

CARE CONNECTION

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

2021 | EDITION 5



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

Take Note

Note from Accounting

Caregivers: If you have not recently considered your tax withholdings, we urge you to do so. The pandemic has prompted the US government to distribute financial assistance to many Americans, which may have affected you. The IRS urges everyone to use the Tax Withholding Estimator (available at [IRS.gov](https://www.irs.gov)) to perform a Paycheck Checkup. If an adjustment is needed, the Tax Withholding Estimator gives specific recommendations on how to fill out your employer's online Form W-4 or provides the PDF form with key parts filled out.

Note from Nursing

Happy Fall! As we ease into the new season, we ask you to be mindful of cold/flu season. As always, the best way to prepare is being proactive. We urge you to get your yearly flu vaccine. We also encourage frequent handwashing with hand sanitizer or soap and water. This is also our opportunity to continue to encourage COVID-19 vaccinations and masking as directed. As the weather gets colder, events tend to move indoors. Please continue to practice safe social distancing and masking to protect yourself and others.

Dear Friends,

Fall is upon us and the holiday season will be here before we know it. It is traditionally a time of year for gathering with family and we hope that you are able to enjoy the company of loved ones safely and responsibly.

At SHC, we also embrace this time of year because November is National Family Caregiver's Month. At SHC, we have the privilege of working with many amazing family caregivers, as we work together to provide care for their loved ones. We commend all of the amazing family members and friends who dedicate their time and effort to improve the lives of others.

One way that SHC has committed to supporting family caregivers is through our SHC University community training class for family caregivers. The free class is taught by an SHC nurse and is a great opportunity for non-professional caregivers to ask questions and learn insider tips from an industry expert. Our next class is November 9. If you,

or someone you know, are interested in attending, please call our office to sign up or learn more.

In this edition of the newsletter, we highlight several resources and programs to assist family caregivers and their loved ones. We also encourage you to use SHC as a resource. During our 34 years in business, we have learned a lot and built many community partners. We are always happy to share advice and offer guidance.

Yours in Service,

Kit and Ryan Whittington



Free Technology Training for Seniors

We recently learned of this free resource to assist seniors with technology. While we have not worked with this website and do not endorse it, it seemed like an interesting program worth sharing.

Generations on-Line (GoL) offers no-cost tools for seniors to help develop technology skills. As the COVID pandemic has increased isolation and reliance on online communication, GoL vows to empower elders to overcome literacy and intimidation issues through easy, fast, and free tools to help those who struggle with the internet.

The organization aims to guide a novice through the basics with friendly, simple, large type, onscreen directions for using tablets, email and texting, searching, photos, apps, and online safety. There is also a web version for those less comfortable with or unable to download an app.

All programs are free. The organization is supported solely by charitable contributions.

To learn more about Generations on Line and the programs they offer, visit their website at www.generationsonline.org.

Exercise Videos for Building Your Abilities

While leafing through a recent (wonderful) newsletter from the St. Louis Chapter of the American Parkinson Disease Association, we learned about their new Building Your Abilities video series. The series features 10 videos (each about 10 minutes long) that focus on common challenge areas for individuals with Parkinson Disease, as well as many older adults in general.

Current videos include:

- Getting up from Your Chair
- Head to Toe Warmup
- Increase Your Flexibility
- Exercising Your Voice
- 5 Functional Exercises for Daily Activities
- Range of Motion
- Cognitive Challenges
- 3 Exercises to Improve Your Coordination
- 5 Balance Exercises to do at Your Kitchen Counter
- Hand Exercises

Visit <https://www.apdaparkinson.org/community/st-louis/resources-support-stl/exercise-classes/building-your-abilities/> to learn more and view the videos. Thank you APDA for this wonderful resource!

Source: www.apdaparkinson.org/greaterstlouis

The COVID Delta Variant: What you Need to Know

As if one strain of the coronavirus wasn't enough, recent headlines have swept the nation about a "Delta variant" and possible other variants of the Coronavirus going around.

