

THE THIRD OF SENIORS HOME CARE'S 10 CORE VALUES

PLANNING

Anticipate future events and efficiently allocate resources

Planning is the process of organizing the activities required to achieve a desired goal. Planning helps cope with complexities. It involves making and evaluating each set of interrelated decisions. It is selection of missions, objectives and "translation of knowledge into action."



Dear valued Client of SHC,

Although planning can be difficult for many reasons – timing, denial or inexperience – it is a necessary process we all use throughout our lives.

I have found that educating ourselves can make this step easier.

This is why Seniors Home Care began SHC University. This is a free class for friends and family members caring for loved ones.

With the support of an education, experienced nurse, and fellow participants in each class, attendees see that planning for a current situation or the future becomes easier.

Giving back to our community is a service we plan to continue for years to come. We receive rave reviews after each class. If you know anyone who might benefit from our monthly class, we encourage you to call and make reservations.

Yours in service,

Kit Whittington

RN, Founder, CEO

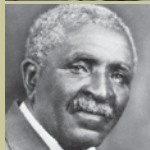
PLEASE BE SURE TO TELL YOUR DOCTOR HOW MUCH YOU ENJOY SENIORS HOME CARE, AND WOULD RECOMMEND OUR SERVICES.



May is Older Americans Month!

Let's celebrate Older Americans Month by recognizing trailblazers who achieved their dreams late in life.

Laura Ingalls Wilder - Wilder was 65 years old when she started writing the "Little House on the Prairie" series. The last "Little House" tale hit shelves when she was 76 years old.



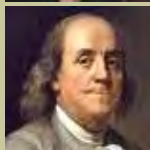
George Washington Carver - Born into slavery in Diamond, Missouri, George Washington Carver went on to become a botanist, chemist, scientist and inventor. At the age of 70, Carver created a pain relief treatment for people suffering from polio. In his later years, Carver also helped farmers get the most out of their plant production and improve soil at minimal cost during the Great Depression.



Nelson Mandela - Nelson Mandela became the oldest elected president of South Africa in 1994, when he was 74 years old. Prior to this, he was imprisoned for life, for anti-apartheid activity. He was released after 27 years in 1990, and led his party towards a multi-racial democracy.



Joyce C. Hall - Joyce C. Hall, founder of Hallmark Cards, Inc., overcame poverty and lack of a formal education to build an industry. After retiring at age 75, he turned his attention to the decaying urban neighborhood surrounding company headquarters in Kansas City, Missouri. With his son Donald, he developed Crown Center, Hallmark's privately financed city-within-a-city. The bustling district turned the tide of decline within its 85-acre boundaries.



Benjamin Franklin - Ben Franklin was elected to the Continental Congress at age 69. At 70 he signed the Declaration of Independence, making him the oldest signer. When he was 77 years old, he negotiated the Treaty of Paris, which put an end to the Revolutionary War. At 81, he signed the U.S. Constitution.



Fauja Singh - Fauja Singh took up running in his late 80s to cope with the loss of his wife and one of his sons. At age 100, Fauja set five world records in marathon running for his age group, all in the same day.

Source: Missouri Department of Health & Senior Services

Saving Your Vision – More Than Meets the Eye

Contrary to popular belief, good vision doesn't necessarily mean that your eyes are healthy. The only way to ensure good vision and healthy eyes is to get a yearly check up by an eye doctor.

Eye doctors do much more than determine prescriptions for glasses or contacts. They check for common eye diseases, examine how your eyes work together and evaluate your eyes as an indicator of your overall health.

Eye doctors are often the first health care professionals to detect chronic diseases such as high blood pressure and diabetes. For example, diabetes causes small blood vessel leaks or bleeding in the eye and swelling of the macula, which can lead to vision loss.

Many eye diseases have no symptoms in their early stages of development. During an exam, the doctor will check your eyes inside and out for signs of problems. Often, early detection and treatment of eye diseases can help reduce the risk of permanent vision loss.

Seniors are at a greater risk for vision loss or blindness from age-related diseases, such as cataracts, diabetic retinopathy, glaucoma and macular degeneration.

