



Dear valued Client of SHC,
 This fourth edition of our Seniors Home Care company newsletter highlights the 2016 SHC company-wide goal.

Those who have visited our office may have seen this goal posted in our conference room. My purpose in sharing our goal is to first express deep gratitude for our caregivers and clients, and also encourage the gift of synergy as we are all educated, on the same page and working together for a common goal.

Thank you all for working together as partners and team members to reach for the stars!

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.

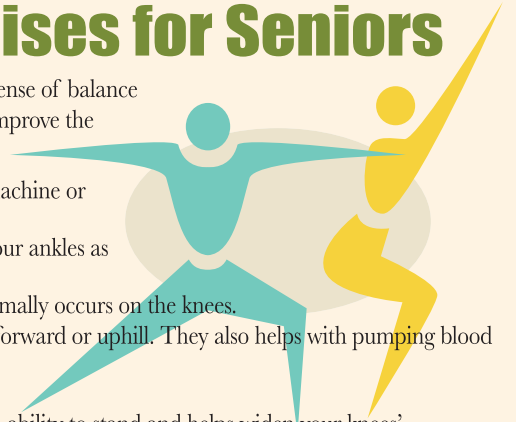
2016 SENIORS HOME CARE COMPANY-WIDE GOAL

Attract, hire and retain “Best of the Best” employees to allow Seniors Home Care to serve more clients, therefore helping the community and our employees, while providing awesome internal and external customer service and sustained growth.

10 Best Leg Exercises for Seniors

Leg exercises and strengthening can improve one’s sense of balance and coordination. So what exercises can you do to improve the strength and mobility of your legs?

- 1 Squats can be done with the aid of a leg press machine or a chair at home.
- 2 Ankle Circles aim to improve the flexibility of your ankles as you move them upwards or downwards.
- 3 Leg Extensions can help minimize pain that normally occurs on the knees.
- 4 Calf Raises strengthen calf muscles for moving forward or uphill. They also helps with pumping blood from your legs upwards to your brain.
- 5 Leg Curls improve balance and posture.
- 6 Knee Extensions improve your sense of balance, ability to stand and helps widen your knees’ range of motion.
- 7 Step Ups help coordination, balance, and assisting in your movement when walking.
- 8 Side Hip Raises train your legs to sidestep obstacles when walking and can help prevent hip arthritis.
- 9 Lunges aim to strengthen your hips and quadriceps and improves sense of balance. They’re also useful if you have a hard time getting out of chairs and can improve your ability to do household chores.
- 10 Hip Extensions strengthen your hip joints as well as your muscles. This workout aims to boost your ability to walk and climb.



(For more information and videos of these exercises, visit eldergym.com/leg-exercises.html)

Source: www.fitnessbin.com

Summer Activities To Beat The Heat



Another steamy summer is upon us, but don’t start your air-conditioned hibernation just yet. St. Louis offers many fun attractions that won’t work up a sweat. Here are five of our favorites.

While a picnic in Forest Park is less desirable in July than it was in May, there’s no need to avoid the beautiful park. The St. Louis Art Museum, Science Center and History Museum offer fine escapes from the summer sun. As the summer winds down, catch the 44th Great Forest Park Balloon Race, September 16-17.

If that’s not what you’re looking for, check out a local library. St. Louis’ libraries serve as more than buildings full of books. Events such as the Wednesday Night Senior Film Series at the Hampton Avenue location are an excellent way to get out and about. Most libraries provide social events on a regular basis.

Another excellent activity with locations throughout town is the community Farmers’ Market. While the Soulard Farmers’ Market may be the best known, there are many others worth visiting for fresh, locally-produced goods. Start the weekend by beating the heat and visiting an area Farmers’ Market.

The Cathedral Basilica of St. Louis, in the Central West End, awes visitors of all religious backgrounds. Made up of approximately 41.5 million glass pieces, the mosaics that line the walls of the Cathedral are among the largest collections in the world. It’s open daily from 7:00am to 5:00pm, with guided tours between 10:00am and 4:00pm.

St. Louis houses many beautiful theaters offering live entertainment. The Peabody Opera House is a splendid place to catch a show or tour the newly renovated venue. Similarly, the Fabulous Fox Theater boasts an impressive history and, if there isn’t a show that strikes your fancy, tours throughout the week.

