

Discover Peace of Mind

LOCALLY OWNED AND OPERATED

THE FIFTH OF SENIORS HOME CARE'S 10 CORE VALUES

COOPERATION

Spirit of teamwork, seeking win-win results

I will strive to be a strong piece of the team and bring my strengths and experiences to help our clients in the best way possible.

Cooperation refers to the practice of individuals and groups working together with commonly agreed-upon goals and methods, instead of working separately in competition. This is a collaboration in order to decide how to approach a task and ensure that everyone knows what their role is.



Dear Clients of SHC,

As we continue to highlight SHC's 10 Core Values, this issue brings us to number five – Cooperation.

For many, this is the time of year to be especially cooperative – Santa's watching! For SHC, cooperation is necessary year-round to deliver a premium service that helps our clients achieve the highest quality of life.

It takes a team effort to reach the best outcome. Open communication and cooperation among clients, families, caregivers and office staff creates the continuation of safe, dignified and harmonious lives for seniors and disabled individuals.

I thank you for being a part of the Seniors Home Care team and wish everyone a joyous holiday season!

Yours in service,

Kit Whittington

RN, BSN, Founder

PLEASE BE SURE TO TELL YOUR DOCTOR HOW MUCH YOU ENJOY SENIORS HOME CARE, AND WOULD RECOMMEND OUR SERVICES.

The Inside Scoop on Seniors & Nutrition

You know that it's important get proper nutrition, but are you aware of its growing significance as we age? Eating can play a key role in staying healthy and independent in later years of life.

Why is Nutrition Important to Seniors?

- Promotes good health and fights chronic disease.
- Promotes energy and maintaining a healthy weight.
- Maintains muscle mass, which helps prevent falls and injury.
- Helps maintain proper digestion and bowel function.
- Reduces unwanted side effects of medications.

How to Maintain a Nutrient Rich Diet

As your body ages and metabolism slows, it becomes more important to seek foods with a lot of nutrients and fewer calories. It's also important to know how different foods and supplements may interact with medications.

- Fruits and vegetables have important vitamins and minerals and little to no fat or cholesterol. Eat a variety of types and colors each day.
- Grains are foods made from wheat, rice, oats, cornmeal or barley. Whole grains are better sources of energy, fiber and nutrients than refined grains, such as white flour or white rice. Look for "whole wheat" or "whole oats" rather than "wheat" or "oats" on ingredients lists.
- Dairy provides calcium and vitamin D to maintain strong bones. Low-fat or fat-free dairy products, such as milk, cheese and yogurt, should be included in your daily diet.
- Protein helps build and maintain muscle and skin. Seafood, meats and poultry are good sources of protein. Try to buy lean cuts or low-fat products.

Liquids help prevent constipation and dehydration. Besides water, other good liquids include unsweetened tea, low-fat or fat-free milk and 100% fruit juice.

Speak with a doctor before making dietary changes. Their knowledge of existing medical conditions and medications will help pinpoint foods to include or avoid.

At Seniors Home Care, nutrition services are a key factor to helping seniors maintain safety and independence. These services are flexible and custom-tailored to the senior's needs – whether that is preparing a nutritious meal, coordinating Meals on Wheels or following a disease-specific diet. If we may help you or a loved one, or if you have questions about senior nutrition or our services, please contact us. We'd love to help! (314) 962-2666

Source: SHC Blog



DON'T OVERWHELM YOURSELF THIS HOLIDAY SEASON

Some may want to consider adjusting their expectations this holiday season. It can be stressful trying to get the entire family together, sort out sleeping arrangements, cook large meals and coordinate everyone's plans. Don't overwhelm yourself by trying to stick to a normal holiday schedule. Prioritize the events that matter most, and politely explain to others that visiting in person may not be possible this year. If you usually take charge during the holidays, consider finding out if anyone else wants to host, or ask for help from others to take some of the responsibility off your shoulders.

