

CAREGiver's Companion

Inspiration for Home Instead CAREGivers



CAREGiver Monthly July 2018

A Warm Welcome to our New CAREGivers!

(names listed from left to right)



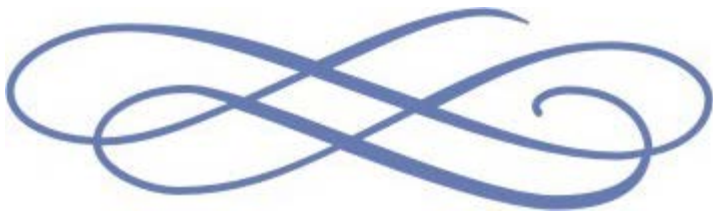
Laurie G - Rboin R - Tess M - Carly S



CAREGivers Celebrating their Birthdays this Month!

July 1 - Elaine M.
July 8 - Darla L.
July 9 - Elisabeth K.
July 17 - Jeanise P.
July 21 - Phyllis S.
July 27 - Jean K.
August 2 - Rosimar A.
August 9 - Rita L.
August 14 - Deb N.
August 17 - Cheryl B.
August 29 - Janet W.
August 30 - Robin G.
August 31 - Brenda W.

Updates from our CAREGiver Meeting



Awards presented:

1 Year

Michael A-D. - Susan C. - Alcine D. - Elisabeth K. - Elizabeth L. - Lucy R. - Nicole S. -
Annette S-G. - Norma Y.

2 Years

Rosimar A. - Michele C. - Jean K. - Betty M. - Melissa M. - Marilyn P.

3 Years

Laura K. - Deb N. - Lisa W.

4 Years

Karen A. - Marjorie I. - Mirriam K. - Karen M. - Kathy M.

5 Years

Christina B. - Jeanise P. - Jessica N. - Gifty O.

6 Years

Elaine C. - Sharon H.

7 Years

Caroline E. - Theresa K.

8 Years

Leslie A. - Janet W.

Spot Awards

Loretta D. - Jessica N. - Carolyn K. - Nicole V. - Amy B.

Save the Day

Christina B. - Mary A. - Betty M. - Carole K. - Jean K. - David M. -Kelsey R. - Indira S

July 2018 Training Schedule

July 17: Hospice

2:00pm ~ 4:30pm

July 18: Chronic Conditions

10:00am ~ 12:30pm

July 19: PCA

9:00am ~ 4:00pm

July 26: Alz/Dementia

8:00am ~ 12:00pm



August Training Schedule

August 1: Chronic Conditions

12:00pm ~ 2:30pm

August 9: PCA

9:00am ~ 4:00pm

August 13: Alz/Dementia

10:00am ~ 2:00pm

August 20: Hospice

10:00am ~ 1:00pm

Please contact Nicole Violette @ Nicole.violette@homeinstead.com with any questions. Class dates and times are subject to change based on a class size quota.



Clients Celebrating Birthdays this Month

July 3 - Judith L. 81
July 6 - Adele S. 84
July 14 - Josephine C. 87
July 17 - Tom V. 71
July 22 - Robert L. 78
July 27 - Maryllyn F. 99
August 8 - Pat M. 89
August 9 - Betty G. 89
August 22 - Natalie D. 94
August 26 - Catherine N. 91
August 28 - Lena B. 71

Client who are no longer with us



Janet Dobush – 6/17/18 – Janet passed away in her home surrounded by loving caring people. She was a fun lady and always had a smile on her face. A hard worker for Southern New England Telephone Company, she brought joy to everyone she knew.

John O'Connor – 6/22/18 – – John passed away in his home surrounded by his loving family. John was a wonderful man and always ready with a quick comment and a joke. He had beautiful artwork that he created throughout his home, and was loved by all the people he came into contact with.

Anne Mathieu – 6/24/18 – Anne passed away in her home surrounded by her loving family. She was a fabulous fashionista. She loved getting dressed to the nines, even to just be home. She had a great many friends and was constantly in contact with people around her. She was a friendly lady with plenty of spunk.

Joyce Grinold – 7/9/18 – – Joyce was a lovely, family centered lady. She always had a quick remark and enjoyed talking and getting to know people. She recently experienced the loss of husband and was surrounded and supported by her very close family.

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



We are changing the way we award the referral bonus. Now you will still receive up to \$300.00 but in \$50.00 increments. For every 50 hours your referral works you will receive \$ 50.00 up to \$300.00.

