

# Home Care Network News

A new look for the Network News. This newsletter was put together on an iMac. An Apple computer that is just so easy to use.

I hope you like the content, there should be something for everyone.

If you have a joke you would like us to consider printing, send it in.

We all need a good laugh.

## What Makes A Good Caregiver? or Why is this person in my house?



A profession caring for seniors brings many benefits. But it's also not for everyone. That's why it's important to ask yourself important questions before pursuing this job path. If you love working with seniors, if you're an understanding person and if you have served previously as a family caregiver to a loved one, you probably have some of the attributes needed to be a good professional caregiver.

The most important qualities that we look for in a potential Caregiver are compassion for seniors, dependability, patience, language and cooking skills. Caregivers will provide services such as companionship, meal preparation, light

housekeeping, shopping, errands, incidental transportation, bathing, grooming, toileting and many more. Potential Caregivers go through a thorough screening process and on average about 15% of all applicants are allowed to be listed with this agency.

### Checkout this website:

<http://cleaningforareason.org/>

They are offering **free house cleaning services** for cancer patients.

They are called "Cleaning For A Reason" This nonprofit organization offers free professional housecleaning, and maid services to improve the lives of women undergoing treatment for cancer - any type of cancer.

### Who's Going To Drive?

When do you give up the car keys and just ride "shotgun"? That's what we call it when you are in the passenger's seat. A throwback to the old stage coach days where one guy drove the horses and the other held the shotgun.

This is the west, but not the wild west. So when is it time to move over?

Consider the following:

- Reflexes
- Vision
- Physical strength
- Medications
- Memory
- Weather
- Distance to destination

If you are **not** up to the challenge, ride shotgun and enjoy the sights.



# HOW TO BE A GREAT CAREGIVER

When caring for the elderly or someone that needs your help, it is a good idea to do your very best. These people depend on you to take care of them and sometimes you are all they have. It is easy to be caught up in life and worry about your own problems and bring them to your work. It is not a good idea at all. It can make your day go bad and you are not paying attention to your attitude. You want the person that you are working for to want you to take care of them and you want them to rely on you and trust you. Here are some tips to be the best caregiver you can be.

1. First and for most, you have to take care of yourself.
2. Make sure to use proper back mechanics so you do not throw your back out when lifting.
3. When you are at work, do the best you can to make the Client happy. If you do not feel that

you need to try to make the Client happy and satisfied then this may not be the job for you. Help them with their ADLs and just be yourself and they will get around to knowing you and trusting you.

4. Last but not least, make sure to let them know that you are there for them and if you don't like your job, at least act like it. The Client can tell by the way that you act. Just because you are taking care of them does not mean that they do not have the ability to think for themselves. Be patient, understanding and lend an open ear. Let them know whatever they need that you will help them with a smile and make them feel good enough where they think you will come back again and again. Don't ever loose the Client's trust because it is hard to get it back.

## ASK A CAREGIVER WHAT MAKES THEM A GREAT

Here are some answers you may find interesting:

- The Client is #1, truthful, loyal, on time
- Patience, quality of work, dependability, good reporting
- Communication, pleasant, patient
- Good listener, observant, caring
- Don't bring personal problems to client's environment, don't be bossy, adjust your approach to the client

- Tolerant, patient, humble, able to work with tough clients
- Really care about your job, good listener, involve them in their care, teamwork
- Ready to learn, customize your care, client is your priority, use all your heart
- Passion for adult care, patient, good listening skills, cooperative, treat your client as if they are your own family
- Patience, love your work, kind, rapport with client, CNA skills

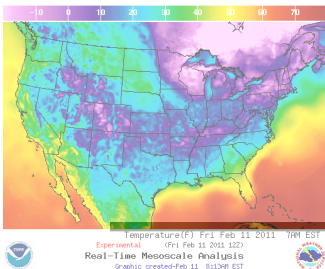
- Show them that you care, let them know you are there for them, show them love



What do you think makes a good caregiver great? Were you surprised by any of our caregivers' responses?

### GLOBAL WARMING OR CLIMATE CHANGE?

Think back, when was the last time we had a winter like this one? Well you probably remember a few, and those hot summers, nothing new, right? The earth is a living breathing thing and like all other living things goes through changes over time. This too will pass and we will be back to whatever normal is soon enough. Ice Age or Glacier Melt, it is the same old stuff for mother earth.



