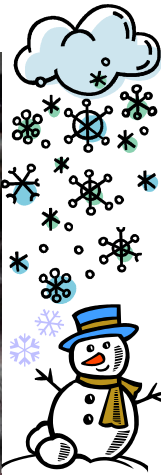




Service Awards



2012 Annual Recognition



In recognition of National Home Care Month the agency held a luncheon at the Bath Country Club to honor all of employees for their outstanding contributions to home and community based care. Several employees were recognized for years of service. They are Kathy Suk 30yrs, Nancy Ingalls 15yrs, Michele Lewis and Joanna Stevens 10yrs, Barb Todd, Erion Clark, Melissa Brittingham and Jessica Keeney 5yrs. The event was well attended and enjoyed by all.

'Tis the Season for Slips and Falls—Stay Safe

During the winter months slips and falls frequently occur at the workplace. Let's try to make this an injury free winter. Read on for some helpful tips on safety.



- Wear appropriate foot gear.
- Take small steps to keep your center of balance under you.
- Walk slowly and never run on icy ground.
- Keep both hands free for balance, rather than in your pockets.
- If handrails are available use them.
- Avoid carrying loads on stairways; or carry loads that you can see over.
- Keep your eyes on where you are going.
- Test potentially slick areas by tapping your foot on them.
- Step—do not jump from vehicles.

Safe Winter Walking

Walking to and from clients homes and in parking lots during the winter will require special attention to avoid slipping and falling. No matter how well the snow and ice is removed you still may encounter slippery surfaces when walking outdoors in the winter. Please be aware of your surroundings and of the dangers of slipping and falling—walk safely on ice and potentially slippery surfaces.

- Plan ahead—allow sufficient time and plan your route.
- Wear shoes & boots that provide traction on snow and ice—avoid plastic or leather soles.
- Use special care when you exit your vehicle.
- Walk in designated walk-ways. Shortcuts over snow piles are not always safe.

Always - when entering a building—remove snow and water from your foot-wear to prevent creating slippery wet conditions inside.



Tips for staying Warm

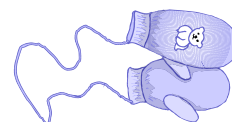
Exposure to cold can cause life-threatening health conditions. Avoid serious conditions such as frostbite and hypothermia, by keeping warm.

- Wear a hat, hood, or scarf, as most heat is lost through the head.
- 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.

Congratulations Keely!



Keely Olecharski was awarded the first annual Paul J. Wolfgruber MD Compassion In Caring Home Health Aide Scholarship in memory of Paul J. Wolfgruber, MD. This scholarship is funded by the Bethesda Foundation to memorialize Dr. Wolfgruber who will always be remembered as a compassionate physician and for his many contributions to our community.



Tips on being more organized!

1. Read over your schedule at the beginning of the week.
2. Gather all your supplies the night before and put them in your bag.
3. Be sure you have your papers, i.e. activity sheets, mileage....
4. Do you have your badge?
5. Gloves



Many thanks to our staff for making 2012 a successful year for our agency—
Stephanie Conway
Executive Director