



2017 EDITION 4

SHC is guided by our passionate commitment to help people achieve the highest quality of life.

Dear Friends,

It's been wonderful celebrating our 30th Anniversary year. I feel very fortunate to have a fulfilling job where I work with, and serve, such amazing people. It's rewarding to know that the care we provide makes a positive impact on so many lives.

As November is Family Caregiver Appreciation month, I would like to celebrate and commend all of the family caregivers we work with. SHC has close ties to family caregiving. It was my time as a family caregiver for my grandmother that inspired me to found SHC. Similarly, many of our caregivers discovered their passion as family caregivers and continue to care for family members when they aren't providing care professionally. We also have the honor of teaming with many family caregivers to help provide the best quality of life for their loved ones.

As we have grown, it has been rewarding to help family caregivers in the community through our free SHC University Training courses and recently completed May Fleming Learning Lab.

As our milestone year draws to a close, I would like to once again express my gratitude to every family who has allowed us to serve them and every caregiver who has been a part of providing excellent care services to the St. Louis community.

I wish you a wonderful holiday season and look forward to sharing new experiences in 2018!

Yours in Service,

Kit Whittington  
RN, BSN, FOUNDER



# 10 Gift Ideas for Seniors

Shopping for an elderly loved one or longtime spouse can be difficult. They've accumulated a lifetime of gifts and may feel they have everything they need. However, it is possible to find a heartwarming and practical gift.

**Here are a few suggestions:**

1. Blankets – Modern customizable options make them personal and fun.
2. Gift basket – Make practical gifts more personal. Choose favorite soaps, lotions, foods or even basic items like stamps and stationary.
3. Technology – Smartphones and tablets are a great way to stay in touch through programs like Skype and Facetime.
4. Kitchen and household tools – Check out senior-friendly products on sites such as ArthritisSupplies.com and SeniorsEmporium.com.
5. Photos – Frame a favorite picture or fill an electronic frame with photos of family and friends. Or, set aside time to scrapbook together or go through and update old albums.
6. Calendars – Help keep track of the date and remember appointments, as well as events to look forward to. You can also create custom calendars with favorite photos.
7. Food items – Bake favorites, healthy snacks, or anything to enjoy together or with a friend – just make sure it won't interfere with any medications or conditions.
8. Activities for grandchildren – This can be puzzles and games for grandparents to enjoy with their grandchildren, or coloring books and toys to play with while the adults catch up.
9. Music & movies – Can be enjoyed together. Music is proven to benefit seniors with Alzheimer's and dementia.
10. Time – Time together is the best gift of all. Plan a dinner date or get a gift certificate they can use with friends or family at a favorite place.



Source: SHC Blog



## We are here for you:

An SHC professional is available 24/7 to handle scheduling needs or contact your designated family member should a condition change in the home setting.

# Please Help Seniors Home Care 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 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 12/4/17 for Christmas donations.



| NOVEMBER    |            | DECEMBER      |             |
|-------------|------------|---------------|-------------|
| Dave A.     | Jan P.     | Tony C.       | Margaret M. |
| Kenneth B.  | Helen R.   | Barb H.       | Margaret R. |
| Joseph F.   | Leonard R. | William H.    | Samantha S. |
| Dorothy H.  | Doris S.   | Ray H.        | Carol S.    |
| Jennilee L. | Karen T.   | June J.       | Charles S.  |
| Joseph M.   | Alice V.   | Mary Carol K. | Jeanette W. |
|             |            | Jean L.       | Virginia Z. |

## From our office...

### ACCOUNTING.....

With the holidays coming be sure to give at least 24 hours' notice when cancelling or changing a shift.

### NURSING.....

Soon it will be getting dark at 5:00pm – be sure you have several flashlights with batteries. Keep one at the bed side, in the kitchen and living room in case of power failure.

With winter weather approaching, now is the time to arrange for snow removal and salting your driveway. We want to be sure our caregivers are able to safely get into your home.

### SCHEDULING.....

Please call the SHC office at 314-962-2666 with any changes to your schedule. Don't rely on your caregiver to communicate schedule changes to SHC.

