



2021



Happy Birthday!

Clients

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

Comfort Keepers

Shyrl K. 11/15
Jessica T. 11/16



Congratulations

October 2021

Comfort Keeper of the Month!



Donna T.

We are excited to name Donna our October Comfort Keeper of the Month!

Donna has been with Comfort Keepers for over 8 years. Her caregiving approach consists of compassion, honesty, and dedication; which allows her to bond with every client she cares for.

There is no job too big or too small for Donna! Whatever the task, she always finds a way to get it done. Her professionalism embodies the company philosophy and her hard work is a prime example of how Comfort Keepers improves the lives of our clients.

If Donna's perseverance and integrity were a contagious disease, everyone Donna encountered would be as fantastic as her. Thank you Donna for bringing your positive attitude to work every day and being such an important part of our team. 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

Comfort Keeper Kudos



Clients wife "stated it was good to see Kimie and to have her in the home again."

Karen D. is very pleased with service and with Leslie. She stated, "she could not have asked for a better caregiver and she would not change a thing."

Clients husband stated" he's happy with service and CK Sue H. He stated she has been a god send and he doesn't know what he would do without her."

Clients wife "Lori let me know what a ray of sunshine Suzie is. She told me how on the days she is struggling to stay positive that Suzie comes in and absolutely brightens her day. She went on to say what a pleasure it has been having Suzie. She said Suzie is positive, loyal and dependable. All the makings of a great caregiver."

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.

