




Celebrating 30 Years at Total Care

In a world where change is the norm, it is truly a sign of commitment for a company to be standing strong after 30 years. We are humbled here at Total Care Homecare Services to have achieved this and are proud to offer homecare in our communities for 30 years this December!

So what is planned to celebrate this milestone? Work has already begun to host an event this fall and we will also reward our home support workers with tokens of appreciation for their commitment to the company (hint: a nice item to wear). And cake, OF COURSE CAKE! We will send out invitations later this fall when all the details have been finalized.

What does celebrating 30 years of home care service mean to our owner, Phyllis Fitzpatrick?



"We opened on Dec 17, 1993 and thirty years later, we as a home care agency, have grown successfully serving our communities by providing one to one personal care to those in need. This is a great accomplishment for any business, but to me it's a dream come true. After 43 years of nursing, I still strongly feel that home care is the foundation of our health care system. I'm truly grateful for the past, present, and what's to come in the future. I know this company is where it is today because of the dedication, commitment and sacrifices everyone makes from the management and staff of Clarendville and Bonavista, the employees at Total Care and finally the Department of Health for trusting us as a reputable company to provide services to our clients. God willing, I look forward to many more years of travelling to Newfoundland and building a stronger business."

Employee Spotlight: Business Manager, Arlene Frampton

Arlene Frampton is a familiar face to staff, clients and families of Total Care and has worked here for over 29 years. She has seen the company grow since opening in 1993 from a Clarendville-based business to one serving thousands of clients in Clarendville, Bonavista and surrounding area. Initially employed in bookkeeping/ accounting for Phyllis, her dedication and commitment to the company has not gone unnoticed as she is now the Business Manager. With all this experience behind her, there is not much Arlene hasn't faced in the ever-changing home care field! Arlene is also a familiar face in the community as well. She has been an active member of her Local Service District Committee for the past 24 years and volunteered with 4th Clarendville Scouting program for the past 12 years. In fact, she is currently attending a 3-week Haarlem Jamborette camp in Netherlands, Europe with 13 youth and 2 other leaders.



Our Mission: "...to provide "hands on" care to the elderly, convalescent and disabled clients by encouraging, supporting and assisting these clients to achieve and maintain a state of well-being in their own environment".



Check us out on Facebook at "Total Care Nursing in the Home Services Ltd" for regular updates

Safety Matters: Keeping Your Skin in Good Condition

Why Healthy Skin Matters



Healthy skin is clean skin that is moist, not too dry and is not broken or open. As we age our skin becomes thinner, less elastic and doesn't hold water as well. This is why you may notice your skin is drier, looser and bruises and tears more easily.

It is important to pay special attention to our skin, especially when we are older, to keep it healthy and in good condition. If skin is unhealthy, it can cause itching, scaling, redness and soreness. In more serious cases, it can lead to **pressure injuries** becoming infected and make you ill. If infections or wounds are left untreated, it can lead to severe outcomes like amputation and even death.

It is important to report skin concerns to your family doctor.

Did you know? Skin is actually considered to be an organ, the same as your brain or heart!

Reasons for Unhealthy Skin



In addition to just being "older" skin, here are other reasons for unhealthy skin:

- Medications
- Medical conditions (especially diabetes)
- Mobility/movement issues
- Sun damage
- Not eating a balanced diet
- Not drinking enough fluids



Checking Skin

Check your skin regularly and watch for these signs as they may be early signs of a pressure injury:

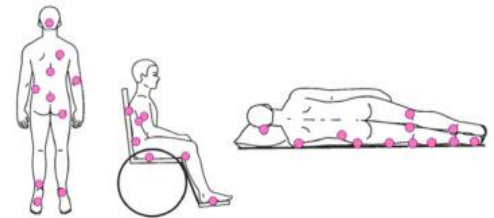
- Shiny skin
- Skin colour changes (red, purple, blue, black areas)
- Skin rashes, dry skin
- Skin blisters, cracks or scabs
- Open skin area
- Skin that seems harder or softer than normal
- Warm and/or itchy areas on skin
- Swelling over boney areas
- Tender or painful areas on skin

Pressure Injuries



A pressure injury goes by many names – a bed sore, pressure ulcer/sore, or open wound. To explain what a pressure injury is, let's pretend for a moment that your blood vessels are a garden hose and your skin is the grass. If you step on the hose and pinch it off, no water comes out and the grass turns brown and dies. The same happens when blood vessels beneath your skin are pinched off by pressure – they don't give enough blood to your skin and skin is damaged, the start of a pressure sore!

