

## Our Staff

If you are receiving this newsletter than chances are you already know your coordinator, our finance staff and possibly a manager or two. There are however many more people here (14 in total!) also working hard at Total Care Home Care Services and we wanted to show you the many faces of our company.

## 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 within their own environment.”

## Our Values

- Compassion
- Advocacy
- Respect
- Dignity
- Service



|                                     |                                     |  |                              |                                 |
|-------------------------------------|-------------------------------------|--|------------------------------|---------------------------------|
| Arlene Frampton<br>Business Manager | Maxine Avery<br>Client Care Manager | Heather O’Driscoll<br>HR/Finance Administrator | Jana Newbury<br>Agency Nurse | Jennifer Marsh<br>HR Specialist |
|-------------------------------------|-------------------------------------|--|------------------------------|---------------------------------|



|                          |              |                |               |
|--------------------------|--------------|----------------|---------------|
| Gail Tremblett           | Tanya Chaulk | Connie Diamond | Eloise Peddle |
| Client Care Coordinators |              |                |               |



|                                   |                                |                               |   |
|-----------------------------------|--------------------------------|-------------------------------|---|
| April Pittman<br>Scheduling Clerk | Mandy Frye<br>Scheduling Clerk | Kayla Donovan<br>HR Assistant | Barbara Parrott<br>Administrative Assistant |
|-----------------------------------|--------------------------------|-------------------------------|---|

## Employee Spotlight: Owner Phyllis Fitzpatrick

Phyllis Fitzpatrick is a retired registered nurse with more than forty years’ experience. She is the founder and owner of Total Care.

Phyllis was born in Yorkton, Saskatchewan and graduated from the Health Science Centre based in Winnipeg 1972. In 1987, her family moved to the Clarendville area where she was employed at Dr. G. B. Cross Memorial Hospital. Throughout her years of service, she demonstrated her love for nursing and her compassion.

Phyllis had a dream, a vision of home care for those in need. A way for the sick and convalescent to remain in the comfort of their own homes while receiving the care required. Her vision of home care far surpassed anything available at the time. She was a true pioneer and was, in fact, so far advanced in her thinking and concepts that some of her ideas back then are just being recognized and implemented by Health Authorities now.



## Safety Matters: Why clean hands matter so much

Before COVID 19 you likely only saw posters in healthcare offices or restaurants about washing your hands and you probably only saw hand sanitizers at hospital entrances. Now we see sanitizers everywhere at most public entrances in banks, grocery stores and even at gas pumps! The importance of keeping our hands clean has become an important part of our daily routine and sanitizers seem to be the go-to answer.

So what is hand sanitizer anyways? It is any gel or spray that you rub into your hands which uses alcohol to get rid of germs. They are very good at cleaning away germs like viruses and bacteria and that is why experts quickly recommended them during the COVID 19 pandemic.

Hand sanitizers are a popular choice for helping keep our hands clean for many reasons:

- they are easy to use; apply it into your hand and rub it in (15-30 seconds until it has dissolved)
- they are convenient as we can carry it in our pocket and businesses can put hand sanitizer dispensers just about anywhere
- they are just as useful as soap and water for cleaning germs and viruses
- they cause less skin issues in the long run as you do not have to dry your hands

There are still times however when washing your hands with soap and water is the better option. It is better to wash your hands with soap and water when you can actually see dirt on them as water helps rinse dirt away or when preparing food.

### Remember...

*As a client of Total Care it is your right to ask workers to clean their hands. If you are nervous about doing this please reach out to your coordinator at Total Care to let us know so we can speak to the worker. Remember that safety matters and speaking up is important.*

### SAFETY MATTERS WORD PUZZLE

|   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| A | C | G | H | A | N | D |
| P | L | L | E | S | A | Y |
| N | U | C | E | L | S | S |
| I | T | B | O | A | I | K |
| Z | E | R | E | H | N | I |
| S | M | R | E | G | O | N |
| H | A | N | D | S | S | L |

alcohol   clean   easy   gel  
germs   hands   rub   skin

After you have found all words, copy unused letters into blanks below for hidden message.

