

SHC CORE VALUE #4:

OPENNESS

Share information and solicit new ideas.

I strive to share my ideas appropriately and listen to others' ideas with an open mind.

Openness begins with an accommodating attitude or opinion. It requires one to be receptive to new ideas, behaviors, cultures, peoples, environments and experiences that may differ from the familiar, conventional, traditional or one's own belief.



Dear valued Client of SHC,

Our fall newsletter highlights the core value Openness.

I feel that it is necessary to be open and transparent with SHC's employees, clients and their families. This creates a unified company and ensures that everyone is on the same page. It is critical to building a foundation of trust, which is essential in the private duty home care field.

It is also important to be open to emerging technologies and ideas that may differ from our own. We benefit from welcoming, and encouraging, new ideas and suggestions from every member of the SHC team, as well as the families we serve. Openness fosters the forward thinking that allows our company to help clients enjoy the highest quality of life through compassionate care.

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.

10 Sayings About Life from Around the World
 Ways to think about love, life, and happiness from cultures around the world.

Russia: "Without effort, you can't pull a fish out of the pond."

Lesson: You have to work for the things you want. Rewards don't come for free.

Egypt: "If you marry a monkey for its wealth, the money goes and the monkey remains."

Lesson: Money is fleeting, but personality is forever.

Ethiopia: "He who knows much speaks with silence."

Lesson: Being a mouthy know-it-all will only expose the things you don't know. Choose words thoughtfully.

Kenya: "Treat the world well. It was not given to you by your parents. It was willed to you by your children."

Lesson: You're really just borrowing the planet, so don't waste its resources.

Burundi: "Where there is love, there is no darkness."

Lesson: When you're feeling blue, shift your focus – think of the love in your life, be grateful, and your cloud of sadness will pass. There's less room for dark thoughts when you concentrate on love.

China: "To forget one's ancestors is to be a brook without a source, a tree without a root."

Lesson: You are a product of everyone in your family who came before you.

Finland: "Closeness without conflict only exists in the cemetery."

Lesson: If you know someone well enough, fights are inevitable. Don't let conflict simmer. When you resolve the problem together, you'll be closer than ever.

France: "All of the Earth's treasures can't bring back a lost moment."

Lesson: There's no rewind button in life. Put down your phones, iPads, and other "social" technology, and live in the moment with the people around you.

Source: www.grandparents.com



Take Control of Your Health: 6 Steps to Prevent a Fall

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips!

1. Find a good balance and exercise program. Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.
2. Talk to your health care provider. Ask for an assessment of your risk of falling. Share your history of recent falls.
3. Regularly review your medications with your doctor or pharmacist. Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
4. Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.
5. Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
6. Talk to your family members. Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

Source: National Council on Aging

	SEPTEMBER		OCTOBER	
	Barbara B. Pat D. Shirley E. John F. Eugene H. Bonnie J. Ann K.	Mary M. Nancy R. Carol S. Sarah S. Richard S. Lora T. Esther T.	Robert B. William B. George B. Ralph C. Pierrette D. Carol I.	Lora J. Kathryn K. Frank S. Arthur S. Walter T. Rosemary W.

Notes from our office...

FROM ACCOUNTING.....

We appreciate your referrals. In addition to enriching someone's life, you receive a \$200 credit once a client you refer uses 50 hours of service.

FROM NURSING.....

Prevent falls by always keeping your floors clear of clutter.

FROM SCHEDULING.....

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

FROM CARE SERVICES.....

Are you aware that SHC offers service 24/7? Often, 24/7 care is a more desirable, and cost effective, alternative to moving into a facility when a client's needs increase.



Talking Watch

Now you can hear the time, day and date with the push of a button. Big, bold numbers and 1-1/2" face help you see the numbers better. Even better for people with low vision, this talking watch clearly "speaks" the time, the day and date, and the alarm time. It can even be set to chime on the hour. Automatically sets to U.S. time. Stretch metal wristband with silver finish.
Source: www.GoldViolin.com



SHC CLIENT TESTIMONIAL

"Seniors Home Care has been a great help to me. I'm especially grateful for the help I received from Joan. She was always very compassionate and understanding. She took me to doctor appointments and shopping, and any miscellaneous errands I needed to do. I would recommend Seniors Home Care to anyone who is in need of assistance."

