

What's a Banana Split Without the Banana?



When you order a banana split you have many options to choose from. Do you want whipped cream? Do you want chocolate or strawberry topping? Do you want peanuts? The options are endless. There is one important ingredient however that we can all agree every banana split must have – a banana of course!

So why are we talking about banana splits you may ask? Well, it is a good comparison for quality and safety in homecare. As a homecare agency we try to offer all clients safe and appropriate quality homecare. We match your homecare service with things that you want and need, being sure safety and quality are always there – just like making sure that banana split has the banana!



ACCREDITATION
CANADA

One way companies like us can prove to everyone that we are committed to quality and safety is to participate in audits with Accreditation Canada and meet their standards. That is why government has asked all homecare agencies to achieve “Accreditation Status”. This means that we are all visited by an outside group of people who will review all the hard work we do to put quality and safety first for our clients. In June 2024 we will have Accreditation Canada surveyors come to Newfoundland and visit our offices in Clarenville and Bonavista. We are already hard at work preparing and organizing for their visit. You may have already seen the Accreditation Canada logo above at hospitals or other healthcare agencies and we look forward to proudly displaying our Accreditation logo when we pass their requirements next year.

Employee Spotlight: Client Care Manager, Maxine Avery

Maxine Avery is passionate about home care and has worked with Total Care for 8 years. She trained as a PCA and worked with Eastern Health for 6 years at Dr. G.B. Cross Memorial Hospital, working as a PCA and a FIT testing instructor. At that time, she also became a certified St. John's Ambulance first aid instructor and offered her training to Total Care. In 2015, she came on board with Total Care as a Client Care Coordinator and recently became the Client Care Manager in March 2021. Maxine is a well-spoken individual who is very hands on in her approach and believes in open, honest communication. Her experience as a PCA gives her a good understanding of the home support worker role and she advocates not only for quality homecare but also for supporting and training home support workers to be the best they can be for their clients.



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: Preventing Falls in the Home



Did you know that your risk of falling is greater when you are older?

Some of the reasons you are more likely to fall include:

- Poor balance
- Vision or hearing problems
- Poor muscle and bone strength
- Certain medications
- Unsafe conditions in your home

Research shows that nearly half of falls among seniors happen at home. In particular, the bathroom and on stairs are common spots to fall. You can however fall in any area of your home which is why it is important to have a good look around your home and think about what you can do to make it safer for you.

Here are some ideas to make your home safer:

BATHROOM

- Install grab bars by toilet and in tub
- Use non-slip mat in tub
- Keep floors dry
- Use a non-slip bath seat in shower if you need to
- Consider a raised toilet seat

STAIRS

- Keep free of clutter
- Have solid handrails on both sides of stairs that are as long as the stairs
- Make sure stairs are well lit and have light switch at top and bottom of stairs
- Check that carpet is firmly attached
- Fix any loose or uneven stairs
- Be sure any rugs at top or bottom of stairs are non-slip and secure on floor

KITCHEN

- Keep floors clean and dry
- Keep things in easy-to-reach places
- Put heavy items in lower cupboards
- Have a strong step stool available for you (or someone else) to reach high places
- Only use non-skid floor wax

LIVING ROOM/ BEDROOM

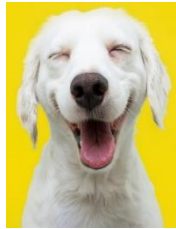
- Use night lights and have a lamp by bed and by chair
- Keep floors clear of clutter
- Be sure bed coverings are not too big and do not hang on floor
- Avoid using rugs/mats as they can make you slip
- Watch that electrical wires are not able to trip you

OUTSIDE ENTRANCE

- Keep it well-lit
- Have snow, ice and leaves cleared regularly
- Keep steps in good repair with secure handrails on both sides
- Keep walkways clear from rocks, garden tools, bushes/trees, or anything that may trip you
- Keep driveway and walkways in good repair

Other Ideas to Keep in Mind

- Wear comfortable shoes with rubber bottoms
- Use safety aids to help you move if needed like canes or walkers
 - Have doctor review your medications
- Ask for help when needed with tasks



Stress Awareness

Stress can affect your mind, body and soul - from headaches to stomach disorders to depression. It can even increase the risk of heart attack or stroke! Being aware of your stress and trying to manage it is an important part of staying healthy.

5 PROVEN STRESS BUSTERS

#1. **EXERCISE** – any form of exercise that you are able to do will help relieve stress. A 20-30 minute daily walk is one great example.

#2. **RELAXATION** – find something to help you relax and take your mind off your worries. You can try meditation, attend yoga classes, or do breathing exercises.

#3. **HAVE FUN** - spending time with family and friends and doing activities you enjoy will help, especially if they include some good laughs!

#4. **EAT WELL** – enjoying well-balanced meals and snacks go a long way to keeping your body in top shape and gives you the energy you need to face your stress.

#5. **SLEEP & REST** – getting a good night's sleep, 7 - 8 hours of sleep each night, is important to let your mind and body rest and relax.



Tip: Try to recognize when you don't have control and let it go. When you are overwhelmed, take a moment to think about something that makes you feel calm and in control to lower your stress.

Puzzle Corner

How many words can you make from these letters?

E	B	S	L
T	H	A	W
G	Y	N	I
P	K	R	F



Phyllis' Recipe Box

RHUBARB CRISP

A delicious and easy dessert that takes just minutes to prep. With the perfect balance between sweet and tart, everyone loves this easy recipe.

Filling: * 6 cups rhubarb * 2/3 cups sugar
 * 3 tbsp all purpose flour * 1/2 tsp cinnamon

Topping:
 * 3/4 cup rolled oats * 3/4 cup brown sugar, packed
 * 6 tbsp flour * 1/2 tsp cinnamon
 * 6 tbsp butter

1. Preheat oven to 375. Wash and rinse rhubarb and cut into 1/2" pieces. Toss rhubarb with sugar, flour and cinnamon. Place in a quart baking dish.
2. In a separate bowl, combine topping ingredients with a fork. Sprinkle over rhubarb.
3. Bake for 35 minutes or until rhubarb is tender and the topping is golden. Cool 10 minutes before serving, topped with ice cream or cool whip. Enjoy!

(NOTE: To make *Strawberry Rhubarb Crisp*, use 3 cups strawberries and 3 cups rhubarb.)

A Good Read

"Some old-fashioned things like fresh air and sunshine are hard to beat."
— Laura Ingalls Wilder



If you are looking for a good book to read about a simpler time then why not give the "Little House on the Prairie" books a try? A story about a family growing up in

pioneer times, these books show how courage, hard work, and honesty bring you happiness. The books were also made into a tv series which still comes on tv today. These books and tv shows have been enjoyed by all ages for many years. In a complicated world, the simple things like a good read about simpler times may just be the stress buster you need!



Joke Corner



- A good friend is like a four leaf clover.....hard to find and lucky to have!
- Never iron a four-leaf clover because you don't want to press your luck.
- Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?



Riddle Me This

1: The more you take, the more you leave behind. What am I?

2: What goes up, but never comes down?

Answers: 1. Footsteps 2. Age

Client Events: Mark Your Calendars!

Past Events in April & May



Upcoming Events: Clarendville

Total Care will be hosting an afternoon of planting flowers for clients and their home care worker. Snacks provided.



Clarendville Area: *Bill Davis Chalet*
Wednesday June 14th, 2023
12:00pm-2:00pm



Bonavista Area: *Location and Time To Be Determined*

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 regular updates.