



The National Day of Joy is June 29, 2022

Comfort Keepers created the National Day of Joy in 2019 because our decades of helping seniors with uplifting in-home care shows us that a daily dose of joy can truly work wonders. No matter how old you are, finding joy in even the simplest moments is proven to help improve and maintain overall wellness, including physical and mental health.

What brings you joy? How does working with your clients add to your daily happiness? We'd love to hear about your joyful experiences! If you feel inspired to share your stories, please email them to:

christinachavez@comfortkeepers.com

We will post to our social media pages and the Comfort Keepers website promoting #nationaldayofjoy.

Thank you for all that you do and for bringing joy to clients and families each and every day!



NEXT CAREGIVER TRAININGS

Hello Team!
The dementia training we had in May was incredibly informative, so we plan to have another session in August—stay tuned for date and time as we want to be sure all of our team members get a chance to take this interactive workshop.

In the meantime, please submit your requests for upcoming training sessions. It's helpful for the office staff to know what you are looking for in terms of more training so that we have time to book our presenters in advance. Feel free to send your requests to Christina and Liane via text:

541-241-3225

Thank you and we look forward to hearing from you!



ARTS & CRAFTS FOR SUMMERTIME FUN!

Who doesn't like arts & crafts? A chance to have fun, be silly and get creative juices flowing! We've put together a list of some crafty projects that you can do with your

senior clients. See below and let us know if you need help gathering materials!

- **Rock painting**—an easy way to have some fun! Just find some medium-sized smooth stones and paint away! You can even make rock flowers to arrange in a window pot for a no-mess indoor plant.
- **Paint mason jars**—find some glass mason jars and paint fun patterns on the outside and use for storage, flower vases or even for salt & pepper containers!
- **Wreaths**—if you have any fabric scraps around, you can make fun and colorful door wreaths. Hang the wreaths on doors, windows or even inside for a splash of summer color.
- **Bird feeders**—old mason jars or small clay pots lend themselves to easy-to-make bird feeders. If you have a client that loves to watch the birds, learn how to string up a mason jar, fill it with bird seed and watch the magic happen!
- **Seashell fish & birds**—got old seashells around? Just take some colorful paper, leaves or flowers and glue on some wings or fins and you've got some cute critters to frame or hang.

Check out more crafts here and be sure to send us photos of the what you make with your senior clients!

<https://loaids.com/summer-crafts-for-seniors/>

5 FUN FACTS—

Meet Charlotte!

Charlotte is fun, hard working and dedicated! She's been such an asset to our team, working every weekend with our clients!



Here are Charlotte's 5 Fun Facts:

- She loves sushi!
- Charlotte lives in Silver Lake (out by Christmas Valley) and drives in each weekend to work with our clients at Touchmark
- She owns Big Sky Farm LLC where she raises her own beef, pork, eggs, milk and cheese
- Charlotte has 3 biological children and 15 or so that call her "mom"
- She hopes to be a nurse someday

Thank you to Charlotte for being such an amazing caregiver—we love having you on our team!