

Seniors Home Care provides elderly and disabled clients with premier home care services that are consistently delivered by friendly, compatible, attentive, skilled and compassionate caregivers. We want clients and loved ones to enjoy dignified, independent, guilt-free, safe and harmonious lives.



Dear SHC Clients,

I was thrilled to see that Seniors Home Care was named as one of the top 25 growing companies in St. Louis by The St. Louis Business Journal! We are proud of this accomplishment in our 25th year of business.

Seniors Home Care is blessed to have the best of the best caregiving staff in St. Louis. SHC caregivers are dedicated to their work and devoted to our clients. Clients are well served by our staff's consistent willingness to go the extra mile. Our caregivers are on time for shifts and greet their clients with a smile to let them know how important they are. Keeping the elderly safe and dignified is always in our caregivers thoughts. Remember the first word in Caregiver is CARE.



Be sure to mark September 22nd on your calendars. I hope to see you at the The Seniors Home Care annual picnic at Blackburn Park in Webster Groves! There will be plenty of food, and fun games to play. Please don't miss it!

Yours in service, *Kit Whittington* R.N., B.S.N.

Breast Self-Awareness



Except for skin cancers, breast cancer is the most common cancer in women, but it can be successfully treated. Screening

tests can find cancer early, when it's most treatable.

1. Know your risk

- Talk to your family to learn about your family health history
- Talk to your provider about your personal risk of breast cancer

2. Get screened

- Ask your doctor which screening tests are right for you if you are at a higher risk
- Have a mammogram every year starting at age 40 if you are at average risk
- Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40

3. Know what is normal for you

See your health care provider right away if you notice any of these breast changes:

- Lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn't go away

4. Make healthy lifestyle choices

- Maintain a healthy weight, Add exercise into your routine, Limit alcohol intake
- Men are at risk too

Source: www.komen.org

What Role Does Diet Play In Senior Health?

A good and healthy diet has numerous potential benefits in the health of seniors.

Heart disease, vascular disease, diabetes, high blood pressure, high cholesterol, strokes, memory problems, osteoporosis, certain cancers, skin, hair and nail diseases, & visual problems are examples of conditions which can be impacted by diet.

Proteins, carbohydrates, fats, vitamins, minerals, and water are all essential nutrients that make up most cells and tissues

in the human body. Thus, these essential components need to be provided in moderation through the diet for maintenance of good health.

A balanced diet consisting of fruits and vegetables, whole grains, and fiber is generally recommended to provide these necessary nutrients. Special dietary restrictions for certain conditions are also important to follow. Always check with your doctor for your personal dietary needs.

Source: MedicineNet.com

TAKE NOTE!

A NOTE FROM SHC NURSING

Tornado and thunderstorm season is here. Make sure your family members assist you in preparing a disaster kit (medication, flashlights, canned foods, etc.).

A NOTE FROM SHC ACCOUNTING

Telephony is coming! SHC is implementing a new time - keeping system for our employees that will be more accurate than paper time sheets. Be on the lookout for a letter explaining Telephony!

A NOTE FROM SHC SCHEDULING

If you need to cancel a shift, please remember to call at least 48 hours before the shift starts to avoid charges.

A NOTE FROM SHC MARKETING

Thank you for referring SHC to your friends and family. Ryan Whittington and other dedicated team members look forward to hearing from you.

References in this newsletter to any specific commercial products, process, service, manufacturer, company, or trademark does not constitute its endorsement or recommendation by Seniors Home Care.

Tuesday September 11th is Missouri Home Care Aide Day.

Especially on this day, please help us salute and thank our wonderful caregivers. They are and continue to be an integral component of the health care system.

Save the Date!



The 2012 annual SHC picnic is scheduled for Saturday September 22nd from 11 a.m. - 3 p.m. at the main pavilion in Blackburn Park located in Webster Groves. And remember, SHC provides everything, so bring a healthy appetite! You and your families are encouraged to join us. If you would like to attend, please give us a call and let us know how many will attend!

314-962-2666

Deluxe Adjustable Bed Rail



Use this sturdy bed rail to prevent falls or to assist in getting out of bed. Just slip the base plate under any sized mattress and secure with the included safety strap. Made of powder coated steel, it supports 300 lbs. Includes bonus six-pocket storage pouch. Assembly.

www.goldviolin.com 1-877-648-8400



Know What to Do in Case of Fire

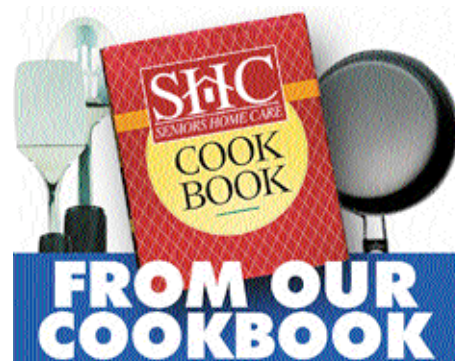
Practice two ways out of every room in your home. Get out as soon as you discover a fire; do not try to fight the fire or gather possessions. Once out of the house, stay out; do not attempt to enter a burning home to gather possessions left behind. Immediately dial 9-1-1 or your local emergency number for help, preferably from a neighbor's phone. Planning what to do in case of fire can make the difference between life and death. You should practice two ways out of every room in your home. If you use a wheelchair or walker, or otherwise might have a problem escaping from a fire, discuss your escape plans ahead of time with your fire department, your family, the building manager, and neighbors. Let them know about your special circumstances and ask them to help plan the best escape routes for you.

<http://www.usfa.fema.gov>

VISIT OUR NEW WEBSITE

Please visit Seniors Home Care's new website! You will find complete and updated information about all our services. Be sure to take a moment and watch the videos too. You will learn even more about what we do, how we do it and why we do what we do!

www.seniorshomecare.com



Classic Italian Pasta Salad

- 8 ounces rotelle or spiral pasta, cooked and drained
- 2-1/2 cups assorted cut-up fresh vegetables (broccoli, carrots, tomatoes, bell peppers, cauliflower, onions and mushrooms)
- 1/2 cup cubed cheddar or mozzarella cheese
- 1/3 cup sliced pitted ripe olives (optional)
- 1 cup Italian dressing

Combine all ingredients except Italian dressing in large bowl. Add dressing; toss well. Serve chilled or at room temperature.

NOTE: If preparing a day ahead, refrigerate, then stir in 1/4 cup additional dressing before serving.

For a creamy Italian pasta salad, substitute 1/2 cup real mayonnaise for 1/2 cup Italian dressing.

Source: <http://www.wish-bone.com/recipes>

HAPPY Birthday

July	August
Doris D.	Lucy D.
Wanda F.	Don E.
Neal N.	Daniel G.
Rina N.	Hugo H.
Jean S.	Mary K.
	Bill L.
	Jeanette M.
	Melba W.
	Mary W.
	Victoria Z.

SHC Was In The Webster Groves July 4th Parade!

Check out all the photos on our facebook page.

