



2021



### Happy Birthday!

#### Clients

- Thomas K. 4/6
- Laura G. 4/16
- Ken R. 4/22
- Ken B. 4/24

#### Comfort Keepers

- Beverly 4/6
- Tiffany G. 4/7
- Helen L. 4/17
- Nadine H. 4/25
- Suzie L. 4/28

### Congratulations March 2021 Comfort Keeper of the Month!



Helen

We are happy to name Helen our March Comfort Keeper of the Month! Since joining our team almost 7 years ago, Helen has proven to be a reliable, flexible, and a dedicated Comfort Keeper. Helen strives for excellence and takes her responsibilities seriously. We can always depend on Helen to be on time, including updating us on traffic delays.

Helen has been able to make bonds with her clients and works hard to meet their needs. She always has her clients' best interest at heart. Helen communicates great with the office staff, always ensuring the plan of care is updated.

Thank you Helen for your outstanding work ethic and for treating our clients with the dignity and respect they deserve. We are glad to have you on our Comfort Keepers team. Congratulations!

### Did you know?

- an ostrich's eye is bigger than its brain
- lemons contain more sugar than strawberries
- the most commonly used letter in the alphabet is E
- the 3 most common languages in the world are Mandarin Chinese, Spanish and English
- a cat has 32 muscles in each ear
- sponges hold more cold water than hot
- the safest car color is white



Comfort Keepers was voted 2020 Best of Kitsap for Home Care. Thank you for all you do!

### CK spotlight – Marisol M.

**Why Comfort Keepers?**  
I chose Comfort Keepers because of their reliability.

**What makes a successful CK?**  
A successful Comfort Keeper is one who is reliable.

**What do you LOVE about your job?**  
I LOVE to comfort people in general and I found the BEST job to do so.

**Words of wisdom you would like to pass on to your TEAM members.**  
The only way for a great work is to do what you love to do.

### A few ways to take care of YOURSELF...

- Explore community resources and connect yourself with them.
- Listen to music.
- Learn relaxation techniques.
- Give yourself a treat at least once a month, an ice cream cone, a new shirt or dress, a night out with friends, a new flowering plant.



**April Monthly Mandatory Training:**  
**1.0 hour of Relias Learning of your choice.**  
**4.1.2021 – 4.30.2021**