### CARE SERVICES.....

All of our great "in home" care services are also offered in Independent Living, Assisted Living and Rehab Care settings. Don't leave home without us!



## All Seasons Windshield Guard

Protects against frost, ice and heat! Fits cars and small to large SUVs. All-season polyester guard secures to side mirrors with elastic straps. Easy to store. Spot clean. 66x49¾". Source: Goldviolin.com



## SHC CLIENT TESTIMONIAL

"My husband has always been a "do-it-myself" type person, so when he needed help after a hospital stay and rehab stay, I was concerned about how he would react to having someone in our home. The caregiver sent from SHC made him comfortable, showed an interest in him, and was very professional. We couldn't have asked for anyone more perfect than who you sent us!"

*JoAnne C.*

## November is National Family Caregivers Month

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.

## Are You Ready?

In an emergency situation, preparation is key to an effective response. Seniors and individuals with functional needs must be prepared for any type of emergency.

People living at home who have special needs should identify individuals who can help during an emergency. Make sure these people know where you keep emergency supplies and have a key to your house or apartment.

Medical alert tags or bracelets help identify disability if medical attention is needed. If you need dialysis or another

life-sustaining treatment, know the location of more than one facility.

**A supply kit for people with functional needs should include:**

- A list of prescription and nonprescription medications and dosages
- A list of allergies
- Extra eyeglasses and hearing aid batteries
- Extra wheelchair batteries or other special equipment
- A list of the brand, style and serial numbers of medical devices
- Copies of medical insurance and Medicare cards
- A list of doctors
- A list of emergency contacts and family
- Telephone numbers of close neighbors who can help

Source: Missouri Dept. of Health & Senior Services



## Holiday Lights In & Around St. Louis

### Santa's Magical Kingdom at Jellystone Park

Millions of lights and dozens of holiday scenes fill Jellystone Park's 35 acres in Eureka. You can see Santa's flying reindeer, travel through the Candy Cane Village or visit the Waterfall of Lights. For details, call 636-938-5925.

### Brewery Lights at the AB Brewery

See the Anheuser Busch Brewery all decked out for the holidays. The brewery hosts free walking tours, along with free samples of AB products. There are also food stations, a s'mores station and a special VIP holiday package. For details, call 314-577-2626.

### Winter Wonderland in Tilles Park

For more than 30 years, the St. Louis County Parks Department has turned Tilles Park into a Winter Wonderland. You can drive through the display or see the lights by horse-drawn carriage. For details, call 314-615-8371.

### Garden Glow at the Missouri Botanical Garden

Hundreds of thousands of lights decorate the Garden. Walk through the light display, then take in the Victorian Christmas decorations at Tower Grove House. Garden Glow also has live holiday music, snacks and shopping. For details, call 314-577-5100.

### Wild Lights at the St. Louis Zoo

Go a little wild this holiday season with Wild Lights at the St. Louis Zoo. Exhibits come alive with more than 500,000 lights. Kids can hear holiday stories and adults can do a little shopping at the Holiday Zootique. For details, call 314-781-0900.

### Christmas Wonderland in Alton, IL

Alton's Rock Spring Park twinkles with three million lights. See cascading waterfalls, lighted trees and dozens of magical displays. Kids can also visit Santa in the Enchanted Forest or get up close with goats, llamas and other animals at the petting zoo. For details, call 1-800-258-6645.

## Winter Driving Tips

Driving on snowy or icy roads requires special attention to safety. Here are tips to help you get ready for winter.

Check road conditions before you go. MoDOT's online Traveler Information Map ([traveler.modot.org/map](http://traveler.modot.org/map)) offers current views of road conditions and is available as an app for iPhones and Android phones. Or, call MoDOT's toll-free customer service center for current road conditions at 888-ASK-MODOT (888-275-6636). The Customer Service Center is staffed 24 hours a day, 365 days a year.

Winterize your car with fresh antifreeze, a good battery, a properly operating exhaust system and oil that will withstand the rigors of cold weather.

Do a thorough inspection of your vehicle, paying special attention to your tires, brakes, windshield wipers and windshield wiper fluid. Also, always keep your gas tank at least half-full.

Source: Missouri Department of Transportation