

And all at once
Summer collapsed into fall

HOMELIFE CONNECTION

Celebrating the end of Summer

Celebrating the end of summer means saying goodbye to long, sunny days and warm evenings spent outdoors. But it also means welcoming a new season with open arms. The changing of seasons is a time for celebration and reflection, as you look back on all the fun activities that made summer great while looking forward with excitement about what's in store come fall! So let's look at ways to celebrate summer's end and the upcoming fall season.

So, why celebrate the end of a season? For one, it's a time to give thanks for all the good things that summer brought. It's also a time to start looking forward to the future and all the new experiences that await you.

The changing of seasons is a reminder that life is constantly moving and evolving, so it's an excellent time to take stock of where you are and set some goals for where you want to be. Looking back on summer and setting intentions for fall is a great way to stay mindful and appreciate all the changes that happen around us.

Aren't you happy that we are lucky to live in a place with four distinct seasons. Set an intention to make the most of these last weeks of summer and savor all this season has to offer. Here are some ways to celebrate the end of summer:

Start a new end-of-summer tradition is a great way to mark the end of every season is by coming up with fun and exciting traditions, now is the perfect time to start one!

Have a picnic in the park	Take a weekend trip to visit loved ones
Take a day trip to a place you've never been	Spend a day at the beach (or river or lake or creek)
Go camping (or Glamping, many non-tent options)	Sit on the porch and watch the stars

Saying hello to autumn and goodbye to summer may feel a bit bittersweet. Still, it's also a time to get excited about all the beautiful things that autumn has to offer. Fall is a time for cozy fires, warm drinks, and beautiful scenery. I for one am excited for some of these fun things.

- Wearing sweaters and hoodies again!! Woohoo for sweater weather!
- Pumpkin spice everything!! Lattes, pies, muffins, candles...you name it. Pumpkin spice is basically the official flavor of fall.
- The leaves changing color: From those first glimpses of a red leaf here and there to the trees being ablaze with color, watching the leaves turn is something to look forward to.
- All the soup! Soups, stews, chili. Yum 😊
- Opening windows and welcoming in the fresh air. After a long, hot summer, it will be nice to have that first crisp autumn breeze...
- All the autumn activities! There are so many great things to do in the fall, apple picking, visiting a pumpkin patch, taking a hayride, and of course all the festivals and fairs celebrating the harvest. And, of course, Halloween!

So, see ya later summer, hello fall! Let's embrace the change of seasons and all the wonderful things that come with it. There are still plenty of ways to enjoy the last few weeks of summer. And before you know it, fall will be here with all its beautiful scents, flavors, and activities. Enjoy every moment!

CAREGIVER OF THE QUARTER



We are thrilled to crown Diane as the shining star of our team with the Employee of the Quarter award!

Not only did our team root for her, but a heartwarming nomination from one of her clients sealed the deal, showering her with praises for her outstanding care.

A big round of applause to Diane for this well-deserved recognition, showcasing her unwavering dedication for over six years and for sprinkling her magic touch on the lives of some very special clients at HomeLife.

Once again, a huge thank you from the HomeLife family to Diane for her invaluable contributions and a reminder that she holds a special place in our hearts!

LEADERSHIP TEAM



AMBER TRIEBULL
OWNER/CEO



SOPHIA CRONK
HCA DIRECTOR
OFFICE DIRECTOR



WENDY CARASSCO
CLIENT CARE
DIRECTOR



DARLENE MACDONALD
CLIENT CARE
COORDINATOR



LETI ONSTEAD
STAFFING
COORDINATOR



LISA LOZANO
SCHEUDLING/
ON-CALL SUPPORT



MARIA OLIVAREZ
SCHEDULING



ELIZABETH MARQUEZ
HCA TRAINING



KIANA PRYBYLINSKI
ON-CALL SUPPORT

What is Dementia?

Dementia is an umbrella term for conditions that impair a person's ability to think, reason and remember to levels that interfere with daily life. Although the risk of dementia rises a great deal after age 65, it is not an inevitable part of aging. It's important to know it's a disease; it's not just normal aging or getting old. Dementia can be caused by several different diseases, including Alzheimer's. At the core of any dementia, brain cells die. In the early stages, a person initially can compensate, by using labeled pillboxes, for example, or keeping notes, and often still can function. But gradually — often over years — the person begins to have trouble doing things for themselves.

