



Happy Birthday!

Clients

- Fern H. 3/10
- Sharon H. 3/19
- Darlene L. 3/20

Comfort Keepers

- Karen N. 3/5
- Jena M. 3/13
- Tom B. 3/24
- Chloe H. 3/29
- Carol M. 3/31

In 1987, President Reagan recognized March as Developmental Disabilities Awareness Month to increase "public awareness of the needs and the potential of Americans with developmental disabilities" and to provide the "encouragement and opportunities they need to lead productive lives and to achieve their full potential."

When communicating with someone with a developmental disability (DD), be patient, use clear and simple language, speak directly to them, avoid jargon, give them time to respond, and ask for clarification if needed; always treat them with respect and as an adult, not assuming their understanding level based on their disability.

Congratulations to our March 2025 Comfort Keeper of the Month!



Rowena Catmunan

Rowena brings the benefit of her worldly experience to each client she serves. Her love for travel, culinary arts, and food, treat our clients (and those of us fortunate enough to know her!) to wonderful experiences in culinary delicacies, and stories from one of her many adventures. Her colleagues have praised her passion for her residents, and her clients are simply full of compliments about her dedication and kindness. Rowena is well loved by her clients and team, and that is why she is our March Comfort Keeper of the Month! Congratulations Rowena!

Tom's Trivial Tidbits:

Beards: Beards are the fastest growing hairs on the human body. If the average man never trimmed his beard, it would grow to nearly 30 feet long in his lifetime.

Tongues: Every individual has a unique tongue print. Like fingerprints, your tongue print can be used to identify you.

Your Skin: An average man or woman sheds about 600,000 particles of skin per hour, which is approximately 1.5 pounds (680 grams) per year. Using this figure, by the age of 70, a person will have lost 105 pounds (47.6 kilograms) of skin.

Quote of the Month: "It is spring again. The earth is like a child that knows poems by heart." Rainer Maria Rilke

Springtime can impact in-home care by bringing increased opportunities for outdoor activities and fresh air, but also poses potential challenges related to changing weather, pollen allergies, and the need to monitor for heat stress, particularly for older individuals with health concerns, requiring caregivers to adjust routines and prioritize safety precautions.

Warmer weather allows for more outdoor activities like walks, gardening, and visits to parks, which can improve mood and physical well-being for the client. Increased sunlight can boost mood and energy levels. The change in scenery with blooming flowers and fresh greenery can be stimulating and enjoyable. Spring events like farmer's markets or community gatherings can provide opportunities for social interaction. The season can be a good time to help declutter and refresh the home environment, improving accessibility and safety.

Increased pollen levels can exacerbate allergies, causing discomfort and impacting daily activities for some individuals. Unpredictable weather changes can make it difficult to dress appropriately for outdoor activities, and sudden temperature spikes can pose a risk for heat stress. While outdoor activities are beneficial, caregivers need to be mindful of overexertion and ensure proper hydration, especially for those with mobility issues. While less prevalent than in winter, the risk of cold and flu can still be present. Be aware of signs of heat exhaustion like dizziness, fatigue, and heavy sweating. Ensure proper hydration and avoid prolonged sun exposure. Discuss allergy concerns with the client and their healthcare provider.

Caregivers should assess the weather conditions and ensure appropriate clothing, sunscreen, and hats are worn when going outside. Be aware of local events and activities that may be beneficial for the client. Discuss any concerns about seasonal health challenges and adjust care plans accordingly.



CareAcademy™

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

