

CARE CONNECTION

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

2023 | EDITION 2



SENIORS HOME CARE
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Take Note

Note from Accounting

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

Note from Nursing

Spring is a great time to clear out clutter and get organized! Decluttering frees up space, decreases stress, and even relieves insomnia. Removing clutter from your home also reduces your risk of falling. Ask your caregiver or family member to help you separate items into three categories: keep, donate, and trash. Organize the items you keep with appropriate-sized containers and shelving. Don't forget to check the batteries in your smoke detectors as well!

Note from Scheduling

Are you utilizing our online portal? Clients and family members can check their schedule and care notes via the portal. If interested, call the office to sign up.

Dear Friends,

It's an exciting time of year around SHC. Last month, we celebrated SHC's 35th anniversary. We're so proud of what has been done in the last 35 years, and we're excited to see what is yet to come in the future. Thank you to our clients, caregivers, and community partners who have made it possible and allow us to continue to thrive.

Next month, we will hold our semi-annual SHC Team Training. It's a joy to invite all of SHC's caregivers to the office for training, team building, and exchanging ideas. In a field in which most employees work alone in client homes, it's always great to get together in a group. We all walk away with a renewed sense of togetherness and passion to provide dignified care with compassion.

It's a beautiful time of year and we hope that everyone is able to enjoy spring in St. Louis. The longer days and return of colorful flowers and trees offer a refreshing lease on life and lift of spirits.



Yours in Service,
Gretchen & Ryan Whittington

Celebrate Older American's Month

Established in 1963, Older Americans Month (OAM) – is celebrated every May. It is a time to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring older citizens.

This year's theme, **Agging Unbound**, offers an opportunity to explore a wide range of aging experiences and promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Agging Unbound:

- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.



AGING UNBOUND: MAY 2023

For more information, visit the official OAM website, at www.acl.gov/oam.



Stroke Awareness

May is Stroke Awareness Month. Strokes are a medical emergency, and every second counts, because time lost is brain lost.

Over the years, we have seen numerous instances of SHC Caregivers saving the day by acting quickly and dialing 911 upon noticing the signs of a client having a stroke.

Know these stroke warning signs and share them with others:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

If you or someone with you has one or more of these signs, don't delay! Call 911 or the emergency medical services (EMS) number immediately. Also, check the time so you'll know when the first symptoms appeared. It's important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug can reduce long-term disability for the most common type of stroke.

Source: American Heart Association

May Fleming Award Winners

Every month we award the May Fleming Award (named for founder Kit Whittington's grandmother and inspiration for starting SHC) to a caregiver who has gone above and beyond the call of duty. These are our most recent winners!



FEBRUARY Tammi V.

Tammi is a very skilled and compassionate caregiver, who is a great advocate for her client. Thank you for all that you do Tammi!



MARCH Quamika W.

Quamika wasted no time proving herself as a team player and amazing caregiver. Her clients agree – each time we send her to see someone, we get the same response, “When can Quamika come back?”



APRIL Sheila L.

Sheila is a dedicated caregiver and advocate. This was recently on display during a power outage at her client's home. After working a 12-hour overnight shift, Sheila stayed with her client through the afternoon to ensure everything was okay until the power returned. Thanks Sheila!

“ Testimonial

“We needed immediate help for my dad and I was amazed at how quickly Seniors Home Care responded, organized all details and helped us put a plan in place for my dad. The care he has received has been fantastic and I can relax knowing that he is being well cared for when I can't be there. That feeling is priceless! I would highly recommend them.”

- CATHY J.



Get to Know

Anna Angelo, Recruiter/HR Coordinator

Anna Angelo is one of the newest members to the SHC team. Anna manages caregiver recruiting and retention. She is constantly seeking skilled and compassionate caregivers to join our best-of-the-best team. Anna also provides general Human Resources assistance. We're thrilled to have her!

Fun facts about Anna:

- Favorite movies include The Hobbit and Lord of the Rings, Star Wars, Marvel Superhero movies, and Indiana Jones
- Hobbies include baking, embroidery and crafts
- Loves being outdoors and gardening
- Has two dogs, Ajay (a min-pin mix rescue) and Pepper (a Chihuahua mix rescue)
- Favorite candy is chocolate covered strawberries

HIGHLIGHTED SERVICE



24-Hour Care

Through 24-hour care, individuals receive one-on-one care from a consistent team of trained and experienced caregivers. Common scenarios include: individuals who are at risk when left alone (usually due to physical frailty or cognitive impairment); recently released hospital patients needing assistance and supervision; and families caring for a relative full-time in need of respite or a vacation. When your needs increase, SHC is here for you.

SHC

Birthdays

MAY

John D.
Jeanette O.
Carol S.

JUNE

Sue E.
Susan S.
Maxine L.