

Newsletter

SUPPORTING FAMILIES — DEMENTIA & DEPRESSION AFTER THE HOLIDAYS

As the holidays come to an end, individuals living with dementia may continue to feel overwhelmed. The shift back to regular routines, the absence of holiday excitement, and the lingering effects of increased social interaction can still impact their well-being.

How Caregivers Can Help:

- Reinstatement familiar routines. Gradually reintroduce regular meal and rest times.
- Maintain calm environments. Ensure there are quiet spaces available for relaxation.
- Offer reassurance. Continue to provide gentle reminders and exercise patience to help ease transitions.
- Stay observant. Pay attention to any changes in mood, appetite, or social engagement.

PARTNER SPOTLIGHT: EXPANDING VETERAN CARE THROUGH THE VA

We're honored to announce our growing partnership with Optum and Paradigm in collaboration with the U.S. Department of Veterans Affairs (VA).

Through this initiative, we're beginning to serve Veterans who require in-home assistance, extending the same compassion and professionalism our team provides to all clients.

RECOGNIZE STROKE SYMPTOMS

Every second matters when a stroke occurs. Quick action by caregivers can mean the difference between recovery and long-term impact.

Remember F.A.S.T.:

- F – Face Drooping: One side of the face droops or feels numb.
- A – Arm Weakness: Difficulty raising one arm or a noticeable imbalance.
- S – Speech Difficulty: Slurred or strange speech patterns.
- T – Time to Call 911: Immediate emergency response is critical.

Additional symptoms: sudden vision changes, dizziness, or severe headache should always be taken seriously. If in doubt, call for help. Rapid intervention saves lives.

Why It Matters:

According to the Centers for Disease Control and Prevention (CDC), nearly 800,000 Americans experience a stroke each year, and about 1 in 4 are repeat strokes. Stroke is a leading cause of long-term disability, but rapid recognition and treatment can double the chances of recovery.

The Caregiver's Role:

Caregivers are often the first to notice subtle warning signs. Trust your instincts. Acting quickly can save a life and reduce the risk of lasting complications.

UNDERSTANDING ALS AND THE VALUE OF SUPPORTIVE CARE

Amyotrophic Lateral Sclerosis (ALS) affects the nerve cells responsible for muscle movement. Over time, it impacts mobility, communication, and independence.

While no cure currently exists, coordinated, compassionate care makes a profound difference for individuals and families.



OUR MESSAGE THIS MONTH:

Together We Care with Courage and Compassion

Let's make this month one of understanding, support, and hope. Take time to learn about ALS and the families it impacts. Reach out to those facing this diagnosis with compassion, conversation, and care. Awareness opens hearts, but connection strengthens lives. Together, we can bring comfort, dignity, and encouragement to every individual living with ALS.

Encouragement for Families:

While ALS presents complex challenges, consistent support from caregivers, healthcare teams, and community partners can bring comfort, stability, and dignity to each stage of care. Reaching out early for resources helps families prepare, plan, and feel less alone.

HOW OUR CAREGIVERS SUPPORT ALS CLIENTS:

- Assistance with safe mobility and daily tasks
- Emotional and social engagement to reduce isolation
- Coordination with medical teams to support continuity of care

Education, awareness, and empathy are central to improving life quality throughout the ALS journey.

ALS care is most effective when families, caregivers, and medical professionals work together. Ongoing communication, shared goals, and compassionate understanding help ensure each person's needs are met with dignity. By staying informed and connected to support networks, families can navigate the challenges of ALS with strength, clarity, and hope.

RESOURCES & SUPPORT

- ALS Association – www.als.org
 - Offers nationwide support groups, care resources, and information about current research and clinical trials.
- Muscular Dystrophy Association (MDA) – www.mda.org
 - Provides assistance with medical equipment, care navigation, and advocacy for patients with neuromuscular diseases, including ALS.
- Les Turner ALS Foundation – www.lesturnerals.org
 - Offers personalized support, education, and grants for home and respite care.
- Team Gleason Foundation – www.teamgleason.org
 - Provides technology assistance, adaptive equipment, and quality resources to individuals living with ALS.

