

Newsletter

Enjoying Summer and tips for staying cool!

Summer heat can be dangerous, especially for older adults and those with chronic health conditions.

As temperatures rise in July, it is important that our caregivers and families stay alert to the signs of heat-related illness.

KEY TIPS TO KEEP CLIENTS SAFE THIS SUMMER

Keep the home cool by closing blinds and curtains during peak sun hours (10am – 4pm) and using air conditioning. Encourage clients to drink water regularly, even if they don't feel thirsty. Dress clients in lightweight, light-colored, loose-fitting clothing.

Watch for warning signs of heat exhaustion: heavy sweating, weakness, cold or pale skin, nausea, or fainting. If you observe these signs, move the client to a cool area immediately and contact their doctor.

Heat stroke is a medical emergency. Signs include a body temperature above 103 degrees, hot and red skin, rapid pulse, and confusion. Call 911 immediately.

Our caregivers are on the front lines of keeping clients safe in the heat. If you have concerns, do not hesitate to reach out.

AWARENESS SPOTLIGHT: MUSCULAR DYSTROPHY

September is Muscular Dystrophy awareness month.

Muscular Dystrophy (MD) is a group of genetic diseases that cause progressive weakness and loss of muscle mass. Many individuals living with MD rely on in-home care to maintain their independence and quality of life.

Symptoms can range from mild to severe and may affect mobility, breathing, and the ability to perform daily tasks.

For more information on Muscular Dystrophy, visit the Muscular Dystrophy Association at www.mda.org.



PARTNER SPOTLIGHT: EXPANDING CARE CRANIOMETRIX

We're proud to expand our partnership with Craniometrix. Craniometrix is the dementia care navigation company partnered with Johns Hopkins' MIND at Home program, and it runs the Medicare-funded GUIDE model (Guiding an Improved Dementia Experience).

OUR MESSAGE THIS MONTH:

STEADY HANDS, PEACEFUL HEARTS



This quarter, we focus on the importance of compassion, dignity, and connection in the lives of those living with muscular dystrophy. Caring for someone with MD reminds us that even as challenges grow, presence matters. Taking time to listen, move at their pace, and simply be alongside them can make a lasting impact.

As we care for our clients, we also support their families, creating space for understanding, reassurance, and meaningful connection every step of the way.

Caring for someone living with muscular dystrophy is not about focusing on what is being lost. It is about honoring what remains, the person's spirit, their voice, their relationships, and their desire to live with dignity and purpose. As the condition progresses, the role of a caregiver becomes even more meaningful.

For those living with MD, independence may look different over time, but the need for connection, respect, and genuine care never changes. Our role is to walk alongside them, adapting as their needs evolve.

For caregivers:

- **Be patient and follow the client's lead, they know their body and their needs best**
- **Assist with daily tasks in a way that preserves as much independence as possible**
- **Stay calm and steady, your consistency is a source of comfort**
- **Communicate with kindness, always explain what you are doing and check in often**

Families navigating a muscular dystrophy diagnosis also carry a great deal. The emotional weight of watching a loved one's condition progress can be overwhelming, and they deserve just as much support and reassurance as the client themselves.

Listening without judgment, showing up consistently, and offering a steady and compassionate presence can mean more than words can express.

At Home Helpers of Westminster, we believe that every person living with muscular dystrophy deserves care that sees them fully, not just their diagnosis. It is a privilege to support our clients and their families through every stage of this journey, and we do not take that trust lightly.

QUARTERLY AWARDS

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

Best Attendance:

Francesca P.

Caregiver of the Quarter:

Evan S.

Caregiver Appreciation:

As we embrace the warmth and energy of summer, we want to extend our heartfelt appreciation to each of our incredible caregivers. Like the bright days of this season, your compassion, dedication, and kindness bring light and comfort into the homes of those we serve.

Every visit you make, every smile you share, and every moment of support helps our clients feel safe, valued, and cared for. Your care shines just as brightly as the summer sun, making a meaningful difference each and every day.

Thank you for all that you do and for continuing to represent our mission with such warmth and excellence. We are so grateful to have you on our team this summer and always.

Team Highlight: Evan S.

This month we're recognizing Evan Shipley-Friedt for going above and beyond, again and again, for our clients.

Evan is the caregiver who never hesitates when a shift needs covering. He regularly picks up extra shifts on short notice, and he's shown time and again that he'll do whatever it takes to make sure a client isn't left without care.

In one standout example, Evan drove two hours from out of town just to cover a shift, because he knew a client was counting on him.

That kind of dedication doesn't go unnoticed. It's the reason families trust us, and it's what sets Home Helpers of Westminster apart.

Thank you, Evan, for your commitment and heart for this work. We're lucky to have you on the team.



