

HOMELIFE CONNECTION

HomeLife Senior Care



WHAT AN HONOR!

We are excited to announce that HomeLife has been recognized as one of the top home care providers in the nation, and have earned a ranking as one of home care's Top 100 in Experience.



In earning this award, our agency's overall satisfaction scores rank as one of the 100 highest in North America.

In addition to Top 100, we have also earned Best of Home Care-Leader in Experience, Best of Home Care-Employer of Choice, and Best of Home Care-Employer of Choice.



HAVE YOU MET MARY?

We are pleased to have Mary as our Floating Caregiver. Her warm and sweet demeanor along with her great Caregiving background has made her a huge asset to our company as we continue to make strides to ensure that all clients are covered in the event of a last minute schedule change.



February Is Heart Health Month

If any of the below warning signs are present CALL 911



Heart disease is often considered to be a condition for the older generation however these and other associated illnesses are on the rise. That is why Heart Month is so important to us all. It is a fantastic opportunity to educate ourselves about the warning signs and symptoms as well as the things that we can do in our every day lives to mitigate risk to our hearts!



ARE YOU CORRECTLY MEASURING YOUR BLOOD PRESSURE?

Before Your Reading

- No food or drink for 30 minutes
- Empty your bladder.

During Your reading

- No talking
- Arm should be resting at chest height
- Cuff against bare skin
- Your back should be supported
- Sit with feet flat on the floor



By living a healthy lifestyle, you can help keep your blood pressure in a healthy range. Preventing high blood pressure can lower your risk of heart disease and stroke. Practicing healthy living habits can be as simple as... Eating a Healthy diet, staying at a healthy weight, staying physically active, not smoking, limiting how much alcohol you drink, and getting enough sleep.

SOURCE: CDC.GOV

HomeLife has literature, checklists, and logs available to assist you in monitoring your blood pressure. Call us at 925-240-5770 and we will get information sent to you either via mail, email, or hand delivered by your Caregiver or Care Coordinator.

Heart Attack, Stroke, and Cardiac Arrest Symptoms

If any of the below warning signs are present CALL 911

Heart Attack Symptoms



CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure or squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach

SHORTNESS OF BREATH

With or without chest discomfort

OTHER SIGNS

may include breaking out in a cold sweat, nausea, or lightheadedness



Stroke Symptoms

FACE DROPPING

Does one side of the face droop or is it numb? Ask the person to smile.



ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY

Is speech slurred, are they unable to speak or they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

TIME TO CALL 911

If the person shows any of these symptoms even if the symptoms go away, call 911 and get them to the hospital immediately.

Cardiac Arrest Symptoms



SUDDEN LOSS OF RESPONSIVENESS

No response to tapping on shoulders

NO NORMAL BREATHING

The victim does not take a normal breath when you tilt the head up and check for at least five seconds

WHAT TO DO

If you think someone has suffered cardiac arrest, call out for help and call 911 immediately. You will need to act fast as with a cardiac arrest the heart stops pumping, and the victim will lose consciousness in 20 seconds. For every minute that passes without treatment the risk for death rises and after 5 minutes brain damage can occur. If you are not trained in CPR, you should perform some chest compressions until help gets arrives. Even if it is not perfect, there is far better chance for survival. Push down at least two inches in the center of the chest at a rate of 100 to 120 pushes a minute. Allow the chest to come back up to its normal position after each push.



On The Lighter Side



Valentine's Day is a time to celebrate love and appreciation for those closest to our hearts, and this doesn't have to be limited to romantic partners. An older adult can still feel the excitement of Valentine's Day, Here are some fun and easy ideas to make the day special.

Make Valentine-themed crafts - Construction paper, glitter, glue, and colorful ribbons to make heart-shaped cards, hanging garlands, or flowers.

<https://www.goodhousekeeping.com/holidays/valentines-day-ideas/g2020/easy-valentines-day-craft-ideas/>

Organize a romcom movie night – Make some popcorn or favorite treat and watch a classic like Casablanca or the more recent hit like La La Land.

Cook up treats - Bake heart-shaped cookies or cupcakes, and make homemade candies or chocolates.

<https://www.cosmopolitan.com/food-cocktails/g42308599/valentines-day-desserts/>

Play fun games – Bingo, puzzles, chess, scrabble, card games, or Pictionary are great options. Consider organizing a trivia night, or karaoke session!

Decorate common spaces - Decorate with hearts, ribbons, or balloons. Use a variety of colors to liven up the room and create a festive atmosphere.

<https://www.thepioneerwoman.com/home-lifestyle/crafts-diy/g35155196/valentines-day-decorations/>

Attend a local community event – Many senior centers and churches host Valentines events check with your local community recreation centers for more information.



SENDING BIRTHDAY WISHES TO SOME SPECIAL PEOPLE CHEERS TO ANOTHER YEAR!

**MAY YOU HAVE ALL THE JOY YOUR HEART CAN HOLD,
ALL THE SMILES A DAY CAN BRING,
AND ALL THE BLESSINGS A LIFE CAN UNFOLD!**

CHEERS TO ANOTHER YEAR!

Feb 6 - Sharon R.

Feb 17 - Gail S.

Feb 17 - Jack P.

Feb 19 - Greg B.

Feb 20 - Joan D.

Feb 23 - Jim B.

Feb 23 - Pam C.