

# CARE CONNECTION

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

2023 | EDITION 1



SENIORS HOME CARE  
504 Marshall Avenue  
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## Take Note

### Note from Accounting

If clients would like a year-end statement from SHC, please contact the office and speak to Connie.

### Note from Nursing

Winter weather isn't behind us just yet. Be extra careful of snow and ice. Add salt to your walkways and stairs and always keep an eye out for black ice, which is often clear and hard to spot. Watch for slick floors when entering and exiting buildings and be extra careful when getting in and out of vehicles.

### Note from Scheduling

Please notify the office whenever there will be any change to your schedule.

### Note from Care Services

Do you know SHC offers complimentary presentations to churches, clubs and other organizations. If you know a group that would benefit from information about successful aging, call the office and speak with Ryan.

## Dear Friends,

We hope that your new year is off to a good start! A lot has happened since we sent our last newsletter. Last year, we implemented a new operating software and accompanying app for caregivers to use for shift documentation.

The new software, AxisCare, improves communication with clients and employees and enhances accuracy for timely clock-ins and outs. The app also allows caregivers to record Activities of Daily Living performed during each shift. A benefit of this documentation is that clients, or loved ones, may access this documentation through an online portal. If you are not currently utilizing the client portal and would like to, please contact the office to learn more.

Our other exciting news is that SHC is under new (but very familiar) ownership! You'll notice that Kit's name at the bottom of this letter has been replaced by Gretchen. We (Ryan and Gretchen Whittington) were proud to purchase the company from my mother and continue the family-owned legacy of Seniors Home Care.

We will continue to carry out the same great care and accessibility that you expect from Seniors Home Care.

Yours in Service,  
*Gretchen & Ryan Whittington*



## American Heart Month

**February is American Heart Month** – a time to focus on cardiovascular health. Heart disease is the leading cause of death in the United States, but there's a lot you can do to prevent it. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals help your heart.

***Self-care for your heart is really self-care for your whole body. You can improve and protect your overall health when you:***

- Get a daily dose of physical activity, such as a brisk 30-minute walk.
- Cook meals that are low in sodium and unhealthy fats.
- Take your medications as prescribed and keep your medical appointments.
- Sleep 7-8 hours a night.
- Manage stress through, for example, meditation, yoga, a warm bath, or quiet time with a good book or funny movie.
- Try to reach or stay at a healthy weight by moving more and having snacks like fruits and veggies ready to grab when hunger hits.

Self-care includes being patient with your body. You may not see or feel the results of your efforts right away. But small steps can lead to big progress. When we take care of our hearts as part of our self-care, we set examples for others to do the same. Visit [hearttruth.gov](http://hearttruth.gov) for resources and tools to help you and your loved ones make heart-healthy lifestyle changes.

Source: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

# Valentine’s Day Memories

There wasn’t much response to our emailed request for favorite client and caregiver Valentine’s Day memories. However, we did receive one reply, and it just so happened to be from Ryan Whittington regarding his wife, and recent SHC co-owner, Gretchen...

*“While we were dating, Gretchen and I watched When Harry Met Sally each year on Valentine’s Day. On Valentine’s Day 2001, while in college, I proposed to Gretchen and we were married June 22, 2002. Valentine’s Day will always be a special day to us.”*



## Get to Know

### Penny Patton, BSW

Penny is the newest member of the SHC Team. As an experienced Social Worker, she provides case management services, which involve conducting assessments, planning, referral coordinating, consultation and advocacy assistance in order to meet the needs of the individuals we serve.

### Fun facts about Penny:

- Loves to travel and would like to visit Croatia
- Has traveled to Greece and New Zealand
- Enjoys cooking/ baking, playing golf, gardening, and going on hikes
- Favorite color is blue
- Favorite cartoon character is Winnie the Pooh
- Used to play first chair flute in band and orchestra
- First language is Greek
- Has two small dogs named Leia and Luke



**home sweet home**  
*furnishing hope*

## Home Sweet Home – A Great Organization!

We recently learned of a great nonprofit organization. From time to time, we hear from clients or family members who are in the process of downsizing as they prepare to move to a facility or simply try to declutter their living space. This organization is a great place to donate well-cared-for items and know they will find a deserving new home.

Home Sweet Home is an organization with the mission to give under-served families a sense of pride and to improve their lives by providing basic household furnishings. Their vision is to “turn houses into homes.”

Home Sweet Home helps clients from partner organizations transition to their new living situations with much-needed furnishings and home goods which provide a sense of ownership and a source of stability at a crucial time.

For more information, visit [homesweethomestl.org](http://homesweethomestl.org) or call 314-448-9838.

## 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!

### JANUARY

#### Tyronnica

Tyronnica is a very skilled and compassionate caregiver who is quick to jump in to help out when necessary. Thank you Tyronnica, for all that you do!

### DECEMBER

#### Leah

Leah provides consistent, compassionate care and is always willing to help the scheduling team when they’re in a crunch. Thanks Leah!

## “Testimonial

“I would refer anyone needing home care to SHC. It was a big help physically and socially.”

- DORIS L., SHC CLIENT

## HIGHLIGHTED SERVICE



### Medication Management

Medication management assists with setting up and reordering medicine, taking medicine on time and monitoring vital signs for side effects. A Case Manager will review all medications, develop a medication list and set-up reminders to help ensure that a daily medication routine is established.

## SHC Birthdays

### FEBRUARY

John E.  
Jerry A.  
Virginia N.  
Nancy K.  
Brooks M