

THE SEVENTH OF SENIORS HOME CARE'S 10 CORE VALUES

TRUST

Mutual trust is the starting point of our relationships

I strive to only make promises that I know I can keep and then keep them.

Trust is not given to others but rather it is earned. It is more than just believing. It involves believing in one another, knowing that you will not let each other down.



Dear Clients of SHC,

SHC has a wonderful furry, four-legged mascot – my poodle, Gigi, who spends her weekdays at the office, lifting company morale. When Gigi relaxes and lays her head in my lap, I feel her sincere trust, knowing that I care for her and will meet her needs. I take this role seriously.

To build a premium home care team, clients, their families and SHC enter into a mutual trust. We work hard to earn the trust of our clients and their families through leadership, consistency, open conversations, focus, training and respect.

Seniors Home Care only hires the best-of-the-best caregivers that we would trust to care for our own loved ones.

I hope through mutual trust and hard work, the families we serve can rest confidently knowing they are safe and will be comforted in their own home.

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.

Spring Cleaning Means a Renewed Outlook!



Warm weather is arriving in St. Louis, and for many that means spring cleaning. The upcoming weeks are a terrific time to lift your spirits and renew a positive outlook after the long winter season.

Throughout the process, be sure to cover these safety areas:

- Clean out the medicine cabinet and dispose of medications that are expired or no longer prescribed.
- Clean the refrigerator and throw away old or expired food.
- Replace batteries in smoke detectors and carbon monoxide detectors.
- Replace any burned out or dull light bulbs to ensure well lit rooms, hallways and stairs.
- Remove clutter from walkways and stairways – especially steps to the basement, where things are often placed to take down later but get forgotten.
- Get rid of throw-rugs to eliminate tripping hazards.

If you find that you could use a bit of extra help, a short weekly housekeeping visit from a well-matched caregiver can make remaining at home manageable and safe. If you or anyone you know could use some help, please contact us.

Source: SHC Blog

NATIONAL NURSES WEEK

A SALUTE TO OUR SUPERHEROES IN SCRUBS

Every year from May 6 to May 12 we celebrate National Nurses Week, in honor of Florence Nightingale (born on May 12), who is widely regarded as the founder of modern nursing.

Known as “The Lady with the Lamp,” Nightingale would often make her rounds at night, carrying a lamp, treating wounded soldiers during the Crimean War. In 1860, she founded a nursing school providing the first type of professional nursing establishment in the world.

At SHC, and throughout the home care field, nurses are an integral part of allowing seniors to age safely in the comfort of home.

For SHC, this may be most evident in founder, Kit Whittington’s decision to spend her non-working hours earning certification as a Registered Nurse to better understand the medical side of caregiving. The result led Seniors Home Care to the success and veteran status we are proud to hold to this day.

We thank our on-staff nurses – Kit, Diane, Alice and Diara – and all of the nurses out there for their hard work, service and dedication. From initial assessments and care plan development to continuous follow-up and advocacy to caregiver training, a nurse’s job is never done.

At SHC, we’re thankful for our nurses every day, this week reminds us to make sure we say it.



Happy Birthday To You!

APRIL

Rosette E.
 Berri M.
 Dottie R.
 Myrtle W.

MAY

Gottfried A.	Virginia H.	Betty R.
Mary Ann D.	Milton K.	Alex R.
Annie E.	Dan M.	Maurita S.
Nancy F.	Sidney M.	Martha S.
Jane G.	Jackie P.	Flora T.

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.....

Spring is here. It's a great time to get outdoors for fresh air and exercise. Exercise is key to well-being as we age. Make sure to maintain a good fluid intake, especially as the temperature rises.

FROM SCHEDULING.....

We thank everyone for their help and cooperation during the final snow storms of the season. Things wouldn't have run so smoothly without your help!

FROM CARE SERVICES.....

SHC is hosting an open house on May 14 from 4:00pm to 6:00pm. Please come out for food and refreshments. We'd love to see you!



SHC CLIENT TESTIMONIAL

"Caring, skilled and devoted caregivers – willing to do whatever worked for our family – respectful of my husband and his needs – truly remarkable people." *Jan E.*

ARTHRITIS AWARENESS MONTH - Get the Facts -

Despite striking more than 50 million Americans, arthritis is an often misunderstood disease with a core of common myths surrounding it.

Myth #1: Arthritis is just minor aches and pains associated with getting older.

Fact: Arthritis is actually a complex family of musculoskeletal disorders consisting of more than 100 different diseases or conditions that can affect people of all ages, races and genders.

- Two-thirds of people with arthritis are under the age of 65, including 300,000 children.
- Of the more than 50 million Americans with arthritis, more than 36 million are Caucasians, more than 4.6 million are African-Americans and 2.9 million are Hispanic.

Myth #2: Arthritis is not a serious health problem.

Fact: Arthritis places a growing burden on the health care and economic systems in this country.

- Each year, people with arthritis account for 44 million outpatient visits and 992,100 hospitalizations.
- Arthritis is the leading cause of disability in the United States.
- Arthritis is a more frequent cause of activity limitations than heart disease, cancer or diabetes.

Myth #3: People with arthritis should avoid exercising.

Fact: Exercise is a valuable tool in the fight against arthritis.

- Evidence indicates that exercise provides considerable disease-specific benefits for people with osteoarthritis (OA) and rheumatic conditions.
- Research indicates that exercise, weight management and avoiding joint injury can go a long way in helping to prevent OA.
- Every one pound of weight loss results in four pounds of pressure taken off each knee.

Myth #4: Not much can be done for arthritis.

Fact: Relief is available and new treatments are in the pipeline.

Source: www.arthritis.org

Spring into Safer Driving

Potholes and puddles and glare, oh my! As the season changes to spring, so do road conditions. While winter snow and ice generally prevail as far as challenging road conditions go, spring also presents a variety of challenges that can affect your travel.

Spring showers bring May flowers – and wet driving conditions. Slow down on slick roads, and increase your following distance even when mist begins to fall. Keep in mind that even a small amount of water can mix with oil and road dust to create slippery conditions. Be sure your vehicle is ready for rain by replacing your windshield wipers at least once a year. Avoid driving through large puddles, share the road, go around potholes if possible and keep your tires properly inflated. Doing so can reduce damage from potholes, uneven pavement, and other road hazards.

Source: <http://blog.aarp.org>

THUNDERSTORM SAFETY

A thunderstorm is considered severe if it produces hail at least one inch in diameter or has wind gusts of at least 58 miles per hour. Heavy rain from thunderstorms can cause flash flooding, and high winds can damage homes and blow down trees and utility poles, causing widespread power outages.

Know the Difference

Severe Thunderstorm Watch - Severe thunderstorms are possible in and near the watch area. Stay informed and be ready to act if a severe thunderstorm warning is issued.
Severe Thunderstorm Warning - Severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property.

Prepare ahead of time

1. Learn about your local community's emergency warning system for severe thunderstorms. Discuss thunderstorm safety with all members of your household.
2. Pick a safe place in your home to gather during a thunderstorm. It should be away from windows, skylights and glass doors that could be broken by strong winds or hail.
3. Put together an emergency preparedness kit.
4. Listen to local news or NOAA Weather Radio for emergency updates.

Source: www.redcross.org



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