

# AUGUST 2020



## Happy Birthday!

### Clients

Charles B. 8.18  
Mary M. 8.12  
Sharon G. 8.27  
Delores H. 8.5  
Orlene L. 8.22  
Robert L. 8.18

### Comfort Keepers

Ma C. 8.8

## Congratulations July 2020 Comfort Keeper of the Month!



### Tiffany G.

Tiffany joined the Comfort Keepers team in July of 2015 and approaches caregiving from a nurturing perspective, she is very mindful of her client's needs.

She has shown an exceptional level of skills, compassion, commitment, and reliability to our clients and our company. Tiffany continually demonstrates that she will go above and beyond for each of her clients as well as, offering great support to her fellow CK's.

Tiffany holds herself accountable not just for the client's care and safety, but also for their happiness.

We are blessed to have Tiffany as part of our Comfort Keepers team. Thank you Tiffany and Congratulations!

## Did you know?

- You might be surprised to learn that a flamingo cannot eat unless its head is upside-down.
- The Dead Sea isn't actually a sea; it's a lake.
- Adult tuna have been known to swim up to 100 miles in a single day.
- On Aug. 5, 1957, rock 'n' roll television show "American Bandstand" goes national with teens dancing and rating records on a scale from 35 to 98. The show was broadcast from Philadelphia to 67 ABC affiliates across the country. Dick Clark was host, a slot he held for 27 years.



## Quote of the Month:

**"I never lose. I either win or I learn." – Nelson Mandela**

## CK spotlight – William P.

### Why Comfort Keepers?

Because we are more than just a company that makes sure that basic human needs are met and maintained. We take them out to see the world and enjoy life, not cooped up inside their house.

### What makes you a successful CK?

I realize that the people I am with are not just a paycheck, they are humans with their own feelings and emotions.

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

Don't treat your clients badly. Everyone has a bad day, don't let theirs get to you.

## A few self-care practices...

- Learn and use stress-reduction techniques, e.g. meditation, prayer, yoga, Tai Chi.
- Attend to your own **healthcare** needs.
- Get proper rest and nutrition.
- Exercise regularly, even if only for 10 minutes at a time.
- **Take** time off without feeling guilty.

**RELIAS**  
LEARNING

**August Monthly Mandatory Training:  
1.0 hour of Relias Learning  
8.1.2020 – 8.31.2020**