



HOMELIFE CONNECTION

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.



CAREGIVER 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

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*Scheduling Assistant &
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Maria Olivarez
Scheduling Assistant

Elizabeth Marquez
*HomeCare Aide Training &
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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.

Senior Chair Yoga Exercises

Starting & Ending Your Yoga Practice

Take a few minutes to relax before starting:

- Sit up straight in your chair with your eyes closed.
- Rest your hands in your lap and take some deep breaths.

Tips:

- Concentrate on your breathing by counting your breaths.
- Notice how your body feels, thinking about your: **Head, Shoulders, Arms, Hands, Chest, Back, Stomach, Hips, Legs and Feet.**

Mountain Pose & Crescent Moon Stretch

- Sit with your back straight.
- Put your hands together, palms touching. Lift both arms toward the ceiling, stretching as you take a deep breath.
- Keep your shoulders relaxed and keep taking long breaths.
- Hold this and count to 5 or until you are ready to stop.
- Lean and stretch to the left side and count to 5, return to centre.
- Then lean and stretch to the right side and count to 5, return to centre.
- Repeat.

Spinal Twist

- Sit up with a straight back and your feet flat on the floor.
- Twist your upper body towards the left, and hold onto the back of the chair with both hands.
- Hold this and count to 5 or until you are ready to stop.
- Move your upper body to the right side of the chair and do the same twist to the right side.
- Repeat.

Knee Hugs

- Sit up with a straight back and your feet flat on the floor.
- Take a deep breath in, as you breath out bring in your right leg towards your stomach and give it a hug.
- Hold and count to 5 or until you are ready to stop, then put your foot back down.
- Repeat on the other leg.

Bridge

- Sit up with a straight back and your feet flat on the floor.
- Hold the sides of the chair behind you and do not let go.
- Take a deep breath in, lift your body upwards taking your bottom off the chair.
- Push your toes into the floor, lift your chest as high as you can and tilt your head back.
- Hold and count to 5 or until you need to stop.
- Repeat.

Downward Dog

- Stand behind the chair, put your hands on the back of the chair and keep holding it.
- Walk your feet back as far as you can, until your back is as straight as possible.
- Your feet should be flat on the floor and you should be looking straight down at the floor. Dont tuck your chin in.
- Stay here and count to 5 or until you need to stop.
- Repeat.

Tree Pose

- Stand up and place your right hand on the back of the chair. This is for balance.
- Turn your left leg out to the side and press your foot against your right ankle.
- Raise your left arm up in the air and stretch.
- Hold for a count of 5 or until you are ready to stop.
- Repeat on the other side.

Tips:

You can do this sitting in a chair. To make this harder you can:

- Place your foot higher on your calf or knee.
- For a challenge - Let go of the chair. To keep balanced look at something in the room and focus on it.

Warrior Pose

- Sit with your right leg bent over the side of the chair. Put the left leg behind you. Stay in a straight line.
- Keep your left knee slightly bent and put your weight into your feet.
- Keep your body facing forwards over your right leg as you take a deep breath in and raise your arms up to the ceiling.
- Hold this and count to 5 or until you are ready to stop.
- Then swap your legs and put your left leg forwards.
- Repeat.

Tips:

- You can try this pose standing and hold a hand on the chair for balance.



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



Happy Birthday

- 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.

WELCOME

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!

