



Quality Care Starts at Home

By: Premier Home Health Care Services, INC.

The Importance of Home Care

Everyone needs a little help from time to time. Whether you are recovering from a surgery, need assistance with your daily activities or you are living with a disability, home care is here for you. In-Home Care is one of the most safe and effective ways to remain safely in your home while also maintaining your independence. Home care gives you freedom and security while offering you individualized services that are tailored to your day to day needs. Studies have shown that home care promotes faster recovery and healing due to people being able to remain in the comfort of their own home and communities. Professional home care agencies help assess clients and develop unique care plans while also assisting you in navigating through meaningful health care resources.

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The Importance of Specialty - Trained Home Health Aides

Home Health Aides are:

- Providing compassionate care and support to the most vulnerable population
- Assisting members with their essential activities of daily living (ADLs) and instrumental activities of daily living (IADLs) allowing them to remain independent in the community
 - Meal preparation
 - Laundry
 - Bathing and grooming
 - Exercise
 - Medication Reminders
 - Client Monitoring
 - Late night bathroom needs
 - Light Housekeeping
 - Shopping, errand services and also to and from medical appointments
- Ensuring access to nutritional foods and shelf stable meals
- Providing personal care, sanitation, disinfectant, and personal medical care supplies
- Assisting with pharmacy medication pickups and making sure members are following their medication adherence

The Premier Way:

Premier continues to put our member's health and wellness first. We stand behind our highly trained workforce and our proven service delivery model that demonstrates the value of home care. Our goal is to provide the best-enhanced care coordination with targeted interventions to improve the member's health outcomes and ultimately reducing the total cost of care.

For more information contact:

Premier Home Health Care Services, INC.

Website:

www.premierhomehealthcare.com

Focus on Health: The Benefits of Massage

Massage therapy is a great way to relieve a variety of issues someone may be facing including pain from muscle tension. Massages help you relax and relieve the pain. Other benefits of massage are anxiety relief, better sleep, fights fatigue, and helps to heal injuries.

Massages are a safe and effective way to relieve pain. There are a variety of different types of massages depending on the current issue you

have. You should consult with an experienced, licensed professional to choose the best type of message. You should say something if at any time you are uncomfortable.

To find a massage therapist you may want to ask your family, friends, or your doctor for suggestions. You also can give yourself a massage as well. All you need is some oil or lotion on the palms of your hands and to rub to apply just the right amount of pressure to the sore area(s). As always, check with your doctor first before starting any new wellness regimen.

Activity Center



Word Search

Hello Spring



Sharing Circle

If you could travel anywhere, where would you go and why?

Japan, because we always wanted to see this country and Greece due to old history.

– Inessa



INSECTS
BUTTERFLY
GROWTH
BLUE SKY
FLOWERS
PUDDLES
BUNNY

MEADOW ↔↕↖↗↘
SUN
BREEZE
BIRDS
GARDEN
RAIN
PICNIC

Trivia Time!

Name an animal that hibernates, then wakes in spring.

Answer on back page.



We want to hear from you for next month's issue!

What is your favorite season and why?

Email your answer to Bridget Souza at bsouza@cafsnj.org or call 201-740-7011.

Mindful Mornings

Our daily lives sometimes can be stressful and may cause our thoughts to spiral, down the tube of negativity. There are many ways to stop these negative thoughts in their tracks before it gets to be too late. A great way to combat these negative thoughts would be to practice being mindful in the morning.

First, sit up in bed or in a chair. Sitting comfortably with your eyes closed take three long deep breaths; breathing in through your nose and exhaling slowly through your mouth. Then ask yourself: "What is my intention for today?". This will make you think about what is on the agenda for you today. Finally, throughout your day check in with yourself and make sure you are following through with those intentions that you previously stated. You may also set new intentions throughout the day.

Source: <https://www.mindful.org/take-a-mindful-moment-5-simple-practices-for-daily-life/>

Contact Us

To learn more, submit a response, or ask a question you can contact us at:

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Celebrating Seniors Online

<https://www.tcadr.org/virtual/celebratingseniors>

www.tcadr.org  @TCADR  @TCADR

TRIVIA ANSWER

Bear

Resource Spotlight:

Caregiver/Carepartner Support Groups

These support groups are for families, partners, and other caregivers who want a safe place to discuss the stresses, challenges, and rewards of providing care. Here are some local options:

- 1. Virtual Caregiver Peer Support Group** run by Generations Counseling & Care Management, LLC and the NJ Elder Law Center at Goldberg Law Group is on every other Monday from 10:00 AM to 11:00 AM. Past and present caregivers are welcome. **Register at:** <http://ow.ly/N6b750DIQow>
- 2. Virtual Caregiver Support Group** run by Jewish Family Service and the Alzheimer's Association is on every 2nd and 4th Thursday of the month from 10:30 AM to 11:30 AM. **For more information and to join the zoom group, contact Rebecca Schochet, LSW at 862-233-1598 or r.schochet@jfsclyfton.org**

If you or a loved one needs help accessing addiction services and support...

Call or Text: 201-589-2976

Confidential hotline services available 24/7 to serve Bergen County