Alzheimer's disease is by far the most common form, causing 60 to 80 percent of dementia cases, according to the Alzheimer's Association. But there are other forms, each with different causes and sometimes strikingly different symptoms. These include vascular dementia, Lewy body dementia and frontotemporal dementia. Some people can suffer from a combination of two or more of these, a condition known as mixed dementia. What these illnesses have in common is that they result from a progressive destruction of brain cells, affecting thinking, memory and behavior in various ways.

Dementia is not the same as mild cognitive impairment, or MCI, an early stage of memory and cognitive loss not serious enough to impair a person's daily activities. Some people with MCI — 10 to 15 percent — will progress to full-blown dementia each year. Others will not.

With Alzheimer's, people "have trouble remembering the answers to questions, so they end up asking them again and again and again. Other times, patients with Alzheimer's can have false memories. For example, someone could have watched a TV show about going on a trip to Europe, then tell their family they went on this wonderful trip to Europe.

Dementia in its various forms can impair judgment, affect mood and personality, prompt odd behavior and distort how a person perceives what he or she sees. Occasionally forgetting a name or misplacing a set of keys is normal as we age. The deficits associated with dementia are greater, and more devastating, since they seriously affect how a person lives and functions.

What causes dementia?

Dementia occurs when neurons, or nerve cells, in the brain quit working. They lose their connection to other brain cells and eventually die. We all lose neurons as we age, but the loss is much greater in dementia. Some risk factors for dementia, such as age and genetics, are impossible to change. But there are other factors that you can act upon — including diet and exercise, hearing loss and social isolation.

How is dementia diagnosed?

There is no single diagnostic test to say whether a person has dementia. So doctors use a variety of tests and tools to learn what's going on with the patient, look for signs of disease and, most importantly, rule out other treatable conditions that may be causing the cognitive problems. Brain scans may be used, as well as other tests — on blood and spinal fluid — to detect changes within the brain and identify the presence of certain substances associated with dementia. Paper-and-pencil or computer-based tests of memory and thinking are also often used to help make a dementia diagnosis.

Reducing risk for dementia

Researchers say there are things you can do to reduce your risk, along with avoiding head injuries and maintaining hearing. These include stopping smoking, eating a healthy Mediterranean-style diet and exercising, controlling diabetes and managing heart disease risks, such as high cholesterol and hypertension.



Reminder: HomeLife Senior offers many resources for families that are handling the care of someone with Dementia, Alzheimer's and Parkinsons. We also invite you to attend one of our in-person training classes.



Engaging in physical exercise is vital for your health, but cognitive exercises are equally essential for maintaining mental sharpness and preventing memory decline. Although there are many intense methods to challenge your brain, there are also numerous enjoyable, social, meditative, and pleasant activities that can help keep your mind agile.



CELEBRATIONS

W E L C O M E

TO OUR TEAM

Last quarter, we were thrilled to introduce an amazing cohort of Caregivers. Each of these remarkable individuals plays a vital role in our team and is making significant contributions to our clients. Let's give a warm welcome to:

Jia Li, Sabrina, Bernice, Edi, Ajea, Sharon, Erolia, Marfa, Shugufta, Lakechia, Michelle, Rosa, Josephine, Mia, Janeya, Vanessa, Joslyn



HomeLife organized an enjoyable summer gathering for our team, and it was a fantastic success with a great turnout. It's always a pleasure to see our Caregivers lovely faces. These events are organized to celebrate and show our appreciation for them, and to express how much we value them as a part of our HomeLife team. Their dedication and efforts are truly appreciated.

We always tell our Caregivers to bring you along if you are available. Our next gathering will be in October. We will make sure your Caregiver mentions it to you, we would love to have you drop in with them!



We sincerely appreciate your trust in HomeLife Senior Care to provide care for your family and loved ones. We understand how challenging it can be for everyone involved when it comes to caregiving.

It is essential to us that you feel supported and receive the compassionate care we expect from our caregivers, who embody kindness and empathy. Our objective is to help you maintain your quality of life and independence, allowing you to avoid institutional living, alleviate feelings of depression, and improve the self-management of chronic conditions.

Did you know that by allowing us to care for you, you are also positively impacting someone else's life? Collaborating with a caregiver boosts their self-confidence and provides them with a sense of fulfillment. It allows caregivers to feel valued and useful, and, most importantly, it gives them the chance to refine their skills or acquire new ones. Many of our caregivers are enrolled in nursing programs or other medical education, making caregiving a valuable experience while they pursue their studies.

Thank you for letting us be an important part of your lives.