

HOMELIFE CONNECTION

Official Newsletter of HomeLife Senior Care

JUNE 2023

Welcome to the start of Summer

Now slow down.... You don't want to miss anything by hurrying past it. And there is no need to sweat even more... unless you're also having fun while doing it! That is the wisdom of summer, it teaches us to be fully awake, engaged, and open to everything around us. It's the season for relaxing and the pursuit of happiness (a phrase immortalized one summer nearly 250 Fourth of Julys ago). Summer is life. And life is precious and at times wild – and we all know it moves way too fast.

Life is precious... I can understand some of the argument against the season: It's hot, sticky and sometimes boring. But summer is a state of mind., whatever we do it's only a few months, now is the time to dig in and make some new memories, even if your plans are no more ambitious than to take naps, read outside, sleep in a tent, or float in a pool. Not everyone can afford sailing trips or Caribbean vacations, but many of summer's greatest pleasures are simple and inexpensive.

Life is wild... Summer is full of simple outdoor pleasures, such as the feeling of sun and wind on your arms and legs, freshly uncovered. The season contains a kind of happiness born out of escapes of any kind. This is the time to get out as much as you can for as long as you can. Tend the garden, go on an adventure, swim in the waves, eat outdoors, take a walk at dusk or sleep under the stars. Studies have long established a link between mental health and nature. The more we connect with what is outside, the more content we become inside.

Life moves pretty fast... Summer is a wonderfully kinetic time, a season of youth, activity, & celebration. It encourages dancing under sprinklers, sparklers and stars. It beckons us on bike rides and hikes. But conversely, it's also the time to do as little as possible. It's the season to just... Be. Let the heat encourage you to be sluggish so you have time to savor these pleasures. Waste time without guilt. Tis the season for laying in a hammock, sipping iced tea, blockbuster movies, entertaining books, indulgences, and outdoor festivals.

'To everything, there is a season'... As the year progresses, try to align your mental and physical activity to the season you're in. Commune with the change in nature, embrace its reminders. Celebrate the holidays, take in their meanings, enjoy the spoils of whatever time of the year you find yourself. "Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of the earth. living seasonally. And in summer, get outside, commune with nature, embody freedom and chase happiness like a puppy after its own tail. And then fall down in the grass and lie there, for as long as you can. Live your one wild and precious life!

Source:David G. Allan is the editorial director for CNN Travel, Style, Science and Wellness.



"Keep your face to the sunshine and you will never see the shadows." – Helen Keller



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Sophia Cronk
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 Scheduling & On-Call Support

Darlene MacDonald
 Client Care Coordinator

Maria Olivarez
 Scheduling Assistant

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 Staffing Assistant/Training



Summer Safety for Seniors

It's summertime and the living is easy, but along with warmer temperatures and abundant sunshine, summer brings some special health considerations for seniors. Older adults are at risk for heat-related health problems for a variety of reasons, including chronic health conditions like heart disease or COPD, as well as age-related physical changes and the side effects of certain medications.

Taking proper precautions may help ensure a safe summer experience, and help older adults enjoy the warmer months:

STAY COOL

As we age, our bodies lose the ability to manage temperature changes efficiently, leading to conditions such as heat exhaustion and a severe condition called heat stroke, a medical emergency in which the body loses its ability to regulate temperature, resulting in high core temperature, confusion, rapid pulse and difficulty breathing. Seniors are much more vulnerable to the harmful effects of heat, as their bodies do not adjust as well to sudden changes in temperature. Some chronic medical conditions & prescription medications can impair the body's ability to react efficiently to rising temperature.

STAY IN TOUCH

For homebound seniors, having a trusted neighbor, family member or friend who checks in regularly can be an important safety measure in the summer. For those who enjoy working in a garden or taking a daily walk, both wonderful outdoor activities for older adults, having someone who knows your routine is vital. Keeping emergency phone numbers handy and sharing this information with a friend or neighbor can help in the event of a heat-related health emergency as well.

STAY HYDRATED

Since older adults often become less aware of thirst and bodies naturally lose the ability to conserve fluids, it is vital for seniors to stay hydrated, especially in the summer months and when exerting themselves. Being mindful of fluid intake can help prevent hyperthermia, and since some medications can exacerbate dehydration, making hydration a habit will help keep you healthier. Setting an alarm or a reminder to drink water can help to establish a routine.

STAY SMART

Be sure to wear appropriate clothing and protective gear when engaging in outdoor activities. Sunscreen, a hat, sunglasses and loose fitting, light-colored clothing are all important accessories for older adults (as well as younger people!) when walking, gardening or simply spending time outdoors. Outdoor activities for older adults are a great way to stay active and stay healthy; however, be sure to dress for the weather and consider getting that outdoor exercise early in the morning or later in the evening when temperatures drop a bit and the sun isn't quite as strong.