\_\_\_\_\_

### A Note About Gloves

Gloves are common in healthcare and can be useful to prevent germs from spreading to us from body fluids like blood or urine. **The thing to remember is that gloves alone cannot stop the spread of germs.** They have to be used with clean hands and removed appropriately to work correctly. So if you are ever putting dirty hands into gloves or using gloves as a substitute for washing your hands and not changing them then you are likely doing more harm than good to prevent spreading germs.



## Self Care: Finding joy and calm

Self care is a promise to yourself to try and take care of your physical, emotional and psychological or mental health. It can be any activity, big or small, that brings you calm or joy – doing even one small thing for yourself each day can help improve your overall mood. It may be hard and overwhelming to think about how you can find a way to do something special for yourself every day, especially when you rely on home support workers to help you, but remember that we are talking about the simple little things here. Simple things like having a nice cup of tea, doing a puzzle, listening to music or reading a book. We challenge you to stop and think about the simple things that bring you calm and joy, write them down on a piece of paper and talk about them with your family and home support worker. With the help of your home support worker, you may be able to include some activities in your daily routine that boost your mood and help with your mental health.



**Did you know?** Many people (including adults) find colouring to be a simple activity that relaxes you and helps improve your mood. There are many adult colouring books and kits available for purchase. Here are a few to try.



## Self Care Bingo Challenge

Sometimes the hardest thing is that first step to get started. If we got you thinking about self care but you don't know where to begin, why not try this fun simple bingo challenge for yourself? We tried this ourselves in the office for one week and found it to be a fun way to focus on ourselves. Invite someone, maybe your home support worker, to help you or better yet participate right along with you. The rules are simple. Simply put an "X" through a box on your card when you do something for yourself. Blank spaces are for you to create your own ideas of things you like to do. See if this helps you get into a habit of doing one small thing each day for yourself. **And if you do take the challenge, please let us know how it goes!** Submit your bingo cards to the office and we will share all your ideas for self care in our next newsletter.

### Self Care Bingo

|                           |                     |             |                        |                    |
|---------------------------|---------------------|-------------|------------------------|--------------------|
| _____                     | Tried something new | _____       | _____                  | Drank enough water |
| Ate something good for me | _____               | Had a nap   | Read                   | _____              |
| Had a warm drink          | Snuggled my pet     | _____       | Spent time outside     | _____              |
| _____                     | Stretched           | Coloured    | _____                  | Watched a movie    |
| _____                     | _____               | Did a craft | Went to pancake brunch | _____              |

myfreebingocards.com





## Eating on a Budget

We all are feeling the pinch of basic living costs right now and the trip to the grocery store is definitely harder on our

budgets. You may find that you are eating differently as a result or only buy certain foods when they are on sale. Here are some ideas on how to make the most of our food budgets:

- 1- Make a meal plan for the week and shop for only those ingredients
- 2- Research new recipes so you can cook more than one meal with the ingredients you can afford
- 3- Try a slow cooker or pressure cooker – these can make even cheaper cuts of meat tastier and more tender
- 4- Watch flyers and consider if there are better deals at a different grocery store
- 5- Buy frozen or canned vegetables and fruits and dried spices rather than fresh ones
- 6- Don't toss the leftovers – freeze foods after 3 days with a clearly marked label and reheat that meal for another day
- 7- Look around your community for any meals at churches or community halls
- 8- Consider contacting your local food bank if you are having difficulty affording the cost of food

Clareville Food Bank 466-2776  
Bonavista Food Bank 468-1686

**Exciting News!** We are happy to be organizing monthly activities for our clients. We are starting in February with hosting a pancake brunch in Clareville and Bonavista. Please stay tuned for future events!

Total Care Nursing is

Celebrating National Pancake Day

With a Pancake Brunch!

At

Frank Power Chalet  
Port Union

On

February 16<sup>th</sup>, 2023  
(11 a.m. – 1 p.m.)

Menu

Pancakes, sausages, fruit, juice/milk/tea, coffee

All Clients Welcome!

RSVP by calling the office at 468-2273  
By February 10th, 2023



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Total Care Nursing is

Celebrating National Pancake Day

With a Pancake Brunch!

At

Bill Davis Chalet

On

February 17<sup>th</sup>, 2023  
(11 a.m. – 1 p.m.)

Menu

Pancakes, sausages, fruit, juice/milk/tea, coffee

All Clients Welcome!

RSVP by calling the office at 466-5505. Ext.0  
By February 8th, 2023

