



2022



### Happy Birthday!

#### Clients

Marjorie B. 3.7  
Sharon H. 3.19

#### Comfort Keepers

Nadine C. 3.4  
Karen N. 3.5  
Carol M. 3.31



### Congratulations February 2022 Comfort Keeper of the Month!



**Jeffrey T.**

Jeffrey joined our Comfort Keeper Team in January of last year. Since day one, he has been dedicated and dependable. He completes his monthly training, confirms his schedules on-time, and is very eager to help.

Jeffrey is compassionate and takes pride in understanding and taking care of the needs of his clients. He keeps the office informed of any changes with his client.

Thank you for your outstanding work ethic and for treating our clients with the dignity and respect they deserve. It is a pleasure and honor to work with you. We are proud to name you our February 2022 Comfort Keeper of the month!

Congratulations Jeffrey.

### Some Cognitive Activities to do with your clients.

Cognitive activities should stimulate the creative and problem-solving parts of the brain. These activities often allow the senior to create something new, which is both engaging and rewarding.

- Art  
(painting/sculpture/mosaics)
- Adult coloring books
- Music (singing/playing instruments/listening to old favorites)
- Crossword puzzles/Sudoku/word search
- Reading the  
(newspaper/novels/magazines or poetry)
- **Have Fun!**



#### Quote of the Month:

“March is the Month of Expectation.” Emily Dickinson

#### CK spotlight – Derek C.

##### Why Comfort Keepers?

I chose Comfort Keepers as I wanted to be part of a group or team that worked together and supported each other. I found CK's to be more personal and less random than other places.

##### What do you LOVE about your job?

I love meeting and helping people. I've found that most of the seniors I deal with have fascinating histories. I love reminiscing with them and hearing their first-hand accounts of history and the last century. I enjoy helping those that actually helped shape my generation in many ways. I know that we all required help growing up from all angles and now that they need help I can help those that were there when I grew up. It's not direct but it's general.

##### What makes you a successful CK?

I feel I'm successful because I can and do relate with my clients. I communicate with them easily at whatever level is comfortable for them. I always find common points of reality and that makes me more relatable to them. I help my clients at a level that they can easily accept. I try to instantly learn their routines and needs and care requirements and then I provide those services without needing to ask or be directed.

Remember to spring forward 1.0 hours on Sunday March 13, 2022



### Welcome to the comfort Keeper Team!

Rebecca 12/2  
Jess 12/7  
Shakara 1/18  
Carol 1/26  
Karen 2/2  
Elizabeth 2/10



\*\* March Required Training: Workplace Violence and Blood Borne Pathogens\*\*  
3.1.2022 – 3.31.2022