara became a home away from home and that is how personal I take the amazing relationships I have built with its upper administration, specifically Mr. Armaghan and Ms. Samina.

**Amanda Nunez**  
Portal Tracking Coordinator  
Justice

Sahara, for me, has been a place that I look forward to coming to work the next day even when there are challenging days because I've never faced any obstacle alone, I've always felt part of a team here.

It's been a pleasure for me to work for this organization under Armaghan's leadership, he is not just the owner and you can tell he is genuinely someone that truly cares about his staff, their well being and their professional and personal growth. The faith he has in his staff is one of the reasons he's been able to keep growing Sahara.

I am very proud to be a part of this growing organization, my personal life has grown with it as well and I've been able to share my own accomplishments with the bosses that I have because they CARE; they are the reasons why I want to stay with Sahara and why I want to succeed at whatever task they have me doing. The communication and trust I've been able to establish with Armaghan, Samina and now Yesenia has made me feel like I thrive on that alone and I am eternally thankful to have a job in a place I truly enjoy being at.







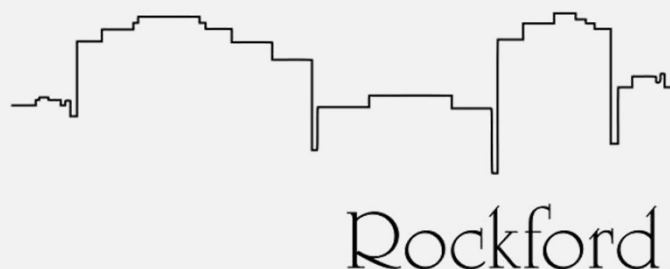
# Surprise

## **EXPANDING TO ROCKFORD!**

**We are thrilled to announce that we are expanding our company with a new location in Rockford!**

**Our team is excited to bring our services to this vibrant community and to continue to provide exceptional service and support to all our clients.**

**We are committed to providing the best possible service and experience for everyone who interacts with our company, and this new location will allow us to better serve the needs of our clients in the Rockford area. We look forward to welcoming you to our new location and continuing to grow our relationship with you**



# IDOA ANNOUNCEMENT

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On June 12, 2023, the Biden-Harris Administration announced new tools to lower prescription drug costs for low-income people with Medicare through the Extra Help program, which provides eligible seniors and disabled people with help paying for their Medicare Part D premiums and cost-sharing. These resources complement forthcoming expansions in Extra Help benefits and will ensure more people eligible for benefits are enrolled in this vital program.

In August 2022, President Biden signed the Inflation Reduction Act into law—one of the most consequential health care laws since the Affordable Care Act (ACA). Among several policies intended to lower prescription drug costs, the law expands eligibility for the full low-income subsidy benefit—known as the Extra Help program—to individuals with limited resources and incomes up to 150% of the federal poverty level, or \$21,870 per year - PDF in 2023 for most individuals, who meet eligibility criteria.

Beginning January 1, 2024, eligible seniors and people with disabilities will benefit even more through the expansion of the Extra Help program. Nearly 300,000 low-income people with Medicare currently enrolled in the Extra Help program stand to benefit from the program's expansion.<sup>1</sup> People with Extra Help currently with partial benefits who will be newly eligible for full benefits will pay no deductible, no premium, fixed lower copayments for certain medications, and could save nearly \$300 per year, on average, according to estimates .

Up to 3 million seniors and people with disabilities could benefit from the Extra Help program now but aren't currently enrolled. The expansion of the Extra Help program provides an important opportunity to those who could benefit from the program's lower cost premiums, deductibles, and copayments—now and when the program expands in 2024.



**DEPARTMENT  
OF  
HUMAN RESOURCES**

If you have any questions or concerns, please don't hesitate to reach out to us at;  
[hr@saharahomecare.com](mailto:hr@saharahomecare.com)



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