

# CARE CONNECTION

SHC IS GUIDED BY OUR PASSIONATE COMMITMENT TO HELP PEOPLE ACHIEVE THE HIGHEST QUALITY OF LIFE.

2021 | EDITION 4



SENIORS HOME CARE  
504 Marshall Avenue  
Saint Louis MO 63119  
314-962-2666

## Take Note

### Note from Accounting

Are you aware of our client and caregiver referral bonuses? Give us a call to learn more!

### Note from Nursing

Cancer Prevention is in your hands! Research shows that you can prevent several types of cancer by following a healthy diet high in colorful veggies, fruits, and whole grains and low in processed meats. Maintain a healthy weight and encourage an active life style.

### Note from Scheduling

We would like to thank all of our caregivers for your dedicated hard work on the front lines. Remember that your mask is part of your uniform and to be worn at all times. Stay safe everyone!

### Note from Care Services

Do you know anyone that would make a great caregiver? We're always looking for compassionate caregivers to join our team.

## Dear Friends,

The summer seems to be flying by. It's hard to believe that we've already reached August. In no time it'll be September, which happens to be Healthy Aging Month. Healthy Aging Month is a time to focus on the positive aspects of growing older instead of stereotypes and negative aspects.

Use Healthy Aging Month as a chance to take stock of where you've been and pursue the things you enjoy. Stand tall and be proud of all that you've accomplished. But don't just look to the past. Think about what you enjoy and try to make the best of each day.

There are lots of ways to celebrate Healthy Aging Month. Make an extra effort to be positive in your conversations and actions. Smile! Research shows that people who smile are often happier. Make your health a priority – eat well (but allow yourself some treats), exercise and keep up with doctor's appointments. Pursue the things you enjoy – arts, sports, reading, writing, friends and family.

At Seniors Home Care, we embrace the spirit of Healthy Aging Month year-round. Through our mission of Dignified Care with Compassion, we strive to empower our clients to achieve their highest quality of life. Sometimes that involves cooking healthy meals and ensuring safety at home. For others, it means assistance with exercises or enjoyable outings such as a drive through Forest Park.

What can Seniors Home Care do to help you or a loved one embrace the positive aspects of aging (even when it takes a little extra effort)? We want to help you thrive!

Yours in Service,

*Kit and Ryan Whittington*



## How To Avoid Scams

### KNOW THE RED FLAGS

The most common types of scams target you through fake emails, text messages, voice calls, letters or even someone who shows up at your front door unexpectedly. No matter which technique the scammer uses, you may be:

- Instructed to not trust your bank, or to respond to questions in untruthful ways
- Pressured to send money
- Threatened with law enforcement action
- Told to purchase gift cards and provide codes as a form of payment
- Asked to cash a check for a stranger or send money via wire transfer
- Asked to deposit a check that overpays for something you're selling, then send the difference elsewhere

If you authorize a transfer or send money to a scammer, there's often little that can be done to help get your money back.

### KNOW THE BEST WAYS TO AVOID BEING SCAMMED

- **Don't respond:** If you're not 100% certain of the source of the call, email or text, then hang up the phone, don't click on the link in the email and don't reply to the text message.

- **Don't trust caller ID or answer phone calls from unknown numbers:** If you recognize the caller ID but the call seems suspicious, hang up the phone. Phone numbers can be easily spoofed to appear to be from a legitimate caller.
- **Don't give out your information:** Never provide any personally identifiable information unless you're absolutely certain the person and reason are legitimate. Remember: your bank will never ask you to send personal information such as an account number, Social Security number or Tax ID over text, email or online.
- **Research and validate:** If the individual or organization seems suspicious, make sure the request being made is legitimate by calling the organization through an official number from their website or consulting with a trusted family member or friend.

If you feel you may have been a victim of a scam, contact the company or bank that issued the credit card, debit card or account involved.

Source: [www.bankofamerica.com](http://www.bankofamerica.com)

## “SHC Client Testimonial

“I called and spoke to Ryan when I needed care for my husband. He listened and told me he understood Alzheimer's and that they could help me. The staff had training in dementia care and that made me feel good.

Julie, the nurse, did an assessment and was very caring and compassionate about my needs.

Every caregiver was kind and arrived one time, well dressed in their uniform. They took cues from me on what was best for my husband and each time after they knew what to do.

The entire company from the schedulers, caregivers, nurses and everyone I spoke to really cared about us and did their best to supply the same caregiver.