Source: The Alzheimer's Association



DECEMBER		JANUARY	
Margaret M.	Susan L.	Lavena S.	Mary D.
Jennie B.	Fay G.	Frances S.	Howard W.
Donald S.	Frances N.	Ollie B.	Melba R.
Paul R.	Charles G.	Grace P.	Mary R.
Theresa B.	Cress A.	Richard V.	John M.
Mary W.	Mary K.	Howard S.	Erika W.
Jim M.	John S.	Mary C.	Genevieve T.
		Susan O.	

Notes from our office...

FROM ACCOUNTING.....

Help SHC go green! Call Rebecca today to begin receiving your invoices via e-mail.

FROM NURSING.....

It is the time of year where everyone is using their heat more! Please don't ignore the smell of gas in a home. It could be a dangerous situation. Open a window for ventilation and then get everyone out of the house if you smell gas. DO NOT turn on or off any lights, plug or unplug anything, or use any kind of flame. Call for help and let a professional check out the situation. It is better to error on the side of SAFETY.

FROM SCHEDULING.....

Please call the SHC scheduling department if you do not require service Christmas Eve, Christmas Day, New Years Eve or New Years Day. 314-962-2666



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HONORING OUR VETERANS



Last month we celebrated Veterans Day by giving thanks and paying tribute to the men and women who have served our country. These family members, friends, neighbors and coworkers are an important part of our community and history.

In the home health care field, we have the privilege of assisting many senior veterans.

This assistance may be made possible through Veterans Administration benefits such as Aid and Attendance, part of an "Improved Pension" Benefit that is largely unknown. The program provides financial support for Veterans and surviving spouses who require assistance with their activities of daily living. It can help pay for care in the home, nursing home or assisted living facility.

Veterans Day is a wonderful occasion to thank those who have dedicated their services to our country, but don't limit it to just one day. Honor the veterans in your life by helping them achieve the highest quality of living.

Source: SHC Blog



WINTER STORM PREPAREDNESS

Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Some winter storms are large enough to affect several states, while others affect only a single community. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

Regardless of the severity of a winter storm, you should be prepared in order to remain safe during these events.

Know the Difference

Winter Storm Outlook - Winter storm conditions are possible in the next 2 to 5 days.

Winter Weather Advisory - Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.

Winter Storm Watch - Winter storm conditions are possible within the next 36 to 48 hours. People in a watch area should review their winter storm plans and stay informed about weather conditions.

Winter Storm Warning - Life-threatening, severe winter conditions have begun or will begin within 24 hours. People in a warning area should take precautions immediately.

Source: www.redcross.org/prepare/disaster/thunderstorm

How to Enjoy Productive Holiday Visits with Seniors

For many long-distance caregivers and family members, holiday visits can be eye-opening. Spending time together may reveal aspects of a senior loved one's condition that aren't noticeable over the phone.

Naturally, visits should be spent cherishing one another's company, but it's also good to observe changes or concerns in an individual's condition. Spotting and addressing concerns before they progress allows a senior to remain at home longer by bringing in a bit of outside help.

Below are some of the things to watch for during holiday visits:

Physical Changes

Weight change, balance issues, discomfort walking, sleeping too much or little, struggling to go from seated to standing position and unexplained bruises or injuries are some of the symptoms to look for.

Emotional Well-Being

Observe engagement in normal routines (e.g., grocery shopping, reading the newspaper), changes in social engagement, lost interest in previous hobbies or decline in grooming habits and personal care.

Medications

Look for expired or unused prescription bottles (you may need help from others to keep an eye out for this).

Home Environment

Decrease in household upkeep, or trouble with once regular tasks, stacks of unopened mail, unpaid (or late) bills, expired or spoiling food, leaving the stove on, unexplained dents and scratches on the car and are pets being well cared for?

Some concerns may not necessitate outside help but should always be addressed with your loved one and/or their primary care physician. If you would like, a Seniors Home Care registered nurse can perform a complimentary assessment with you and your loved one. This no-commitment assessment is a great opportunity to get a professional opinion and utilize our experience and references.

If you have any questions or we may help in any way, please contact Seniors Home Care at (314) 962-2666. Source: SHC blog