

2024 BUSINESS OF THE YEAR AWARD



We are honoured to be named Business of the Year 2024 by the Clarendville and Area Chamber of Commerce. This honour reflects our dedication to providing compassionate home care and the incredible work of our team, both in the office and in the field. Thank you to our clients, caregivers, and community for your continued support.



Total Care Workforce Survey



In January 2025, as part of our Accreditation process, we asked all employees if they would consider completing a work life survey. Questions were asked pertaining to their overall satisfaction with Management, other fellow employees and YOU, our clients. We received a good response to this survey and are very happy with the results. We will provide an overview of this survey in our next Newsletter.

Client Advisory Committee

Here at Total Care, we are very pleased to advise that we now have our Client Family Advisory Committee up and running. This Committee consists of many professional individuals, community members, clients and family members who will work together to ensure you have the best possible service available. If you have any comments or concerns that you would like discussed in the committee, please contact our office and ask to speak to Eloise or Maxine.

Employee Spotlight: Scheduler, April Pittman

We are shining the spotlight on April Pittman, one of our dedicated Schedulers here at Total Care. April has been a valuable part of our team since 2017 starting her journey as a Home Support Worker before transitioning into her current role. Outside of work, April's life is just as full! She is married to Jamie and together they have two beautiful children. She loves spending time in the great outdoors, especially hiking. When she's not enjoying nature, she's cheering on her kids at the hockey rink – a true hockey mom through and through. April also brings her energy and passion to her community as Chairperson of the Plate Cove Recreation Committee, helping organize and support local events. We're so lucky to have April as part of our Total Care Family. Thank you April for your dedication and the positive energy you bring to everything you do.



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".

MEDICATION SAFETY

Did you know that Pharmacists do much more than just fill Prescriptions? They can assess and treat for minor ailments such as:

- smoking cessation
- conjunctivitis (pink eye)
- uncomplicated urinary tract infections

Pharmacists can prescribe and administer vaccines such as:

- COVID-19
- Influenza
- Hepatitis A, Hepatitis B and Hepatitis A and B (including the TWINRIX vaccine)
- Shingles (Herpes Zoster)
- Human Papillomavirus (HPV) and
- Chickenpox (Varicella Zoster)

Pharmacists can also conduct a thorough medication review.

Do you struggle with your medications?

Pharmacists can provide solutions to help patients with medication adherence.

Blister packs are great options for patients who struggle to take their medication correctly. Your Pharmacist can package your medication into weekly blister packs to help make it easier for you to know what medications to take and when to take them.



Chelsea Maloney, B.Sc. Pharm., pictured above, uses her expertise and knowledge to give her patients the guidance and understanding that they require with all of their medications needs. Like other Pharmacists in the province, Chelsea has ample knowledge and training to ensure patients have the most up to date medication information available.



St. Patrick's Day Activities at Total Care!



WE HAD A FANTASTIC TIME CELEBRATING ST. PATRICK'S DAY AT BOTH OUR BONA VISTA AND CLARENVILLE LOCATIONS! CLIENTS JOINED US FOR A DAY FILLED WITH LAUGHTER, GAMES AND A DELICIOUS LUNCH. IT WAS WONDERFUL TO SEE SO MANY SMILES AND ENJOY SOME FESTIVE FUN TOGETHER. EVENTS LIKE THESE ARE A REMINDER OF THE JOY THAT COMES FROM CONNECTING AND CELEBRATING AS A COMMUNITY!



M G R M W L D M
 B R E S J L C W
 T E V B O C K P
 W E O G H X Z L
 L N L I R I S H
 F U C L D X V H
 S S C X E P Y O
 H V R K R Y H K



CLOVER GOLD IRISH LUCK GREEN

Phyllis' Recipe Box Sour Cream Banana Bread

- ½ CUP BUTTER
- 1 CUP SUGAR
- 2 EGGS
- 2 TSP VANILLA
- 2 CUPS FLOUR
- 1 TSP BAKING SODA
- ½ TSP SALT
- 1 CUP BANANAS, MASHED
- ½ CUP NUTS, CHOPPED
- ½ SOUR CREAM



CREAM BUTTER WITH THE SUGAR. BEAT IN EGGS AND VANILLA. ADD DRY INGREDIENTS; MIX. ADD BANANAS, NUTS AND SOUR CREAM. POUR INTO A GREASED 8 ½ X 4 ½ INCH LOAF PAN. BAKE AT 350 F. FOR 1 HOUR. MAKES 1 LOAF

ST. PATRICK'S DAY WORD SCRAMBLE

1. shrckoam _____
2. iirhs _____
3. kclu _____
4. lodg _____
5. ilnared _____
6. lchrpeaenu _____
7. voerlc _____
8. otp _____
9. lcecit _____
10. eergn _____
11. amhc _____
12. orabwin _____

Shamrock, Irish, Luck, Gold, Ireland, Leprechaun, Clover, Pot, Celtic, Green

ClassyMommy.com



WHAT DO YOU CALL AN
 IRISH SPIDER?

PADDY LONG LEGS



WHAT KIND OF TREE CAN YOU
 CARRY IN YOUR HAND?

PALM TREE



WHAT GOES UP BUT NEVER
 GOES DOWN?

YOUR AGE



WHAT HAS A NECK BUT
 NO HEAD?

BOTTLE

TOTAL CARE – IN THE COMMUNITY



January was Alzheimer's Awareness Month. In recognition of, we were honoured to donate dementia-friendly puzzles, Jenga blocks, wooden pattern puzzles, sunglasses for outings, fidget balls, and reusable painting sheets to the Clarendville and Bonavista Protective Care Units. These items are more than just activities, they provide comfort, engagement, and a sense of accomplishment for individuals living with Alzheimer's. Puzzles and fidget items help with focus and relaxation. Sunglasses make outdoor outings more comfortable, reducing sensitivity to light. Each donation was chosen with guidance from local Recreational Therapists to support cognitive function, fine motor skills, and overall well-being.



During Clarendville Wintertainment we, Total Care, sponsored the Snow Sculpture Contest. The lucky winner was awarded to Raina Fitzgerald. She's pictured left along with her two snow sculptures showing her hard work and creativity. Congratulations Raina!!

In March we hosted Caregiver Appreciation Day at our office to recognize the incredible dedication of caregivers in our community. Whether they care for a loved one or work in the field, we were happy to offer them a warm beverage, a snack and a heartfelt thank you for all they do. Caregivers provide comfort, support, compassion and companionship every day, and what they do does not go unnoticed.



We sponsored an afternoon at the Ability Employment Center. Kim and Abby assisted the participants to create a Tulip Craft. As you can see from the picture above, it was enjoyed by all! Of course, snacks were also provided! We live in Newfoundland after all and what's a gathering without a lunch. It was a wonderful time!



Total Care helped serve and donated a cheque towards prizes for the Special Olympics Love Lunch held at Calvary Pentecostal Church in Clarendville. Pictured to the left is our RN, Jana Newbury along with senior Pastor Andrew Ball.

