

CARE CONNECTION

SHC IS GUIDED BY OUR PASSIONATE COMMITMENT TO HELP PEOPLE ACHIEVE THE HIGHEST QUALITY OF LIFE.

2023 | EDITION 3



SENIORS HOME CARE
504 Marshall Avenue
Saint Louis MO 63119
314-962-2666



SEPTEMBER

Kathleen B.
Frances H.
Marie K.
Nancy R.
Georgene G.
Edna M.

OCTOBER

Louis S.
Mary H.
Marianne T.
Janine B.
Margaret C.
Maria C.
Vic K.
Evalyn R.

Dear Friends,

There's a lot of fun information to share this issue. As a longtime leader in the St. Louis Home Care field, we pride ourselves not only for the great service we provide, but also the ability to act as a resource. We recently met a few new companies that we felt compelled to share. Each has contributed a short article about themselves. We hope you find the information beneficial. Thank you GuardEx, My Circle and SPEAKeasy for your contributions.

We're also excited for our upcoming Company Picnic on September 30, 2023 from 11:00am-2:00pm at Memorial Park in Brentwood. It's always such a treat to spend time with our caregivers and families outside of the office setting. We love any chance to celebrate SHC's best-of-the-best team!

In more exciting news, SHC is entering a team in the St. Louis Walk to End Alzheimer's on October 28. It's our first time participating and we couldn't be more excited! All are welcome and encouraged to sign-up and/or donate to our team for this great cause - call the office to find out how!



Yours in Service,
Gretchen & Ryan Whittington

GuardEx: Pioneering Proactive Home Maintenance for Every Season of Life

As an unwavering partner in comfort and independence within the St. Louis community, we're dedicated to helping individuals gracefully age at home. Guided by a bedrock of care and support, our values underscore a commitment to tailored services that seamlessly bridge houses and cherished forever homes.

But what truly sets GuardEx apart? It's our proactive approach that reshapes the traditional concept of home maintenance. In a world where reactive fixes prevail, we stand as a beacon of change, championing a future where your home's needs are anticipated and addressed before they become issues. With services finely tuned to each resident's unique needs, we engineer a seamless transition that reflects the culmination of our expertise. GuardEx isn't merely a provider of exceptional home maintenance; it's a commitment to quality that resonates within our community's heart.

Our collaboration with Senior Home Care propels our mission. Together, we spearhead a movement empowering seniors to stay nestled in their residences, cocooned by memories and familiarity. Aging in place is a cherished dream, and at GuardEx, we're steadfastly committed to turning dreams into reality for every community member. Through personalized care, meaningful connections, and an unswerving focus, we're crafting a future where home remains the heartbeat of every life story.

www.guardexstl.com

call: 314-441-4739



Get to Know ANGIE KALINOWSKI, MSW



Angie is a member of SHC's Case Management team. As an experienced Social Worker, she provides services which include conducting assessments, care planning, referral coordinating, consultation and advocacy assistance in order to meet the needs of the individuals we serve.

Fun facts about Angie:

- Hopes to one day go to the Kentucky Derby and any major tennis tournament.
- Guilty pleasure is reality TV.
- Currently reading *The Light We Carry* by Michelle Obama
- Favorite place in town is Kimmswick, MO, where she enjoys shopping, restaurants, and scenic walks.



Take Note

Note from Accounting

Caregivers – When updating your direct deposit account information, it must be done one week before the next payroll deposit date in order for it to go into the new account.

Note from Case Management

As we age, the fear of memory loss can become a concern. Here are a few tips to keep you brain healthy and strong!

1. Keep learning: Take a class, learn a new skill, or try out a new hobby.
2. Use all your senses: Smell is a powerful sense that holds memories. Get out and try a new restaurant with new smells and tastes to make some new memories.
3. Economize your brain: Use a planner or calendar to stay on top of your activities. Declutter your home and keep a good routine.

Note from Case Services

Note from Care Services
Do you follow SHC on Facebook? Follow us for fun and interesting company information and insights.

Live Well, Your Way

My Circle is revolutionizing senior living by helping seniors prioritize independence in their current home. With a vast array of resources, this young company helps seniors navigate the nuances of aging so they can spend more time doing what they love, where they love.

Plan Ahead to Stay in Your Home

When thinking about your future, it is better to be prepared than surprised. However, any stresses about the future can be put to rest by proactively planning for retirement years. This gives you control over your life decisions and ensures your wishes are met.

Below are steps to ensure a successful and safe quality of life in your home:

- Evaluate your living situation and anticipate home updates to accommodate your needs.
- Stay up-to-date on home technology to stay connected with your support system.
- Review your healthcare insurance and consider supplemental plans.
- Meet with a financial advisor to understand your retirement income needs.
- Create or update your power of attorney and living will with an attorney.
- Plan for a satisfying social life by exploring interest groups, hobbies, and volunteering.
- Explore your transportation needs and determine if modifications are needed.

With these steps, you can identify your goals and let your voice be heard. By planning proactively, you can reach your ideal senior life.

www.mycircle365.com | 314-780-0045



SPEAKeasy Therapies and Fitness

SPEAKeasy Therapies and Fitness is a women-owned small business in Kirkwood, MO that provides speech and occupational therapy services, with a specialization in Parkinson’s intervention. Our goal is to work with clients, families, medical staff, and other support staff to assist in maintaining independence and the ability to continue to enjoy life at home. We accept Medicare, Medicaid, private insurance, and private pay.

Speech Therapy Services

Our Speech-Language pathologists (SLPs) work to prevent, assess, and treat speech, language, social communication, cognitive communication, and swallowing disorders in adults. Our SLPs offer specialty services that are effective for treating clients with Parkinson’s Disease and other neurological conditions include: LSVT LOUD, SPEAK OUT!® & The LOUD Crowd®, and vitalstim.

Occupational Therapy Services

Our Occupational Therapists (OTs) assess the person and the environment to develop client-centered goals to improve safety and independence with any functional task (i.e. showering, cooking, online shopping). OTs are uniquely trained to problem solve and address each client’s physical, cognitive, social, or environmental needs. OTs can even assist adults access technology to help increase independence.

Contact us at

Phone: (314) 246-0751

Email: Speak@speakeasystl.org

Address: 12213 Big Bend Rd. Kirkwood, MO 63122



May Fleming Award Winners

Every month we award the May Fleming Award (named for founder Kit Whittington’s grandmother and inspiration for starting SHC) to a caregiver who has gone above and beyond the call of duty. These are our most recent winners!

MAY - Malika R.



JUNE - Sharon C.



JULY - Marilyn G.



The caregivers who have come into our home have all been amazing. Most notable is our current friend, Ken. We call him a friend as he’s been with us for a year! Ken is kind, soft-spoken, and eager to share a laugh with Dave and I. He has not missed a day of work, is always on time, and often suggests easier and better ways of caring for Dave. I trust him completely when I’m away from home - actually think he and Dave enjoy time together without me! Ken is truly a blessing in our life.

Brenda S.