



MAINE-ly ELDER CARE

Newsletter

May 2013

DENISE'S PEN

Hello All!

May is here and that means that summer is on its way!! It's a time of year that us Mainer's really appreciate and enjoy. This is my favorite time of year- family barbeques, camp fires and trips to the beach! I hope you all take some time to enjoy the summer activities Maine has to offer. As caregivers it's important to take time to care for yourself. Be sure to read our blog on Mental Health Awareness, May is the month designated to raise awareness and educate ourselves about mental health disorders. This will help you to better care for clients with mental health disorders.

We are excited to be implementing telephony this month, May 12th is the first day everybody will be using telephony, this will eliminate timesheets and certainly make your jobs easier. If you need assistance with telephony, please contact Brie in HR.

I am excited to do some gardening, which will start this month. I hope you all enjoy the month of May, it certainly seems to be a busy month for everybody, with graduations, dance recitals and Memorial Day- the official kick off to summer! Don't forget to stop and smell the flowers☺

In closing, I just want to say that I am so proud and blessed to be able to work with such great caregivers here at Maine-ly Elder Care. The work you do every day enables the seniors in our communities to live independently at home and enriches their lives- Thank You!!

Happy Mother's Day!

~Denise

May is Stroke Awareness Month

STROKE is an Emergency. Every minute counts.

BE FAST!

BALANCE



Sudden loss of balance.

EYES



Sudden loss of vision in one or both eyes.

FACE



Does the face look uneven?

ARM



Does one arm drift down?
Ask them to raise both arms.

SPEECH



Does their speech sound strange?
Ask them to repeat a phrase.

TIME



Every second brain cells die.
Call 911 at any sign of stroke!

 **STANFORD**
HOSPITAL & CLINICS
Stanford University Medical Center

FREE CERTIFICATION STILL AVAILABLE!!!!

Alzheimer's and Dementia is a rapidly growing disease that is having a large impact on the clients, their families and the communities we serve. These clients have very specific needs for their care, which you can help with. We are offering everyone a **FREE** 23 hour course for Alzheimer's and Dementia. This course is available online and can be done at your convenience. After completion of the course you will have the option to get a \$25.00 Gift card to either Hannaford or Irving Gas Station.

If you are interested, please contact Brie for details.

465-3249 or brie@maine-lyeldercare.com

Employee Broadcast



Congratulations Graduates! It is with great pleasure that we announce the graduation of three staff members. Katie has earned her MBA from Thomas College, Denise completed her Bachelor's Degree for Business at Thomas, and Jeannie has earned her RN from Kennebec Valley Community College. They have worked hard while balancing heavy workloads. Way to go!

Employee Compliments

- From client's daughter regarding Jennifer Roderick "She's a keeper! We really liked her a lot. She was sweet and talkative and willing to take mom out"
- A client's daughter called to compliment Jessica Orcutt, "We really like her, she is a good worker, and reliable."
- A client's whole family wanted to thank PSS Dan Clark after their father's passing. They stated to the agency that "dan has touched my father's life."

MAY ANNIVERSARIES

Thank you to the following employees celebrating anniversaries this month. Your service and dedication is appreciated.

Katie Cirone –1 Year!
Tonia Savasuk– 1 year!
Lani Cuares – 1 Year!
Faith Worster- 3 Years!
Glorilee Mills- 5 Years!
Karen Madore- 6 Years!

Winner of the Perfect Attendance for April is Marie Philbrook!

WHAT'S HAPPENING:

Blood Pressure Clinics: We will be doing FREE blood pressure screenings at the following locations for the month of May. There will free blood pressure readings by a registered nurse, information and giveaways.

Shaw's: Waterville Friday May 10th 1p to 3pm

Uncle Dean's: Waterville Friday May 24th 11am to 1pm

National Nurses Day, May 6th

Memorial Day; Monday May 27th.- the office will be closed to observe the Holiday. Please be advised that the Postal System will be closed too, but timesheets and documents must still be received Tuesday by 2pm for payroll.

\$10 off at Sam's Club for all Employees!!!

For any employee who purchases or renews a Sam's Club Advantage Membership they will get a \$10.00 gift card. Employees who purchase or renew the Sam's Club Advantage Plus, they will receive a \$25.00 gift card. If interested, please see Brie for Details.

Telephony is Here!



