

30-DAY TAI CHI PLAN FOR BEGINNERS

DAY 1 • 18 Walking Lunge • 35 Close-Grip Curl • 20 Dumbbell Squat • 10 Jump Squat • 13 Reverse Curl	DAY 2 • 28 Overhead Press • 15 Push ups • 20's Star Plank • 18 Leg Press	DAY 3 • 12 Bent-Over Row • 20 Flutter Kick • 35 Leg Raise • 25 Plank • 25 Jump Squat	DAY 4 • 18 Walking Lunge • 35 Close-Grip Curl • 20 Dumbbell Squat • 10 Jump Squat • 13 Reverse Curl	DAY 5 • 18 Walking Lunge • 35 Close-Grip Curl • 20 Dumbbell Squat • 10 Jump Squat • 13 Reverse Curl	DAY 6 • 15 Band Lateral Raise • 25 Deadlift • 20 Reverse Table-Up • 20 Leg Press • 10 Flutter Kick
DAY 7 • 30 Leg Raise • 30 Bicycle Crunches • 20 Flutter Kick • 25 Plank • 30 Leg Raise	DAY 8 • 28 Overhead Press • 15 Front Squat • 20 Reverse Curl • 22 Ball pass • 20 Chinup	DAY 9 • 18 Walking Lunge • 35 Close-Grip Curl • 20 Dumbbell Squat • 10 Jump Squat • 13 Reverse Curl	DAY 10 • 28 Overhead Press • 15 Push ups • 20's Star Plank • 22 Ball pass • 18 Leg Press	DAY 11 • 12 Bent-Over Row • 20 Flutter Kick • 35 Leg Raise • 25 Plank • 25 Jump Squat	DAY 12 • 20 Reverse Table-Up • 30's Side Plank • 15 Push Ups • 25's Star Plank • 35 Close-Grip Curl
DAY 13 • 25 Plank • 20 Reverse Curl • 22 Step Up • 10 Band Lateral Raise • 20 Overhead Press	DAY 14 • 15 Band Lateral Raise • 25 Deadlift • 20 Reverse Table-Up • 20 Leg Press • 10 Flutter Kick	DAY 15 • 30 Leg Raise • 30 Bicycle Crunches • 20 Flutter Kick • 25 Plank • 30 Leg Raise	DAY 16 • 25 Plank • 15 Front Squat • 20 Reverse Curl • 24 Deadlift • 20 Chinup	DAY 17 • 18 Walking Lunge • 35 Close-Grip Curl • 20 Dumbbell Squat • 10 Jump Squat • 13 Reverse Curl	DAY 18 • 28 Overhead Press • 15 Push ups • 20's Star Plank • 22 Ball pass • 18 Leg Press
DAY 19 • 12 Bent-Over Row • 20 Flutter Kick • 35 Leg Raise • 25 Plank • 25 Jump Squat					



KARE 11 Investigates: Evicted, homeless, paying the price for Minnesota's fraud crisis

Evicted as "Jane Doe": Vulnerable adult thrown out of her apartment by deputies as her caregivers face fraud scrutiny.

A.J. Lagoe, Kelly Dietz, Gary Knox

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MINNEAPOLIS

Beyond the headlines and dollar figures of Minnesota's Medicaid fraud crisis, a KARE 11 investigation finds a human toll costing the state's most vulnerable their homes and safety.

Janelle Hansen, who goes by the nickname Sky, is a person with autism. For months, she allowed KARE 11 to follow her life after she was evicted, by no fault of her own, from her Minnetonka apartment and forced into homelessness.

Today, Sky is still without a permanent home.

"We're here for the eviction"

In June 2025, Hennepin County Sheriff's deputies arrived at Sky's apartment with an eviction order.

Body camera video captures the moment deputies knocked on the door.

"We're here for the eviction," an officer said as the door opened.

"I'm scared," Sky responded.

The eviction order was issued for "Jane or John Doe," a detail that confused Sky, who said she had paid her rent.

"But I'm not Jane or John Doe," she told deputies. "That's what's confusing."

As she ran through her apartment trying to gather essentials, she waved paperwork at the deputies, "Here's my lease that shows I have a right to live here," she said.

Sky lived in the apartment through a Medicaid-funded program called Integrated Community Supports (ICS)—designed to help adults with disabilities live independently in their own apartments with daily, one-on-one assistance.

Her caregivers, American Home Health Care LLC, subleased the space to Sky and held the master lease with the apartment complex.

Sky was current on her rent to American Home Health Care, so on the day of the eviction, she didn't understand why she was being forced to leave her home.

Court records indicate American Home Health Care had stopped paying rent to the building's owners, prompting the eviction order.

Deputies, court order in hand, said they had no choice. They ordered Sky to pack what she could carry and get out.