## NEWS ALERT: Doctors now making house calls.

What will they think of next? A group of Doctors called the “Bay Area House Call Physicians” is making house calls.

According to their website: “ We started a new model of practice to bring back an old style of practicing medicine: We make House Calls.” “Bay Area House Call Physicians started in February 2006 to improve access to medical care for elderly and disabled patients in the Bay Area. The founder, Dr. David Jones, has worked hard to build a better practice model.”

You can find out more about the company and their Doctors using the contact information below.

Website: <http://www.bahcp.com/index.php>

Phone: 650-384-0986

### Winter Joke

As a trucker stops for a red light, a young lady catches up. She jumps out of her car, runs up to his truck, and knocks on the door.

The trucker lowers the window, and she says "Hi, my name is Heather and you are losing some of your load."

The trucker ignores her and proceeds down the street. When the truck stops for another red light, the girl catches up again.

She jumps out of her car, runs up and knocks on the door.

Again, the trucker lowers the window. As if they've never spoken, she says brightly, "Hi my name is Heather, and you are losing some of your load!"

Shaking his head, the trucker ignores her again and continues down the street. At the third red light, the same thing happens again.

All out of breath, the young lady gets out of her car, runs up, knocks on the truck door. The trucker rolls down the window. Again she says "Hi, my name is Heather, and you are losing some of your load!"

When the light turns green the trucker revs up and races to the next light.

When he stops this time, he hurriedly gets out of the truck, and runs back to the young ladies car..

He knocks on her window, and after she lowers it, he says... "Hi, my name is Mark. It's winter in New York City and I'm driving a SALT TRUCK!"

### “SURFS UP” or

### How about a nice outing?

Suitable activities for our Clients include, taking walks in the local park or local area, shopping trips to indoor shopping centers, trips to seaside resorts where there are long, flat promenades, trips to a local restaurant and so on. All of these activities give the Client a sense of independence and freedom, something that sadly old age often deprives people of.



Before leaving home, you need to make sure that you are prepared for anything. For example, you need to make sure you have all the medications needed. Always take an extended supply, just in case you are still out when a dose is due. Make sure that you have appropriate clothing. If the weather is likely to be cold, make sure you wear proper clothing. Also make sure you have something to eat and drink, just in case you get delayed somewhere.

**NEW STUFF:**

**Website upgrade:** Now Caregivers and Applicants can view a new and improved Orientation video on the website. This presentation has the latest HCN guidelines and can be viewed on any computer that is connected to the internet, even on smart phones! Just call the HCN Office for an authorization code and you can view the video.

I would recommend that all Caregivers view this video to catch up on how HCN works, a good review for all.

**HCN Communications:**

Office 9 AM to 5 PM Monday to Friday  
 408-254-4650  
 After hours leave a message.  
 FAX: **402**-533-1185  
 Cell: ( after hours emergency)  
 408-334-9011  
 Email: [sally@homecarenetwork.us](mailto:sally@homecarenetwork.us)  
 Website: [www.homecarenetwork.us](http://www.homecarenetwork.us)

**Caregiver  
 Holiday Calendar**

2011

- 21 Feb.: President's Day
- 30 May: Memorial Day
- 04 July: Independence Day
- 05 Sept.: Labor Day
- 11 Nov.: Veterans Day
- 24 Nov.: Thanksgiving Day
- 25 Dec.: Christmas

**Keep your Certifications current and mail a copy of any new certificate to the office.**

**CPR and First Aide:**

Nurses Workshop, 408-269-3715  
 American Red Cross: 408-577-1000

**TB Test and Chest X-Ray:**

US Health Works: 408-238-3800  
 Santa Clara County:  
 976 Lenzen, San Jose 95126

**Caregiver Paperwork Update:**

You will be receiving a letter soon advising you of what paperwork of yours needs to be brought up to current status. Please take care of all indicated items and forward the copies to the HCN office.

Mileage Rate for 2011:  
 51 cents per mile.

**Caregiver Receipts:** There is an ongoing problem with some Caregivers not getting them to the office on time.

You need to mail them no later than the first week of the month. Don't wait until we call you, just do it!  
**MAIL, FAX or email PLEASE!!!!!!!**

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Home Care Network, Inc., brings you a delightful and informative newsletter for each season.

This is the Spring 2011 edition. Yes, Spring is coming and this newsletter will get you ready or at least give you something to read while you are waiting for the really nice weather.

