

When the leaves start falling

Autumn is calling...

HOMELIFE CONNECTION

When The Leaves Start Falling... Autumn Is Calling

We've officially cruised into the last quarter of the month, and as summer waves goodbye like that person who overstayed their welcome, it's time to roll out the pumpkins and snuggle into our coziest sweaters! Let's raise a toast to kicking those sweaty summer days to the curb and welcoming chilly nights, fiery leaves, and the mouthwatering scent of baking spices filling the air! And guess what? We're gearing up for a whirlwind of year-end festivities! Let's break it down...

Halloween is just around the corner, and it's a blast for everyone—kids, grandkids, nieces, nephews—you name it! I'm all about the costumes, and this year's hot picks include Deadpool & Wolverine, Taylor and Travis, and even some spooky Beetlejuice vibes. Oh, and here's a fun fact: pet costumes are strutting their stuff and are projected to rake in nearly \$0.7 billion this year. Talk about a paws-itively fabulous trend!

Hold onto your hats because we plunge into daylight savings time on November 3rd! Who doesn't love an extra hour of snooze? It's like a mini holiday, even if some folks don't see it that way.

Although it's not a cause of celebration by many... don't forget it's an election year! So, if you're a registered voter, mark your calendars for November 5th and make your voice heard!

Next up, it's Thanksgiving! This year, it's making a late entrance on the 28th. Got any quirky traditions? My family goes all out! Between the mouthwatering feast, belly laughs, and family bonding, we throw in a turkey day poker game for good measure. Adding some games or activities can turn your gathering into a treasure trove of memories!

And for the grand finale... drumroll, please! We've got Christmas on 12/25, Hanukkah from 12/25 through 01/02, and Kwanzaa from 12/26 through 01/01. No matter how you celebrate, let's remember the heart and soul of these festivities. Amidst all the glitter and glam, it's easy to lose sight of what really matters. So, let's strive for a deeper experience this year—be kinder, more generous, and truly in tune with the spirit of the season. Because at the end of the day, it's not about the presents, but the people we cherish and the cultures we celebrate!

Add Meaning to the Holidays by...

- Connect with people you care deeply about. Strengthen bonds. Laugh. Talk. Love.
- Instead of giving gifts (except, perhaps for the younger kids), use the money you would have spent on each other and donate it to a good cause. But make this a family decision
- Volunteer at a homeless shelter or food bank.
- Create a stocking full of treats and gifts and place it (them) on a doorstep of someone you know has lost their job or has no family.
- Write a letter telling someone you love (or someone you need to forgive or who you've offended) how much you care for them and appreciate them
- Sit down with your family and establish some new traditions that will build meaning into the season and into the future.
- Deliver cookies to neighbors, family and friends.
- Give the gift of living better, kinder, more honest, more committed to your family, gentler, with more courage and compassion and love and forgiveness, more faithful and hopeful and positive and thoughtful as you finish the year and begin a new one.

CARERGIVER OF THE QUARTER



We are pleased to announce Magaly as our Employee of the Quarter!

When we looked at the list of candidates for this quarter, it became evident that Magaly stood out as the exceptional choice.

She is not only highly respected within the office but has also received commendations from her clients' families, who have expressed appreciation for her significant contributions to the care of their loved ones

Magaly has been an integral member of our team. Her dedication, meticulous attention to detail, and exemplary communication skills have been greatly appreciated.

Congratulations Magaly! You are greatly appreciated.

LEADERSHIP TEAM



AMBER TRIEBULL
OWNER/CEO



SOPHIA CRONK
HCA DIRECTOR
OFFICE DIRECTOR



WENDY CARASSCO
CLIENT CARE
DIRECTOR



DARLENE MACDONALD
CLIENT CARE
COORDINATOR



LETI ONSTEAD
STAFFING
COORDINATOR



LISA LOZANO
SCHEUDLING/
ON-CALL SUPPORT



MARIA OLIVAREZ
SCHEDULING



ELIZABETH MARQUEZ
HCA TRAINING



KIANA PRYBYLINSKI
ON-CALL SUPPORT

Fall Prevention

Many falls occur at home, where we spend a significant amount of our time and often move around without being mindful of our safety. There are numerous modifications you can implement in your home to help prevent falls and enhance your safety. Here are some suggestions organized by room:

Bathrooms

- Install grab bars near toilets & on both the inside and outside of your tub & shower.
- Use nonskid mats, strips, or carpet on all surfaces that may become wet.
- Ensure there's a light left on in the bathroom at night or use a night light that activates automatically in the dark.

Bedrooms

- Position night lights and light switches conveniently close to your bed.
- Keep a flashlight nearby in case of a power outage.
- Place a landline or a fully charged phone near your bed.