Credit: KARE 11

Sky grabs her belongings as sheriff's deputies evict her from her Minnetonka apartment

"Grab what you've just packed, because we need to exit the apartment now," one officer said as Sky was escorted into the hallway.

"Bye, home," she said as she was led out the door, "bye, home."

And just like that, Sky was homeless.

Life on the Streets

For the past eight months, depending on the weather and availability, Sky has slept in tents, cheap hotels, shelters, and her car.

"It's really annoying to live in your car," Sky said. "It's so annoying."

KARE 11 has documented Sky's life without housing.

"I was so cold and so tired," she said one night in late September, after sleeping outside.



Credit: KARE 11

Sky, lying on a tarp at a campground in late September

When she could afford it, she stayed in inexpensive hotels. Even those stays have been unstable.

"I think I just got kicked out of the hotels for being too autistic," Sky said.

Outside of an extended stay hotel, KARE 11 witnessed a man climbed in her car. She told the reporting team that he offered to pay her for sex. "I told him I couldn't do that," she said.

The owner of one hotel approached KARE 11 to express concern that the environment was no place for Sky. "It's not safe for her here," he said.

Records Raise Red Flags

KARE 11's investigation uncovered records tied to Sky's caregivers, American Home Health Care, who were enrolled as a provider in Minnesota's ICS program.

Sky's records showed her daily billing rate was \$421—for American Home Health Care to provide roughly 12 hours of daily services.



Credit: KARE 11

American Home Health Care's daily billing rate to provide Sky with roughly 12 hours of services daily

Sky disputes that.

"Most days it was like two hours," she said. "Maybe one or two hours."

A Pattern

One of Sky's neighbors in the same ICS program, Cain Pence, contacted KARE 11 after seeing the station's earlier "[Recovery Inc.](#)" investigations into Medicaid fraud involving addiction and homelessness services.

Pence, who walks with a cane and has severe vision issues, believed people with physical and neurodevelopmental disabilities were being similarly exploited.

"I call the whole thing Handicap Inc.," Pence said. "It's a complete and total scam."

Pence's billing records show his Medicaid was charged \$276 per day, every day, claiming nearly eight hours of service.

"You talk about utter and complete fraud," he said. "I couldn't get people to carry out the trash."

Pence maintained that for months, he received zero services.

Records show American Home Health Care billed Medicaid on days Pence has geotagged and timestamped photographs proving he was not even at his apartment—including a weekend retreat and trips to Iowa.



Credit: KARE 11
Pence's geotagged photos in Des Moines, Iowa on August 25th, 2024

DATE	DESCRIPTION	AMOUNT
08/28/24	HOME CARE SERVICE	
08/30/24	HOME CARE SERVICE	\$ 95.28
08/23/24	HOME CARE SERVICE	\$ 276.59
08/24/24	HOME CARE SERVICE	\$ 276.59
08/25/24	HOME CARE SERVICE	\$ 276.59
08/26/24	HOME CARE SERVICE	\$ 276.59
08/27/24	HOME CARE SERVICE	\$ 276.59
08/28/24	HOME CARE SERVICE	\$ 276.59
08/29/24	HOME CARE SERVICE	\$ 276.59
08/30/24	HOME CARE SERVICE	\$ 276.59
08/31/24	HOME CARE SERVICE	\$ 276.59
09/01/24	HOME CARE SERVICE	\$ 276.59
09/02/24	HOME CARE SERVICE	\$ 276.59
09/03/24	HOME CARE SERVICE	\$ 276.59

Credit: KARE 11
Pence's records, showing American Home Health care billed on dates he was out of town

"That's absolute proof," Pence said, pointing to the photographs on his phone. "They just billed the full amount every single day. I wasn't even in the damn state!"

State Medicaid billing data shows that since 2022, American Home Health Care has been paid more than \$2.2 million in public funds.

Alleged Kickbacks and Eviction Fallout

Pence testified during a Sept. 17 legislative fraud hearing that American Home Health Care covered a big portion of his rent, then made up the difference through billing.

"So, they give you a rebate on the rent," he said, "and within five days they make up for it by charging for all these services that they don't give."



Credit: KARE 11

Pence testifies in a legislative fraud hearing

A Minnesota [Department of Human Services bulletin](#) specifically lists ICS providers "covering or paying a portion of a recipient's rent" as an example of a potential [kickback under a new state law](#) that passed in 2025 in the wake of KARE 11's prior fraud reporting.

Kickbacks were already a federal crime.

Pence had previously reported to the state oversight agency, the Department of Human Services (DHS), allegations that his ICS provider was committing fraud.

A DHS [correction order dated Aug. 27, 2025](#), tied to a licensing inspection from earlier in the year, verified Pence's claims that the company was billing for services on dates a client was out of state. The dates in question match the billing and photographs Pence provided to KARE 11.

