



Human Touch Home Care, LTD.

Keeping in Touch

A NEWSLETTER FOR CLIENTS AND FRIENDS DEVOTED TO OUR ELDERS' QUALITY OF LIFE

"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom."

-Marcel Proust



WHAT YOU CAN EXPECT DURING THE PANDEMIC

Human Touch Home Care recommends that the Client implement and continue with these policies which HTHC endorses strongly; although the working relationship is only between the Client and Caregiver, HTHC makes these recommendations as a friend to both.

Here are the steps all Caregivers should take during the pandemic. Please expect your Caregiver to do the following:

Before arriving at your home each day your Caregiver should use a Covid-19 'Daily Symptom Screen.' Caregivers should call the office and request a sub if they are sick, or experiencing any symptoms listed on the 'screen'. In other words, **expect your Caregiver to stay home if she is sick!**

After arriving at your home every day, expect your Caregiver to follow CDC guidelines for infection control:

- Wear a mask at all times in your home
- Wash their hands frequently with soap and water for at least 20 seconds
- Practice social distancing except when giving personal care
- Wear disposable rubber gloves when giving personal care or fixing meals
- Disinfect frequently touched surfaces

If you live in a long term care community, expect your Caregiver to follow all Covid-19 prevention requirements your community may have, like periodic Covid-19 testing requirements for all workers.

It is heartening that Clients, as well as some Caregivers, are beginning to receive the Covid-19 vaccine. But health experts caution us that getting the vaccine does *not* take the place of following all of the above 'expectations'.

In The Words of our Clients

"Sandy was unbelievable. I want to commend her. She went above and beyond. Mr. S. never missed an opportunity, when we spoke, to express his appreciation of Sandy. She was more than a Caregiver- she was a friend. She took every precaution to protect Mr. S. It really says something about your company that you have people like Sandy caring

ANGELS IN THE SNOW



Our care-coordinators & office support staff worked overtime trying to make sure that all our Clients who needed help got the care they needed during the severe weather events of the past weeks. Caregivers managed to get to work even during ice and snowstorms; some even accepted new referrals during the storm. Here are a few of these Caregivers, whom I think of as our Angels in the Snow.

A heartfelt thank you to:

BUSHRA NOBLE LOLA AROJOJOYE SOPHIA GEORGE

JULIE RAHAT & ESTELLA TOLES



This Winter Has Been Frightful...but Spring Should Be Delightful!

With warmer weather arriving soon, this is a great time to plan some outdoor activities. Consider the following guidance to stay safe and avoid falls. Studies have shown that while falls can result in severe injuries, and are one of the most costly health conditions, **most falls are preventable.**

Useful tools: Use a cane or walker for stability. Have a basket added to your walker. Wear low-heeled shoes with rubber soles.

Companionship: Let someone else be an extra pair of eyes when you go out.

Street smarts: Watch for uneven pavements and sidewalks.

Good timing: Plan to avoid crowded sidewalks at rush hour and lunch time.

Exercise: Improved muscle tone and balance can help prevent falls. Tai chi is especially good for enhancing your sense of balance.