



What Makes A Great Caregiver

It can be difficult to entrust the care of yourself or a loved one to someone else, as it can leave many feeling vulnerable. Caregiving demands a special skill set that balances resilience and empathy. When selecting our staff, we prioritize certain qualities that are integral to our commitment to providing top-quality care. Here are the attributes that your caregiver should exhibit to ensure the best possible experience for you and your family:

- 1. Empathy Care providers should be able to anticipate your needs and find appropriate solutions when necessary.
- 2. Patience We know some clients may experience chronic pain, emotional outbursts, confusion, and other symptoms that can make caregiving a challenge. Your caregiver should be patient and work with you at a pace you are comfortable with.
- 3. Compassion Your Caregiver should help fill the crucial role of social advocates, and resources for emotional support.
- 4. Flexibility Each visit can bring surprises that you may not even have anticipated. Our Caregivers are trained to have a flexible mindset that's open to change and new ideas.
- 5. Respect You should always be treated with respect, dignity, kindness, and understanding. This is crucial for building a healthy caregiver-care-recipient bond.
- 6. Reliability If your Caregiver is not able to make their shift with you, we will always do our best to get you covered and make sure you do not go without care.
- 7. Communication Excellent communication skills are a prerequisite! Knowing how to communicate effectively is a necessary part of ensuring we meet your changing needs.
- 8. Problem-Solving Abilities Health scares, personal challenges, and other obstacles can pop up, but a good caregiver has the skills to help you navigate them.
- 9. Attention to Detail An eye for detail can help caregivers spot problems before they arise and adjust care plans accordingly.
- 10. Trustworthiness In many cases, caregivers have access to private information, and it goes without saying that a great caregiver is one people can trust to handle sensitive information

with respect and sensitivity.



CARERGIVER OF THE QUARTER



While identifying the key attributes of an outstanding Caregiver (see article to the left), all the qualities that define a great Caregiver are embodied by Andrea. She truly excels in every aspect.

We would like to extend our gratitude and congratulate Andrea for being named the Caregiver of the Quarter. This recognition is well-deserved for several reasons.

Andrea has consistently shown dedication and hard work within our team. In recent months, she has not only met but exceeded expectations, showcasing a strong work ethic and selfless service that has significantly impacted the clients she cared for.

We, at HomeLife, express our gratitude to Andrea for her invaluable contributions to our team and wanted to share how genuinely valued she is!



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LEADERSHIP TEAM

Amber Triebull
Owner/CEO

Sophia Cronk

Home Care Aide Director/ Office Director

Wendy CarasscoClient Care Director

Darlene MacDonald *Client Care Coordinator*

Leti Onstead Staffing Assistant/Training

Lisa Lozano

Scheduling Assistant & On-Call Support

Maria Olivarez

Scheduling Assistant

Elizabeth Marquez

HomeCare Aide Training & Support

Felicia Buack

On-Call Support









Spring Awakening

Spring is a time to reconnect with nature and embrace new adventures. We understand that some activities may pose challenges for those with mobility issues, but don't hesitate to speak to your caregiver for assistance in planning enjoyable and healthy activities. Aim to check off as many spring activities as possible from your to-do list this season.

Exciting Outdoor Activities for Great Spring Weather:

- Plant a spring garden
- Have a picnic at the park
- Go for a hike
- Visit an outdoor café
- Explore a farm to see baby animals
- Play a round of golf (or mini golf!)
- Play pickleball
- Embark on a nature-themed
- scavenger hunt
- Create a bird feeder
- Capture nature through photography

Indulge in the Best of Spring's Bounty with a Variety of Delightful Treats

- Delight in roasted asparagus
- Steam whole artichokes and relish them leaf by leaf
- Bake vibrant spring cupcakes with
- pink frosting
- Try a juicy ripe apricot
- Savor fresh new potatoes
- Explore the farmers' market for spinach & sugar snap peas
- Handpick strawberries from a local farm
- Treat yourself to a classic strawberry shortcake
- Mix a refreshing pitcher of margaritas
- Prepare some delicious deviled eggs
- Enjoy a dish featuring rhubarb
- Bake a scrumptious carrot cake
- · Create your own fruit jam
- Pickle some beets and radishes



If you have grandkids, here are some ideas to create lasting memories or reminisce about your own:

- Fly a kite
- Search for four-leaf clovers
- Blow bubbles
- Visit a playground & swing
- Feed the ducks at a pond
- Draw pictures with sidewalk chalk
- Pick dandelions
- Play frisbee
- Create a fairy garden
- Paint rocks

Spring is often linked with a complete rejuvenation of the mind and body, emphasizing the importance of mental and emotional well-being. Engaging in simple activities can evoke a sense of lightness and joy that everyone should experience:

- Look for a rainbow.
- Tune in to the birds' melodies.
- Bask in the warmth of the sun on your face.
- Keep your windows open to catch the spring breeze.
- Cuddle a bunny.
- Explore the zoo.
- Adorn your living space with fresh tulips and daffodils.
- Indulge in a candle or soap with a spring scent, like fresh grass or lilacs.
- Spend time gazing at the stars.
- Read a light book outdoors.
- Practice yoga on the grass.
- Create a bouquet with freshly picked garden flowers.

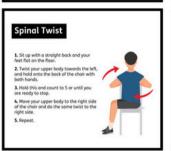
Health and Wellness

Chair Yoga poses provide a convenient method to uphold your wellness regimen from the comfort of your home. These gentle stretches and poses can enhance flexibility, alleviate stress, and boost circulation without requiring specialized equipment. Ideal for individuals with limited mobility or those seeking to incorporate more movement into their daily routine.





















We want to remind you that our support team is here for you. We encourage you to make the most of the Caregivers who are dedicated to helping you. They not only can assist with your daily personal needs but also offer companionship.

Whether it's running errands, going to bingo, attending an art class, or joining an exercise class, they are there to help you navigate it all. Take advantage of the lovely weather before it gets too hot. Visit some of the fantastic orchards nearby, pick some fresh fruit, and let your Caregiver help you prepare delicious and healthy meals or snacks.

CELEBRATIONS



5/01 - Sharon G.

5/14 - Mary Jane S.

5/25 - Louise M.

6/03 - Barbara S.

6/05 - Dora S.

6/10 - Henry R.

6/23 - Jean D.

5/06 - Don B.

5/16 - Mary B.

6/01 - June M

6/04 Margaret G

6/09 - Frank M.

6/11 - Thomas D.



TO OUR TEAM

In the last quarter, we were delighted to welcome a fantastic group of Home Care Aides to HomeLife. Hopefully you have been lucky enough to have already met some of these great employees.

Please extend a warm welcome too.... Sydni, Kayoko, Theresa, Carolyn, Cheyanne, Olivia, Theresa, Ana, Lincoln, Lois, Alannah, Zael, Andrew, Cassandra, Linda, and Raven!



we just threw a HomeLife Happy Hour with a baseball twist - what a hit! Huge thanks to all who swung by. A round of applause for Chelsea, who snagged the "Tailgate" prize!

Reminder.... All clients are welcome to come by with your Caregiver when we host these events... We would love to see you!

