



# Home Instead®

## June Newsletter

### 2023 WALK TO END ALZHEIMER'S DATE ANNOUNCED



Mark your calendar for the 2023 Walk to End Alzheimer's! This year the walk will be held on Saturday October 7th at Washington Park located in Michigan City. Keep an eye out for more information as we get closer to October. Home Instead is going to match our team's donations to a certain amount.



Interested in Hospice Training? Reach out to Liz if you are interested in signing up for our brand new Hospice and Palliative Care Training!

### CAREGiver of the Month– Tina R



We are proud to announce Tina R as our June CARE-Giver of the Month. Tina is our first every recipient of CGOM twice in a year. Tina is a beloved by her clients as a hard working and empathetic caregiver. She is also celebrated in the office as a team player always willing to do what needs to be done to make sure our clients do not go

without care. Tina truly shines no matter what environment she finds herself in. She goes above and beyond for each of her clients and it does not go unnoticed by the office staff. Join us in congratulating Tina R for her second CAREGiver of the Month Award in one year!



# Keeping Your Client Hydrated

## Hydration Station!

### Why is it important?

1. Promotes good Digestive Health
2. Promotes good Urinary Health
3. Boost Brain Function
4. Helps Maintain Internal Temperature



### Tips & Tricks

1. Always have a cup of water at their side
2. Encourage foods with high water content: melons, strawberries, pineapples, peaches, oranges, bell peppers, broccoli, celery, cucumbers, lettuce, summer squash
3. Change it up: add fruit or flavor products to add taste

### Signs on Dehydration

1. Dry Skin or Cracked Lips
2. Fatigue
3. Confusion
4. Muscle Cramps
5. Dry Mouth
6. Dark-colored Urine



## RECIPE OF THE MONTH

### Easy Breakfast Skillet

If you want YOUR recipe featured, send it to Liz at [elizabeth.aubrey@homeinstead.com](mailto:elizabeth.aubrey@homeinstead.com).



- Ingredients**
- 4 oz chopped bacon
  - 8 oz frozen potatoes O'Brien
  - 2 large eggs
  - 1/2 cup shredded cheese

**Directions**  
 Chop bacon into bite size pieces and cook. Dump half of bacon grease into container and sit aside to discard later. Add potatoes to leftover bacon grease in skillet and cook. When potatoes are cooked, crack eggs on top and mix in. Continue to stir until eggs are cooked. Mix in bacon.



# HAPPY BIRTHDAY!

## TIME OFF REQUESTS

All Time Off/ PTO Requests must be submitted online to the Time Off Request Form. If you would like to request a day off please contact Liz. All Time Off/PTO Requests MUST BE

- Deb A– June 3
- Misti R– June 22
- Carrie D– June