

HOMELIFE CONNECTION



RENEW & RECHARGE: TAKING CARE OF YOURSELF AT THE END OF SPRING TO GEAR UP FOR A GREAT SUMMER

As the final days of spring bloom into view, nature offers us a gentle reminder to slow down, take stock, and prepare for the energetic shift of summer. While many of us focus on summer plans—vacations, beach days, outdoor adventures—it's easy to overlook the importance of transitioning with care. Taking time to nurture your well-being now can set the tone for a vibrant, joyful, and sustainable summer season.

1. Do a Gentle Life Audit - Spring is often associated with renewal and growth. Before summer's hustle and bustle begin, take a moment to reflect on the last few months. Ask yourself: What habits have been serving me well? Where do I feel depleted? What do I want more of this summer? Journaling or even talking these out with a trusted friend can help you process your thoughts and reset your intentions.

2. Declutter Your Physical and Mental Space - Spring cleaning isn't just for closets and pantries. A tidy space can create a sense of calm and clarity. Clean out your workspace, update your wardrobe, and streamline your schedule where possible. Mentally, this might mean releasing grudges, reducing screen time, or setting firmer boundaries.

3. Reset Your Health Habits - Longer days and warmer weather make it easier to re-engage with healthful routines:

- Sleep: Adjust your sleep schedule to align with earlier sunrises and later sunsets.
- Hydration: Warmer temperatures mean you need more water—consider infusing it with citrus or herbs for flavor.
- Nutrition: Embrace seasonal fruits & veggies like berries, cucumbers, & leafy greens.
- Movement: Outdoor walks, yoga in the park, or bike rides are simple ways to move your body and connect with nature.

4. Reconnect with Nature - Spring's end is a beautiful time to be outdoors without the intensity of summer heat. Take a moment to appreciate the transformation around you—flowers blooming, birds returning, the smell of fresh rain. Even ten minutes a day outside can improve your mood, reduce stress, and enhance your focus.

5. Set Summer Intentions - Instead of letting summer rush in, be intentional. What do you want out of this summer? More fun? More rest? More creativity? Set one or two simple goals that align with how you want to feel, not just what you want to accomplish. Maybe it's a weekly tech-free evening, trying a new hobby, or prioritizing time with loved ones.

6. Embrace Joy and Lightness - Let this seasonal transition be a time to welcome lightness—literally & metaphorically. Swap out heavy meals for fresh ones, dense routines for spontaneous moments, and worry for laughter when you can. The joy you cultivate now creates a ripple effect that can carry through the entire summer.

Final Thoughts - The shift from spring to summer is more than a change in weather—it's a chance to renew your relationship with yourself. With a bit of reflection, intention, and self-care, you can step into summer not just prepared, but empowered. So breathe deep, slow down, and let the end of spring be your gentle runway into the sunshine ahead.

Say Hello To Darlene!



If you're ever sitting at home and hear a cheerful knock followed by a bright "Hello there!", chances are you've just met Darlene—the amazing Client Care Coordinator on a mission!

With a cheerful pep in her step, Darlene breezes in with warmth, wit, and a sixth sense for spotting anything out of the ordinary.

She conducts well checks like a pro, making sure everything's running smoothly and that all our clients feel heard, supported, and maybe even a little spoiled.

She's the friendly face that ties the whole care team together.

LEADERSHIP TEAM

Your dedicated team at HomeLife, who strive every day to provide a compassionate and professional experience for everyone we serve.



AMBER TRIEBULL
OWNER/CEO



SOPHIA CRONK
PCA DIRECTOR
OFFICE DIRECTOR



WENDY CARASCO
CLIENT CARE
DIRECTOR



DARLENE MACDONALD
CLIENT CARE
COORDINATOR



LETI ONSTEAD
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LISA LOZANO
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MARIA OLIVAREZ
SCHEDULING



ELIZABETH MARQUEZ
PCA TRAINING



KIANA PRYBYLINSKI
ON-CALL SUPPORT



FELICISA BUACK
ON-CALL SUPPORT

GETTING THE MOST FROM YOUR PERSONAL CARE ATTENDANT

Tips for Seniors to Stay Engaged and Empowered

As we age, having a Personal Care Attendant/Caregiver can be a game-changer—but only if we use that help wisely. A caregiver isn't just someone who hands out pills and makes meals. They can be your partner in staying active, connected, and independent. Here' are some tips on how to that relationship work for you.



1. Start With a Conversation

Talk openly with your caregiver. Share your preferences, routines, and concerns. Do you like to walk in the morning? Prefer your coffee a certain way? Want to stay involved in local events? Tell them. The more they know about your lifestyle and goals, the better support they can offer.

