

Cathy Daigle, Director of Nursing; Kim Kirmeier & Jalane Mosley (RN), Owners

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ComForCare

Combining their work experience to meet the rising needs of seniors for home healthcare, three St. Paul residents opened ComForCare Home Care of St. Paul last month. Cathy Daigle, RN, serves as the Director of Nursing. Jalane Mosley, RN, and Kim Kirmeier, a business development strategist, together co-own ComForCare Home Care of St. Paul, a premier provider of private in-home care services for people of all ages, serving the greater St. Paul area and north to Spring Lake Park.

Before opening ComForCare, the two owners worked for more than two decades in their respective fields. Kirmeier, a Summit Hill resident, worked in business development and marketing. Mosley, who lives in Highland Park, has been a registered nurse for more than 20 years, including 15 years as a clinic director. Both owners feel strongly about giving back to their community and becoming advocates for seniors and their families. They also count themselves among the sandwich generation, raising children while tending to the needs of senior parents and friends who require more assistance to remain in their homes.

"Most baby boomers are active and prefer to stay in their own homes, so our services will become very important as time goes on," said Kirmeier. According to ComForCare, 90% of people 65 and older want to stay in their home as long as possible. This age group is also predicted to outnumber school-age children by 2025 for the first time in Minnesota history, according to data compiled by Minnesota Compass and Wilder Research. This major demographic shift will

have a widespread impact on our economy, workforce, housing, healthcare system, social services, and civic institutions. "Another key consideration is the mobile nature of our society. Many family members live far apart, so they are not able to take care of loved ones. They will need to rely on home-care services. That's where we come in," said Kirmeier.

Services provided by ComForCare St. Paul include transportation, meal preparation, medication reminders, companion services, and other in-home care services offered 24-hours a day, 7 days a week. Kirmeier points to a defining characteristic which sets their services apart from competitors. ComForCare is the only home care service to use a "match-making" methodology to identify health-care assistants or companions that will match up well with the person in need of services.

This aspect, along with the trustworthiness of the caregivers, has been highly valued by their clients. "I can say most definitely that they provided relief for me and others caring for and about our friend



and colleague, said Linda Schulte-Sasse, a professor at Macalester College. "My overall impression was that the ComForCare staff was wonderful. They responded quickly, which was important because we didn't see the extent of our friend's needs until the "eleventh hour."

Hiring highly-skilled caregivers has been intentional. "We have a stringent caregiver hiring process that we stand behind," said Mosley. "We are caring for people in our own community, that we see at school, church, or the grocery store. We gladly shoulder that responsibility and work hard to build trust and a positive home care relationship."

Cathy Daigle, RN, a Highland Park resident and ComForCare-St. Paul's Director of Nursing, previously worked at the VA Hospital in Minneapolis. "Having worked in a hospital setting for many years, I can see what's needed for our clients when they return home from a hospital or rehabilitation facility, or simply what

is required for them to age in place, safely," said Daigle. "I also think St. Paul is unique in that the neighborhoods are so strong, people choose to stay in their homes much longer than in other communities." ComForCare-St. Paul staff hope to help seniors remain in their homes by filling in the gaps for families and friends caring for an aging loved one.

Publisher's Note: Kim Kirmeier and her husband, Rand, have lived in the Summit Hill neighborhood for 20 years. Her parents, Peggy and Don Martin, live with the Kirmeier's, on their third floor, when not traveling. A "seasonal" third-generational family, as Kim states it, from August to December.

Kim and her husband are fully invested in their community. Kim's children attended St. Thomas More Catholic School for grades K-8. Katie is now a sophomore at Cretin-Derham Hall and her older brother, Ryan, graduated last year from CDH and now attends Iowa State. Kim and Rand have spent countless hours volunteering and supporting their children's school and parish events.

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