

Happy Birthday!

Clients

Toni F. 2/1
 Noreen F. 2/2
 Linda P. 2/21

Comfort Keepers

Paula B. 2/7
 Brandy B. 2/13
 Carriann H. 2/20
 Alberta L. 2/27



Congratulations January 2021 Comfort Keeper of the Month!



Ashley M.

We are pleased to announce that Ashley is our January Comfort Keeper of the Month. Joining our team in October, Ashley possesses a positive and bubbly hospitality that her clients adore.

Always attentive, punctual, and reliable; Ashley consistently sets the standard of quality by going above and beyond to ensure her clients receive the care they need and deserve. Whether it's helping out in a pinch, accommodating a schedule change, or diligently completing monthly training; we earnestly appreciate Ashley's dedication, commitment, and work ethic. We are so happy to have Ashley on our Comfort Keepers team; she has proven to be an exceptional employee, colleague, and Comfort Keeper.

Thank you Ashley, keep up the hard work!

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:

You can never leave footprints that last, if you are always on tiptoe.

CK spotlight –

Why Comfort Keepers?

I like in-homecare, and was told that Comfort Keepers is a great company to work for.

What makes you successful CK?

I am a successful Comfort Keeper because I care about my clients and enjoy listening to them talk about their past and taking care of their basic needs and putting a smile on their face.

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

Show compassion because you never know what someone is going through.

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:
 HIPAA Essential and 1 other course of your choice for 30 minutes.