



HOMELIFE CONNECTION

A Note From Our Team

We hope you are enjoying the summer season!

While Labor Day is just a few short weeks away and often signals the unofficial end of summer, here in California, we know summer weather is far from over. With plenty of sunshine and warm—and sometimes very hot—temperatures still ahead, there is still time to enjoy all that this season has to offer.

While summer brings plenty of enjoyment, it also presents unique challenges for older adults. Higher temperatures, increased sun exposure, and the risk of heat-related illnesses make it especially important to stay hydrated, dress appropriately, and take precautions when spending time outdoors.

In this edition of our newsletter, you will find helpful seasonal tips, health and safety reminders, and resources designed to help you enjoy the remaining weeks of summer. Our goal is to help you stay safe, healthy, comfortable, and connected throughout the season, so you can continue to make the most of these sunny days—because summer is still going strong!



SUMMERTIME FUN FACTS ☀️

☀️ Sunflowers follow the sun! Young sunflower buds actually turn throughout the day to face the sun, a phenomenon called heliotropism.

🍉 Watermelon is 92% water. It's one of the tastiest ways to help stay hydrated during hot summer days.

🐝 Bees are busiest in the summer. A single honeybee may visit up to 5,000 flowers in one day while collecting nectar.

🦋 Butterflies taste with their feet. They land on flowers and leaves to determine if they're a good place to eat or lay eggs.

🌳 Trees can naturally cool the air. The shade from a mature tree can make the surrounding area feel up to 10–15°F cooler than areas in direct sunlight.



Caregiver of the Quarter!



We are proud to recognize Dawn as our Caregiver of the Quarter!

Over the past two years that Dawn has been a valued member of our team, she has truly proven herself to be an exceptional caregiver and an important part of our organization. Dawn is consistently cheerful, professional, and compassionate, providing excellent care to our clients.

She is also highly admired by our scheduling team. They know they can count on Dawn when additional coverage is needed, and she is always eager to help whenever she can fill an assignment. Her flexibility, positive attitude, and willingness to support both clients and her fellow team members do not go unnoticed.

Dawn, we sincerely appreciate your dedication, hard work, and all that you do. Thank you for being such a wonderful part of our team.

Congratulations!

LEADERSHIP TEAM

Behind the scenes, our dedicated office team keeps everything running smoothly each day.

From supporting our field staff to coordinating exceptional care for our clients, their commitment and teamwork help ensure we deliver the best possible experience for everyone we serve.



AMBER TRIEBULL
OWNER/CEO



SOPHIA CRONK
PCA DIRECTOR
OFFICE DIRECTOR



WENDY CARASCO
CLIENT CARE
DIRECTOR



LETI ONSTEAD
CLIENT CARE
COORDINATOR



FELICIA BUACK
RECRUITING
COORDINATOR



LISA LOZANO
SCHEUDLING



MARIA OLIVAREZ
SCHEDULING



KIANA PRYBYLINSKI
ON-CALL SUPPORT

STAYING SAFE AND HEALTHY IN THE HOT SUMMER MONTHS

Staying Hydrated

Did you know that dehydration is one of the leading reasons older adults visit the emergency room during the summer?

In these hot summer months, staying hydrated becomes even more important especially for older adults. As we age, our bodies naturally hold less water, and our sense of thirst may decrease, making it easier to become dehydrated without realizing it. Dehydration can lead to fatigue, dizziness, headaches, confusion, urinary tract infections, and even falls or hospitalization. Certain medications, along with medical conditions such as diabetes or kidney disease, can also increase the risk of dehydration.

- Drink water throughout the day, even if you don't feel thirsty.
- Carry a reusable water bottle when leaving home.
- Enjoy water-rich foods like watermelon, cucumbers, oranges, strawberries, and lettuce.
- Limit beverages with excessive caffeine or alcohol
- Stay indoors or in shaded, air-conditioned areas during the hottest part of the day, typically between 10 a.m. and 4 p.m.

Family members and caregivers can also help by offering water regularly and watching for signs of dehydration. A few extra glasses of water each day can make a big difference. By making hydration a daily habit, seniors can stay healthier, feel more energized, and safely enjoy all that summer has to offer.

