



Dear valued Client of SHC,

The Core Value we're highlighting in this edition of the Seniors Home Care newsletter is Cooperation. In the Private Duty Home Care field, cooperation is key to ensuring that clients enjoy the highest possible quality of life. Clients, families, caregivers and office staff must all work as a team to achieve the desired situation.

Seniors Home Care does not show up and take over, we form a partnership in which everyone plays a role. It takes cooperation and communication to make sure that caregivers assist clients when they are needed, perform tasks correctly and do so in a way that pleases the client and provides loved ones with peace of mind.

I thank you so much for being part of the SHC team and we wish everyone a happy upcoming holiday season.

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.

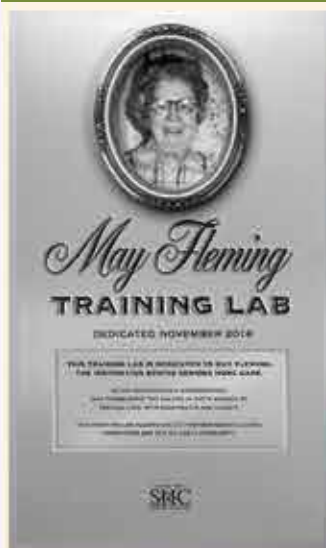
SHC CORE VALUE #5:

COOPERATION

Spirit of teamwork, seeking win-win results

I strive to be a strong piece of the team and bring my strengths and experiences to help the client in the best way possible.

Cooperation is the practice of individuals and groups working with commonly agreed-upon goals and methods, instead of working separately in competition. It is an act or instance of collaboration to decide how to approach a task and ensure that everyone knows their role.



Seniors Home Care Invites the Community to The New On-Site May Fleming Training Lab

Seniors Home Care (SHC) is proud to introduce our May Fleming Training Lab to help train employees in specific aspects of care, depending on each client they care for.

The lab was created to include anything a caregiver might encounter. It features everything from a regulation hospital bed and Hoyer lift to a bedside table and lamp, which caregivers will likely have to work around in real life situations. Among the many other tools found in the lab are mobility equipment, commonly used medical devices and varying catheter models that a caregiver might encounter.

Seniors Home Care will be unveiling the new training lab during their open house to be held on November 16, 2016 from 2:00pm to 4:00pm, with a dedication at 3:00pm. We hope to see you then!

Please Help Us Help Others!

Seniors Home Care is adopting a family through the Webster-Rock Hill Ministries for the holiday season. We will be providing a food basket for a family for Thanksgiving and another for Christmas. If you would like to participate, we are collecting the following items:

- Canned corn • Canned green beans • Canned cranberry sauce
- Canned yams/sweet potatoes • Canned fruit • Jell-O • Instant Potatoes
- Stuffing Mix • Cake Mix • Frosting Mix • Money for a gift card

Please do not bring fresh produce or perishable items. We will be purchasing a gift card for a turkey or ham.

Bring your items to the SHC office no later than 4:30pm on 11/11/16 for Thanksgiving donations and no later than 4:30pm on 12/16/16 for Christmas donations.



NOVEMBER		DECEMBER	
Patricia C.	Virginia O.	Ray H.	Margaret S.
Joseph F.	Alice R.	Rowena H.	Charles S.
Thomas G.	Karen T.	Wanda J.	Alice V.
Jennilee L.	Alice V.	James K.	Dan T.
Joseph M.	Irmgard V.	Mary Carol K.	Jeanette W.
		Margaret M.	Virginia Z.

Notes from our office...

FROM ACCOUNTING.....

Help SHC go green!
Call Rebecca to receive your invoices via e-mail.

FROM NURSING.....

It's especially important for some people, such as the elderly and health care workers, to get vaccinated for the flu. A simple flu shot is the best way to protect yourself from the flu. Get a flu shot and avoid getting sick this winter season!

FROM SCHEDULING.....

Start planning now. If you won't want service Thanksgiving Day, Christmas Day or New Year's Eve or Day, please call the scheduling department to let us know.

FROM CARE SERVICES.....

Winter weather is approaching. Practice good safety. Be wary of wet or icy surfaces, even if they don't appear slippery. If you don't have to go out, stay in until roads and surfaces are thoroughly cleared.



Microwave Whistling Kettle

Quickly boil water for tea, cocoa, instant soup and more. Unique design prevents over-heating; stay-cool handle. Glass carafe holds 25 oz. Dishwasher safe. 6½"H.

Source: www.GoldViolin.com



SHC CLIENT TESTIMONIAL

"You took away a huge burden from my shoulders and took great care of my elderly parents."

Junior F.

A Solution for Old Medical Equipment

St. Louis HELP (Health Equipment Lending Program) provides a better option than uselessly storing old equipment. The non-profit organization provides people in need with access to free home medical equipment through their recycle and reuse program.



Through St. Louis HELP, you can make a tax-deductible donation that will improve the life of someone in need. To contribute used (or new) equipment, call 314-567-4700.

St. Louis HELP accepts donations of nearly every type of home medical equipment except oxygen and medications. This includes manual wheelchairs, power wheelchairs, scooters, canes, crutches, walkers, shower chairs, tub transfer benches, shower stools, grab bars, elevated toilet seats, portable commodes, lift chairs, seating cushions, back supports, hospital beds, ramps and stair lifts.

November is National Family Caregivers Month

November is National Family Caregivers Month. This is a time to celebrate the contribution of those volunteer friends and family members who support a loved one with their health or managing a disability. We're thankful for the contributions of the more than 44 million Americans who care for a family member, friend, or neighbor. Join us as we celebrate the contribution of caregivers and find better ways to support them as they care.



7 fun facts about Thanksgiving

When the guests around your Thanksgiving table are busy stuffing their bellies, here's one way to break the lull in conversation: dazzle them with tasty turkey trivia.

- TV dinners have Thanksgiving to thank. In 1953, someone at Swanson misjudged the number of frozen turkeys it would sell that Thanksgiving -- by 26 TONS! Someone came up with a brilliant plan: Slice up the meat and repackage with some trimmings on the side. Thus, the first TV dinner was born!
- Going shopping? Not if you're a plumber. Black Friday is the busiest day of the year for them, according to Roto-Rooter, the nation's largest plumbing service. After all, someone has to clean up after household guests who "overwhelm the system."
- Leaving a legacy: When Abe Lincoln declared Thanksgiving a national holiday, it was thanks to the efforts of a magazine editor named Sarah Josepha Hale. Her other claim to fame? She also wrote the nursery rhyme, "Mary had a Little Lamb."
- Gobble, gobble? Not so fast. Only male turkeys, called toms, gobble. Females, called hens, cackle.
- Have it your way: If Ben Franklin did, the turkey would be our national bird. An eagle, he wrote in a letter to his daughter, had "bad moral character." A turkey, on the other hand, was a "much more respectable bird."
- Born in the U.S.A.: Thanksgiving is not just an American holiday. Canadians celebrate it too. Except they do it the second Monday in October.
- Talking turkey: Why is it called a turkey? Back in the day, Europeans took a liking to the guinea fowls imported to the continent. Since the birds were imported by Turkish merchants, the English called them turkeys. Later, when the Spaniards came to America, they found a bird that tasted like those guinea fowls. When they were sent to Europe, the English called these birds "turkeys" as well.

Source: www.cnn.com

