



In December, our owner, Phyllis Fitzpatrick along with some of her family, visited and attended all of our annual Christmas employee festivities!

At Total Care, Christmas is an opportunity to celebrate the hard work and dedication of our employees. This year, our lively entertainment and deliciously prepared meals helped bring laughter and joy as we came together to celebrate the Christmas Season. Our parties also included themed gift baskets, cash door prizes and individual presents as our way of saying thank you for the care they provide everyday to you, our clients.



"Better Than Nuttin'" provided us with wonderful music and lots of laughs!



Employee Spotlight: Client Care Manager, Eloise Peddle

Eloise Peddle is a valued member of our team who has recently been promoted to Client Care Manager after two successful years as a Client Care Coordinator. With 30 years of experience in various management roles, Eloise brings a wealth of knowledge and leadership to our team. Her journey with Total Care has been marked by her commitment to providing exceptional service, and her promotion to Client Care Manager is a testament to her hard work and expertise. Outside of work, Eloise enjoys a wonderful life with her husband of 20 years, Jamie. Together they have a son Zachary and a granddaughter Zoey, who bring her endless joy. Eloise is also a proud dog mom to Salty, who adds a little extra fun to her day. She enjoys hiking, relaxing and spending time with friends.



Client Surveys

- Did you know that we mail out surveys every year in November and April to our clients? These surveys are reviewed by management and all responses are taken into consideration so that we can continue to provide the exceptional service you deserve.

Client Family Advisory Committee

If you, or a family member, would be interested in becoming a member of our Client Advisory Committee, assisting us in providing quality service to our clients, please reach out to your Client Care Coordinator.

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".

ANYONE CAN FALL. HERE ARE SOME WAYS TO PREVENT IT FROM HAPPENING TO YOU:

Keep Your Environment Safe

- Turn on lights before entering a room, allowing your eyes time to adjust
- Keep a light by your bedside and nightlight in your bathroom
- Clutter and obstacles can cause slips, trips and broken hips!
- Ensure mats are non-slip or taped down
- Have handrails on both sides of the stairs as well as in the bathroom
- Outside, watch for uneven surfaces and cracks in sidewalks/pavement. Use ice grips on footwear when slippery

Vision Care and Medications

- Have a yearly eye exam to check for vision loss, glaucoma and cataracts
- Yearly, have your doctor or pharmacist review ALL your medications
- Some medications can cause drowsiness, dizziness or a decrease in blood pressure, be sure to know which ones and take caution when standing to prevent falling
- Ask your healthcare provider how to deal with insomnia without using sleeping pills
- Do not share your prescriptions or take medications that do not belong to you
- Alcohol can affect your medications, talk to your doctor/pharmacist about this.

Foot Care, Footwear and Keeping Active

- Check your feet daily for corns, open sores, redness, dry skin and thickened nails. Ask for help or use a mirror if needed
- Wash your feet in warm, not hot water. Make sure to dry them, especially between the toes
- To prevent your feet swelling, when sitting down, place them up on a stool
- Avoid walking in bare feet, stocking feet or slippers with no grip or open heel
- See a foot care nurse/physician if you have diabetes, start feeling pain or seeing changes in your feet
- Do at least 150 minutes of activity every week. You can break this into 10-minute periods. Always talk to your physician before starting a new physical activity



Pictured above is Leanne Barnes-Chippett, BSc. P.T. Registered Physiotherapist, Family Care Team – Clarendville. Leanne has partnered with the Total Care Team to provide us with valuable information focusing on fall prevention in the home. This partnership with Leanne and NL Health Services aims to improve the quality of life for seniors while promoting safety and independence within their own homes.

How to get up from the floor by yourself after a fall:



We celebrated our annual Thanksgiving Luncheon for our clients. Meals were prepared and served by the Anglican Church Women in Clarenville and the United Church Women in Bonavista. To make the occasion even more special we added entertainment that was enjoyed by all. It was an opportunity for us to show gratitude for the trust our clients place in us.



A great time was had by all!!



Clarenville Anglican Church Women



Bonavista United Church Women



Clarenville Entertainment – Gladys and Maisy



Bonavista Entertainment – Sam Waye and Brenden Mackey



- What bites but doesn't have teeth?
- What do snowmen win at the Olympics?
- Where do snowman put their money?

A nurse said to the doctor, "there's a man in the waiting room who thinks he's invisible. What should I tell him?" The doctor replied, "tell him I can't see him today"

Frost, Cold Medals, In the Snowbank

WINTER WORD SCRAMBLE

1. lcdo _____
2. nmwnaso _____
3. nigrfzee _____
4. cie _____
5. oftrs _____
6. wfksoenl _____
7. soeglv _____
8. tha _____
9. tcoa _____
10. tbsoo _____
11. arcsf _____
12. olvehs _____
13. sswbonall _____
14. ddginesl _____
15. kngsii _____

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Phyllis' Recipe Box – Never Fail Jelly Roll

- 6 Eggs, separated
- 1 Cup of Flour
- 1 tsp baking powder
- 1/8 tsp of salt
- 1 tsp vanilla
- 1 cup sugar

Preheat oven to 375C. Line a jelly roll pan with tin foil, dull side up, extending at least 2 inches higher than the pan. Beat egg whites until stiff. Beat in yolks, one at a time beating well after each addition. Sift together flour, baking powder and salt. Fold in egg mixture along with vanilla. Bake 15 minutes. Invert on dry towel, sprinkled with white sugar. Remove foil and sprinkle cake with sugar. Don't cut edges. Roll and cool. Unroll, spread with favorite cream or jelly filling, then re-roll. Freezes well.



**Noses are red
Fingers are blue
I'm tired of Winter
How about you?**

TOTAL CARE – IN THE COMMUNITY



We are excited to share that our company has donated a sofa and chair to the Med/Surg lounge at the Dr. G. B. Cross Memorial Hospital in Clarendville. We're proud to support our community and hope these pieces bring comfort and joy in their new home.



Our office staff donated twenty-seven bags of gently used men's and women's clothing to the Reach Hub. We also served our second meal to the Reach Hub in November.

Total Care attended the Annual Seniors Fair at the Clarendville Middle School and gave us the opportunity to showcase our services to the community we service. This year, we had the privilege of creating some valuable partnerships to help us deliver additional service to our clients and families.



We participated in the Annual Clarendville Lions Club Parade and for the third year in a row, we won the "Children's Choice Award"



Some of our office staff dressed up on Halloween and visited many homes with some tasty treats!

We get lots of wonderful feedback from clients who have a great relationship with their Home Support Worker. Do you have a personal story of the connection between you and your Home Support Worker? If you would like to share your story, please reach out to your Client Care Coordinator. We would love to hear from you!