Kitchen

- Store frequently used pots, pans, and utensils in easily accessible locations.
- Clean up spills immediately to prevent slipping.
- Consider preparing food while seated to avoid fatigue or loss of balance.

Outdoor Spaces

- Ensure any steps leading to your front door are intact and even.
- Apply non-slip materials to outdoor stairways.
- Keep your lawn, deck, or porch clear of debris, such as fallen branches.
- Consider installing a grab bar near the front door for stability while locking/unlocking it.
- Turn on your porch light at night and ensure it's on if you leave during the day but will return after dark.
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Other Considerations

- Keep electrical cords along walls and out of walkways.
- Arrange furniture and objects so that they don't obstruct your path.
- Make sure sofas and chairs are at the right height for easy entry and exit.
- Store items you use frequently at waist level or within easy reach.
- Avoid standing on chairs or tables to reach high items; instead, use a "reach stick" or ask for assistance. If using a step stool, ensure it's stable and has a handrail.
- Ensure secure handrails are present on both sides of stairs and always hold onto them when ascending or descending, even if you're carrying something. Make sure nothing blocks your view of the steps.
- Provide good lighting, with switches located at the top and bottom of stairs and at each end of long hallways. Consider using motion-activated lights that plug into outlets and turn on automatically as you pass by, illuminating stairwells and pathways.
- Maintain tidiness in walking areas. Avoid leaving books, papers, clothes, or shoes on the floor or stairs.
- Ensure that all carpets are securely anchored to the floor to prevent slipping.
- Avoid using throw rugs or small area rugs.
- Be mindful of your pets to prevent tripping; know where your cat or dog is while you're standing or walking.



National Center for Injury Prevention and Control

Did you know that you can have our client care department assess your living space and make suggestions to help make it as safe?





IS IT A COLD, THE FLU, OR COVID-19?

As fall arrives, it's important to discuss the upcoming cold and flu season. This serves as a gentle reminder that there are straightforward actions we can all take to maintain our health. To distinguish between a cold and the flu, pay close attention to your symptoms.

Flu symptoms often include fever, body aches, muscle soreness, and fatigue. In contrast, cold symptoms typically do not involve fever or muscle pain, making flu symptoms generally more severe.

The common cold, flu, and COVID-19 share similar symptoms. Recognizing the signs of each can help protect you and your loved ones. While these symptoms are common, they may vary in intensity, and you might experience only a few. If you feel unwell, it's best to stay home and consult your doctor about your symptoms and whether testing is necessary.

One effective way to prepare for flu season is to receive a flu shot. This vaccine helps your immune system recognize and combat the virus. A common question is whether you can still catch the flu after vaccination. The answer is yes; vaccines are formulated based on conditions from six months prior. Any changes in the virus or environment during that time can affect the vaccine's effectiveness. However, it generally remains effective, and if you do contract the flu after being vaccinated, symptoms are usually milder.

Additionally, there are simple measures you can take to stay healthy, including:

- Washing your hands regularly
- Avoiding touching your face
- Eating a nutritious diet
- Staying hydrated
- Getting sufficient sleep
- Exercising consistently

Common Symptoms*	Cold	Flu	COVID-19
Fever and/or chills		✓	✓
Headache		✓	✓
Muscle pain or body aches		✓	✓
Feeling tired or weak		✓	✓
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Sneezing	✓		
Cough	✓	✓	✓
Shortness of breath or difficulty breathing		✓	✓
Vomiting and diarrhea		✓	✓
Change in or loss of taste or smell			✓

Common Symptoms of a Cold, the Flu, and COVID-19

Learn more at www.nia.nih.gov/flu



*Symptoms may vary based on new COVID-19 variants and vaccination status.

Our Caregivers are there to help keep you healthy. They can take you to get your flu shot, doctors appointments, even help you stock up on essentials for preventative care...

WELCOME

TO OUR TEAM

In the last quarter, we were excited to welcome an incredible group of Caregivers. Each of these exceptional individuals is essential to our team and is making a meaningful impact on our clients. Let's extend a heartfelt welcome to:

Landon, Jaelyn, Dawn, Adriana, Julia, Maria, Aaliyah, Benjona, Heba, and Jackie.



HomeLife is excited to celebrate Halloween with a cozy trunk or treat event at our office on October 31st. We invite our Caregivers to bring you along for some delightful treats. If your Caregiver brings this up, you'll know exactly what they're talking about!



It is essential for our company to provide support not only to our clients but also to their families. This commitment extends beyond in-home services. We are here to offer a variety of resources, including educational materials, classes, referrals, and more.

Some of our office training sessions cover vital topics such as Hospice Care and Dementia, which are particularly beneficial for families seeking additional education to enhance the care of their loved ones.

We encourage you to utilize us as a resource. Our priority is the health and happiness of all the families we serve.