

# HELLO JANUARY

## Happy Birthday!

### Clients

- Mildred F. 1/11
- Emma R. 1/15

### Comfort Keepers

- Jane M. 1/2
- Kailah M. 1/11
- Jennifer D. 1/22
- Pauline S. 1/28
- Liz L. 1/29



## Congratulations December 2022 Comfort Keeper of the Month!



Jena

We are excited to name Jena our December Comfort Keeper of the month.

Since joining our team 2 years ago, Jena has shown that she has a remarkable ability to connect with her clients and make them feel at ease. She is always caring, and sensitive to meeting their wants and needs with a smile on her face.

Jena is a great example of responsibility, accountability and great client service. Many of Jena's clients have commented that we need to have a clone of her. Comfort Keepers is fortunate to employ such a dedicated and loving caregiver.  
Congratulations Jena!

## Did you know?

Physical activity is good for people of all ages. Staying active can help:

Lower your risk of heart disease, stroke, type 2 diabetes, and some types of cancer.

### AND

Improve your strength and balance so you can prevent injuries and stay independent, improve your mood, feel better about yourself, improve your ability to think, learn, and make decisions. Even small steps help.

**Quote of the Month:** "Write it on your heart that every day is the best day in the year." Ralph Waldo Emerson

## Happy New Year!

*As some of you may already know, my last day with Comfort Keepers was 12/27/2024. I would like to thank each of you for making my time here a truly rewarding experience. I wish nothing but the best for you all!*

Respectfully,  
Jennie

*P.S. It is time to turn over the "gatekeeper" position to Tom:*

Tom comes to us from the Patient Access team at St Michaels Hospital Emergency Room. Tom brings with him years of experience in Office Management, payroll, registration, and healthcare billing. He joins us as the new Administrative Coordinator for the office. Tom has been a resident of Washington since 2008, and has recently relocated to the Kitsap county area after having lived in Grays harbor county for the past 7 years. On his days off, he can often be found hiking, or camping in the many parks our county has to offer, woodworking, or attending one of his four children's many extracurricular activities.

**SNOW.... A bad 4 letter word....** Or is it...? Not if you are prepared! This is just the start of winter, and unfortunately, snow is bound to come our way rather we want it or not. Do you have a plan A, B, and C in place so you can get to work in the snow? Our clients depend on us in any weather condition. Plan ahead for yourself and your clients 😊



CareAcademy™

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