You know what it takes to care for seniors, so we welcome your recommendations! Help us build our CAREGiver Team by recruiting your friends.

This month the following CAREGiver's received referral bonus's in their paychecks:

Rita L. for referring Sherry C. - \$ 200.00

David M. for referring Angela O. - \$ 50.00

Chrystl H. for referring Breanna B. \$ - 100.00

If you know of someone please ask them to fill out an application at Homeinstead.com/713/Home-Care-Jobs or contact Dana Maranos at 860-896-5295.

Thank you for your help in building our amazing CAREGiver team!



A CAREGiver's Role in Senior Vacations

Summer is in full swing and for many families that includes a vacation. As a CAREGiverSM, you can help your seniors prepare for those trips or create a memorable staycation. Keep reading for

suggestions and tips to help get your senior ready for travel and how you can create a travel experience together.

If your senior has trip plans, it's likely they're part of the travel trend that's gaining steam – multigenerational travel. This vacationing style certainly has benefits for the families who can get multiple generations together to reconnect and build lasting memories.

Ways You Can Help Your Traveling Senior

- **Get Talking!** Learn about their upcoming vacation and who is attending. How long has it been since they've seen each other? What fun activities and outings are planned? Find out what they're most excited about and follow up after the trip to learn of all the new memories. If time permits, you could even break out old family photos and learn more about the people vacationing and let your senior take a trip down memory lane.
- **Pack the bags.** Help your senior do laundry and pack based on their vacation venue. Even if traveling to a warm climate, remember to pack long sleeves as seniors tend to chill more easily. Don't forget that even on vacation, there's still routine to keep, which means your senior needs to have his or her medications portioned out for the trip duration.
- **Organize the house.** Even though your senior will be away, it's nice to have a clean house to come home to after a fun vacation. Help your senior tidy up the house, do laundry and water plants before leaving. It's a good idea to make sure newspapers and mail are held at the post office until the return date and ask if there's someone to water any plants. If there is a pet in the home, you can help make sure proper arrangements have been made for pet care.
- **Get settled after the trip.** Help your senior get settled by unpacking and doing the laundry. Ask about the trip and their experience. If there are photos to upload to a computer or take to a photo service for developing, offering to help is a great idea. And, it could be a good precursor to helping your senior create a scrapbook of the vacation.

But, what if your senior isn't vacationing with family, has no travel plans or can't travel any longer? There's plenty of ways to bring a

vacation experience to your senior.

Planning a Senior Staycation or Vacation Experience

- **Plan a staycation.** If your senior is up for it physically, you might plan a few outings (can be done over multiple shifts) to local attractions. Find a list of staycation ideas and venues on your city's Convention and Tourism Board's website. Share the list with your senior and see what fun you can plan.
- **Experience an adventure.** Just because your senior can't go to Paris doesn't mean that experiencing the city and its magic is out of reach. Watch a YouTube video of Paris, Google pictures of the city, rent "Midnight in Paris" or check out one of these [10 films that will make you fall in love with Paris](#) even if travel is out of the question.
- **Reconnect with family and friends.** Seniors who are alone or isolated for long periods may have lost touch with beloved family members or friends. Try to reconnect them through a Skype or Facebook call, arrange a lunch at the house or assist them by sending email or handwritten letters or cards. If you want something to aid in ongoing meaningful conversation, consider a remote book club. The senior and family or friends would agree on books to read and then share their thoughts about the book by email or phone.
- **Create a memory box.** If your senior has dementia or Alzheimer's, this might be a great activity to help stir up happy memories and have great conversation. The box can be a simple shoe box filled with keepsakes like postcards, recipes, pictures, holiday ornaments. As you and your senior go through items, if something is irreplaceable, it is best to not include it on the chance it could get damaged. This activity will help exercise touch and could even be inspiration for creating multiple memory boxes.

Regardless of how your senior experiences travel and vacation this summer, we hope you enjoy the time spent together.

If you'd like to share a vacation story, email your thoughts to newsletter@homeinsteadinc.com* and we may share them in a future newsletter for the benefit of other CAREGivers.

Was this article helpful to you?



YES



NO

*Disclaimer: Please call your franchise office with specific client-related information, issues or concerns. Use newsletter@homeinsteadinc.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 homeinstead.com/713/home-care-jobs.

Contact Us

Tolland Home Instead Senior Care

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