Margaret M.

10 Reasons to Practice Yoga

1. STRESS RELIEF:

By encouraging relaxation, yoga helps to lower the levels of the stress hormone cortisol. Related benefits include lowering blood pressure and heart rate, improving digestion, boosting the immune system and easing symptoms of anxiety, depression, fatigue, asthma and insomnia.

2. PAIN RELIEF:

Studies have demonstrated that practicing yoga, meditation or a combination of the two, reduced pain for people with conditions such as cancer, multiple sclerosis, auto-immune diseases, hypertension, arthritis, back and neck pain, and other chronic conditions.

3. BETTER BREATHING:

Yoga teaches people to take slower, deeper breaths. This helps improve lung function, trigger the body's relaxation response and increase the amount of oxygen available to the body.

4. FLEXIBILITY:

Yoga helps improve flexibility and mobility, increasing range of movement and reducing aches and pains.

5. INCREASED STRENGTH:

Yoga postures use every muscle in the body, helping increase strength. These postures also help relieve muscular tension.

6. WEIGHT MANAGEMENT:

Yoga can aid weight control efforts by reducing cortisol levels as well as burning excess calories and reducing stress. Yoga also encourages healthy eating habits and provides a heightened sense of well-being and self-esteem.

7. IMPROVED CIRCULATION:

Yoga helps improve circulation and more efficiently move oxygenated blood to the body's cells.

8. CARDIOVASCULAR CONDITIONING:

Even gentle yoga practice can provide cardiovascular benefits by lowering resting heart rate, increasing endurance and improving oxygen uptake during exercise.

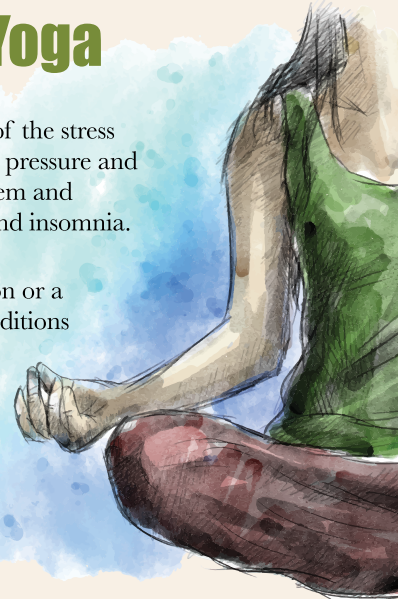
9. FOCUS ON THE PRESENT:

Yoga helps us focus on the present and become more aware. It opens the way to improved concentration, coordination, reaction time and memory.

10. INNER PEACE:

The meditative aspects of yoga help many to reach a deeper, more spiritual and more satisfying place in their lives. Many who begin to practice for other reasons report this to be a key reason that yoga has become an essential part of their daily lives.

Source: [Yoga Health Foundation](http://YogaHealthFoundation.com)



Recycling Fun Facts

- A used aluminum can is recycled and back on the grocery shelf as a new can in as little as 60 days. That's closed loop recycling at its finest!
- Recycling one aluminum can saves enough energy to run a TV for three hours -- or the equivalent of a half a gallon of gasoline.
- An aluminum can that is thrown away will still be a can 500 years from now!
- There is no limit to the amount of times an aluminum can be recycled.
- We use over 80,000,000,000 aluminum soda cans every year.

Source: www.recycling-revolution.com

September is National Sewing Month!

National Sewing Month is a time to indulge your passion for sewing and is the perfect opportunity to introduce yourself to the craft if you've never tried it before. New and experienced enthusiasts can find free sewing projects and guidelines for sewing, embroidery, craft and appliqué articles available on the Sewing & Craft Alliance website at www.sewing.org.