



Home Instead®

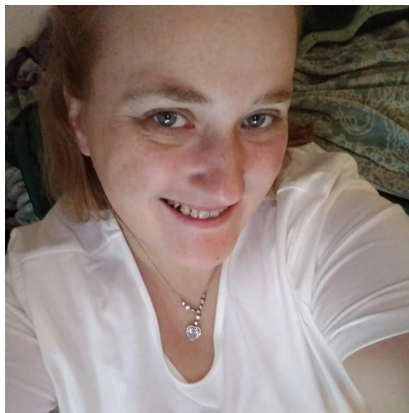
April Newsletter

Spring has Sprung!

Now that Spring is here it's time to get out and enjoy the weather! Here's a list of activities you and a client could do together this season, just remember to bring sunscreen, sunglasses, and plenty of water!

- **Outdoor picnic** — pack your clients favorites and enjoy a meal outside, even if it's on their front porch!
- **Walks** — going for a stroll through a nearby trail, garden, or even the clients neighborhood. Call Salomae for more information on accessible walking trails near you!
- **Birdwatching** — sit outside and look for different birds, there's quite a few bird sanctuaries nearby but this could easily be done in a clients back yard!
- **Arts & Crafts**— bring some painting or coloring supplies to the park or sit on your clients front porch and get creative!
- **Local markets or craft fairs** — talk to your clients about any local craft/ art fairs or farmers markets they'd like to attend!
- **Gardening**— This could even be setting up a small herb garden to sit in your clients kitchen!

CAREGiver of the Month: **Chrystal R.**



This month we are proud to announce Chrystal Raymond as our CAREGiver of the month! Chrystal has been with Home Instead for about a year and a half now. Before this job Chrystal worked in the retail and food industries. She decided she wanted to find a job that would push her out of her comfort zone and that's how she found us! Chrystal's favorite thing about being a CAREGiver is being able to interact with and learn from the clients. She loves listening to the stories her clients have to tell her. Outside of work Chrystal enjoys aromatherapy, and spending time with family and friends.

Chrystal is the CAREGiver of the month for April because of her outstanding communication with the office. Chrystal engages in meaningful conversations with every client she sees and is sure to inform the office of any information she gathers. This helps us create better Care Plans, but more importantly leaves each client feeling heard and understood. Chrystal creates a unique relationship with each client catered to not only their needs, but their preferences. This reflects her commitment to person-centered care. Thank you Chrystal for everything you do!

Self- Care

"Self-care is not selfish. You cannot pour from an empty cup"

Self-care is the act of turning compassion inwards. Each of you practice compassion everyday with your clients, that being said it's important you show yourself some of that compassion too from time to time! Keep in mind—*You cannot provide your best care if you aren't taking care of yourself*. This month be sure to take some time for you! Do something that makes you feel happy and fulfilled! This is going to look different for everyone but here are a few ideas.

- **Read** — Sit down with a good book and let yourself get lost in reading
- **Take a bath** — Do a face mask, light some candles, turn on a good podcast or music
- **Get enough sleep** — Start practicing mindful sleep habits
- **Socialize with friends or family** — Dedicate at least one night per month to spend time with family or friends
- **Yoga/Meditation** — Even if this looks like simple stretches and breathing exercises
- **Call the Office** — I will always be just a phone call away and I'm here to help!

Any time you are calling to make an adjustment to your shift (calling off, calling in late, needing to adjust the time in any way) you must speak to someone in the office. If this is during after hours you must press 5 and speak to Tina. A voicemail does not count as notifying us, you must actually talk to someone.

If you have any questions please reach out to Salomae at salomae.minniear@homeinstead.com



HAPPY BIRTHDAY!

Sam C - 4/25

Kylee H- 4/27

Pam C - 4/28