



Make Miracles Happen

Ever notice we are more likely to focus on the negative rather than the positive? If someone gives you a compliment, and then a few hours later someone comes across with a nasty remark—what are you most likely to remember?

Our minds seem programmed to dwell on the negative—our mistakes or a hurtful comment. We tend to let those thoughts rule our mind and can't wait for the day to be over because it was "so bad".

Instead, what if you only focused on the positive? The person that said "have a good morning" or "that's a nice sweater", or "thank you for being here". I bet if you wrote down every positive interaction in one day, they would far outweigh the negative.

Spring is a time for new beginnings and it's a great time to start with a fresh attitude. Try it for one day— out with the bad and in with the good— and only focus on positive interactions. I'm betting at the end of the day you'll feel energized and happy. This energy will translate to your clients and co-workers, which makes for a productive working environment.

Share your positive stories with us and we'll post them in a future newsletter or email! Thank you so much for all that you do—we are so happy to have you on our team!



MARCH TRAINING

STROKE AWARENESS—
How to recognize signs of stroke and what to do about it.

On Wednesday, March 16th at 10am, Stroke Awareness Oregon will host a training workshop at our Bend Office conference room.

Stroke is the 4th leading killer in the US and the leading cause of disability. It's important to learn more about stroke and what you can to help your clients if the need arises.

The office staff will be in touch with those caregivers not working that day for an invite to attend, so please be on the lookout. For those of you not able to attend, we will share notes.

Thank you!
541-241-3225



THE POWER OF COLOR

It seems that most of us tend to dress in monotone, dark colors during the winter months and more colorful pieces as spring arrives? As color comes back into our world, we start to feel more energized and happy – why is this and what exactly does color do for our minds?

Color can actually improve brain performance in a variety of ways. It influences that way we think, feel and behave – from our appetite to our productivity.

A few fun examples:

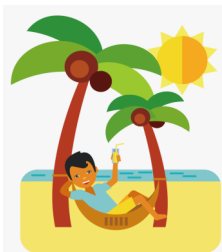
Memory – Colors can affect what you remember. You are more likely to recall negative words when there are a lot of reds around. On the flip side, green tends to make you hold on to positive ones. So go for green for a healthier state of mind!

Your Internal Clock – Scientists have found that bright blue light helps reset circadian rhythms. Studies have also found that blue has the biggest positive effect on the physical, mental and behavioral patterns you go through every day. There is research being done on how the color blue may help treat depression and other mood disorders.

Emotions – The color green seems to make positive emotions stronger and negative emotions weaker. However, the color red has the opposite effect and can make negative emotions more intense – such as those linked to danger.

Energy Level – You may feel happier and less tired after you exercise around the color green. This makes sense as people that workout outside – where there is more green – feel better. Having more green space around where you live also tends to boost your mental health.

What's your favorite color and why? How do certain colors make you feel? Are there ways you can incorporate color into the lives of your clients? We'd love to hear your feedback and suggestions! Feel free to email: christinachavez@comfortkeepers.com and share your colorful stories!



Reminder—If you are planning any vacation time over spring or summer, please let us know your travel dates ASAP. The earlier the better so that we can plan for client coverage and alert family members. Thank you!

5 FUN FACTS—

Meet Anna!

We knew from the start that Anna was going to add some spark to our team! She's energetic and fun and we are lucky to have her working for Comfort Keepers!



Here are 5 Fun Facts about Anna:

- Her first concert was seeing Michael Franti at the Bend Amphitheater and she got to meet him backstage!
- She can fold her tongue into a 3-leaf clover - WOW!
- She went to Japan at the age of 16.
- Anna used to have three cats and there was only one eye between all of them. 3 blind cats instead of 3 blind mice!
- Her first language is Chinese

Thank you for all that you do Anna!