



2020



### Happy Birthday!

#### Clients

Lorraine E. 11/14  
Robert C. 11/30

#### Comfort Keepers

Nancy R. 11/3  
William P. 11/18



### Congratulations

October 2020

Comfort Keeper of the Month!



Jennifer D.

Loyal, dedicated, compassionate and common sense are a few words that describe our October 2020 Comfort Keeper of the Month. We are proud to have her as the face of Comfort Keepers. Jennifer brings her commitment of making a difference in the lives of our seniors each time she clocks into a shift. She brings a smile, demonstrates high standards and values that provide our clients with the individual care and respect they deserve. Jennifer demonstrates her commitment to excellence by arriving to her shifts on time, completing her monthly training, and stepping in to help when needed to cover shifts.

Thank you for all you do Jennifer and Congratulations!

### Holiday Trivia

Writer and editor [Sarah Josepha Hale](#) convinced President Abraham Lincoln to officially declare Thanksgiving a national holiday, after three decades of persistent lobbying.

If you learned in preschool that a turkey goes "gobble, gobble," that's only about half true. Only male turkeys — appropriately named gobblers — [actually make the sound](#). Female turkeys cackle instead. So if you're trying to figure out whether a turkey's male or female, just wait until they open their beaks.

**Question:** Which President made turkey pardoning an annual event?

**Answer:** George H.W. Bush



### Quote of the Month:

“Happiness isn't something you experience; it's something you remember.”  
– Oscar Levant

### CK spotlight – Lindsey

#### Why Comfort Keepers?

When I was first applying for a Caregiving job, Comfort Keepers came up number 1 in my Google search. I read many reviews from the local office and from offices out of state. The more I read the more I realized that Comfort Keepers was going to be the perfect company for me. I'm glad I applied, because Comfort Keepers has been the perfect company for me.

#### What makes you a successful CK?

I don't think of my clients as a job. They are people, who need some extra love and companionship. Having this mindset has helped me to be a successful CK.

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

Your clients are important, but you're even more important. You can't show love and compassion towards your clients, without showing that same if not more love and compassion to yourself. So, do something for yourself, something you enjoy, and continue to do the good work you do.

November is National Caregiver Month

#### Focus on the following self-care practices:

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



### November Monthly **Mandatory** Training:

1.0 hour of any course of your choice.  
11.1.2020 thru 11.30.2020