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ISLAND CAREGIVERS

ISLAND CAREGIVERS IS A MONTHLY NEWSLETTER CREATED FOR THE PERSONAL CARE AIDES OF SI HOMECARE AGENCY TO KEEP YOU INFORMED, EMPOWERED, AND ENCOURAGED TO PERFORM YOUR DUTIES WITH EXCELLENCE IN PROVIDING THE FILIPINO STANDARD OF CARE.

With us, you're not just a number... you're family!

World Smile Day!



This happy holiday falls on October 1st, and its purpose is to encourage everyone to smile by doing generous acts. World Smile Day came to be thanks to Massachusetts artist, Harvey Ball, and his creation of the smiley face in 1963. To keep his art connected to the people, Ball made World Smile Day a holiday that honors friendship and kindness.

We asked some of our caregivers to show off their best smiles for World Smile Day!



ANA



MJ



RUTH



JULIUS

Welcome New Caregivers!

VALMA W.
JEAN P.
ROGELIO S.

NEYDI M.
RUDY A.
GIOVANNI E.

"Caregiving often calls us to lean into love we didn't know possible"
- Tia Walker



OCTOBER CELEBRANTS:

03 - RUTH C.

Famous Birthday Twin: Gwen Stefani

03 - LUZ V.

Famous Birthday Twin: Alicia Vikander

14 - LEON V.

Famous Birthday Twin: Usher

23 - CHARLENE C.

Famous Birthday Twin: Ryan Reynolds

24 - SILCO P.

Famous Birthday Twin: Drake

25 - RENE T.

Famous Birthday Twin: Katy Perry

27 - RENATO S.

Famous Birthday Twin: Theodore Roosevelt

Thank You!

The whole family of SI Homecare Agency would like to thank the **INABA FAMILY** for their generosity. The donation is now put in a foundation for the purpose of helping our caregivers. Thank you!



Happy Halloween!

Autumn approaching means excitement for the holidays and anticipation for the thrilling festivities of Halloween!



We asked Oliver and Des to pose in their Halloween costumes!

To stay connected, follow us on our social media pages and visit our website for more information:



@sihomecareagency
www.sihomecare.com



Important Memo

With the rapid spreading of the COVID-19 Delta variant, which is twice as more contagious as the original virus, getting vaccinated is the best defense against it.

FAILURE TO SHOW YOUR VACCINE CARD ON OR BEFORE OCTOBER 1ST, 2021 GIVES SI HOMECARE FULL LEGAL RIGHT TO IMMEDIATELY TERMINATE YOU FOR CAUSE.

*** Medical certificates excusing you from taking the vaccine will be accepted, but you are required to take a COVID test every time you go back to work.

*** Terminated employees will NOT be qualified for unemployment, and your PCA certificate and home care registry will be REVOKED.

International Day of Older Persons!

October 1st is International Day of Older Persons! This holiday is meant to raise awareness about significant issues that affect the elderly, while recognizing the positive contributions that senior citizens give to society. To celebrate this holiday, it is important to participate in the memorable moments of life. Spending time with others, bonding, and forming relationships all come together to celebrate life and aging.

In honor of this, we asked some of our caregivers: "What is your favorite bonding activity to do with your client(s)?"



LEANDRO AND ANDREW ENJOY GOING TO CHURCH TOGETHER



CORA AND MARIE LIKE WATCHING TV TOGETHER

7 Steps to Manage Alzheimer's, without Drugs

Alzheimer's and other dementias sometimes bring out odd behaviors in people that could frustrate their family members and caregivers. Common behavior changes you might see include: mood swings, getting worried or upset more easily, and physical and verbal outbursts. As caregivers, it is crucial to understand the ways to calm people down from these actions.

1 - REASSURE the person

Collect yourself, approach the person slowly from the front, and avoid showing emotional intensity. Doing so complicates how you can manage their emotions. Respond to their expressed emotions rather than their behavior.

2 - REVIEW the possible causes

Take note of anything new or different in the person's routine. New symptoms and a recent change in medications could also contribute to difficult behaviors.

3 - REMOVE any triggers

Eliminating what sets off a behavior is one way to stop it. Triggers are sometimes visuals, activities, or misperceptions.



4 - REDIRECT behavior or attention

Shifting attention away from stressful factors and towards calmer things helps. Offer to engage in the person's favorite activities and use bridge phrases to change topics of conversation.

5 - RESTORE yourself

Give yourself credit for tending to the rough episodes of dementia. You deserve it. Remember, you are only human.

6 - REVIEW what happened

Keep a record of frequency after incidents to spot patterns on the causes of these behaviors.

7 - REACH out for more help

Talk to the person's doctor to explore more helpful approaches.

Paula Spencer Scott, author of *Surviving Alzheimer's: Practical Tips and Soul-Saving Wisdom for Caregivers*, shares her 7 helpful tips on managing difficult dementia behaviors, without the risky use of medications. To read the full article and find out more about Paula Scott's 7 R's to Managing Alzheimer's, visit the link below.

<https://betterhealthwhileaging.net/how-to-manage-difficult-alzheimers-behaviors-without-drugs/>