Source: SHC Blog

JULY		AUGUST	
Nadine B.	Jim H.	Rita B.	Lyle L.
Angie C.	Jack H.	Corinne C.	Nina N.
Dorothy C.	Adelle M.	Ruth G.	Judith S.
Ruth D.	Joy R.	Raymond H.	Virginia S.
Ann F.	Henrietta R.	Kathleen K.	Christine W.
Wanda F.	Oliver S.	Ruth K.	Ruth W.
		Jane L.	Victoria Z.



Notes from our office...

FROM ACCOUNTING.....

If you know someone who would benefit from SHC's services, please share our information or call the office and we will follow up. In addition to enriching their life, you receive a \$200 credit once the client has used 50 hours of service.

FROM NURSING.....

Anytime you begin taking a new medication, please contact SHC's Nursing Department at 314-962-2666.

FROM SCHEDULING.....

We are here for you. Let us know if you are having any issues, but also let us know if anyone is going above and beyond the call of duty. We love to hear from you!

FROM CARE SERVICES.....

Each year, 2.5 million older people are treated in emergency departments for fall injuries. If you would like an SHC nurse to visit your home and perform a home safety evaluation, please call the office. Stay safe and don't fall.



BluBandoo Cooling Sun Hat

The BluBandoo® Cooling Sun Hat with SPF 50+ surrounds your head in shaded, cool comfort. Just soak this hat in water for five minutes to activate the crystal gel inside. While staying dry to the touch, the sun hat will keep you cool for hours, even days. For men and women.

-- 50+ SPF

- 100% cotton

Source: www.GoldViolin.com



SHC CLIENT TESTIMONIAL

"Thank you so much for the services that you provide and caring caregivers like Carol. John is doing well and won't be needing services except for special occasions, but it is wonderful to have Seniors Home Care available to us. We really appreciate the help you provided during John's recovery."

John & Laura F.

8 Activities Kids Love to Do with Grandparents

When you're a kid, there's nothing better than learning something fun and new from your grandparents.

1. Go on a Scavenger Hunt

Scavenger hunts turn ordinary walks into adventures. Make a list and start walking and collecting. Or take a camera with you and have kids take a photo of something that begins with each letter of the alphabet.

2. Look at Baby Books

Grab the baby books—not your grandchild's, but their parents. Talk about their mom or dad's first step, first word, anything he or she did that was naughty or funny.

3. Play Cards

Playing games you love with your grandkids opens them to new experiences and shows them what hobbies you enjoy. What child doesn't love competing against Grandma, or seeing Grandpa make mistakes?

4. Bake Cookies (and Eat Them)

While your grandchild is measuring and stirring, you're teaching them to plan, follow instructions, and develop patience. You can also share the recipe's origin, and how your mother or grandmother used to make it.

5. Break Out the Video Games

A lot of bonding can actually take place over a video game. Kids become the teachers and can show you what they like and how they do things.

6. Give Kids a Back Rub

Put on relaxing music, grab a blanket for the child to lie on, and warm your hands before you start. What else they like: drawing letters or numbers on their back with your finger and guessing what you drew.

7. Go to the Library

Encouraging reading has no downside. If your library has a story hour and kids are younger, go for that and then browse the children's section. If grandkids are older, ask them what they're reading, check out a copy for yourself and start your own mini-book club.

8. Open Your Jewelry Box

A jewelry box is like a mini-history of your life. Wondrous items have interesting stories attached to them. If you feel comfortable, let them try on some items. They'll feel like royalty, and look forward to seeing the jewelry box every time they visit.

Source: www.grandparents.com



Senior Dehydration: Causes, Dangers and Solutions

Dehydration is common among seniors. Early symptoms can be so subtle that they're missed until the situation turns dangerous. By learning to recognize the early warning signs and take action, dehydration can be safely treated at home.

Since water is necessary for all bodily functions, dehydration can cause a range of dangerous, potentially fatal health problems including:

• Heat stroke • Seizures • Cerebral edema (swelling of the brain) • Kidney failure • Coma

Early warning signs of dehydration include:

• Headaches • Confusion • Dryness of the mouth or tongue • Inability to urinate
• Passing dark yellow urine • Cramping in the limbs • Irritability • Weakness
• Fatigue • Dizziness

There are many easy things you can do to keep hydrated.

• Keep water within reach at all times.
• Drink six to eight-ounce glasses of water throughout the day, even if you aren't thirsty.
• Reduce consumption of alcohol and caffeinated beverages.
• Eat more foods with high water content, such as fruits and vegetables.
• At the first sign of dehydration, have a sports drink to replenish water and electrolytes.

If the condition doesn't improve, seek medical attention immediately.

Source: caretohome.com

