



Dear Clients of SHC,

When I focus on the best teams I have been a part of, I remember the level of work that I put in as well as the satisfaction that came as a result. What strikes me, is that every time I have been part of a great team, the “work” never seemed to be burdensome. I love the sense of accomplishment. I feel that same sense of accomplishment here at SHC when I talk with families about how much better their lives are with us involved. My hope is that you feel the same too.

As we focus on teamwork in this edition of the newsletter, we should ask ourselves if we are the best team players we can be. Do we communicate well? Are we accountable for the tasks we take on? Do we cooperate well with others? As Henry Ford once said, “Coming together is a beginning. Keeping together is progress. Working together is success.”

Yours in service,

Ryan Whittington

DIRECTOR OF OPERATIONS

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

THE NINTH OF SENIORS HOME CARE'S 10 CORE VALUES

WORK TEAMS

The greatest use of human capabilities is through highly effective work teams.

I will engage in a team environment to provide the best care to our clients. This consists of good communication, accountability, cooperation and dedication.

Work Teams strive to achieve a common goal. Teamwork means that people will cooperate, use their individual skills and provide constructive feedback, despite any personal conflict between individuals.

REWARDING REFERRALS

Seniors Home Care is proud to provide such an important service to St. Louis seniors and their families. By hiring and training leading caregivers and adhering to our 10 Core Values, we give clients a home care experience that exceeds expectations.

Our ongoing goal is to reach new St. Louis area families who would benefit from our services. When someone is in need of home care services, their most powerful referrals come from individuals like you, the satisfied clients we are honored to serve. As a token of gratitude for advocating on behalf of SHC, we offer referral rewards.

If you know someone who would benefit from the great service that SHC provides, please share our information and ask them to mention that you referred them when contacting us. If this person decides to sign with SHC, you will receive \$200 once they have accumulated 50 hours of service.

Similarly, if you happen to know someone who would be a great caregiver and would like to work among the best-of-the-best, have them fill out an application on SHC's website and include your name in the referral section. If they are hired, you will receive \$100 once they have worked 150 hours in good standing with SHC.

As always, thank you for trusting us with your care.

REFERRALS



Is laughter the best medicine?

There's more to the old saying than you might think. Researchers have found that laughter provides numerous benefits to the body, including:

- Blood flow. Laughter causes the tissue in blood vessels to expand, increasing blood flow.
- Immune response. Increased stress can lead to decreased immune system response. Some studies have shown that humor may raise the level of infection-fighting antibodies and boost the levels of immune cells.
- Lower blood pressure. Seniors have an increased risk of high blood pressure. Laughter helps balance or lower blood pressure by increasing vascular blood flow. Laughter revives blood circulation and increases oxygenation of the blood, becoming a powerful tool in fighting heart illnesses.
- Pain management. Many studies have shown that people in pain or discomfort report that when they laugh their pain doesn't bother them as much.
- Cope with stress and life's issues. Laughter helps control reactions to situations we cannot control.

Take a bit of time from your busy, stressful schedule to create an environment of fun and laughter.

Source: SHC Blog



Happy Birthday To You!

AUGUST

- Barbara B.
- Mary C.
- Corinne C.
- Pat D.
- Shirley E.
- Charlie F.
- Ruth G.
- Raymond H.
- Eugene H.
- Bonnie J.

SEPTEMBER

- Ann K.
- Lyle L.
- Nancy R.
- Carol S.
- Joyce S.
- Richard S.
- Norma S.
- Bonnie W.
- Christine W.
- Victoria Z.

Notes from our office...

FROM ACCOUNTING.....

SHC will match any donation (up to \$50.00 once a year) to a not for profit organization. The donation must be approved by the SHC Matching Funds Committee. Most charitable organizations, including churches, apply. Call the office if you are interested.

FROM NURSING.....

It's a great time for an annual flu shot – before the flu has the opportunity to attack. The vaccination takes two weeks to start protecting you, so it's wise to act before the flu season fully kicks in.