What exactly is the Delta variant?

A strain of the coronavirus has mutated into a few other variants that are rapidly spreading around the world. The most predominant strain in the US, according to the Centers for Disease Control and Prevention (CDC), is the Delta variant, since it is more contagious than previous strains.

Yale Medicine breaks down the Delta variant into five things to know:

1. The Delta variant is highly contagious: One of the most unique things about the Delta variant is how quickly it spreads.
2. Unvaccinated people are at a higher risk: "People who have not been fully vaccinated against COVID-19 are most at risk," Yale Medicine writes. They go on to explain that children and young people are a concern as well with this variant.
3. Delta variant could lead to "hyperlocal outbreaks": As the variant quickly spreads, "the biggest questions will be about the heightened transmissibility – how many people will get the Delta variant and how fast will it spread?" This could all depend on where you live and how many people in your area are vaccinated, explains Yale Medicine.
4. Still much to learn about the Delta variant: Just like any virus that spreads, evolves and changes, there tends to be a lot that's unknown.
5. Receiving a vaccination is the best preventative measure against the variant: "The most important thing you can do to protect yourself from Delta is to get fully vaccinated, the doctors say." Yale Medicine also explains that whether or not you are vaccinated, following CDC prevention guidelines and protocols are important and can help keep you safe.

How can you best protect yourself from the virus?

According to the CDC, "The COVID-19 vaccines authorized in the United States are highly effective at preventing severe disease and death, including against the Delta variant. But they are not 100% effective and some fully vaccinated people will become infected (called a breakthrough infection) and experience illness. For such people, the vaccine still provides strong protection against serious illness and death."

The other way to try to combat spreading or catching the virus is by wearing a mask and practicing social distancing. As this virus is highly transmissible and spreads person-to-person via fine droplets and particles that are spread through the air, wearing a protective layer such as a mask helps reduce the transmission of the variant.

Source: www.ceufast.com



Get to Know

Jessi Gewinner, RN, Case Manager

Jessi is a member of SHC's Nursing Department, where she performs client assessments, skilled nursing visits, monitors changes in client condition and medications, and answers general medical questions from families and caregivers.

Fun facts about Jessi:

- She is the youngest of 3 kids, with an older sister and brother.
- Her nickname as a kid was messy Jessi, which she's tried to remedy as an adult, but old habits die hard. She now has 3 kids of her own, and her youngest is carrying on the legacy.
- Her favorite sport is soccer (all levels Kindergarten - Pro)
- Her favorite place in town is her couch on Friday nights with her family, watching a movie and snuggling.
- Many years ago, she spent quite a bit of time in Australia, India and Thailand. It's on her bucket list to go back someday with her family, a little older and a little wiser.



Drive HurryShield PPE Bag and Kit

The HurryShield bag is a convenient storage option for all your PPE essentials while on the go. It includes a washable face mask, disposable gloves, disinfectant wipes, hand sanitizer, and a no touch key. Inside, there are compartments for your mask, gloves and storage room for your cell phone or other small items. Externally accessible is your no touch key, hand sanitizer and wipes that dispense from a waterproof front pocket. Take it in the car, attach it to your mobility device, or wear it on your wrist, belt or bag.

Source: www.drivemedical.com

SHC Client Testimonial

"When things seem so glum around the country and world in general, there is a bright light emanating from the halls of SHC. The nurses were family oriented and tuned in to the feelings of all present. The office staff went out of their way to be helpful and dedicated to the best needs of patients. They comfort beyond words.

Bless them all," - Jerry G.



OCTOBER	NOVEMBER
Margie B.	Thelda B.
Chris B.	Leonard B.
Marv G.	Kenneth B.
Sara K.	Carolyn C.
Vic K.	Ruth H.
Evalyn R.	Joseph M.
Marianne T.	Dave S.
	Karen T.