QUARTERLY AWARDS

Congratulations to this quarter's award recipients! Your commitment and excellence shine through in the care you provide each and every day.

Julia F. for Outstanding Attendance
Jun L. for Outstanding Performance
Francesca P. for Caregiver of the Quarter



Team Highlight: Jun L.

Behind every strong care network is an organized, dedicated team and Jun, our HR assistant, has become an essential part of ours.

Jun manages recruiting, onboarding, and caregiver support operations with precision and empathy. From coordinating interviews to maintaining communication with new hires, Jun's professionalism ensures our caregivers feel valued from day one.

His dedication allows our field teams to focus on what matters most: delivering quality, compassionate care to every client we serve.

Caregiver Appreciation

As we begin 2026, we extend heartfelt gratitude to every caregiver on our team. Your compassion, dependability, and professionalism have touched countless lives.

Each visit, conversation, and act of kindness strengthens the trust our clients place in us. Thank you for continuing to represent our mission with such integrity.

Wellness Corner: Sleep Health for Caregivers

Caregiving is deeply rewarding, but the constant responsibility can take a toll on rest and overall well-being. Quality sleep isn't just essential for health, it's vital to maintaining patience, focus, and emotional resilience in daily care.

Tips to Improve Sleep and Restore Balance:

- Set a routine: Try to maintain consistent sleep and wake times, even on days off.
- Create a calm environment: Limit phone or screen time before bed, and keep your space dark and cool.
- Wind down intentionally: Gentle stretching, reading, or mindfulness can help signal it's time to rest.
- Ask for help: If possible, schedule respite hours or share overnight duties to prevent burnout.
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Remember, caring for yourself is part of caring for others. A well-rested caregiver is better equipped to provide safe, compassionate, and attentive support.

CLIENT STORY: MUSIC, MEMORY, AND MEANING



“It’s a pleasure to spend time with someone with such a zest for life. The most engaging people are the ones that realize you never stop learning.” -Susan F.

This example highlights how meaningful connection and creative engagement can enrich daily care. Mary and Susan’s partnership is a beautiful reminder that the best caregiving nurtures both the heart and the mind, celebrating each person’s unique history, talents, and joy.

At 94 years old, Mary continues to inspire with her energy, humor, and love of music. A student of French and lifelong pianist, she finds joy and mental stimulation through both language and melody.

Her caregiver, Susan, recognized that these passions would keep Mary’s mind active and spirits high. The two began incorporating more French into their shifts, reading short phrases together and playing French Bingo, a game Susan ordered online to add fun and variety to their visits.



Always walk through life as if you have something new to learn and you will.

- Vernon Howard

SHARE YOUR CREATIVITY: ART SUBMISSION INVITE

We know that creativity brings joy, connection, and healing, and we want to showcase the incredible talent within our community!

This season, we invite caregivers and clients to share their artwork for display in our office.

Submissions can include:

- 🎨 Paintings or drawings
- 📷 Photography
- 📄 Crafts or creative designs

Please also consider photos of projects that can't be transported such as gardening.

Whether you've been creating for years or are picking up a brush for the first time, your art can inspire others and brighten our shared space.

How to Participate:

- Submit your piece by coordinating a drop off to the office from your caregiver, or submit a clear photo of it to: agemmell@homehelpershomecare.com.
- Include your name, a short description, and what inspired your work.
- Selected pieces will be displayed in our office and featured in our next newsletter!

Let's celebrate the creativity, compassion, and connection that make our caregiving community so special.

LOOKING AHEAD: CAREGIVER APPRECIATION

National Caregiver Month appreciation luncheon coming in March.

Story Feature: Share how caregiving has shaped your life. Selected stories will appear in our next issue.

ART ENABLES US TO FIND OURSELVES AND LOSE OURSELVES AT THE SAME TIME.

-THOMAS MERTON