FROM SCHEDULING.....

Please communicate all schedule changes to the Scheduling Department by calling 314-962-2666.

FROM CARE SERVICES.....

SHC offers complimentary presentations to churches, clubs and other organizations. If you know a group that would like information on nutrition, hoarding or long term care, call our office to speak with Ryan.



Quick-Change Sheet Protector

Keep loved ones comfortable at night and protect expensive bedding. This sheet protector smooths right on top of the fitted sheet, with flaps that tuck securely under the mattress.

Brushed polyester quilted surface with an 80% poly / 20% rayon absorbent layer and 100% vinyl waterproof barrier. Machine wash/dry. Fits standard twin bed or hospital bed. 34" x 36", with 20" tuck tails on each side.

www.goldviolin.com



SHC CLIENT TESTIMONIAL

"I had very good service from the employees of Seniors Home Care. I was very impressed. I shall call them again if needed and will recommend them to friends. Thank you!" *Virginia Z.*

NUTS: A GREAT SNACK & SECRET WEAPON

Packed with nutrients and there's no preparation required – nuts are a terrific snack for seniors who feel low on energy. They're inexpensive, easy to store and convenient on the go. Plus, the fat content that once gave nuts a bad rap is now considered to be a "good fat."

Recently, a Nurses' Health Study found that one daily serving of nuts was associated with a 20% lower mortality rate. People who ate nuts five or more times per week had a 29% reduction in deaths from heart disease and an 11% reduction in deaths from cancer.

Specific fat types (unsaturated fats) and other nutrients in nuts (fiber, vitamins, minerals and phyosterols) are quite beneficial. Benefits vary depending on the nut, but may include:

- Lower cholesterol
- Increased heart health
- Counteracting development of cancer-causing agents
- Improved circulation
- Reduced inflammation or swelling
- Improved immune system
- Preventing cognitive decline



This is great news, but remember that even though most fat in nuts is healthy fat, it is still a lot of calories. Enjoy them in moderation, otherwise the added calories offset heart-healthy benefits. Substitute a handful of nuts for a less healthy snack. Opt for raw or dry-roasted nuts over those cooked in oil. Next time you're hankering for a snack, reach for a handful of nuts. *Source: SHC Blog*

Know the Facts About High Cholesterol

What is high cholesterol?

Cholesterol is a waxy, fat-like substance that your body needs. But, when you have too much in your blood, it can build up on the walls of your arteries. This can lead to heart disease and stroke—leading causes of death in the United States.

Are you at risk?

About one in every six adult Americans has high cholesterol. Anyone, including children, can develop it. Several factors that are beyond your control can increase your risk. These include your age, sex, and heredity. But, there are some risk factors that you can change. Examples include eating an unhealthy diet, being overweight, and not getting enough exercise.

What are the signs and symptoms?

High cholesterol itself does not have symptoms. Many people do not know that their cholesterol level is high. That's why it's important to schedule regular visits with your doctor. Be sure to ask about having your cholesterol tested.

How is high cholesterol diagnosed?

Doctors can do a simple blood test to check your cholesterol. Most adults should get their cholesterol levels checked every five years. Ask your doctor about what may be right for you.

How is it treated?

Lowering high cholesterol levels is important for people at all ages, with and without heart disease. If you have high cholesterol, you will need to eat a healthy diet, exercise regularly, quit smoking, and you may need to take medication.

Can it be prevented?

You can take several steps to maintain a normal cholesterol level:

- Eat a healthy diet. A high amount of saturated fat and cholesterol in food that you eat can increase blood cholesterol.
- Maintain a healthy weight. Being overweight can increase your cholesterol level. Losing weight can help lower your LDL (bad) cholesterol and total cholesterol level, and raise your HDL (good) cholesterol level.
- Exercise regularly. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol. You should try to be physically active for 2 hours and 30 minutes (150 minutes) each week.
- Don't smoke. CDC's Office on Smoking and Health Web site has information on quitting smoking.

Source: www.cdc.gov