



HOMELIFE CONNECTION



CARERGIVER OF THE QUARTER



We are thrilled to announce Sheray as our Employee of the Quarter!

Having been with HomeLife for just over two years, Sheray has distinguished herself as one of our top Home Care Aides.

Her schedule is filled with a variety of clients, all of whom adore her compassionate nature and lively personality.

Sheray is a valuable member of our team, and we are delighted to celebrate her contributions and express our gratitude for her role.

Congratulations, Sheray!
Your efforts are appreciated.

As we welcome the promising year of 2025, it is essential to embark on our journey with positivity, motivation, and hope. Embrace the opportunities that this new year presents. Keep an uplifting attitude and take small steps toward crafting a rewarding year! To foster a healthy positive mindset, consider something as simple as inspirational quotes or daily affirmations. By rewiring our brains, we can discover a renewed sense of purpose. We live in a world that has faced numerous challenges, and many of us encounter personal struggles daily. This message serves as a reminder of the incredible strength that resides within YOU!

How can positive thinking help me in 2025?

Positive thinking has the ability to transform our mindset and shape our outlook on life. By embracing optimism and cultivating a positive mental attitude, we can overcome challenges and achieve our goals. .

How can you find my purpose and stay motivated in 2025?

Having a clear sense of purpose and finding motivation is essential for a fulfilling life. Take some time to discover your purpose, set meaningful goals, and stay motivated throughout the year.

How can you overcome challenges and develop resilience in 2025?

Life is full of challenges, and it's important to develop resilience and the ability to bounce back from setbacks. Find inspirational messages for 2025 that will offer words of encouragement and remind you that you have the strength and resilience to overcome any obstacle that comes your way.

How can you embrace change and adaptability in 2025?

Change is inevitable, and the ability to adapt to new circumstances is crucial for personal growth and success. Embrace change, cultivate a growth mindset, and be flexible in the face of uncertainty. Even small changes can encourage you to see change as an opportunity for growth and learning, rather than something to fear.

How can you prioritize self-care and well-being in 2025?

Taking care of your mental, emotional, and physical well-being is essential for a happy and fulfilling life. Prioritize self-care and find balance in your daily life. Make time for activities that nourish your soul, prioritize your mental health, and practice self-compassion.

How can you build positive relationships and support systems in 2025?

Surrounding yourself with positive relationships and a strong support system is essential for personal growth and resilience. Remember the importance of nurturing your relationships, fostering community, and seeking support when you need it.

How can gratitude and mindfulness enhance my life in 2025?

Practicing gratitude and mindfulness can bring immense joy and fulfillment to your life. Live in the present moment, cultivate gratitude for the blessings in your life, and practice mindfulness in your daily activities. Be inspired to find beauty and joy in the simple things and appreciate the abundance around you.

How can you spread positivity and kindness in 2025?

Spreading positivity and kindness not only uplifts others but also brings immense joy and fulfillment to our own lives. Perform acts of kindness, lift others up, and make a positive impact on those around you.

In conclusion, find hope, motivation, and encouragement throughout the year. Embrace the power of positivity, find your purpose, overcome challenges, and spread kindness to create a brighter and more fulfilling future in 2025.

LEADERSHIP TEAM

Introducing the dedicated team at HomeLife Senior Care, who strive every day to provide a compassionate and professional experience for everyone we serve.



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

CRAFTING A BUDGET FOR 2025

For retirees on fixed incomes, setting & sticking to a budget has never been more critical. Even though income is limited, many expenses are not. Health costs, for example, can be wildly unpredictable and the rising prices of consumer goods is also putting pressure on our wallets. Crafting a budget at the beginning of the year will help you avoid a lot of financial mistakes and bad habits.

1. Estimate your income

It's impossible to set a budget without knowing precisely how much money you have coming in. To do this, you trace & project all sources of where your cash will come from over the next year. This includes Social Security payments, pension payments, any work income and income from investments.

2. Calculate your expenses

The best way to do this is to go through your bank & credit card statements & categorize your expenses like housing, utilities, groceries, health care & discretionary spending.

3. Set and stick to a spending limit

After you've figured out all of your essential costs, it's recommended that your budget designates 50% toward essentials, 30% for "wants" & 20% for unexpected costs.

5. Limit credit card debt

Six out of 10 Gen Xers (ages 44 to 59) & nearly half of boomers (ages 60 to 78) carry a credit card balance from month to month. Interest can add up quickly, with the average credit card rate clocking in at 24.43 percent as of Dec. 19, 2024. The biggest financial trap that older Americans typically get into is using their credit cards as supplemental income.

6. Put bills on autopay

To avoid missing any bill payments & harming your credit score, consider putting your recurring bills on autopay. This includes utility & Internet bills, as well as bills for auto, home & life insurance. Set up the autopay for at least five days prior to the bill's due date.

