



2024



Happy Birthday!

Clients

Terry B. 8.2
Bill O. 8.9
Mary C. 8.12
Carol R. 8.16
Roger W. 8.24
Sharon G. 8.27



Congratulations! Comfort Keeper of the Month July 2024



Rosalee

Flexible is Rosalee's middle name. She has been very receptive to client schedule changes and is very accommodating and dependable. Rosalee's caregiving approach wholeheartedly embraces our interactive care philosophy by turning routine tasks into opportunities to make valuable connections. Her passion and positive attitude are an inspiration to us all. We appreciate her dedication to our vision and mission. It is clear that Rosalee demonstrates high standards and values, which provide our clients with the respect they deserve as she consistently offers our clients the highest level of care available.

It is an honor to have Rosalee as our July 2024 Comfort Keeper of the Month!

Did you know?

Snakes can predict earthquakes.

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.

Giraffes are 30 times more likely to get hit by lightning than people.

Your brain is constantly eating itself.



Tips for staying COOL on HOT days

Drink plenty of water throughout the day (don't wait until you feel thirsty).

Eat cooling snacks like popsicles that are light on sugar, or slightly frozen grapes.

Eat light, cold meals like chicken or pasta salad instead of heavy, hot dishes like pot roast.

Place a cool washcloth on the back of the neck.

Sit with feet in a pan of cool (but not too cold) water.

Keep the house as cool as possible by keeping shades closed during the hottest part of the day.

Visit a public cooling center like a recreation center, senior center, library, coffee shop, or shopping mall.

Take a cool shower, bath, or washcloth wipe-down. For maximum cooling, keep the water just below body temperature.

Quote of the Month:

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

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.

Please complete any courses before your August birthdate and let the office know when completed.



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