As that licensing investigation was underway, court records show American Home Health Care was evicted from the Minnetonka apartment complex they were using as an ICS facility. The reason: not paying rent, even as tenants like Pence and Sky claimed they continued paying their rent directly to the company.

The eviction action against American Home Health Care is what ultimately led to sheriff's deputies escorting Sky out of her home in June.

DHS did not take action to issue a payment suspension, cutting off Medicaid funding to American Home Health Care, until September 17th— the same day Pence publicly testified in the legislative hearing, alleging kickbacks and fraud.

Since then, KARE 11 investigations have documented how allegations of [fraud in ICS settings played a role in a man's death](#) and left other Minnesotans with disabilities [abandoned in their apartments, facing eviction](#).

A finding buoyed by testimony at a Jan. 29 Minnesota Senate oversight hearing.

"Over the past months alone, I've supported over 30 clients facing service termination from their community integrated ICS setting," testified Jonah Geise who serves as legal advocate

for the Minnesota Disability Law Center. "These people are ending up on the streets," he said. "The vast majority of my clients have ended up in emergency rooms, homeless shelters, or their parents' basement or other segregated settings."

Testimony by DHS Inspector General James Clark seemed to mirror the fraud concerns raised by Cain and Sky's cases.

"With ICS settings," Clark said, "we have seen time after time recipients calling us, case managers calling us, family calling us, saying that they are in these apartment complexes, they are getting housing, but they are not getting any services."

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To date, there have been zero fraud charges filed related to ICS billing by either the Minnesota Attorney General's or U.S. Attorney's offices.

Investigations and People in Limbo

State records show American Home Health Care is owned by Jama Mohamod. The company is headquartered out of Mohamod's high-end Maple Grove home, which [online realtor listings show has an indoor basketball court](#).

Mohamod did not respond to KARE 11's repeated requests for comment—including a message left directly on his Ring doorbell camera.

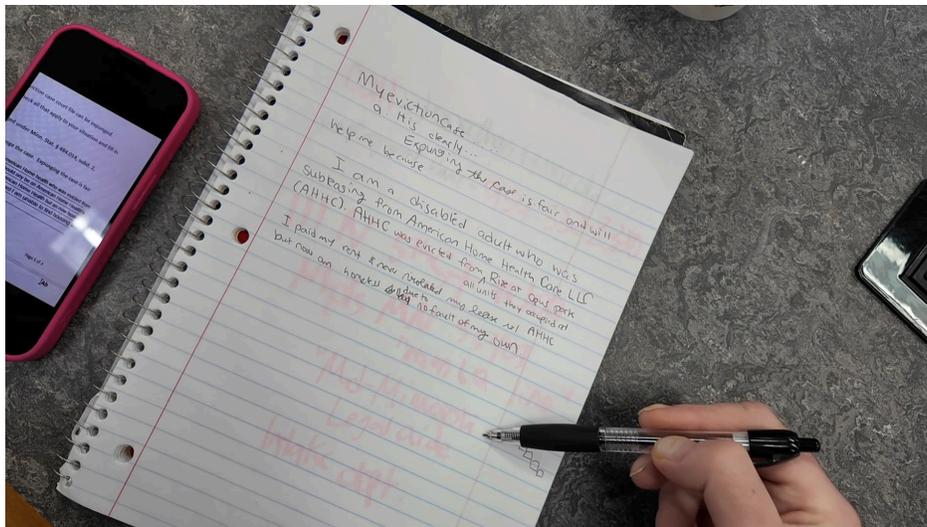
Despite being issued a payment suspension while under investigation for fraud, no criminal charges have been filed against the company or its owner.

The federal prosecutors leading [the Medicaid fraud investigations have all resigned](#) as the U.S. Attorney's Office in Minnesota implodes amid controversy over the Department of Justice's handling of the immigration crackdown and killing of ICE protestors.

The result for fraud investigations, including the one into American Home Health Care, is that cases, like the people the programs were meant to serve, are left in limbo.

Recently, KARE 11 met Sky at the Hennepin County Law Library, where she was writing an expungement letter to the court. She is seeking to clear the eviction from her record.

"They made it look like I didn't pay," she said.



Credit: KARE 11

Sky drafts her eviction expungement at the Hennepin County Law Library

As Sky's search for a more permanent living situation has unfolded, she says managing the legal hurdles of an eviction has made finding permanent housing more difficult.

"My brain likes to have a hard time with it," she said, "but we try our best."

Sky remains homeless.



Credit: KARE 11
Sky, 8 months homeless

EDITOR'S NOTE: *The response to Sky's story has been overwhelming. Many of you have asked how you can help. There are now formal efforts underway to present Sky with supportive housing options and legal assistance. Any decisions about next steps will be Sky's to make. Thank you for caring.*

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