CLIENT STORY

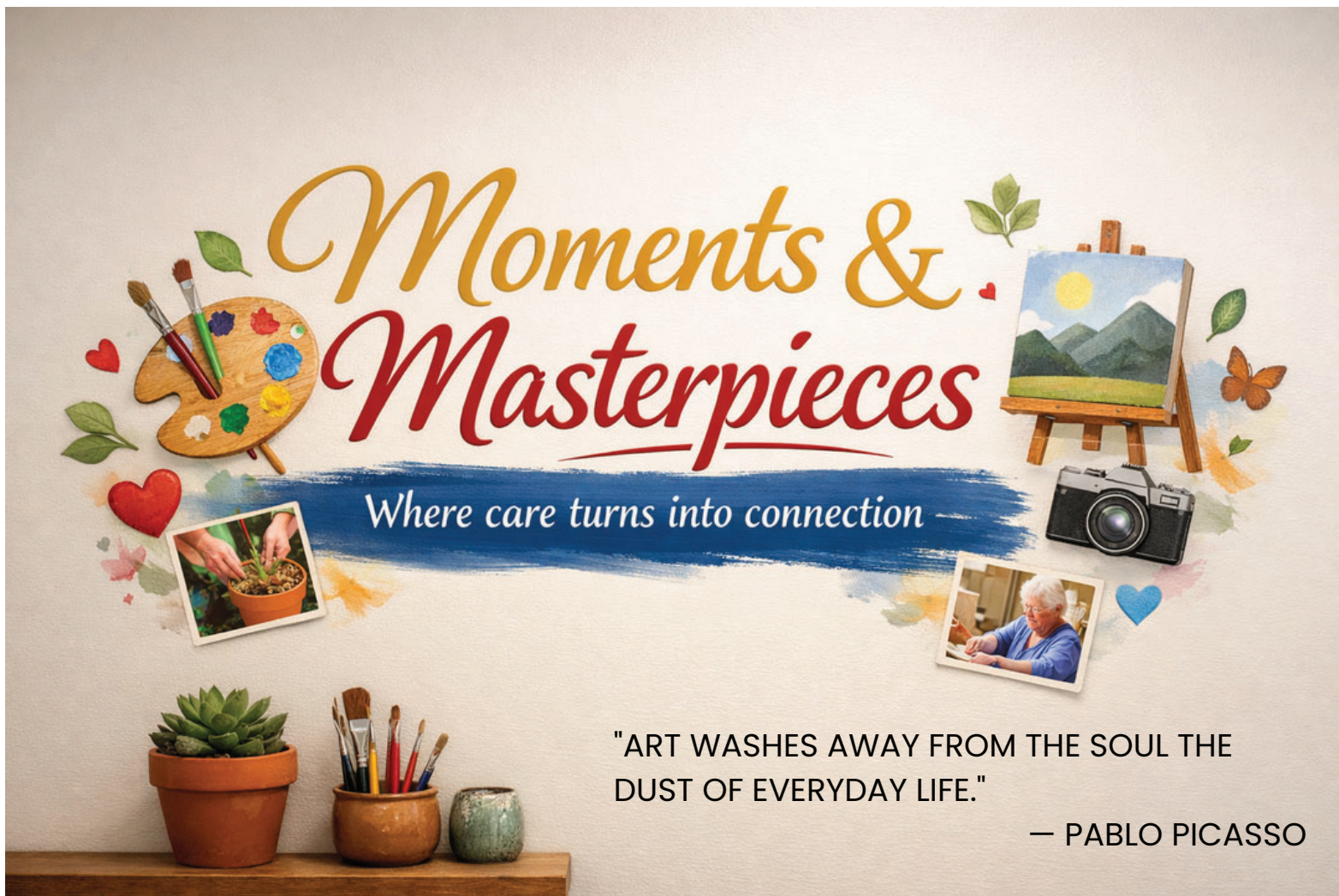
LARRY

A Life of Faith, Hope, and Love
For nearly two years and eight months, Larry has lived with an illness that arrived without warning. Yet the first thing he speaks of is gratitude. "The Bible tells us to walk in faith, hope, and love," he says, "and being with Home Helpers encourages me to do just that."

A man of deep faith, Larry is thankful for the caregivers who show up even on the hardest days who are always sensitive, kind, and generous. He remembers one who sensed he was struggling from another room and simply asked to come sit with him; they held hands in quiet companionship. Another time, caregivers went to the store and made sure he had everything he needed which was a humbling first for a man who had always managed on his own.

When he was well, Larry loved visiting the homebound himself, especially singing Christmas carols at Christmastime. This season has only deepened his belief in the power of connection and his gratitude for caregivers like Evan, who makes his bed now that he cannot, and who honor his faith by praying alongside him, whatever their beliefs. He is grateful that they let him share what he believes, and for that he thanks God.





"ART WASHES AWAY FROM THE SOUL THE DUST OF EVERYDAY LIFE."

— PABLO PICASSO

Lets fill the wall together:

Our wall is starting to come to life — we've received two submissions so far, and we'd love to see many more. Every piece tells a story, and we know there's so much creativity out there waiting to be shared. This ~~month~~, we're also opening the wall to our caregivers: the same hands that bring comfort and care often create beautiful things, too. Whether it's a painting, a photograph, or a picture of a craft or photo of a garden you've grown with pride, we want to celebrate it. Let's showcase the talent, heart, and connection within our Home Helpers family.

Submissions can include:

-  Paintings or drawings
-  Photography
-  Crafts or creative designs

How to Participate:

- Submit your piece through your caregiver or send a clear photo of it to agemmell@homehelpershomecare.com.
- Include your name, a short description, and what inspired your work.