Starting **May 12th**, you will call in to a toll free number at the beginning of your shift, and call out at the end of your shift to confirm the times of the shift. It is very important that you call in as you start your shift and as you end your shift so that the correct times are recorded. In most cases you will call from your client's phone.

If you make a mistake during either call, simply hang up before the end of the call and call in again.

The number to call is: 1-877-978-1933

At the beginning of the shift you will hear the following when you call in:

1. Enter your Caregiver ID followed by the pound sign. Your Caregiver ID is **the last four of your social security number**.
2. Press 2 if you are logging in or press 3 if you are logging out.
3. Enter your Client ID followed by the pound sign. **The ID can be found on the "Special Instructions" of the client Plan of Care.**
4. If tasks have been assigned to this schedule, the telephony system will then read those tasks to you, one by one. Otherwise you'll hear a message "no tasks were found."
5. The system will tell you that your call has been recorded and you can then hang up.

At the end of the shift you will hear the following when you call out:

1. Enter your Caregiver ID followed by the pound sign. Your Caregiver ID is **the last four of your social security number**.
2. Press 2 if you are logging in or press 3 if you are logging out;
3. Enter your Client ID followed by the pound sign **(Client ID is located on the Plan of Care in the Special Instructions)**
4. If tasks have been assigned to this schedule, the telephony system will then read those tasks to you, one by one. Press 1 if you completed the task, or any other number if you did not complete the task.
5. If appropriate, you may also be asked to enter mileage.
6. The system will tell you that your call has been recorded and you can then hang up.

Please call if you have any questions!

Brienne Hayes

DO SWEAT THE HEAT...DEHYDRATION IS SERIOUS

By [Vicki Rackner, M.D.](#)

Jonathon visited his mother during a heat wave. As he went to get his third glass of water, he noticed his mother's glass was untouched. He said, "Mom, it's hot out! You need to drink." His mother replied, "I'm fine dear. I'm not thirsty one bit."

You're adequately hydrated if you're not thirsty, right? **WRONG!** Thirst is not a reliable gauge of your body's fluid needs, especially in the elderly.



Summer heat increases your risk for dehydration. Dehydration is serious. Even a mild imbalance of water can cause serious medical problems. According to the

National Center for Disease Control, more Americans die of extreme heat exposure than from hurricanes, lightning, tornadoes, floods, and earthquakes combined.

Any fire-fighter will tell you that as the temperature goes up in a heat wave, medics respond to many more calls *(continued on page 4...)*

about elderly people who are dizzy or weak or even fainting. In most cases the medics find the health problems are a

result of dehydration. Dehydration places the elderly at risk for medical problems that run the gamut from annoying symptoms like headaches to life-threatening events like heart failure or stroke.

Let's make the lives of all those hard-working fire-fighters and medics easier by helping our loved ones avoid heat-related medical problems. It's easy. Just help them keep cool and help them stay hydrated.

Here are some tips to stay hydrated on those hot summer days:

- **Remind your loved ones to drink** regularly even if they're not thirsty. Remind your kids, too. Better yet, ask your kids to remind you and their grandparents to drink.
- **Ask about the color of your loved one's urine.** The color of your urine is a reliable

indicator of your water balance. If you're well-hydrated, your urine is clear or light-colored; if you're dehydrated your urine is dark yellow or amber.

- **Choose your fluids wisely.** In general, water is the best drink. You can add a slice of lemon or lime. Alcohol and caffeine tend to have a diuretic effect, which means that they cause a net withdrawal from the fluid bank rather than a deposit.
- **Stay cool.** Go to the air-conditioned library or senior center or mall.
- **Know the signs of dehydration.** The earliest signs include fatigue, weakness, and poor concentration. Headache, dizziness and fainting are associated with even mild dehydration.
- **Check with your doctor** if you're on diuretics ("water pills") or fluid restrictions.
- **Never leave anyone in a closed parked car with the windows shut.**
- **Avoid errands in the mid-day sun.** Try instead to be out and about during the coolest times.

We would like to welcome our newest PSS staff members. We look forward to your employment with us!

Join us every Wednesday at 4:30pm on 93.5FM True Oldies for CEO Denise Stevens and Steve Colella's segment on aging with grace.

WELCOME



Lukas Barron



Deborah Ashby



Lorilee Lewis



Stacey Zack

