

CARE CONNECTION

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

2022 | EDITION 2



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

Take Note

Note from Accounting

Do you know someone who would benefit from the assistance of SHC? Do you know anyone who would be a great addition to our team? We reward referrals! Give us a call to learn more.

Note from Nursing

As the seasons change and weather shifts up and down, please continue to take care of your respiratory health. You may want to discuss with your healthcare provider if you might benefit from an over-the-counter allergy medication. Be aware of your "normal," and try to assess whether you are dealing with allergies or another respiratory virus. Cold and flu season seems to extend further into the Spring these days. Look out for yourself and others, and stay safe!

Note from Scheduling

Please provide as much advance notice as possible when making changes to your schedule.

Note from Care Services

We're happy to announce the 2022 SHC University Family Caregiver Training dates – June 23 & November 10. We're proud to offer this free Family Caregiving class to the community. If you or someone you know might benefit from the class, please call us to learn more and sign up!

Dear Friends,

The weather's getting warmer, mother nature's getting her color, and there seems to be a feeling of rejuvenation in the air. It's one of our favorite times of the year.

We're also excited because April 15 marked SHC's 35th Anniversary! We're so proud of how far we've come and are thankful to have you as part of the SHC family as we continue to grow and serve our community.

The gratitude and good times keep flowing into May, which is Older Americans Month and contains National Nurses Week – two of our favorite groups of people! We also wish a Happy Mother's Day to our many Client and Caregiver Mothers who will be celebrating on May 8!

Continuing on, we'll once again host our series of caregiver meetings, which will take place during the week of May 16. Since we provide care in clients' homes, caregivers

rarely get to see one another, so it's always a treat to get groups together in person. We use this time to communicate company policies and updates. In return, we receive great feedback to learn from. Caregivers – check your email for meeting details.

From our family to yours, we wish everyone a safe and prosperous spring!

Yours in Service,

Kit and Ryan Whittington



Julie Daubendiek, RN, CCM Joins the Aging Life Care Association

Congratulations to Nurse Julie, who was recently granted membership to the exclusive Aging Life Care Association! The ALCA is a comprehensive, client-centered approach to caring for older adults and others facing health challenges.

Julie's membership brings added benefit to SHC's Care Management services. Through the ACLA, Julie broadens her network of professionals to work with, and learn from, in order to promote safe, healthy, and enjoyable aging.

When families find that they need some assistance beyond caregiving services, Care Management services provide nurse-led education, guidance and advocacy for attaining the highest quality of life. This can include medication set-up, accompanying to doctor's appointments, and much more.

If organizing your health care needs (or those of a loved one) becomes overwhelming, contact us to learn more about SHC's Care Management services. Discover the peace of mind that occurs when you have an expert in your corner. Many families rest easier with a professional partner to assess, monitor and advocate for their needs, while helping navigate the complexities of the healthcare system.

Great job Julie and thank you for your commitment to serving SHC's clients!

National Nurses Week - A Salute to Our Superheroes in Scrubs

Every year from May 6 to May 12 we celebrate National Nurses Week, in honor of Florence Nightingale (born on May 12), who is widely regarded as the founder of modern nursing.

Known as "The Lady with the Lamp," Nightingale often made her rounds at night, carrying a lamp, treating wounded soldiers during the Crimean war. In 1860, she founded a nursing school providing the first type of professional nursing establishment in the world.

At SHC, and throughout the home health care field, nurses are integral to allowing seniors to age safely in the comfort of home.

We thank our on-staff nurses – Julie, Jessi, and Jane – and all of the nurses out there for their hard work, service and dedication. From initial assessments and care plan development to continuous follow-up and advocacy to caregiver training, a nurse's job is never done.

At SHC, we're thankful for our nurses every day, this week reminds us to make sure we say it.

Celebrate Older Americans Month

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how we age and how we choose to do it. That's why the theme for Older Americans Month (OAM) 2022 is Age My Way.

Every May, the Administration for Community Living leads the celebration of OAM. This year's theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While Age My Way will look different for each person, here are common things everyone can consider:

Planning:

Think about what you will need and want in the future, from home and community-based services to community activities that interest you.

Engagement:

Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.

Access:

Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.

Connection:

Maintain social activities and relationships to combat social isolation and stay connected to your community. Over (or getting on a stepladder) can be dangerous. Put things you use frequently in a drawer or cabinet at a level that doesn't require you to move up or down regularly.

Seniors Home Care is proud to play a role assisting clients with the considerations above. Whether it's fighting isolation, helping with mobility, or staying with a loved one so that you can get out of the house, we're here to help. If you could use help staying engaged, please contact us. We'd love to help you plan and reach the best solution for aging your way.

Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone.



Get to Know

Ted Ryan

You've probably talked to Ted while calling the office. He assists with marketing and administrative tasks. Ted performs a wide variety of tasks associated with client and caregiver development. He also happens to gather the content for this newsletter.

Fun facts about Ted:

- Enjoys bike rides through the parks and side streets of South St. Louis
- Favorite movie is The Blues Brothers
- Loves to travel. Favorite vacation was to Paris, France.



Jewelry Style Medical Alert Holder

Style and safety go together with the Medical Alert Necklace Jewelry Pendant Holder. The medical alert button fits into the back of the jewelry housing. Then if you need help, just press the button. You'll speak with an EMT/EMD Certified agent who will call family, or dispatch emergency services if required.

Source: www.medicalcarealert.com



APRIL

Marge B.
Peggy C.
Kathy D.
Jackie G.
Linda L.
Bill L.
Mary L.
Janis M.
Lillian P.
Lura R.
Rosemarie S.
Tom Y.

MAY

Len A.
Elise F.
Mary R.
Jeanne S.
Judy T.

“ SHC Client Testimonial

“My mother did not want to leave her home of 65 years for an assisted living facility. She also did not want “strangers” in her home. The staff of SHC quickly won her over, and became like family. Their kindness and compassion allowed Mom to continue to stay in her home until her death. The last few days of her life, the SHC caregivers allowed me to get some rest knowing Mom was in good hands. Kurtis and Shellita were always responsive and never made me feel like I was bothering them.

Thank you for your professionalism and caring.

” - Gail F.