If you need help finding an eye doctor in your area or getting to and from your doctor's appointments, please contact us.

Source: SHC Blog

		MAY		JUNE	
		Gottfried A. Larry C. Annie E. Jane G. Daisy J. Milton K.	Rose M. Sidney M. Jackie P. Barbara S. Martha S. Tiné W.	Victor D. Ann E. Tom F. Irene H. Richard K. Robert M. Dorothy P.	Doris P. Betty S. Earl S. Billy S. Kathy S. Phillip T.

Notes from our office...

FROM ACCOUNTING.....

Thank you for promptly paying your invoices! If you have any questions about your billing, please call Seniors Home Care at 314-962-2666 and ask for Rebecca Pavelka.

FROM NURSING.....

Always keep flashlights and batteries easily accessible in your home in case of power outages during spring and summer storms.

FROM SCHEDULING.....

Thank you for using Seniors Home Care. If there is anything else that we may do for you, please call the office to let us know.

FROM CARE SERVICES.....

Quality care in areas such as Alzheimer's/Dementia, Congestive Heart Failure and Stroke require specialized skills. Seniors Home Care provides specialty training to caregivers so that all clients receive the best services as promised.



Large-Print Playing Cards

These plastic-coated cards are standard size, but have 1 1/4" numerals and letters big enough to see without reading glasses or straining your eyes.

www.make-life-easier.com



SHC CLIENT TESTIMONIAL

"Everyone who came to be with my husband was caring and involved, and that's been the case for others I've recommended or whom I've observed at the retirement community where I live as well. They're dedicated and special." *Virginia B.*

How Elders and Caregivers Can Take Advantage of Summer Weather

Enjoying a breezy spring day or the warm summer temperatures don't have to be a distant memory for elders and caregivers. After being cooped up in the house for months, seniors and caregivers alike can breathe in the fresh air, even if they are experiencing mobility problems.

Here are 10 suggestions:

1. Catch a sporting event. This could be watching a grandchild's soccer game or attending a professional game, like baseball.
2. Fish for fun. For folks who enjoy fishing, you can cast a rod from a pier or other location, even if you're wheelchair bound.
3. Be a tourist. Take an open-air bus or trolley tour to see the local sights. Another option could be a boat tour.
4. Take a dip. For some folks, it may just be putting a foot in the pool, while others may be able to handle low-impact water aerobics.
5. Stroll around. If a walk is possible, start slow.
6. Be a bird lover. If you have a birdhouse, bird feeder or bird bath in your yard, checking on them is a great reason to get outside.
7. Pedal around. Rent a three-wheeled bicycle, which are easier to mount and ride, and also could offer back support.
8. Go fly a kite. Head to a park or beach and get a kite soaring. You can even do this while sitting down. If children are around, they can get involved by trying to keep the kite in the air.
9. Picnic outdoors. Picnics are another park or playground activity. Watch children run around and enjoy the buzz of outdoor activity.
10. Celebrate the holidays. From Memorial Day concerts to Fourth of July fireworks, there are plenty of community events to get out and be part of the crowd.

Source: www.agingcare.com

18 Things That We Can Learn From a Dog

- 1 Never pass up the opportunity to go for a joy ride.
- 2 Allow the experience of fresh air and wind in your face to be pure ecstasy.
- 3 When loved ones come home, always run to greet them.
- 4 When it's in your best interest, practice obedience.
- 5 Let others know when they've invaded your territory.
- 6 Take naps, and stretch before rising.
- 7 Run, romp, and play daily.
- 8 Eat with gusto and enthusiasm.
- 9 Be loyal.
- 10 Never pretend to be something you're not.
- 11 If what you want is buried, dig until you find it.
- 12 When someone is having a bad day, be silent, sit close by, and nuzzle them gently.
- 13 Thrive on attention and let people touch you.
- 14 Avoid biting when a simple growl will do.
- 15 On hot days, drink lots of water and lie under a shady tree.
- 16 When you're happy, dance around and wag your entire body.
- 17 Delight in the simple joy of a long walk.
- 18 No matter how often you're scolded, don't buy into the guilt thing and pout... run right back and make friends.



Source: www.seniormag.com