

Happy Birthday!

Clients

Noreen F. 2/2
Bob V. 2/13

Comfort Keepers

Paula B. 2/7
Carriann H. 2/20
Amber B. 2/23
Hilda A. 2/25
Alberta L. 2/27



Congratulations January 2020 Comfort Keeper of the Month!



Alice K.

Alice has been with Comfort Keepers for over 5 years. Alice goes above and beyond expectations to provide excellent home care to our clients. Her calming demeanor helps ensure the clients that they will be provided with the best possible care.

Flexibility and Reliability are her strong suits. We can count on Alice to pick-up last minute shifts with minimal notice or to be on stand-by for potential clients coming out of the hospital.

Thank you, Alice, for the wonderful job you do caring for our clients, respecting the boundaries and upholding the mission and vision of Comfort Keepers. Congratulations!

Trivia Fun

Which actress married for the seventh time on Michael Jackson's ranch in 1991?

A: Elizabeth Taylor.

Hartsfield international airport is in which US state?

A: Georgia.

What sort of Acres were the subject of a sitcom of over 170 episodes?

A: Green.

On a computer keyboard what letter is between Q and E?

A: W.

In basketball, where do the Hawks come from?

A: Atlanta.

Which fictional bear thought he had "very little brain?"

A: Winnie-the-Pooh.

Quote of the Month:

A dream doesn't become reality through magic; it takes sweat, determination and hard work. Colin Powell

CK spotlight – Brigid H.

Why Comfort Keepers?

When I first moved into the area I saw a commercial and they were the first and only company I applied for. 4 years later I'm still here and very happy for it.

What makes you successful CK?

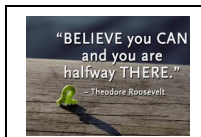
I've met a lot of clients in 4 years. I always try to get to know my clients likes and dislikes and try to find a common ground with each to make them happy. I treat them as I would my own parents or family member. One second they are healthy and happy the next they fully depend on you to help them through the day.

Words of wisdom you'd like to pass on to your TEAM.

At the end of my shift I always talk to my client and give them a rundown of what was done that day and if anything is needed. That way there is no confusion or if a last minute request is needed, it can be done. This seems to help a lot with my clients.

Here are 5 exercises seniors can do from the comfort of their own homes.

1. Weight Training. Light weight training **can** help seniors build muscle mass and retain bone density without putting undue stress on the muscles. ... (use a book or small water bottle)
2. Aerobics. **Seniors** don't need a gym membership to **do** aerobic **exercises**. ...
3. Yoga. ...
4. Squats. ...
5. Walking. ...



February Monthly Mandatory Training:

1.0 hour of any course of your choice.
2.1.2020 – 2.29.2020