

TIME FOR THE SHOT!



Appointments are available for COVID-19 vaccine and Influenza vaccine.

It is recommended that individuals 6 months of age and older receive an influenza vaccine AND receive a COVID-19 vaccine.

Pharmacists and physicians are also offering Influenza and COVID-19 vaccine. Please contact your local clinic/pharmacy for availability and appointment times.

Some Local Public Health Offices may be offering appointments by phone. If there are no online appointments available in a clinic near you, contact your local public health office for more information.

To book online call 1-833-951-3884 or online at timefortheshot.ca

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 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: Trina Tucker, Office Administrator

We're delighted to shine the spotlight on our office administrator, Trina Tucker! Trina lives in beautiful Bunyan's Cove with her husband and two girls. She has been a valued member of our Total Care team for the past four years. When she's not at work, Trina loves spending time with her girls—whether it's a day of shopping, getting their nails done, or enjoying sunny days out on their boat. You'll often find her out on the water, making the most of every summer day she can.

At the office, Trina is the bright, welcoming face at our front desk, always ready to greet everyone with her warm smile and friendly personality. Her kindness and positive energy make her a joy to work with and a wonderful representative of Total Care.

Thank you, Trina, for all that you do!



Safety in the Home

"Did you know"

Low Level Disinfection

Proper disinfection of daily use equipment isn't just about cleanliness – it's a key step in preventing the spread of infection! Reusable equipment, such as wheelchairs, can carry harmful germs. Following proper cleaning and disinfection helps keep you, your family and home support workers safe in a healthy environment.

For wheelchairs, please have your support worker perform the following:

Wipe over daily with a disinfectant wipe on high touch surfaces.

Clean weekly with mild soap and water, rinse and then disinfect with a disinfectant wipe

Reference; http://www.fda.gov.medicaldevices



Keeping an accurate and up-to-date list of medications is one of the most important ways for you to ensure health and safety. Whether you are going to a medical appointment or the emergency department, having this list ensures that doctors, nurses and caregivers know exactly what medications they are taking and serves as a second source. This helps prevent errors, avoid harmful drug interactions and ensures you receive the right treatment. At Total Care, we encourage all clients to keep their medication list current, so it is ready whenever needed. A list can be obtained from your local pharmacy. Remember to add over-the-counter medication to the list if not documented.

"Protect the Skin You're In - Prevention starts with you!

- Check your skin everyday
- Cover skin to protect yourself from friction when possible
- Change undergarments when soiled or wet
- Use warm water that is not hot
- Turn or reposition yourself often
- Moisturize regularly

Reference: Canadian Clinical Nursing Skills and Techniques, 2nd Ed by Perry & Potter's (2025)

Protect Danger Concept Secure Sign Life Continue Caution Careful Life Day Sign Life Caution Careful Life Protect Sales Protect S

Phyllis' Recipe Box ~ Easy Chocolate Mousse Pie

1 prepared 9-inch pie shell (graham or chocolate wafer)

1 package of instant chocolate pudding mix

2 cups of cold milk

34 cup whipped topping

Chocolate curls and whipped cream for garnish

Blend the pudding mix and mix until thickened, about 5 minutes. Fold in whipped topping. Spoon into crust. Chill 2-3 hours. Top with whipped cream and chocolate curls before serving.

A nice light pie... not a cheesecake!

- o What has eyes, but can't see?
- What is a tree's least favorite month?
- What did one leaf say to the other?
- What is the end of a fall?
- A potato, Set-timber, I'm falling for you, L, your legs,



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Total Care Newsletter

OUR VOICES TO OUR CLIENTS, FAMILIES AND WORKERS

July - September 2025 Issue #11

Client Thanksgiving Appreciation Event

This October, we celebrated Thanksgiving with our wonderful clients in both Clarenville and Bonavista areas! The gatherings were filled with warm smiles, laughter and true spirit of gratitude. We are thankful every day for the clients and families who place their trust in us. Thanksgiving reminds us just how special our connections are and how grateful we are to share in these meaningful moments together. From all of us at Total Care – we are thankful for you!



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TOTAL CARE - IN THE COMMUNITY

In September, we were proud to take part in the Relay for Life event held in Bonavista in support of the Canadian Cancer Society. Our team set up a booth offering granola bars, water and helpful information about our home care services to participants and visitors. The event brought together survivors, families, caregivers and community members each with their own story of strength and hope. It was an honour to stand alongside those who have faced cancer, to remember loved ones and to support the ongoing efforts to make a difference in the lives to those affected.









We were please to donate cereal to Random Island Academy in support of their Breakfast Program. We know that a healthy breakfast helps students start their day focused and ready to learn, and we're proud to lend a helping hand to this important initiative. Supporting local schools and the well-being of our community's children reflects what "Because We Care" truly means.







We attended Apple Fest with our



Seniors Fair





Influenza

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

Wash Hands Runnynose Illness Sick Influenza Immunity Virus Congested Vaccines Germs

We're so happy to share that we donated the necessary seeds to help a local church start their community garden! This wonderful project is all about growing healthy food and using the produce for local initiatives such as providing meals as well as Summer Snack Packs.

