

AUGUST 2021



Happy Birthday!

Clients

Mary C. 8.12
Peggy P. 8.20
Orlene L. 8.22
Sharon G. 8.27

Comfort Keepers

Linda L. 8.23

Congratulations July 2021 Comfort Keeper of the Month!



Susan H.

Susan has proven to be a dedicated and dependable Comfort Keeper, going above and beyond for her clients. She is loved and respected by them. It is obvious that Susan truly cares for each person she has the honor of visiting.

Susan always picks up any shift that is asked of her, she answers all calls with a positive attitude and is always pleasant to talk with. She is very kind and thoughtful.

Susan, thank you for spreading sunshine to all those around you! Your dedication is very much appreciated! It is an honor to work alongside of you! We appreciate your efforts to uphold the Mission and Vision of Comfort Keepers! We are proud to honor you as our July 2021 Comfort Keeper of the Month!
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 – Liz L.

Why Comfort Keepers?

I believe Comfort Keepers is very organized and everyone I am in contact with is so positive.

What do you LOVE about your job?

Being able to help the clients with the things they are no longer able to do for themselves or just need a little assistance.

Please share 1 or 2 facts about yourself:

Both parents passed away in their 60's and I was not able to help them, this is why I believe I love what I do with Comfort Keepers.

What makes you a successful CK?

I have a helpful heart, one that truly cares about people.

Words of Wisdom you'd like to pass on to your TEAM members:

Treat each person with compassion and with a loving heart.

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 Nutrition/Hydration: Your Responsibilities
8.1.2021 – 8.31.2021**