Source: Senior Lifestyle.

"I love how summer just wraps its arms around you like a warm blanket." – Kellie Elmore

Summer Travel

Summertime is prime time for travelers, and whether we're visiting family or traveling to an exotic locale, we love to hit the road, take a train, or board a plane to find ourselves a change of scenery. It is known that travel can be stressful for many and can often be especially difficult for seniors. Here are some tips to make travel more enjoyable for seniors and their families.



If traveling by car, plan on frequent stops. Seniors need to stretch often (and you should too). Prior to leaving map out points of interest & build those into your stop and stretch schedule.



When traveling by plane, try to book a non-stop flight to your destination. Always check with your airline about their boarding procedures and take advantage of assistance offered.



No matter who you travel with, enjoy this time together. It's a chance to make some amazing memories with your loved ones and maybe even learn a bit more about the people you care about the most.



Consult with your doctor before planning a lengthy trip. Make sure they feel you are able to manage the stress of traveling & change of routine. Confirm all medications are refilled.



Stay realistic about itinerary. When traveling with family & friends, discuss activities see how much may be to much and everyone's comfort levels & plan accordingly.

Utilizing your Home Care Aide when preparing to travel...

- ~ Assistance with laundry
- ~ Help packing your luggage
- ~ Last minute errands
- ~ Research weather & activities in destination city
- ~ Make reservations for you

TRAVEL TIPS FOR SENIOR CITIZENS

- 1 Travel With Proper Documentation
- 2 Book A Direct Flight
- 3 Buy Travel Insurance
- 4 Have Emergency Contact List & International Sim Card With You
- 5 Request Assistance In The Airport (Wheelchair)
- 6 Don't Forget To Get Vaccinated
- 7 Travel With Extra Medications Than Needed
- 8 Take Advantage Of Airfare Discounts
- 9 Get Change Currencies
- 10 Travel Light / Pack Only Necessary Luggage
- 11 Ask Ground Floor Hotel Room
- 12 Don't Be Afraid To Ask Crew Members For Help

In-Home Care During the Summer

Home Life provides your summertime care solutions with professional and compassionate care with flexible options that allow you to schedule care when needed, all while supporting your senior as they age in place. Let our team help you manage your caregiving duties so you can enjoy the summer with less stress for all your other responsibilities and plans.

Remember HomeLife is here to support you and your family by helping care for your loved one at home and give you time to focus on your summer obligations without experiencing burnout.

Travel and Vacation

If you are going on vacation, heading out of town for work, or attending a far-away event and your older loved one will be staying behind. You can relax knowing that our Home Care Aides can provide respite care and spend time with your loved one to provide the personalized attention they require and the peace of mind you need.

Schools Out For Summer

Whether your kids/grandkids are home on summer vacation, or you receive a visit from relatives with youngsters, you will want to take advantage of the time together. We can provide assistance for your senior while you shuttle your children to various activities or head to the amusement park or pool.

Household Projects

The warmer weather provides a great opportunity for outdoor projects such as painting the porch, gardening, or renovating the backyard, and we know how time consuming this can be. Our HomeCare Aides can be by your loved one's side while you tackle those projects so you can focus on completing these projects quickly.

Work Picks Up

If you work in an industry that gets busier during the summer, or you are working a hybrid schedule and have those back-to-back Zoom meetings, HomeLife can support your loved one while you focus on work.

Summer Fun

It's nice to take extra time to enjoy your favorite activities during the summer — and the same goes for your loved one. Having the support of a Home Care Aide will give them the opportunity to get out and enjoy the weather by working in the garden, taking a walk, or participating in a hobby. And, when you know your loved one is being well cared for at home, you can enjoy the activities you love without worrying about your senior's well-being while you're gone.

Call our client care department and ask how we can help 925-240-5770

Source: *Some Information Visiting Angels*

ANNOUNCEMENTS AND CELEBRATIONS



Happy Birthday

6/01 June M	605 Dora S
6/01 Eileen R	6/10 Henry R
6/02 Rosie S	6/22 Catherine W
6/03 Barbara S	6/24 Lois C
6/03 Bill S	6/24 Sue B

W E L C O M E

TO OUR TEAM

Join us in welcoming!
Sheree, Ebonee, Dorothy, Victoria,
Tran, Magalay, and Kathalene
to our Home Care Aide team!

This group of ladies have impressive backgrounds in caregiving, we are excited to have them part of our dynamic team!



Sheree



Ebonee



Dorothy



Victoria



Tran



Magalay



Kathalene

"But tomorrow may rain, so I'll follow the sun" - The Beatles