

## HomeLife Connection



Since last month was all about love, it made me think.... what comes to mind when I think of March?

The first thing that I thought of was happiness. I mean how could one not be happy when winter is almost behind us, all the beautiful spring colors are popping, and the weather is warming up!

Which leads us into one of our favorite times of the year...

Daylight Savings. Now I know this semiannual ritual can be a bit of a nuisance (springing forward costs us an hour of sleep) and it affects people one way or the other. But the silver lining is we get more daylight which gives us more time for outdoor activities, and we could all use some Vitamin D.

Below are some reminders and tips to help prepare for the transition on March 13th.

While the loss of an hour's sleep Saturday night can affect everyone differently it hits older adults a little harder than most. Sleep problems already are a struggle for many older people, and an additional disruption to their schedules can be more than a little inconvenience. With a little thought and preparation, you can handle the time change with little disruption.

**Sleep patterns:** These are a concern for all of us, but if naps are taken during the day, make sure there are some changes to this schedule. Over napping to make up for the short overnight just prolongs the adjustment time and any accompanying disorientation.

**Driving:** Nobody is as safe behind the wheel when they're sleepy. Some studies have looked at whether traffic accidents, and in particular fatal accidents, increase significantly following the start of Daylight Savings Time. Whether a cause-and-effect relationship is there, or if other factors play a role, it's always a good idea to check our own readiness – and that of those in our care – before we take to the roads.

**Meal times:** It can be a struggle to convince yourself to take a meal when they're not hungry. But skipping the breakfast or lunch routine even for a day or two can encourage other eating decisions throughout the day that are less favorable. Even if you decide to go with lighter fare for the first couple of meals, maintain the regular pattern as closely as possible.

**Medication times:** Taking prescribed medicines and performing other doctor-directed activities at the appropriate times throughout the day is an important part of any health and wellness care plan. Some directives, like taking a specific medication at meal times, may be easy enough to adjust, but many older adults rely on electronic medical reminders throughout the day. Make sure the time is adjusted appropriately on this equipment to avoid getting off schedule.

**Timers:** Speaking of timers, in modern homes, many more devices have built-in clocks than ever before. Things like phones and television tuners often update automatically, but others like light timers, cook timers, coffee makers, video recorders may not. It is important to double check all devices around the home.

**Battery check:** The American Red Cross and other safety officials also remind us that the semiannual time change is a good time to test and replace the batteries in smoke alarms, carbon monoxide detectors and other safety equipment.

## What Our Clients Are Saying ...

Many of you have received a call from HomeCare Pulse our third-party quality assurance company that is gathers feedback on your experience with HomeLife.

We look forward to reading your comments and love hearing how much you appreciate our service and Caregivers. Here is what some have shared.



*"They couldn't do anything better. I actually would love to have someone here 24/7 since I am alone. The Caregivers sit and talk to me and keep me company"*

*"She was very helpful, she allowed me to get some much needed rest, and I completely trusted her caring for my husband."*

*"My Caregiver is honest, trustworthy, efficient, pleasant, and dependable! So happy"*

*"I appreciate that the Caregivers that have come to help have been caring, reliable, and have nice personalities."*

*"Our family was having a hard time after Mom went on Hospice, your people came in and were so helpful and kind and made such a difference"*

Thank you again for allowing us to serve you and your family!

***Remember if you refer a friend, make sure they give us your name. As a thank you for your referral, you will receive a discount on one invoice once they begin care with us!***

## Good Times!



Once a month we hold an event for our Caregivers to recognize and thank them for all their hard work. This last month our theme was VIP and we celebrated our "Caregiver Stars" that have been with HomeLife for over 5 years!

We enjoyed movie themed snacks with some fun movies playing in the background, we even took some pictures with a special guest...

Congratulations to our awesome Caregiver Marian E. who won the "Movie" gift basket. The prize basket included a \$25 AMC card, blanket, and treats.

We are already planning our next event! We would love to see our clients too! So, tell your Caregiver that you want to come on by with them and grab a treat and a chance to win a prize as well!

## Save The Date...

### Caregiver Happy Hour

Date: March 31st

Time: 10A-4P

Location: HomeLife Office

**Details: Drop In... Say Hi... Relax... Enjoy Treats... Enter a Raffle**



## Employee Spotlight



I'm sure the majority of you have had the pleasure of speaking with Darlene in our Scheduling department. She started as a Caregiver in 2016 and was brought into the office as a scheduling coordinator in 2019.

Darlene is so sweet and truly takes pride in her work. She has a heart of gold and a compassion for our seniors unlike anyone I have ever known. On a personal note, Darlene is proud of her roots (She is from New Orleans) and served in the Air Force. She tells great and funny stories that always keep us laughing. She stays busy on her off time being a wife and a mom and also cares for her in-laws. She is a true angel.

We love having you part of our team Darlene!

## Happy Birthday To You!!

Sending some birthday love to our March friends! Wishing you all a wonderful, happy and healthy year ahead! Cheers!

March 6th ~ Heikki H.  
March 8th ~ Deanna J.  
March 9th ~ Donna C.  
March 14th ~ Shirley R.  
March 17th ~ Richard S.  
March 22nd ~ Vickie W. & Richard S.  
March 25th ~ Chris

