

# HOMELIFE CONNECTION

## ENJOYING THE REST OF THE SUMMER AND BEATING THE HEAT

Summer is a time for sunshine, barbecues, and outdoor fun—but for older adults, it also comes with important health considerations. As we age, our bodies become less efficient at regulating temperature, making it easier to overheat and become dehydrated. Staying safe in the summer heat doesn't mean staying indoors all the time—it just means being smart and prepared.

Here are some simple ways to stay cool, hydrated, and healthy all season long:

### 💧 Hydrate, Hydrate, Hydrate

Older adults are more prone to dehydration, and often don't feel thirsty until it's too late. Aim to drink 6–8 glasses of water each day. Carry a water bottle with you and sip throughout the day, even if you're not feeling thirsty.

**Pro Tip: Try adding slices of cucumber, lemon, or berries to your water for a refreshing flavor boost.**

### ☀️ Dress for the Weather

Choose lightweight, loose-fitting clothing in light colors to reflect the sun. A wide-brimmed hat and sunglasses can protect your face and eyes from direct sunlight. Don't forget sunscreen—SPF 30 or higher is best!

### 🕒 Plan Around the Heat

Try to avoid outdoor activities between 11 AM and 3 PM, when the sun is at its strongest. Instead, enjoy your walks, gardening, or errands early in the morning or later in the evening when it's cooler.

### ❄️ Keep It Cool Indoors

If you don't have air conditioning, spend time in air-conditioned places like libraries, malls, or community centers. Use fans, keep curtains closed during the hottest part of the day, and avoid using the oven when possible.

### 🍅 Eat Light, Eat Fresh

Heavy meals can raise your body temperature. Focus on fresh fruits, salads, and grilled options that are easy to digest. Water-rich foods like watermelon, cucumbers, and tomatoes help with hydration too!

### ⚠️ Know the Warning Signs

Watch for symptoms of heat exhaustion: Dizziness or confusion, Excessive sweating, Weakness or nausea, Headache or rapid heartbeat. If you or someone near you shows these signs, get to a cool place, drink water, and rest. If symptoms persist, seek medical attention immediately.

## How to make a homemade sports drink that's much healthier than store bought

"Nature's sports drink" will keep you hydrated and can help replenish your fluids & electrolytes.

Making your own versions, allows you to control what's going in your body! Here is the base recipe, adding citrus or other healthy fruits or vegies can level these drinks up!

- 2 Cups coconut water
- 1 Cup water
- ½ lemon or lime juice
- ¼ tsp Himalayan pink salt



## EMPLOYEE OF THE QUARTER

### Meet Christine



For the past four years, we've had the absolute joy of working with Christine.

With a heart as big as her smile, she brings warmth, and a sense of calm to every room she enters.

The clients she has worked with have appreciated her kindness and dedication and willingness to go the extra mile just because she cares so much.

She's not just a PCA — she's a cherished part of our team (and our hearts)!

Congratulations!

## 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 CARASSO  
CLIENT CARE  
DIRECTOR



DARLENE MACDONALD  
CLIENT CARE  
COORDINATOR



LETI ONSTEAD  
STAFFING  
COORDINATOR



LISA LOZANO  
SCHEUDLING/



MARIA OLIVAREZ  
SCHEDULING



KIANA PRYBYLINSKI  
ON-CALL SUPPORT



FELICISA BUACK  
ON-CALL SUPPORT

## STAYING SAFE AND SAVVY ONLINE

### Simple Tips for Navigating the Internet with Confidence

Technology keeps us connected—whether it's video calling family, reading the news, or shopping from the comfort of home. But just like in the real world, it's important to be cautious online. Scams, misinformation, and confusing websites can make the internet feel overwhelming, but with a few simple habits, you can browse with confidence and peace of mind. Here's how to stay safe and savvy online:

#### ● Think Before You Click

If you get an unexpected email, message, or pop-up asking for personal information—pause. Legitimate organizations (like banks or Medicare) will never ask for your Social Security number, credit card, or passwords in an email or text.

