



SAHARA

INSIGHT

FALL 2025 EDITION

Change, Growth, and Gratitude

SAHARA

Insight

“

**In every day,
there are 1,440
minutes. That
means we have
1,440 daily
opportunities
to make a
positive
impact.**

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MEET OUR LEADERSHIP



Armaghan Rana
President



Aaliya Rana
Chief Operating Officer



Samina Saeed
Program Director



Nazima Majed
Program Coordinator



Contact Us
www.saharahomecare.com



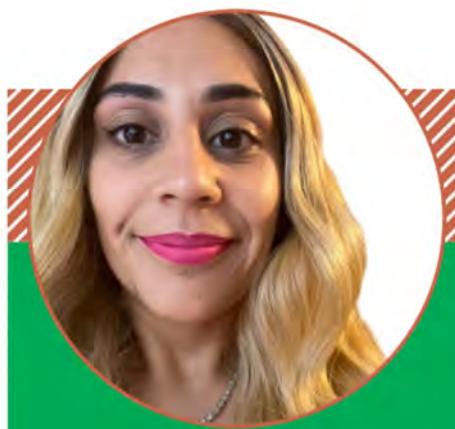
Contact Us
847-329-8500



Meet NEW HIRES



Gabriela Griffin



Natali Aguirre



Mariam Kifarkis

**CCP Supervisor
Mount Prospect**

**CCP Supervisor
Lombard**

**CCP Supervisor
Chicago - Devon**



ARTICLE OF THE QUARTER

Conflict-Free Communication at Work

Disagreements are a natural part of any workplace. What matters most is how we handle them. Conflict-free communication helps us solve problems calmly, maintain respect, and keep the focus on teamwork. Below are a few simple strategies to practice, with examples for both office employees and caregivers.

1. Listen Before Responding

It's easy to react right away, but often the other person just wants to feel heard. Listening first can clear up misunderstandings and reduce tension.

Example 1: If a colleague in the office says you didn't share an important file on time, instead of getting defensive, you could say, "I hear your concern. Let's check together to see when it was sent so we're on the same page."

Example 2: If a client's family member says, "You didn't spend enough time with my dad," you might respond, "I understand why you're worried. Let me explain what we worked on today and how it supports their care."



Conflict-Free Communication at Work

2. Focus on the Issue, Not the Person

Keep the conversation about the situation instead of making it personal. This avoids blame and keeps things professional.

Example: Instead of saying, "You always delay my reports," try, "The report was delayed this time, which made it difficult for me to finish my part. How can we avoid this in the future?"

3. Use "I" Statements

Saying "I feel" or "I need" makes your message less accusatory and helps the other person understand your perspective without feeling attacked.

Example : I feel stressed when deadlines change at the last minute. It would help me if I get earlier notice.

4. Look for Solutions Together

Conflicts often get resolved faster when both sides brainstorm solutions instead of debating who's right or wrong.

Example 1: If two employees want to use the same conference room, they can say, "How about you use it in the morning, and I'll book it after lunch?"

Example 2: If one caregiver prefers mornings and another prefers evenings, they can agree, "I'll cover mornings this week, and you can do evenings. Next week, we can switch."

Final Thought

Conflict doesn't have to damage relationships. By listening, staying respectful, and working toward solutions, we can turn disagreements into opportunities for stronger teamwork.

BACK TO SCHOOL

SUPPLY DRIVE

5000 BACKPACK DISTRIBUTED

Sahara Home Care proudly organized a Backpack Drive, distributing 5,000 backpacks across our 12 branch locations. This initiative was dedicated to supporting our caregivers and community members, ensuring families are better prepared for the school year. Through this effort, we not only provided essential supplies but also strengthened our commitment to giving back to the community we serve. A few glimpses of the backpack distribution are shared on the next page.









congrats
on your promotion



Uraibah Ghogha

Supervisor In-charge
Chicago - Devon



Sahar Iqbal

TTP Coordinator
Chicago and Albany Park



Syed Muniem Rizvi

EVV Coordinator
Lombard

PROMOTIONS
JUL - SEP 2025

Employee **TESTIMONIAL**



As my 6th anniversary with Sahara Home Care approaches, I can't help but feel incredibly blessed to be part of such a beautiful organization.

Over the years, I've grown both professionally and personally that has shaped me into a better version of myself. I was trusted with challenging opportunities that helped mold me into who I am today.

I've had the privilege of growing alongside the company and for that, I am truly grateful.

