



Now that we have Primer Accreditation Status, you can help us achieve the next level of Accreditation (Qmentum)

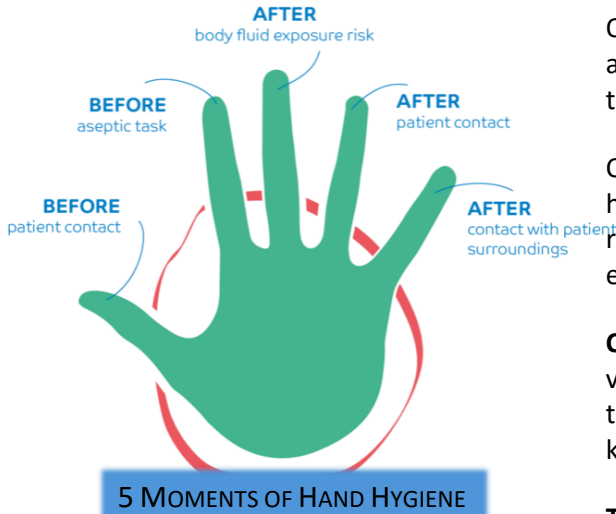
As part of our commitment to providing safe, high-quality care, Total Care is working toward achieving Qmentum Status through Accreditation Canada. To get there, we must meet a number of Required Operational Practices that improve safety for both our clients and staff.

One of these important ROP's is **Hand Hygiene**. At Total Care, we have adopted the “Five **Moments of Hand Hygiene**” approach, a proven method that helps prevent the spread of infection and illness.

Currently, only 36% of our employees have completed their annual hand hygiene training through the Employee Web Portal training platform. This rate needs to be much higher to ensure we are doing our best to keep everyone safe.

Clean hands save lives. They reduce the spread of infection; protect our valued clients and workers to help us all stay healthy. We encourage you to ask your care providers if they have completed their training, and if not, kindly remind them how important it is.

Together, we can create a safer environment for all.



Client Advisory Committee

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 Peddle, Client Care Manager or Maxine Avery, HR Specialist.

Employee Spotlight: Client Care Co-Ordinator, Connie Diamond

Meet Connie Diamond. Connie started her role with Total Care on April 5th, 2021 as a Coordinator for the Milton to Burgoyne's Cove, Lethbridge to Port Blandford area, Charleston to Sweet Bay areas and Summerville- Kings Cove areas. Prior to joining our team, Connie worked in administration at the Lethbridge Provincial Health office and also with another Homecare Agency. When Connie is not at work she cares for her Airbnb that she and her husband have started in the Lethbridge area, which is well known as a “home away from home”. Connie is all about her family and nothing makes her more proud than watching her two boys do well and spending time with her granddaughter, Quinn whom she adores. She also enjoys spending time behind the lens as photography is one of her favorite hobbies. When she is not capturing beautiful moments, she's out and about with her golden retriever, Russell. Connie's love for animals and creativity shines through everything she does!



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”.



June Client Activity: Flower Planting Fun!

In June, we hosted a vibrant flower painting activity for our clients—and what a success it was! We had a fantastic turnout, and it was wonderful to see so many smiles as everyone created their own floral masterpieces. Our clients truly enjoyed the chance to get creative and connect with one another. At Total Care, we believe in the power of meaningful engagement, and events like these help our clients feel part of something special. We're already looking forward to our next activity! In July, we are hosting a Carnival! If you would like to join us, please call the office!



Phyllis' Recipe Box ~ Macaroni and Cheese

- 1 and 1 ½ cups uncooked elbow macaroni (5 oz)
- 2 tablespoons butter or margarine
- 1 small onion, chopped (1/4 cup)
- ½ teaspoon salt
- ¼ teaspoon
- ¼ cup of flour
- 1 ¾ cups of milk
- 6 oz American cheese loaf,
cut into ½ inch cubes



Instructions:

- Heat oven to 375°. Cook and drain macaroni as directed on package using minimum cook time.
- Meanwhile, in a 2-quart saucepan, melt butter over medium heat. Cook onion, salt and pepper in butter, stirring occasionally, until onion is crisp-tender
- In small bowl, mix flour and milk until smooth; stir into onion mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute; remove from heat. Stir in cheese until melted. Stir in macaroni. Into ungreased 1 ½ quart casserole, spoon macaroni mixture.
- Bake about 30 minutes or until bubbly and light brown

Just for laughs!

Once you lick the frosting off a cupcake, it becomes a muffin, and muffins are healthy. You're Welcome.

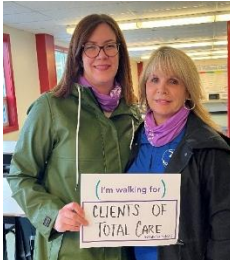
Next time I lose my mind I swear I'm not even going to look for it.

Life is not like a box of chocolates. It's more like a jar of jalapenos. What you do today might burn your butt tomorrow.

My kids asked me what it was like to grow up in the 80's. So I took their phones away and turned off the internet.



TOTAL CARE – IN THE COMMUNITY



*Walk to
End ALS*

We're proud to support the 2025 Clarenville Walk to End ALS!

At Total Care Home Care Services, we believe in standing beside our community, not just in care, but in cause. We were honoured to be a corporate sponsor of this year's **Walk to End ALS**, supporting vital programs, services, and research that offer help and hope to individuals and families affected by ALS across Newfoundland & Labrador.



Epilepsy Foundation of NL

As part of our ongoing commitment to giving back, we were proud to once again support the Epilepsy Foundation of Newfoundland and Labrador. This year, our contribution was made in Bonavista to Jillian Russell, whose dedication and advocacy continue to inspire. We are honored to play a small part in supporting those affected by epilepsy and in helping raise awareness across our province.



JANEWAY
CHILDREN'S HOSPITAL FOUNDATION

Once again, we are proud to support the Janeway Children's Hospital Foundation—an organization close to our hearts. For 10 years, we've contributed to the incredible work they do for children and families across Newfoundland and Labrador. This year, we donated \$3,500 to bring our grand total donated to \$31,000 to help make a difference in the lives of young patients and their families.

Earth Day Helpers!

A big thank you to the Embers who stopped by to help clean up the streets in celebration of Earth Day! Their hard work made a big difference in keeping our neighborhood looking great! After the cleanup, we welcomed them inside for some well-deserved Timbits and hot chocolate. It was a lovely way to mark the day and connect with our community!



Scam Awareness Presentation

with Leo Bonnell

We were pleased to welcome Leo Bonnell, **Advisory Member - Age-Friendly Communities**, for an informative presentation on scams targeting the elderly. Leo shared valuable insights on how to recognize, avoid, and report fraudulent activity, information that is more important than ever. Our clients and staff found the session both eye-opening and empowering. We extend a heartfelt thank you to Leo for helping us protect and educate our community.

