

THE SIXTH OF SENIORS HOME CARE'S 10 CORE VALUES

TRADITION

Honor customs and traditions that are vital to stability and identity

I strive to learn about my client and be respectful and attentive to their individual needs and beliefs. I will remember that every client is different.

Tradition is a belief or behavior with symbolic meaning or special significance that is passed down within a group or society. All cultures are different. To honor other traditions, we must acknowledge these differences. Paying respect to traditions gives us a sense of heritage and being. We should respect the cultures and traditions of others, as long as these traditions respect us and our rights.



Dear Clients of SHC,

Our first newsletter of the New Year highlights SHC's sixth core value – tradition. Tradition is at the core of what makes us who we are – family traditions, cultural traditions, religious traditions – and like people, traditions can vary greatly from one individual to another.

In my life, I love family traditions like getting together to decorate for the holidays. I also cherish work traditions such as our annual caregiver picnic. It's a wonderful opportunity to show gratitude and enjoy time with coworkers and their families. Whether an employee has been coming for years or is attending for the first time, the picnic has become a fondly anticipated event at the end of each summer.

Tradition helps us to look forward to getting together to celebrate or see where we are in a plan. In an ever-changing world, tradition can keep us grounded and help push us forward.

We cherish the traditions in our lives and accept those of others. I founded this company after caring for my grandmother and 28 years later am truly thankful for all of the many wonderful different clients and caregivers who have had the faith to share their lives and traditions to make it such a success.

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.

Senior Exercise Tips to Keep a Healthy Body and Mind



Though the rewards of exercise are universal, considerable evidence links increased benefits to seniors and aging adults. Among these are:

- Helping achieve and maintain a healthy weight
- Reducing the impacts of chronic disease and illnesses
- Increasing balance, flexibility and mobility, reducing the risk of falls
- Improving sleep habits
- Promoting brain functions that help prevent cognitive decline, dementia and memory loss

The value of exercise is clear. However, the step from knowing that you should exercise to starting to exercise can still be difficult – especially as winter months linger.

There are many reasons that seniors – and people of any age – become discouraged about starting the quest toward better fitness. Don't give in. Here are several ways to help make exercise manageable, even if the weather outside isn't very inviting:

- Head to the gym. You can set your own pace on a treadmill, stationary bike, or in the lap lane of the pool. Many fitness centers offer programs specially tailored for seniors.
- If the gym feels intimidating, many senior centers offer exercise classes and events.
- Try gentle exercises, such as low impact aerobics, water aerobics, yoga, Pilates or Tai Chi.
- Walk. It can be done at your own pace and virtually anywhere. Mall walking is possible in any weather and may provide a nice change of scenery. For additional exercise, take a trip up the stairs.

It's possible to be fit at any age. Reaping the rewards of exercise doesn't require strenuous daily workouts, but rather incorporating more movement and activity into your life. Invite a friend to join you. Not only will you help their health, you'll find that it makes the experience more enjoyable and easier to stick with when you have someone by your side.

Source: SHC Blog

FREE WINTER EVENTS AND ACTIVITIES IN THE ST. LOUIS AREA

Free Family Sundays

The St. Louis Art Museum welcomes families for free events each Sunday afternoon. Family Sundays run from 1 p.m. to 4 p.m. The event includes kid-friendly art projects and a tour of the exhibits at 2:30 p.m. Sundays in February & March.

SLAM Underground

The St. Louis Art Museum also hosts a free concert series on the last Friday of each month. Visitors can enjoy performances from a variety of musicians and artists. Tickets are required. You can pick up free tickets near the museum's information desk. February 27 & March 27.



FEBRUARY

- Betty L.
- Ellen R.
- Harold R.
- Helen G.
- Herald H.
- Isabel A.
- Jean B.
- Mildred W.
- Virginia N.
- Wilfred K.

MARCH

- Bertha L.
- Doloris P.
- Don H.
- Eldon C.
- Joy J.
- Mary Ann G.
- Michael B.
- Richard N.
- Susan D.

Notes from our office...

FROM ACCOUNTING.....

New payment options! We now accept payment by credit card and online. Speak with Rebecca to learn more!

