

FEBRUARY

2022

Happy Birthday!

Clients

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

Comfort Keepers

Paula B. 2/7
Brandy B. 2/13
Carriann H. 2/20



Congratulations

January 2022

Comfort Keeper of the Month!



Derek C.

Derek has gone above and beyond expectations to provide compassionate, personable, and great care to each of his clients as well as completing his monthly trainings on time and keeping the office informed of any changes with his clients.

Derek is dependable and reliable and rarely misses a clock-in or clock-out. He is flexible with his schedule and will cover shifts at any hour. His attitude is always "whatever the Client needs."

Derek's outgoing personality and sensitivity to provide the best possible care and comfort are very important characteristics to being a successful Comfort Keeper. Thank you, Derek and Congratulations!

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.

Spot Light: Helen L.

1, Why do you work at Comfort Keepers?

I'm able to fluctuate my schedule so I can work and take care of myself at the same time.

2, What do you love about your job?

I love how I am matched with each individual client so I can do my job in order to help them stay in their home.

3, One fact about yourself you would like to share

I come from a family that is diverse in education and health care work.

4, What makes you a successful Comfort Keeper?

I'm an advocate for my clients when they need help. I listen to their needs and goals and do what I can to make sure those needs and goals are met.

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.