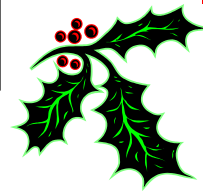


Newsletter

Home & Health Care Services, Inc
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Hornell, NY 14843
607-324-4142
www.homeandhealthcare.org



Holiday 2013



A Note from the Executive Director:

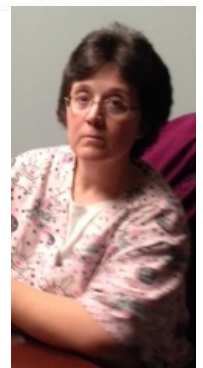
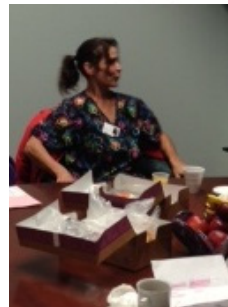
November is National Home Care Month, a time to reflect back on the year and the great job our Care Partner Team has done. We are grateful for the many hours of caregiving and compassionate care given to elders in our community. Our staff continues to incorporate the Eden Philosophy (person-directed care) into their work every day to improve and transform the quality of life for our clients. Many of our staff have been presented with "Eden" pins acknowledging their implementation of the Eden philosophy into their work every day.

If you know a caregiver, please take time to thank them for making a difference in someone's life. Thank you to all the caregivers at Home & Health Care Services, Inc. I am so proud of the work accomplished and the sense of purpose you have in your work and the quality of care you deliver to your clients every day.

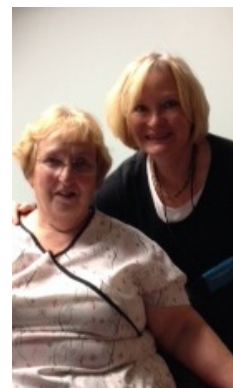
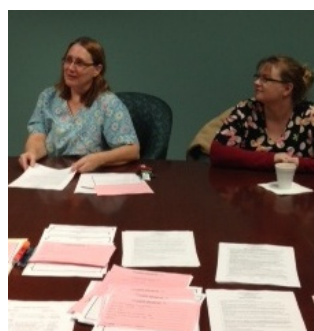
Respectfully,
Stephanie Conway, Executive Director



Sharon Jones, Scheduling Coordinator receives the 1st Annual Thomas J. Hart Dedication to Service Award. Presented by Stephanie Conway, Executive Director and Nancy Ingalls, RN, Director of Nursing.



In recognition of National Home Care Month—Home & Health Care Services, Inc held three Coffee Breaks. These breaks were held in Hornell, Bath and Corning. Care Team Members were invited to take a break from their busy day for Coffee and snacks, visiting with each other. We appreciate each and every one of you.



Congratulations on Service
Betty Sine—10 years
Deb Herman—5years



United Way Winners were Michele Lewis and Elaine Telehany.

Stephanie Conway, Nancy Ingalls and Michele Lewis attended the NYS Association of Health Care Providers Conference in Albany, NY.



The Bethesda Foundation's Fred Marks presents a check to Executive Director Stephanie Conway on behalf of the Paul J. Wolfgruber, MD Compassion In Caring Home Health Aide Scholarship. The first recipient of this award is Keely Olecharski who completed the HHA training.



If you did not receive a flu vaccine you must wear a flu mask which is provided in the Hornell office and in the Bath/Corning supply locations. The Health Department requires all health care workers to receive a flu shot or wear a mask when caring for clients for the duration of the flu season.

Stay warm this winter
Wear a hat, hood, or scarf.
Wear layers, as they provide better insulation and warmth.
Keep fingertips, earlobes, and noses covered if you go outside.
Keep clothing dry; if a layer becomes wet, remove it.
When packing your lunch consider some nice warm soup in a thermos.



Winter Driving
Prepare—check your battery, tires, windshield wipers, and fluid (no-freeze) and anti-freeze. Have on hand—flashlight, jumper cables, shovel, snow brush/ice scraper, and throw in a blanket.
Protect—Buckle up.
Prevent—Slow down and increase distance between cars. Never rush—give yourself plenty of time and plan your route. Watch for pedestrians. Get plenty of rest.



From the desk of Michele—
Papers must be in on time to process payroll due to the upcoming holidays (Christmas and New Years)

Avoid all ice if at all possible.
Wear shoes or boots that provide traction.
Use special care when entering and exiting vehicles.
If you must travel on ice—take care, look ahead when you walk; a snow or ice covered sidewalk or driveway, esp. if on a hill, may require travel along its grassy edge for traction.
Point your feet out like a penguin! Spreading your feet out slightly while walking on ice increases your center of gravity. Bend slightly and walk flat-footed with your center of gravity over the feet as much as possible. Extend your arms out to the side for balance. Watch where you are stepping and



GO S-L-O-W-L-Y!!

And remember that in cold temperatures, approach with caution and assume that all wet, dark areas on pavements are slippery and icy.

Have a safe and injury free winter!!!