



APRIL 2023

# HOMELIFE CONNECTION

Official Newsletter of HomeLife Senior Care

## Welcoming Spring

### The wonderful science behind spring happiness...

Despite our cold winter and the late-season rain Mother Nature has gifted us with, we are now officially welcoming in spring and warmer weather. Which reminds me of some wise words from Robin Williams, “Spring is nature’s way of saying, ‘Let’s Party.’”

Did you know there is actually a science behind spring happiness?

An increase in exposure to sunlight is able to produce an increase in feelings of positivity on two counts: our bodies’ natural and chemical reaction to getting more vitamin D and the consequences of getting to spend more time outside. Exposure to sunlight increases the production of serotonin in the body and decreases the production of melatonin. Serotonin has been called “The Confidence Molecule” because higher serotonin levels are associated with increased self-esteem and happiness. Depression is often linked to a low level of serotonin production.

Good weather and sunlight mean outdoor quality time, longer daylight hours, and an increase in energy. Put together, these factors often lead to an increase in socializing as well. Simply being around other people can often increase happy hormones, such as endorphins and oxytocin.

So get your mind releasing those happy hormones... go outside, relax for a few minutes under the sun, take a little walk, grab some lunch and go sit in a park, literally stop and smell the flowers, or simply go outside and take advantage of that natural lighting for some great selfies 📸



## Spring Trivia

Easter always falls on the 1st Sunday after the 1st full moon after the fall equinox? T or F

Which country is the annual tulip festival celebrated?

Lambs can walk within an hour of being born? T or F

Which spring months do butterflies hatch?

In the Southern Hemisphere, springtime lasts from August until November? T or F

What is it called when an animal sleeps during the winter?

The tradition of dying Easter eggs started in the US?

This flower is one of the first to pop out in the spring and the first that people get rid of...



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## LEADERSHIP TEAM

**Angela DiNicola**  
*Owner/President*

**Vinny DiNicola**  
*Chief Financial Officer*

**Amber Triebull**  
*Chief Administrative Officer*

**Wendy Carassco**  
*Client Care Director*

**Sophia Cronk**  
*Home Care Aide Director/  
Office Manager*

**Darlene MacDonald**  
*Client Care Coordinator*

**Leti Onstead**  
*Staffing Assistant/Training*

**Morgan Perry**  
*Scheduling Assistant*

**Felicia Buack**  
*On-Call Support*

**Lisa Lozano**  
*On-Call Support*

# Strategies For A Healthy Spring

SOURCE: CDC & WELLBEING

It's a great time of year to revisit your health and "spring into wellness" Not only does it help with preventing chronic diseases like type 2 diabetes, heart disease, and cancer but also can put you in a healthy mindset.



### Move More.... Sit Less

Get at least 150 minutes of moderate-intensity physical activity every week. That could mean 30 minutes a day, 5 days a week. Do muscle-strengthening activities 2 days a week.



### Get Enough Sleep

Adults need at least 6-8 hours of sleep per night. Proper sleep can also help maintain a healthy weight.



### Schedule Screenings

Spring is a good time for a health tune-up. Check in with your physician for a physical or simply see if any of your allergy meds need to be filed before all the blooms begin.



### Be Sun Safe

Wear long-sleeved shirts and long pants, a wide-brimmed hat, and sunglasses and use broad spectrum sunscreen with at least SPF 15



### Eat Healthy Foods

Try healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.



### Choose Your Drinks Wisely

Substitute water for sugary or alcoholic drinks to reduce calories. Your body performs at a high level when it is properly hydrated!

## Here Comes the Sun:

### *Keep on top of the mental health benefits of Spring*

Spring makes us feel energized! Keeping on top of your mental health will give you many benefits this spring season.

It's the season to bask in Vitamin D; While there may be different factors involved, Vitamin D deficiency is a very real thing. But now that the sun is staying up past four in the afternoon and it will soon be warm enough to show some skin outdoors, we'll be getting a welcome extra dose of Vitamin D.

Get social; Spending time with our family and friends is ultra-healthy (both socially and mentally). Thankfully, spring gives us more daylight and warmth to encourage us to be on the go.

More time for flowers, plants and the soil; This is the time when flowers start to blossom and we have more time to spend with our plants in the garden. Researchers have found that smelling roses or even pulling up weeds can decrease blood pressure, increase brain activity and produce a sense of wellbeing. They have also observed that allotment gardening can play a key role in promoting mental wellbeing and could even be used as a preventive health measure.