FROM NURSING.....

Approach winter weather with caution. If you don't have to go out, stay in until roads and surfaces are thoroughly cleared. Be wary of wet or icy surfaces, even if they don't appear slippery.

FROM SCHEDULING.....

Please remember that after-hours phone calls should be limited to emergencies only. If your call can wait until the next business day, we ask that you do so.

FROM CARE SERVICES.....

SHC is now offering Live-In services. Live-in offers 24 hour support in the home and can be more cost effective than moving to a facility. Contact us to learn more.



Mobility Light

Add a touch of security and safety to your cane or rollator. Be seen when you're out for an evening stroll or give yourself a lighted view when walking in low light. Clip-on light has three settings: steady, strobe or flashing.

Includes batteries. 1-3/4"L.

- Two bright white LED lights
- 4-way push button switch (off/strobe/flash/steady)
- Soft flexible plastic cover
- Includes 2 CR2032 button batteries (replaceable)
- Attachment band stretches to fit around items up to 4" circumference
- Each light measures 1-1/2"L x 1-1/4"W x 1-1/4"D
- Imported

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SHC CLIENT TESTIMONIAL

"SHC provided my family with an excellent caregiver for my mother-in-law. SHC was very caring and thoughtful during our time of need." *Larry H.*

HOW TO MAXIMIZE HEART HEALTH & PREVENT DISEASE

February is American Heart Month – show yourself some love by improving your heart health.

Seniors, and senior caregivers, should be especially mindful of heart health because age is a risk factor for heart disease. Luckily, many issues may be prevented through healthier habits. These guidelines will help keep your heart as healthy as possible.

1. Work with your health care team. Get a yearly check-up, even if you feel healthy. A doctor, nurse or health care professional can check for conditions that put you at risk, such as high blood pressure and diabetes. They can also suggest appropriate ways to approach the rest of the items on this list.

2. Eat a healthy diet. Choose low-fat foods and avoid salt. Eat lots of fruits, vegetables and foods high in fiber. Limit alcohol use.

3. Exercise regularly. Aim to get at least 30 minutes of physical activity each day, even if it's spread out in 10-minute periods.

4. Maintain a healthy weight. Being overweight increases your risk for heart disease. Exercise and healthy eating can be a big help.

5. Don't smoke. Smoking greatly increases your risk. It's never too late to quit.

Making lifestyle changes is tough. Don't get discouraged. Take one step at a time, knowing that each one makes a difference. Find someone to make the commitment with you – it's more fun and often more successful.

Always consult your doctor before making lifestyle changes. If you or a loved one need help following any of these guidelines, please contact us. We'd love to help, and an SHC caregiver could be the perfect partner to help fix a healthy meal or provide assistance and encouragement to enjoy a safe exercise routine.

Source: SHC Blog



10 Ways To Prevent Falls This Winter

1. Invest in good footwear. Make sure your boots have low heels and proper traction on the soles. If you want to wear dress shoes or heels, bring them with you and change upon your arrival.

2. Walk slowly and carefully. Always focus on the path ahead of you; it's better to be a few minutes late than risk a fall.

3. Stick to the beaten path instead of taking shortcuts across snowy or icy terrain; sidewalks and curbs that have been cleared are always the safer option.

4. Wear gloves instead of putting your hands in your pockets. It's important to keep your hands free to improve your balance and allow you to hold onto railings. If you have items to carry, put them in a backpack.

5. Use handrails whenever they are provided, especially when going up and down stairs.

6. Don't let your guard down once you're out of the cold. Entranceways of stores and public buildings are often wet from snow and slush that has been tracked inside.

7. Be wary of black ice and watch your footing even if you can't spot any hazards. It's especially important to be prudent at night and to carry a flashlight.

8. Carry a small container of road salt in your bag to sprinkle on icy patches.

9. If you take a tumble, try to sit down to break your fall rather than landing on your hands; this can cause you to break a bone or strain a muscle.

10. Consider using a cane or walker during the winter months, even if you don't always need one. Extra support can help keep you safe on slippery or uneven terrain.

Source: retireathome.com