Every day in the office brings something new, you never know what you're walking into!! But having the support and guidance of Mr Armaghan , Ms Samina and the whole Admin Team has meant a lot to me. Knowing they are just a phone call away provides so much reassurance and confidence in my work

It's truly been an honor to witness how much Sahara has accomplished over the years. From the early days of handwriting QC comments and manually filling out Excel forms, to now having such an efficient and user friendly portal that makes daily tasks so much easier it's been an inspiring journey to be a part of.

Here's to continued growth, success, and making a difference together!!!

AMERICA CONEJO
Office Manager - Crystal Lake



WORK ANNIVERSARY JUL - SEP 2025

ALBANY PARK

Aashiyabanu Shaikh	11 Yrs
Kenia Merino	5 Yrs
Jennifer Reyeslovos	4 Yrs
Zikra Chavdi	1 Yr

BOLINGBROOK

Saima Khan	8 Yrs
Ayesha Siddiqua	1 Yr
Piyushababen Viyas	1 Yr

CHICAGO

Hasina Khandker	10 Yrs
Annam Khalid	7 Yrs
Chhaya Chitalia	5 Yrs
Shahla Bano	4 Yrs

ELGIN

Ashaben Gandhi	4 Yrs
Najma Jadoom	4 Yrs
Hafsa Fatima	1 Yr

HANOVER PARK

JUSTICE

Shehla Ansari	6 Yrs
Shahin Ajmeri	5 Yrs
Hetal Mahadkar	1 Yr
Devanshi Trivedi	1 Yr

Yesenia Valladares	10 Yrs
Amanda Nunez	3 Yrs
Imelda Perez Rodriguez	3 Yrs
Ariana Banuelos	2 Yrs
Liana Martinez	2 Yrs

LOMBARD

Samina Saeed	13 Yrs
Wajiha Iqbal	4 Yrs
Nousheen Murtaza	3 Yrs
Farhana Tariq	3 Yrs
Sejal Fatima	1 Yr

MELROSE PARK

Cesia Alvarez	4 Yrs
Magali Martinez	3 Yrs
Sarai Arzuaga	2 Yrs

MOUNT PROSPECT

ROCKFORD

Jigar K Shah	3 Yrs
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Ban A Hasan	2 Yrs
Danielle Naqvi	1 Yr

SKOKIE

Mateen Begum	3 Yrs
Charlyne Claudio	3 Yrs
Faryal Khan	3 Yrs
Maryam Rana	3 Yrs
Farwa Qamar	2 Yrs
Youssef Akouz	1 Yr
Nashrinbanu Patel	1 Yrs

CRYSTAL LAKE

Arely Gonzalez	3 Yrs
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📣 Meme of the Quarter - Just for Laughs! 😂

Take it with a smile—we're all in this together!

**Hope this email
finds you well.**



...how the email actually finds me



Got a funny moment or meme idea?
Share it with us you might be featured
next time!

Keep calm and care on! ❤️

We are proud to recognize our HCA's of the Quarter for their outstanding commitment to excellence. These caregivers consistently demonstrated professionalism by clocking in/out on time, following their schedules accurately, using the correct service codes, and maintaining a high standard of discipline. Their reliability and dedication make a real difference in the care we provide.

The names of our Care Stars can be found on the next page

Congratulations to all!



APR-JUNE 2025

CAPE STARS OF THE QUARTER

Albany Park	JASMINA IMSIROVIC
Bolingbrook	NIGHAT M SIDDIQUI
Chicago	LALITA D YADAV
Crystal Lake	NATALIE K SCHWANK
Elgin	AMMY L SANDOVAL-ARGUETA
Hanover Park	SARAH A RYMSZA
Justice	CRISTINA ORTIZ
Lombard	JANE ORSTROM
Melrose Park	ADRIENNE D CHRISTY
Mount Prospect	KIRITKUMAR PATEL
Skokie	HUMAIRA JAMSHAIID

SAHARA

PODCAST



Let's Talk

A black and orange microphone icon is positioned in the center of the word "Talk". It has a black stand and a black and orange spherical head. There are three red lines above the head, suggesting sound or a signal.

WITH ELIYA RIZVI

STREAMING LIVE ON



www.youtube.com/@saharahomecare

Sahara Home Care now brings you regular podcast episodes featuring stories, insights, and meaningful conversations from across the home care world.

We're inviting team members to volunteer and be part of upcoming episodes whether it's sharing a perspective, a story, or simply your voice.

Interested? Email Eliya at eliyar@saharahomecare.com with "Podcast Volunteer" in the subject line.

Let's keep the conversation going, one episode at a time!



Thank You

Your thoughts and questions matter!

Feel free to share your input with us at
hr@saharahomecare.com