

AUGUST 2022



Happy Birthday!

Clients

Mary H.	8.1
Will L.	8.10
Mary C.	8.12
Wayne S.	8.15
Peggy P.	8.20
Orlene L.	8.22
Robert T.	8.23
Sharon G.	8.27

Congratulations!
Comfort Keeper of the Month
July 2022



Bianca S.

During Bianca's time with us, she has proven to be dependable and is always eager to help her clients. It is apparent that Bianca is mindful of our mission statement and strives to bring our clients the dignity and respect they deserve.

She makes every effort to be the best Comfort Keeper she can be in her communication with the office regarding updates on clients and her availability in supporting the Comfort Keeper TEAM.

Many thanks to you Bianca for your hard work and dedication; we are proud to have you on our team and honored to name you July 2022 Comfort Keeper of the Month!

Did you know?

- You might be surprised to learn that a flamingo cannot eat unless its head is upside-down.
- The Dead Sea isn't actually a sea; it's a lake.
- Adult tuna have been known to swim up to 100 miles in a single day.
- On Aug. 5, 1957, rock 'n' roll television show "American Bandstand" goes national with teens dancing and rating records on a scale from 35 to 98. The show was broadcast from Philadelphia to 67 ABC affiliates across the country. Dick Clark was host, a slot he held for 27 years.



Quote of the Month:

"I never lose. I either win or I learn." – Nelson Mandela

CK spotlight – Kailah M.

What's your favorite thing about working at Comfort Keepers?

The relationships I've been able to make with our clients & some amazing coworkers.

Who or What motivates you?

Knowing that each day I wake up, I can potentially make a difference in someone's life.

Please share 1 fact about yourself you would like to share.

One of my main goals in life is to, simply pet all the dogs I come across.

What's your favorite Comfort Keeper memory?

Finding a litter of kittens with my very first client George while we were gardening!

What has been your most rewarding moment as a Comfort Keeper?

Having a client tell me that I'm like part of their family now & how much Comfort Keepers has improved their quality of life, while being able to stay in their home.

A few self-care practices...

- Learn and **use** stress-reduction techniques, e.g. meditation, prayer, yoga, Tai Chi.
- Attend to your own **healthcare** needs.
- Get proper rest and nutrition.
- Exercise regularly, even if only for 10 minutes at a time.
- **Take** time off without feeling guilty.

CareAcademy Learning
Coming soon!

**** Just a reminder to keep your masks, gloves and hand sanitizer stocked up****