



Gratitude

I am not huge fan of Valentine’s Day, but I’m a big believer in gratitude. Gratitude—being thankful; showing appreciation; returning kindness. These are all things that are very important in my every day life; qualities I strive for and actions I take time to demonstrate.

Small things matter—such as saying “thank you” to the person checking you out at the grocery store; holding the door open for someone; doing a favor for a friend in need. Things that are so easy, but can be so overlooked in our busy lives.

We are all stressed, overworked and tired these days. It’s understandable when you come up short-tempered or forget that the person beside you may be having a much harder time than you in that moment. When I feel myself reaching my limit, I take a moment to stop and breathe. It’s amazing what a few deep breaths can do for your nervous system!

In this month of Valentine’s Day hoopla, it’s OK to skip the chocolate hearts, candy and flowers — let’s instead use this time to stop, breathe and simply say “Thank You”.

Thank you to that friend, co-worker or client. Thank you to the person that served you lunch or coffee. Thank you to the driver that let you make a turn on a busy street.

Showing gratitude will not only make others feel good, but I bet it puts a smile on your face as well. We can make ourselves feel better while making others feel good — that’s a gift you can give every day!



REMINDER— OFFICE POLICIES

Just a quick reminder on some of our office policies:

- Business hours are Mon-Fri 8:30am-4:30pm. Calls after hours and on weekends should be for EMERGENCIES only. Do not text—texts will likely go unanswered until the following business day.
- To schedule a meeting with Christina or Liane, please call or text during business hours. We are usually out in the field and need a few days to plan for an in-person meeting.
- Time-off requests should be made at least 3-weeks in advance and 6-weeks during for time-off during holidays.
- If you need PPE, please notify us at least 3-5 days in advance so that we are sure to have supply in stock.

Thank you all so much!



Important Facts about Client Care

As caregivers, one of the hardest things you may be faced with is understanding and adapting to client needs as their physical and mental abilities decline. Those of you that have been with clients for months (or years) know firsthand that their physical capabilities will surely diminish and their reliance on you will only increase. As well, cognitive status will change and you'll see shifts in memory and behavior.

This means your duties will change — you'll be called upon to assist with more transfers, use advanced equipment, keep track of doctor appointments and take more detailed care notes.

Not all of you will remain with the same clients you start with — this is for their safety as well as yours. We have to recognize when changes are needed, be it an entirely new living situation—such as going from independent living to assisted living or memory care—or when new care team members should rotate into client shifts. This isn't always easy—especially if you've formed a bond with a client and feel like you are abandoning them.

Client reassessments and caregiver check-ins are done on a regular basis to be sure we are providing the best care possible for the client, as well as maintaining your physical and emotional health. Your feedback and care notes are also of immense importance — you are with the clients on a regular basis and we rely on your observations to help us and the family make some difficult decisions when the time comes.

We all must acknowledge our strengths and limitations when it comes to the care of our clients. Self-reflection isn't the easiest thing to do, but it's critical in our line of work. And remember, the office staff is here to help evaluate any and all situations — no matter how big or small.

If you have any questions on how we assess clients, how we assign staff or how we decide upon a change in client care status, please let us know. We value your comments and feedback.

Thank you all for being a part of our team and for the significant role you play in the lives of our clients!



5 FUN FACTS— Meet Marge!



We love getting to know our caregivers! Marge is such fun and has a gentle energy about her. She's warm, caring and a joy to have on our team!

Here are 5 Fun Facts about Marge:

- She was born in England.
- Marge is the 10th of 11 children—WOW!
- She loves to garden and make fairy gardens as her Cornish heritage believes in fairies.
- In her spare time, Marge knits, sews and reads.
- Last, she loves to hike on the beautiful Central Oregon trails with her little dog.

Thank you for all that you do Marge!