Take time out to admire the greenery and colors around you and experience the instant relaxation of your stressed mind. It's the season to feel fabulous and healthy. Spring into good health as you enjoy the season with festivities, fun and frolics.



## The health benefits of a good spring clean

Did you know that that tidying up your space can be good for your brain and your body – not to mention your home? Here's how...

**1. You feel accomplished:** Spring cleaning is a kind of ritualized behavior, our own act of starting anew to accompany the themes of spring. Plus, our brains like it when we finish what we've started. So, when a task is accomplished, our brains feel good, which reduces tension.

**2. It destresses you:** Feeling overworked and overwrought? Some people find cleaning to be a soothing way to work out their stress.

**3. You feel more peaceful:** Having a clean and organized home means you know where everything is, which can help you feel in control. Plus there is also peace of mind that comes with having an aesthetically pleasing place to wake up in and return to at the end of your day.

**4. It reduces home hazards:** When your floor is clean and uncluttered, you're less likely to trip and fall over stray objects. "This is really important for older adults, as well as for people with young kids.

### 5. It gets you moving:

Cleaning the windows and vacuuming the living room can actually get those endorphins pumping. The act of cleaning itself is a physical act, so depending on how vigorously you're cleaning, you may get in a bit of a workout.

### 6. It helps fend off

**depression:** A study shows that people who describe their homes as "cluttered" or full of unfinished projects were more likely to suffer from depression and fatigue than those who describe their homes as "restful" and "restorative."

**Remember... Your Home Care Aide can help assist you with some of these tasks!**

SPRING CLEANING CHECKLIST	
<b>Kitchen</b>	<b>Bedroom</b>
<input type="checkbox"/> wipe down cabinets & shelves	<input type="checkbox"/> flip mattress
<input type="checkbox"/> deep clean microwave & oven	<input type="checkbox"/> change sheets/linens
<input type="checkbox"/> clean fridge & throw out old food	<input type="checkbox"/> vacuum floors
<input type="checkbox"/> wash floors	<input type="checkbox"/> wash baseboards
<input type="checkbox"/> clean under sink	<input type="checkbox"/> clean windows & blinds
<input type="checkbox"/> wash trash cans	<input type="checkbox"/> dust ceiling fan
<input type="checkbox"/> clean windows & blinds	<input type="checkbox"/> dust furniture
<input type="checkbox"/> organize pantry	<input type="checkbox"/> organize closets
<input type="checkbox"/> get rid of items you don't use	<input type="checkbox"/> get rid of items you don't use
<b>Bathroom</b>	<b>Living Room</b>
<input type="checkbox"/> clean tub & shower	<input type="checkbox"/> clean floors & baseboards
<input type="checkbox"/> replace shower liner	<input type="checkbox"/> dust ceiling fan
<input type="checkbox"/> clean toilet	<input type="checkbox"/> clean under couch cushions
<input type="checkbox"/> clean sink	<input type="checkbox"/> dust shelves & furniture
<input type="checkbox"/> clean under sink	<input type="checkbox"/> wash curtains
<input type="checkbox"/> organize linen closet	<input type="checkbox"/> wash pillows
<input type="checkbox"/> wipe mirrors & light fixtures	<input type="checkbox"/> clean windows & blinds
<input type="checkbox"/> wash floor & baseboards	<input type="checkbox"/> clean TV screen
<input type="checkbox"/> get rid of items you don't use	<input type="checkbox"/> get rid of items you don't use
<b>Misc.</b>	
<input type="checkbox"/> change air filter	<input type="checkbox"/>
<input type="checkbox"/> clean dryer vent	<input type="checkbox"/>

## ANNOUNCEMENTS AND CELEBRATIONS



*Happy Birthday*

4/06 Nancy B	4/15 Michael M
4/04 Conrad B	4/19 Anna D
4/06 Sue W	4/20 Mary G
4/08 Peter M	4/26 Carolyn S
4/10 Janet N	4/27 Lily S
4/14 Sheila J	4/29 Jan E
	4/30 Nancy A

**WELCOME**

## TO OUR TEAM

Join us in welcoming!  
Rhonda, Christina, Mercedes,  
and Rachel to our  
Home Care Aide team!

This group of ladies have  
impressive backgrounds in  
caregiving and  
wonderful personalities!

We are excited to have them  
part of our dynamic team!



Rhonda



Christina



Mercedes



Rachel

### Did You Know...

HomeLife has many resources to help our clients and families with education in dealing with topics such as Hospice Care, Palliative Care, Dementia/Alzheimer's. Contact our client care team for more information on classes and trainings that are available.