

# AUGUST

## Happy Birthday!

### Clients

- Terri B. 8/2
- James B. 8/5
- Mary C. 8/12
- Sharon G. 8/27

### Comfort Keepers

- Mickey H. 8/5
- Julie K. 8/7

### August is National Wellness Month!

August is recognized as National Wellness Month, a perfect reminder to prioritize overall health and well-being. This is especially crucial for caregivers, who often dedicate their lives to others' needs, potentially neglecting their own health. National Wellness Month encourages everyone to focus on practices like stress management, self-care, and healthy routines.

For caregivers, self-care is not selfish, but a necessity that allows them to maintain their physical and mental health while providing compassionate care. It's about finding time to recharge, whether through a short walk, meditation, hobbies, or simply connecting with friends and family. Caregiving can be demanding and lead to burnout, stress, and compromised health. Studies show that caregivers face significantly higher rates of depression and anxiety compared to non-caregivers.

National Wellness Month provides a valuable opportunity for caregivers to assess their well-being and implement strategies to prevent burnout. This can include seeking support groups or counseling, setting realistic boundaries, and utilizing respite care services that offer temporary relief from caregiving responsibilities. By prioritizing self-care, caregivers can be better equipped to handle the challenges of their role, enhancing both their own well-being and the quality of care they provide to their loved ones.

## Congratulations to our August 2025 Comfort Keeper of the Month!



Leanna Rye

Leanna, originally from Bremerton, Washington, has a love for the simpler joys in life, especially lilies and the color blue. When not dedicated to her important work, she can often be found enjoying the serene waters of Washington State on a paddleboard, embracing the peacefulness and beauty of nature.

However, there's another side to her – a passion for the exhilarating world of Supercross, indulging in the thrill of the sport. But even after an exciting day, her true comfort comes from a bowl of classic cookie dough ice cream. This combination of nurturing kindness, love for nature, and hidden adventurous streak makes Leanna a unique addition to our team, and our August 2025 Caregiver of the Month!

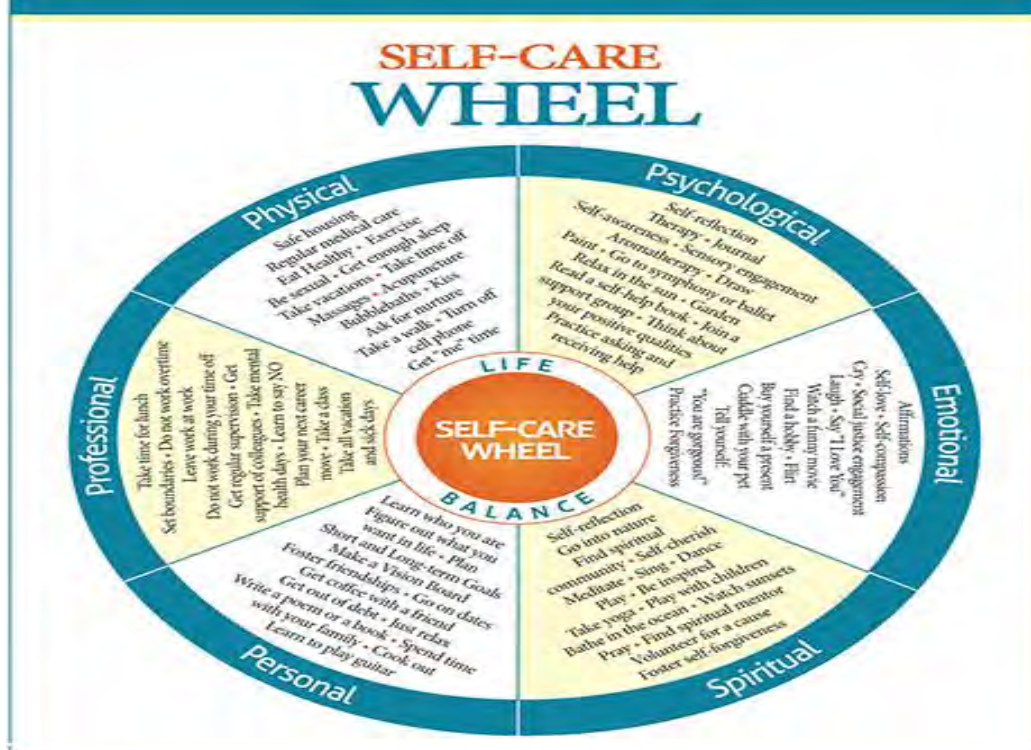
## Tom's Trivial Tidbits:

Sammies: August 1762 the sandwich, as we know it, was created when the Earl of Sandwich requested meat between two pieces of bread.

Unique: no other month starts on the same day of the week as August. It is only during leap years when February starts on the same day of the week as August.

Winter: In the Southern Hemisphere, August marks the end of winter and the beginning of spring.

**Quote of the Month:** "August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms."  
— Victoria Erickson



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