



Happy Birthday!

Clients

- Bernice W. 4/07
- Kathleen G. 4/23

Comfort Keepers

- Alexis R. 4/13
- Lydia M. 4/19
- Suzie L. 4/28

April is National Hope Month!

Designated in 2018 by Mothers in Crisis, the National Month of Hope in April is a movement designed to foster optimism and confidence in the future. For caregivers, this month acts as a poignant reminder that hope is not merely a feeling but a proactive tool—a "verbal encouragement" or "spark"—that can significantly improve the lives of seniors facing mobility issues, chronic illnesses, or loneliness.

Caring for seniors during this month involves intentional actions to prevent social isolation, such as scheduling daily check-ins, organizing outdoor walks to enjoy the springtime, or helping seniors connect with loved ones through video chat. It is about fostering a sense of purpose by encouraging them to share their wisdom, engage in light exercise, or participate in creative hobbies.

Furthermore, the National Month of Hope applies to senior care by advocating for dignity and independence. Caregivers can create a "hopeful" environment by focusing on small, consistent steps toward wellness, such as preparing nutritious meals or organizing engaging activities, which help seniors feel respected and secure.

Ultimately, bringing hope to an aging loved one means helping them see beyond their current challenges toward meaningful, brighter days.

Congratulations to our April 2026 Comfort Keeper of the Month!



Lindsey S.

Lindsey has been named Comfort Keeper of the Month for her exceptional care and warm personality, bringing sunlight into the lives of those she assists. Much like her favorite sunflower, Lindsey radiates positivity and warmth, making her a beloved caregiver. Outside of work, Lindsey is an avid crafter, using her downtime for knitting cozy items and making her own candles and soaps. Her love for hiking keeps her energetic and prepared for the active care she provides. Lindsey's dedication, creative passions, and genuine love for helping people make her an invaluable member of the Comfort Keepers team. She sets a high standard for companionship and care, turning daily routines into memorable, pleasant experiences for her clients.

Tom's Trivial Tidbits:

Springtime: The word April comes from the Latin word *aperire*, which means to open. This is in reference to the many flowers that bloom in the month.

Look it up: Noah Webster copyrighted the first edition of his Dictionary in April 1828.

April Fools: Some theorize that the idea of April Fools' Day dates to ancient Rome and a festival called *Hilaria* held at the end of March where people would dress up in disguises and mock or imitate others.

"April is a moment of joy for those who have survived the winter." — Samuel Johnson

THE HEALTH BENEFITS OF OPTIMISM



CareAcademy™

Please complete any courses **BEFORE** your April birthdate and let the office know when completed.