7. Freeze your credit

With so many financial scams targeting older Americans, many financial experts recommend placing a hold, or "freeze," on your credit with each of the three major credit bureaus: Equifax, Experian & TransUnion. A freeze will stop any fraudsters from opening credit cards or other credit accounts in your name & will safeguard your credit score. A security freeze doesn't completely block access to your credit history.

8. Plan for unexpected health care costs

Unexpected health care costs are where most older Americans fail in setting up annual budgets. It's critical to have ample emergency funds put away specifically for unpredictable expenses.

9. Trim your subscription services

Review what subscription services you are paying for monthly and then determine which ones you are actually using and which ones you can drop. This includes everything from streaming services to gym memberships to newspapers and magazines.

10. Review your insurance policies

The National Council on Aging encourages older consumers to review their insurance plans annually. Many insurance providers offer "senior" discounts, as well as "paperless" discounts for enrolling in online billing.

11. Order takeout less often

Americans order delivery 3.7 times a month on average, spending roughly \$1,566 annually. Depending on your habits, reducing how frequently you order in could help lower your expenses significantly.

12. Leverage "senior" discount programs

Older adults pass up potentially hundreds of dollars in savings every year by failing to take advantage of special discounts for older consumers. Many grocery chains as well as a number of retailers.



HEALTHY HABITS FOR SENIORS TO TRY IN THE NEW YEAR

As we waltz into 2025, it's the perfect moment for our fabulous seniors to strut their stuff and embrace a lively, healthy lifestyle! Aging like fine wine means picking up habits that jazz up your physical, mental, and emotional vibes. With a sprinkle of simple routines, you can boost your quality of life and savor those golden years like a boss!

- **Stay Active with Regular Exercise** - Get moving, folks! Exercise is your ticket to aging like a champ. It pumps up your heart health, strengthens your muscles, and keeps you flexible and balanced—so you can dodge those pesky falls! In 2025, try: strutting your stuff on walks, flowing through yoga or Tai Chi, pumping iron, or making waves with swimming.
- **Eat a Nutrient-Dense Diet** - Fuel your fabulousness with a diet that's as vibrant as you are! In 2025, munch on whole, nutrient-packed goodies. Think fruits & veggies, whole grains, lean proteins, and healthy fats to keep your energy levels soaring!
- **Prioritize Mental Health** - Your brain deserves love too! Make time for activities that melt away stress and sharpen those brain cells: dive into mindfulness, tackle brain games, socialize, or pick up a fun new hobby!
- **Adequate Sleep** - Snooze time is prime time! Quality sleep is your superhero for restoration. Keep a sleep schedule, create a cozy nest for snoozing, and limit screen time to catch those Z's!
- **Stay Hydrated** - Keep that hydration game strong! Seniors might not feel thirsty, but chugging water and sipping herbal teas is essential. Load up on fruits and veggies with high water content too!
- **Regular Health Check-Ups** - Prevention is the name of the game! Regular check-ups help catch health hiccups early and keep chronic conditions in check. Don't forget to visit your doctor, manage those conditions, and stay up-to-date on vaccinations!
- **Practice Good Posture and Ergonomics** - Stand tall and sit pretty! Good posture is your friend in preventing muscle strain and falls. Adjust those chairs, stay active, and stretch it out!
- **Cultivate Positive Relationships** - Love and connection fuel happiness! In 2025, make it a mission to stay in touch with loved ones, join community groups, and spark new friendships!

Embrace Healthy Aging in 2025! With these vibrant habits in your daily mix, you can enhance your life and bask in the joy of aging gracefully. Remember, it's never too late to kickstart new habits that lead to a healthier, happier you. Prioritize your health and well-being, and get ready to thrive as you enjoy all the delightful moments that come with this beautiful journey!

SOURCE: SOME OF THE ABOVE CONTENT FROM FIRSTLIGHT



Sure, your caregivers are like your daily sidekicks, but guess what? They can also be your health journey cheerleaders! They're ready to stroll with you, whisk you off to the senior center for some fun shenanigans, or even unleash their competitive spirit with some lively games at home. Let the good times roll!

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WELCOME

TO OUR TEAM

In the final quarter of 2024, we were thrilled to welcome an amazing group of Caregivers. Each of these remarkable individuals plays a vital role in our team

Let's give a warm welcome to:

Luciana, Deisy, Maria, Giovanna, Celia, Gloria, Allison, Cynthia, Carrie, Kaylee, Estrella, Samantha, Kimberly, Alicia, and Vanessa.



We had an amazing 2024, and we made sure to celebrate and recognize the dedication of our hardworking Home Care Aides. Here are some photos from the year's events.



BREAKING NEWS

HomeLife has been honored with the Service Excellence award from Caring.com!

This recognition comes as a result of our outstanding reviews, as well as receiving the Caring Stars award for the past three years, establishing us as a top-rated agency!