Signs and Symptoms of Dehydration



Signs of mild Dehydration

- Thirst
- Dry or sticky mouth
- Yellow coloured urine
- Not urinating much



Signs of moderate Dehydration

- Dry, cool skin
- Headache
- Muscle cramps



Symptoms of alarming and dangerous ranges of Dehydration

- Dark yellow or amber-coloured urine
- Dry, shrivelled skin
- Irritability or confusion
- Dizziness or lightheadedness
- Rapid heartbeat
- Rapid breathing
- Listlessness
- Shock (less blood flow through the body)
- Sunken eyes
- Unconsciousness or delirium

Family Members & Caregivers: If you are seeing signs of mild dehydration, encourage small, frequent sips of water or an oral rehydration solution, and offer water-rich foods. If there is confusion, dizziness, fainting, are unable to keep fluids down, or show signs of severe dehydration, seek medical care promptly rather than relying on home remedies.



Brain Health for Seniors: Why Staying Active Matters More Than Ever

As we age, maintaining our physical health often becomes a priority—but caring for our brain is just as important. The brain is the body's command center, responsible for memory, decision-making, emotions, and everyday tasks. While some changes in thinking and memory are a natural part of aging,

there are many ways to support brain health and help keep the mind sharp for years to come. One of the most effective strategies is staying active—physically, mentally, and socially. The Connection Between Activity and Brain Health Research has shown that regular activity can help improve blood flow to the brain, reduce inflammation, and support the growth of new connections between brain cells. Staying active may also lower the risk of conditions such as heart disease, diabetes, and high blood pressure, all of which can affect brain function.

An active lifestyle doesn't guarantee that memory problems or cognitive decline won't occur, but it can contribute to better overall brain health and quality of life. Physical Activity: Exercise for the Brain Exercise benefits more than muscles and joints. It also supports healthy brain function by increasing circulation and delivering oxygen and nutrients to brain tissue. Seniors don't have to engage in strenuous workouts to see benefits. Activities such as, ***Walking, Swimming, Gardening, Dancing, Chair Exercises, and Yoga or Tai Chi*** can all contribute to improved balance, coordination, mood, and cognitive health. Even 20 to 30 minutes of moderate activity most days of the week can make a meaningful difference.

Keep the Mind Engaged

The brain thrives on challenges. Learning new skills and engaging in mentally stimulating activities can help strengthen cognitive abilities. ***Reading, completing crossword puzzles, playing games, learning a new language, or using technology to learn a new skill*** can all make a positive impact.

Stay Socially Connected

Loneliness and social isolation can negatively affect both emotional and cognitive health. Maintaining meaningful relationships helps stimulate conversation, memory, and problem-solving while reducing stress and depression.

Prioritize Your Sleep

Sleep is when the brain performs many important maintenance tasks, including consolidating memories and clearing waste products from brain tissue. Establishing a consistent bedtime routine, limiting caffeine later in the day, and creating a comfortable sleep environment can help improve sleep quality.

Manage Stress

Chronic stress can interfere with memory, concentration, and overall brain function. Find healthy ways to relax as it is an important part of protecting cognitive health.

Healthy aging doesn't require dramatic lifestyle changes. Small, consistent habits often have the greatest long-term impact. Taking a daily walk, reading a chapter of a book, calling a friend, or trying a new hobby all contribute to a healthier, more active brain. Every positive choice helps build a foundation for continued independence, confidence, and well-being. It's never too late to start!!



QUICK TIPS!

Remember when temperatures increase, so can the risk of falls. Heat and dehydration can cause dizziness, weakness, & loss of balance, making even a short walk more challenging.

When spending time outside, wear lightweight clothing, supportive shoes, and a hat.

Stay hydrated before, during, & after outdoor activities. Take frequent breaks a shaded area or air-conditioned space.

Avoid being outside during the hottest part of the day 10AM to 4PM. If you begin to feel lightheaded, tired, or unsteady, sit down immediately and ask for help!

Valuable Summer Resources

Cooling Centers

During extreme heat, many cities & counties open Cooling Centers where seniors can enjoy air-conditioned spaces at no cost.

- Community Centers
- Senior Centers
- Public Libraries
- Recreation Centers

Hydration Assistance

Many senior centers and nonprofit organizations offer:

- Free bottled water during heat waves
- Wellness checks
- Educational materials on preventing dehydration

Emergency Wellness Checks

Encourage seniors living alone to:

- Ask neighbors, family, or friends to check in during periods of extreme heat.

Nutrition Programs

Local senior nutrition programs often provide:

- Home-delivered meals
- Congregate meal sites
- Fresh produce distributions