A truly compassionate company.” - Diane R.



# Know Where to Go: How to Choose Between the ER, Doctor’s Office, and Urgent Care

Some decisions are straightforward: If your car needs repairs, you go to the mechanic. If you need a haircut, you go to a hair salon. But when it comes to healthcare, the choice is not always so clear.

When you’re feeling sick or are injured, there are several key places you can go for medical care: a doctor’s office, an urgent care center, a retail health clinic or the emergency room. Here’s a quick guide to help you know where to go.

## Doctor’s Office

Your primary care doctor should be your first call in non-emergency situations. Your doctor knows you and your health history, including what medications you are taking and what chronic conditions might need to be considered in your treatment.

This option can also help you avoid the long wait times typically found in an emergency room. Even if your doctor is unavailable or not an expert in the area of care you need, he or she can refer you to a specialist or another medical professional.

## Urgent Care Center or Retail Health Clinic

If you can’t reach your doctor or need care outside of regular office hours, urgent care centers and retail health clinics are good options. Retail health clinics are walk-in clinics found in many large pharmacies and retail stores. They are staffed by nurse practitioners and physician assistants and are designed to treat simple conditions, like cold and flu, ear infections and skin conditions. Urgent care centers have physicians on staff and can provide care for a greater range of conditions, including performing x-rays.

## Emergency Room

Emergency rooms are designed to treat urgent, acute and life-threatening conditions and aren’t the place for routine care or minor ailments. If you feel you are dealing with a health emergency, call 911 or go to the emergency room right away. Otherwise, one of the above options will save you time and money, and clear the way for patients in need of emergency treatment.

Source: [www.bcbs.com](http://www.bcbs.com)



## Get to Know

### Kurtis Reeves, Care Coordinator

The chances are good you’ve spoken with Kurtis. As one of SHC’s Care Coordinators, he is a key player in filling client schedules with ideally suited caregivers. He is also a member of the after-hours on-call team. Before joining the office staff, Kurtis spent five years as an SHC caregiver.

### Fun facts about Kurtis:

- Hobbies include spending time with family, games and weight training
- Has two dogs and two cats – Tyson, Rayden, Simba and Nala
- Favorite movies include Terminator 1 & 2
- He’s afraid of spiders



## Swivel Car Seat Cover

The Ruby Slipper Swivel Car Seat Cover allows passengers to swivel in and out of their car seat with ease. It is intended for anyone with limited mobility and strength, or recuperating from a recent surgery.

- **Comfortable:** A sleek, soft and flexible swivel seat cover
- **Built to Last:** Heavy-duty double layered seat cover
- **Easy Care:** Cool nylon fabric repels liquid
- **Universal:** For passenger or driver – works with most vehicles (cars, trucks, vans)

Source: [www.rubyslipperswivelcarseatcover.com](http://www.rubyslipperswivelcarseatcover.com)

## Getting A Good Night’s Sleep

An ongoing lack of sleep or poor-quality sleep increases your risk of health problems such as cardiovascular disease, high blood pressure, diabetes, depression, and obesity. They are also linked to memory problems, forgetfulness, and more falls or accidents.

Aim for 7-9 hours of sleep each night. Here are some tips to help:

- Go to bed and wake up at the same time every day, even on weekends.
- Find ways to relax before bedtime each night.
- Avoid distractions such as cell phones, computers, and televisions in your bedroom.
- Exercise at regular times each day, but not within 3 hours of your bedtime.
- Don’t eat large meals, or drink caffeine or alcohol late in the day.
- Avoid long naps (over 30 minutes) in the late afternoon or evening.

Source: [www.nia.nih.gov](http://www.nia.nih.gov)



Clients	Caregivers
<b>AUGUST</b>	<b>AUGUST</b>
Dolores C.	Michelle B.
Mary H.	Lindsey C.
Ben H.	Leah H.
Raymond H.	Sharon H.
Susan T.	Carnisha M.
<b>SEPTEMBER</b>	Emily M.
John F.	Tammi V.
Jim F.	Regina Y.
Heidi F.	<b>SEPTEMBER</b>
Florence G.	Quintella B.
Elizabeth H.	Carla B.
Mary H.	Donnetta C.
Andrew K.	Lakneshi J.
Edna M.	Lawanda L.
Ed M.	Sheila L.
Nancy R.	Lisa P.
Sarah S.	Tatiana S.
Mary Kay V.	Rochelle W.
	Veronica W.
	Angela W.