2. Stay in the Driver's Seat

This is your life. A caregiver's job is to help you live it your way—not take over. Set a weekly schedule together. Make decisions about meals, appointments, and activities as a team. Keep your voice front and center.

3. Use Their Help to Stay Social

Ask your PCA/Caregiver to help you stay connected with friends and family. They can:

- Set up video calls
- Help you write letters or emails
- Drive you to community events or church

Feeling isolated? Say so. Together, you can build a plan to bring more people into your life.

4. Make Movement a Habit

Even light exercise can boost your mood, improve balance, and keep your body strong. Your caregiver can:

- Walk with you daily
- Lead simple stretches or chair exercises
- Take you to a senior fitness class

Don't sit back if you don't have to. A bit of motion every day keeps you in better shape to enjoy the things you love.

5. Bring Meaning Into Every Day

Want to garden, paint, bake, or learn something new? Speak up. Your caregiver can help gather supplies, plan activities, or find classes. Staying mentally and creatively engaged isn't a luxury—it's essential to your well-being.

6. Review the Relationship Regularly

Every few months, have a check-in. What's working? What's not? Are your needs changing? Treat your care relationship like a partnership that evolves over time.

Having a caregiver isn't about giving up control. It's about having support to live the life you choose. Use that support to stay curious, connected, and confident. You've still got a lot to give—and a caregiver can help you keep giving it.

In closing, caregivers can create meaningful experiences that promote well-being across all areas of health. By incorporating physical, mental, spiritual, and social activities into daily routines, caregivers can support you in so many ways to enrich and fulfill your life.

CONNECTING WITH THE COMMUNITY

Darlene and Leti Shine at Local Job and Health Fairs!!

At HomeLife, we believe in the power of personal connections and what better way than to get out into the community and meet new faces.

Recently, our team members, Darlene and Leti, had the pleasure of representing us at both a local Career Fair and Senior Resource Event.

Leti visited Los Medanos for their annual career fair and the Brentwood Chamber of Commerce Job Fair and Business networking event.



With enthusiastic smiles and a passion for helping others, and Leti spent her time meeting job seekers eager to learn about career opportunities with us. They offered helpful guidance on open positions, shared information about our company's mission, and encouraged attendees to explore the possibility of joining our dedicated team.

Meanwhile Darlene was whooping it up over at the Brentwood Senior Center for their Senior Resource Event, where she too happily had conversations that took on a different but equally important focus—connecting with seniors and their families to discuss how our services can enhance quality of life. Whether it was answering questions about caregiving support or offering reassurance about available resources, they demonstrated the heart of our work: compassionate care and commitment to making a difference.

These events not only allowed us to showcase what we offer but also reinforced our dedication to fostering strong community ties. Darlene and Leti's enthusiasm was contagious, and their efforts ensured that we made meaningful connections. We look forward to continuing these outreach efforts and welcoming new team members and clients into our family!



Reminder...

If you refer a new hire who joins the team (and works), you'll score a bonus as a thank-you. Not only do you get to work alongside people you already love (and save them from endless job hunting), but you also get rewarded for it—talk about a win-win! So spread the word, send some great candidates our way, and let's make this workplace even better while adding some extra cash to your wallet in the process. Ready, Set, Refer! 🎉



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WELCOME

TO OUR TEAM

It's hard to believe we are nearly halfway through 2025. We have welcomed some incredible new PCAs to our team, as well as reconnected with some familiar faces.

Each of these outstanding individuals contributes significantly to our team.

Let's extend a warm welcome to: Sophie, Terri, Sean, Elana, Sherree, Deonte, Susan, Aimee, Linda P., Savanna, Katherine, Randi, Anita, Raven, Linda C.



Did you know that we organize a variety of training events at our office throughout the year, that we welcome your families to participate in?

We provide in-house training sessions covering a range of topics, from Dementia to Hospice Care. While these sessions are designed for our Personal Care Attendants, they can also be highly beneficial for families looking to enhance their understanding. Be sure to connect with our client care department to find out what events are coming up!



Cheers to 15 years of heart, hustle, and home care!

As we step into this exciting milestone, we're not just celebrating years—we're celebrating moments: warm smiles, helping hands, and the countless lives we've touched along the way. From our first client to the many families we now proudly serve, our journey has been filled with compassion, laughter, and a whole lot of love.

Here's to our amazing team, our incredible clients, and to continuing this mission of care with even more joy, dedication, and maybe a few celebratory cupcakes!