

CARE CONNECTION

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

2021 | EDITION 6



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

Take Note

Note from Accounting

If clients would like a year-end statement from SHC in January, please contact the office and speak to Connie.

Note from Nursing

Although this time of year is often for celebrations and joy, we also want to acknowledge that many experience grief and sadness. Please take time to care for yourself and others by acknowledging the harder feelings as well as the celebration. We also ask you to care for yourself and others by getting vaccinated or the booster, and practicing social distancing and masking appropriately.

Note from Scheduling

Please provide the office with as much advance notice as possible when making schedule changes.

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,

Season's greetings! It's hard to believe the holidays are once again upon us, but here we are!

While the Covid pandemic is still very much at the top of our minds, we are happy to be able to safely gather with our loved ones thanks to vaccines and following responsible measures, such as limiting gathering sizes and paying close attention to potential symptoms.

We hope that you are able to gather with loved ones this year and encourage everyone to keep up the fight against Covid by remaining vigilant when it comes to safety measures and precautions.

From our family to yours, we wish everyone a very safe and happy holiday season!

Yours in Service,

Kit and Ryan Whittington



6 Ways to Overcome Social Isolation During Another COVID Winter

Cases of COVID-19 are rising in many areas of the country. In fact, some experts are predicting a forthcoming surge, which could mean another winter without handshakes and hugs — or, at least, significantly fewer of them.

The good news is that there are things you can do to both minimize your risk of COVID and the consequences from social isolation.

1. Embrace virtual opportunities

There's no denying that the best interactions are in-person. But if you're waiting on younger family members to get vaccinated or for indoor group gatherings to feel safer, the next best option is a video connection.

2. Get outside as much as you can

The season's darker days and colder temps make getting fresh air more difficult. But getting outdoors regularly, wherever you are, is important, both for light exposure and for physical activity.

Exposure to sunlight helps you keep up the production of melatonin, which is important for sleep, and serotonin, a mood booster. Plus, exercise keeps the heart and brain healthy.

Of course, heed caution if there's snow and sleet on the ground. But if it's safe, bundle up and make it a point to meet a friend for a walk. You can also check with a community center or parks department for a list of outdoor activities.

3. Consider a pod

Lots of people weathered the worst of the pandemic with pods, or small groups of people who quarantined together or exercised similar levels of precaution. This concept may be worth revisiting, especially if you have a close group of friends that you are comfortable being with who are also being careful.

Just keep your mask handy for any indoor group gatherings, even if everyone is fully vaccinated. The CDC recommends wearing a mask in public indoor settings if you are in an area of substantial or high transmission, which currently is most of the country.

4. Keep a routine

Maintaining a sense of structure is important, because when you're isolated, you may be drifting and not regular about things. In the winter, especially, keep to a sleep schedule, no matter how tempting it may be to doze off once the sun goes down.

5. Talk with a health care provider

If you feel isolated or notice loneliness setting in, let your health care provider know. Describe symptoms you are experiencing, and outline any major changes or stresses in your life. Being open and honest about your health and habits will help your physician decide the best treatment.

6. Use available resources

Federal agencies, national organizations and local community groups have resources to help adults avoid social isolation.

Source: www.aarp.org

10 Best New Year's Resolutions for Seniors (and How to Make Them Stick)

Every January, millions of people commit to New Year's resolutions — and give up by February. If you're tired of the same old cycle, we have ten suggestions for SMART New Year's resolutions for seniors.

SMART goals are specific, measurable, attainable, relevant, and time-oriented. For example, "get in shape" is not SMART. Instead, try something like "do 30 minutes of physical activity three times per week until April." At the end of the time limit, you can evaluate your progress and set a new goal. SMART goals are the key to making resolutions that stick.

1. Move 10 minutes more each day

If you're new to physical activity, adding 10 minutes per day is a reasonable goal.

2. Join a social club

Social clubs are perfect resolutions for anyone battling loneliness. Whatever your interests, there's probably a group out there for you!

3. Try a new activity

When was the last time that you did something for the first time? Sign up for a lifestyle course or learn a new language. It's fun and a great way to keep your mind active.

4. Add an extra serving of veggies

Vegetables have a myriad of health benefits. Have pre-cut veggies in your fridge for lunch or add a different colored vegetable for dinner.

5. Stay on top of medical checkups

Book your follow-ups or annual physical while you're at the doctor's office and add it to your calendar. Don't let your health go unchecked this year.

6. Drink an extra glass of water each day

Instead of trying to jump to eight glasses per day, start by adding one extra glass of water. Have it before your morning coffee or drink a full glass when you take your medication, instead of having little sips.

7. Eat with family or friends once a week

Commit to sitting down with friends or family once a week or even just once a month. Remember, the goal is to make resolutions that stick, not ones that seem like a huge burden.

8. Go to bed half an hour earlier five nights per week

Many of us are sleep deprived. Going to bed 30 minutes earlier (or getting up 30 minutes later) is one of the best resolutions for seniors' health.

9. Exercise your brain 10 minutes per day

Keep your mind active every day. Work on a crossword or sudoku puzzle; learn to knit; or learn to use a tablet or smartphone.

10. Limit yourself to seven drinks per week

Heavy drinking affects your health. Moderation is what makes resolutions that stick.

Source: www.retireathome.com

Apex Large-Face LCD Fast-Read Digital Thermometer

Quickly and accurately keep track of your temperature. The Apex Large Face Fast Read Digital Oral Thermometer provides an accurate read in just five seconds. It features a large LCD screen, beeper, and color bar indicator for an easy and precise read.

Source: www.carex.com



Get to Know

Ryan Whittington, CEO

Ryan is SHC's fearless leader! You could say Ryan grew up with SHC, as he is the son of founder, Kit Whittington, RN. He started at SHC in 2008, and in 2018, he followed his mother's footsteps and became the company's CEO. Many of you know first-hand that he is an approachable and hands-on leader, which is a key to the family business atmosphere at SHC.

Fun facts about Ryan:

- Favorite movie is the Shawshank Redemption.
- Hidden talent is woodworking.
- Has a Standard Poodle named Chief who can sometimes be seen roaming the SHC office.
- The accomplishment he is most proud of are his two sons. One is an Eagle Scout and the other is well on his way. They make him proud each day!



DECEMBER

June J.
Jerry L.
Barbara M.
John R.
Sally R.
George S.
Carol S.

JANUARY

Martha B.
Barbara H.
Rosemary M.
Linda W.

SHC Client Testimonial

"Before I moved to a senior facility, my family was very impressed with the quality of personal care I received from SHC employees, from administrative services and visiting staff alike. Most caregivers, especially my last one, spared no effort to see that my needs were met and that I was secure and comfortable.

I have personally recommended SHC to several friends and wish all of you continued success." - Alice M.