Common Pressure Injury Areas



TIP: Change your body position at least every 2 hours to prevent pressure injuries!

Prevention

Home support workers can help you with personal care and check your skin condition. They can track and help change your position and help you eat/drink well.





Step it Up!

Our lives have changed a lot with technology and many things that were part of our daily routine – walking to work, scrubbing kitchen floors, hanging out laundry – have been replaced by technology. If you are also older and living with health conditions then physical activity may be the last thing on your mind – especially if you are in pain. Movement, however, is good for your body and it is important to speak to your family doctor about what kind of movement or activity is safe for you if you want to add more physical activity into your life.

One simple way to move more is to track your steps. Many people find this a simple way to pay closer attention to how much they move. Remember all movement when added together can benefit you.

Here are some step counts to get you thinking:

| Activity | Steps After 10 mins |
|------------------------------|---------------------|
| Stretching..... | 150 |
| Mopping..... | 600 |
| Carry/chopping firewood..... | 610 |
| Grocery shopping..... | 610 |
| Walking slow..... | 680 |
| Wash/dry dishes by hand..... | 720 |
| Light gardening..... | 800 |
| Fishing..... | 910 |
| Housecleaning..... | 1010 |
| Wheelchair use..... | 1010 |
| Mowing lawn..... | 1200 |
| Snow shovelling..... | 1450 |



Be kind to yourself if you track your steps, each day will be different and remember it is not a competition. Listen to your body and your family doctor about what is right for you.



- | | | |
|-----------------------|-----------------------|--------------------|
| Apple Core | Open Book | Fish |
| Spoon | Heart | Banana |
| Toothbrush | Baseball Glove | Gingerbread |
| Teacup | Slice of Pizza | Pencil |
| Artist's Brush | | Sock |



Phyllis' Recipe Box

SCUFFLES

(Cinnamon twisted rolls)

1. Soak 1 package yeast in ¼ cup lukewarm water for 15-20 minutes
2. Mix together the following ingredients like you would a pie crust: 3 cups flour, ½ tsp salt
3 tbsp sugar, 1 cup butter
3. Add: ½ cup milk, 2 eggs (slightly beaten), yeast.
4. Knead dough until soft. Place in a bowl and let stand in fridge overnight.
5. Divide dough into 6 parts. Roll dough as you would for pie crust. Sprinkle a mixture of 2 tbsp cinnamon and 1 cup sugar on both sides of dough. Use this mixture instead of flour to roll the dough out.
6. Cut in wedges as you would a pie and roll from the wide to narrow end. Pinch the point underneath.
7. Bake for 15 minutes at 350 deg F.

Enjoy!



Exciting News!

Bonavista office has moved on **August 1!**

New location is **230 Confederation Drive**, in Bonavista (used to Mary Browns)



It's a Beautiful Day in the Neighbourhood....

When Total Care recently created a 2-day orientation program for our workers we needed a glucometer to teach our workers how to check blood sugar levels. **Cabot Pharmacy** kindly donated a glucometer to us for this training! We thank them for this kind gesture, it shows true community spirit and reminds us that together we are stronger.



Joke Corner



Human beings get rich as they grow old:
Silver in their hair,
Gold in their teeth,
Sugars in their blood,
Precious stones in their kidneys
and a never-ending supply of gas.

Riddle Me This



1: What begins with an "e" but contains only one letter in it?

2: What goes all around the world but stays in a corner?

Answers: 1. Envelope 2. Postage stamp

Client Events: Mark Your Calendars!

Past Events in June & July



Upcoming Events

Clareville Area: Total Care Office
August 17, 2023
1:00pm-3:00pm

Bonavista Area: Total Care Office
August 24, 2023
1:00pm-3:00pm

Further details to follow – watch your mail!

Limited Seats – please RSVP by calling local office
466-5505 / 468-2273



Check our Facebook Page
"Total Care Nursing in the Home Services"
for client events and other updates.