

CAREGiver's Companion

Inspiration for Home Instead CAREGivers



CAREGiver Monthly January 2018

A Warm Welcome to our New CAREGivers!

(names listed from left to right)



Sydney R - Jennifer M - Jennifer P - Khelley S



Taylor D - Maria G - Jane M - David M



CAREGivers Celebrating their Birthdays this Month!

January 2 – Letitia E.

January 2 – Anna G

January 9 – Marisol R

January 10 – Jordan M

January 11 – Janet G

January 19 – Claribel M

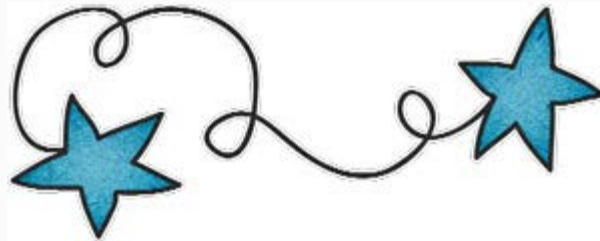
January 22 – Melanie M

January 23 – Ryan C

January 26 – Leslie A

January 26 – Emily G

Upcoming Training Schedule



January 9th 10:00 AM – 2:00PM, ALZ/Dementia Training

January 12th 9:00AM – 4:00PM, Personal Care Assistance

January 16th 1:00PM – 4:00PM, Hospice Training

January 17th 3:00PM – 7:00PM ALZ/Dementia Training

January 22nd 9:00AM – 1:00PM, Chronic Conditions

January 24th 9:00AM – 4:00PM, Personal Care Assistance

January 26th 8:00AM – 12:00PM, ALZ/Dementia Training

January 29th 9:00AM – 1:00PM, ALZ/Dementia Training

Class schedules are subject to change.

Please contact Nicole Violette with any questions or to sign up.



Clients Celebrating Birthdays this Month

January 5 – Keith J

January 6 – Sara T

January 11 – Jean L

January 18 – Edgar C

January 19 – Merrilee T

January 26 – Linda W

Linda W – Alice N

January 29 – Bill A
100 Years!

January 30 – Sylvia A

Passage of Our Friends

Please join us in extending our thoughts and prayers to the families of our clients that have recently passed away.

Catherine Enes – 12/18/17 – Catherine was a client for a short time. She loved to travel with family and friends, and bowled for years with coworkers. She will be greatly missed by her family.



Eleanora Shaffer – 1/2/18 – A lifetime resident of Stafford Springs, spent many years working as a nurses' aid at Johnson Memorial Hospital. She was a sweet lady, always ready to sit and talk with people. She used to love dancing and painting and spending time with family and friends.

Earn a Referral Bonus: Help Us Recruit CAREGivers like you.



You know what it takes to care for seniors, so we welcome your recommendations! Help us build our CAREGiver Team by recruiting your friends. If we hire a CAREGiver recommended by you and that employee works 300 hours you will receive a \$300.00 bonus! In December CAREGiver, Penney W. received a \$300 bonus for referring Michelle M and so far this month Lisa W. will receive a \$300 bonus for referring Barbara K.

If you know of someone please ask them to fill out an application at
Thank you for your help in building our amazing CAREGiver team!



Bridging the Generation Gap

People born in 1928 will be turning 90 years old in 2018. This group, members of the so-called "Silent Generation," came of age during the 1940s. What was their formative teenage life like? Consider these facts:

- During the 1940s radios were considered high technology, and a new Emerson radio cost around \$20 (equivalent to about \$300 today).
- Many rural families across the U.S. and Canada lived without a telephone, or else they had "party line" service – a landline shared with several other families, all of whom could talk or

listen at the same time.

- Most women did not hold a job outside the home.
- The median income for an American man in 1940 was \$956 per year (equivalent to about \$17,000 today).
- The number one song of 1942 was the Glenn Miller Band's "String of Pearls." Many people would have played this 78rpm record on a hand-cranked record player.
- Today's 90-year-old American grew up under a flag containing only 48 stars because Alaska and Hawaii weren't admitted to the union until 1959. And a 90-year-old Canadian remembers a time before Newfoundland and Labrador joined the Confederation in 1949 (with Nunavut joining much later, in 1999).

Imagine how different life today must seem to a 90-year-old, who certainly never woke up and checked her cell phone first thing to find out from Facebook where her friends were having breakfast, what concert they expect to go to tonight or who got engaged over the weekend. Yet that might be exactly how you start your day.

This gulf between your own life experiences and those of a client can make it challenging to relate to them. Things you take for granted as normal and acceptable behavior may strike a client as improper or abnormal. Here are a few ways you can help raise your awareness of generational differences and bridge any gap that exists.

1. Understand formalities. Today's culture tends to be very relaxed and casual, but that wasn't true a few decades ago. On your days off, you may not think twice about running errands dressed in shorts and flip-flops or hugging a friend in greeting. But older adults may have grown up during a period of more formality in attire and interpersonal relationships. This may mean they dressed up (complete with hair and makeup) before going out in public, shook hands instead of hugging or addressed each other by formal titles like Mr., Mrs. or Miss (but not Ms.) or doctor. You might try to honor these generational differences when you perceive them.

2. Assist with technology. Don't assume all seniors fear or avoid technology. The Silent Generation didn't just witness but drove

some of the greatest technological leaps in human history, from the telephone to supercomputers. Perhaps because of their generation's early embrace of technology, older adults often are eager to learn how to use devices like smartphones and tablet computers. However, research indicates these seniors often feel more comfortable receiving help to use technology rather than trying to figure things out on their own. If appropriate, feel free to help a client learn how to perform common tasks with tech gadgets. In fact, this can be a nice way for you to bond with each other.

3. Look for signals. Try to hear refusals or reluctance as a possible generation gap signal. If a client expresses hesitation at engaging in some everyday activity that seems normal to you, consider that maybe the suggestion does not mesh in some way with their worldview. For example, you may think nothing of microwaving a potato to "bake" it, but the client may hesitate to eat it because, in her experience, a potato should be baked in the oven. Or a client who experienced the clothes rationing of World War II might resist suggestions to buy a new pair of shoes when the ones he has, though considerably worn, don't have any actual holes in the sole.

Bridging the generation gap with a client can be a very rewarding experience that enriches the relationship between both of you. When you take the time to learn about a client's childhood and young adult years, you can expand your understanding of the client's cultural worldview and provide a more personalized level of care.

What "generation gap moments" have you experienced as a senior care pro? Email your thoughts to CAREGiversCompanion@homeinstead.com.^{*} We welcome additional feedback or suggestions for this newsletter as well!

Was this article helpful to you?



^{*}Disclaimer: Please call your franchise office with specific client-related

information, issues or concerns. Use

CAREGiversCompanion@homeinstead.com to publicly share ONLY newsletter feedback.



Heart of a CAREGiver

Do you know someone who would make a great CAREGiver?

You know what it takes to care for seniors, so we welcome your recommendations! Invite that caring, compassionate individual to apply at www.homeinstead.com/713/home-care-jobs.

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