**Tip: When in doubt, delete it or call the company directly using a number you trust.**

#### 🔒 Use Strong Passwords

Try to avoid using the same password for every account. Choose passwords that include a mix of letters, numbers, and symbols.

**Helpful Tool: Use a password manager or write down passwords in a safe place (never on a sticky note next to your computer!).**

#### 📱 Keep Your Devices Updated

Regular updates on your phone, tablet, or computer help fix security problems. If you're unsure how to update, ask a family member, friend, or personal care attendant for help.

**Bonus Tip: If you use antivirus software, make sure it's turned on and current.**

#### •• Be Social—But Selective

It's great to connect on platforms like Facebook, but be cautious about accepting friend requests from people you don't know. Never share personal or financial details in public posts or private messages.

#### 📺 Shop Smart

Online shopping is convenient, but stick to trusted websites (like Amazon or big-name retailers). Look for the padlock symbol in the address bar—it means the site is secure. Red Flag: Be wary of deals that seem too good to be true—they usually are.

#### ☎ Know Where to Get Help

If something seems off or you think you may have clicked on a suspicious link, tell someone you trust. It's never too late to report a scam or secure your information.

The internet is an amazing tool for learning, connection, and entertainment—especially when used wisely. With a little caution and a few good habits, you can enjoy all the benefits of being online without the risks.

**Stay smart... stay connected...  
and enjoy the digital world safely!**



## CONNECTING WITH THE TEAM

### A Sweet Time at Our Summer Employee Social

What a treat! Our recent Employee Ice Cream Social was a success, and we're still smiling (and maybe still full of sprinkles). It was wonderful to see our amazing team members take a break, cool down, and enjoy some well-deserved fun together. Boy was it the perfect time to host the event since we hit over 102 degrees that day!



With a build-your-own sundae bar featuring all the classics— and a variety of other cool treats— everyone had a chance to get creative and indulge. Toppings ranged from whipped cream and cherries to crushed cookies, gummy bears and chocolate and caramel drizzle... Yum!!



It was so great seeing some of our hardworking employees laughing, relaxing, and connecting with each other. Whether you stopped by for a minute or stayed to chat, your presence made the day special. And the cherry on top... one of our PCA's brought along her client! It was so great to sit and visit with him :)

So again, thank you to all our wonderful employees, events like this remind us how lucky we are to have such a dedicated, kind, and fun team. Thank you for all the heart and hard work you put in every day.



We hope this little celebration brought you a scoop of joy!

## In-House Training

We successfully kicked off our new Dementia training facilitated by Sage Dementia Consulting last month, All participants walked away with valuable insights and practical tools for supporting individuals living with Dementia.

The positive feedback and engagement from participants highlighted just how impactful these sessions can be. We're excited to continue these offerings and have two additional trainings this quarter on August 27th and September 30th, designed to offer guidance and support not only for our Personal Care Attendants but also for the loved ones of clients facing dementia-related challenges.

These trainings are a great opportunity to deepen your understanding, learn effective communication strategies, and connect with others who are navigating similar experiences. We encourage all who are interested to attend! If you are interested please contact our client care department and they will save you a spot!

# WELCOME

## TO OUR TEAM

Last quarter we were thrilled to welcome both new & returning PCA's to the team. Each one has a dedication, & commitment to providing exceptional care to our clients.

We look forward to the positive impact they will help make to enrich the lives of those we serve.

Let's extend a warm welcome to:  
Johanna, Sara, Lubia, Jaime,  
Adesola, Yulonda, Liliana,  
Mary O., Aniya

## REMINDER

Before you know it, summer will be long gone...

Remember your PCA can be a huge help with end-of-season tasks!

From organizing & storing away summer clothes to getting appointments scheduled for flu shots or check-ups before the cooler months are here. Their extra pair of hands and caring hearts can help ensure everything is wrapped up neatly—so you can head into fall feeling relaxed & ready.

## LET'S CELEBRATE!

Let's give a huge cheer to one of our incredible client's who's about to hit the Big 1-0-0 next month! 🎉

Happy Birthday, Mabel! May your day be overflowing with joy & happiness! 🎂