

## Exciting News! We are Growing!

Total Care Home Care Services is thrilled to announce that we are opening a new office in St. John's and surrounding area! Our goal is to bring the same high standard of care and service that our clients and families have come to trust.

We are committed to building strong connections - supporting clients, families, and future team members with the same dedication that has made Total Care a leader in home care. This expansion is an exciting step toward helping us continue to set the standard for quality home care throughout Newfoundland.



We are proud to share another milestone at Total Care. We have now officially added our fourth company vehicle which now means our company cars are now considered a fleet. This growth reflects the increasing demand for our services and our on-going commitment to providing reliable, timely care to our clients.

## Employee Spotlight: Abby Budden, HR Assistant

Meet Abby, our dedicated HR Assistant! Originally from Roddington, Abby now lives on Random Island with her partner Jared and her two stepdaughters. She loves the winter months and enjoys staying active outdoors, whether it's hiking, snowshoeing or skating. Abby also has a lively dog, Piper, who keeps her on her toes. She's always had a passion for volleyball and continues to play on senior teams. Abby is also deeply committed to giving back—while in her hometown, she volunteered with the recreation committee, reflecting her long-standing love for her community. Abby is also a new member of the Lions Club! Her energy, dedication, and enthusiasm make her an invaluable part of our team.



## Mental Health Awareness

As we start a new year, being healthy means more than looking after our bodies. It also means caring for our feelings and staying connected with others. For seniors and people living with disabilities, having daily routines, social contact, and support can make a big difference in overall well-being. Small things like talking with someone, staying engaged, and asking for help when needed can help improve quality of life. Taking care of our mental and emotional health is just as important as taking care of our physical health. A new year is a good time to focus on small, healthy goals. One positive resolution can be to reach out for support when we're feeling sad, lonely, or overwhelmed. Your Total Care information binder, kept in your home, includes a list of mental health and support phone numbers available to you should you need support. Asking for support is a healthy choice, and help is always there when you need it.

Some things to consider: Top 10 New Year's Resolutions

- Take more time for family and Friends
- Exercise
- Eat Healthy
- Drink Plenty of Water
- Reduce Stress
- Less Stimulants (tobacco, alcohol)
- Live more economically
- Take up a new hobby
- Get organized
- Aim for 7-9 hours of sleep each night

If you begin to feel overwhelmed, you may want to try box breathing. This simple technique can help slow your breathing and ease your stress. Give it a try!

### What Is Box Breathing?

Box breathing is a popular deep breathing breathwork technique that reduces stress and improves focus. It is also called square breathing, 4-4-4-4 breathing, or four-square breathing. Breathwork is easy; anyone can do it, anywhere - making it an excellent tool in your coping skills toolbox. Box breathing calms your nervous system by forcing you to focus on your breath and can take you out of anxious thoughts and overstimulation to help you see things clearly.

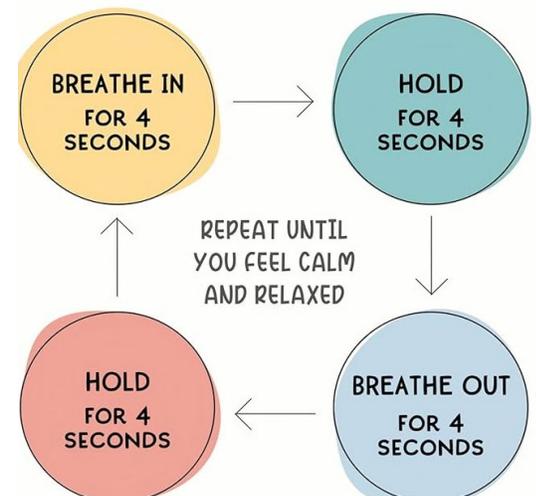


### Good Mental Health

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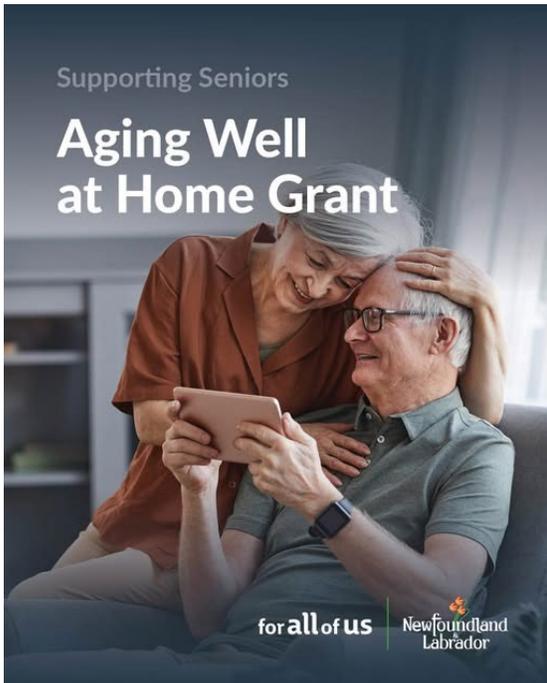
- FRIENDS
- KINDNESS
- PEACE
- HOBBIES
- CONNECTION
- HAPPY AT WORK
- STABILITY
- SHARING
- PURPOSE
- LAUGHTER
- LEARNING
- EXERCISE
- FAMILY
- SLEEP
- ADVENTURE

### BOX BREATHING





We had some lovely visitors come by our office to have a chat with our Care Bears!!



### The Aging Well at Home Grant

For those of you who are 65 years of age or older, there is an Aging Well at Home Grant which provides financial assistance to one person per household to receive a supplement of \$400 to low-income adults who live in their own home to help with the costs of household and health-care services.

If you have an annual household net income of \$50,000 or less for couples or \$32,700 or less for single households (“Net Income” is the income identified on Line 23600 in the Notice of Assessment provided by the Canada Revenue Agency. Call 1-800-959-8281 if you need a copy of your Notice of Assessment)

<https://nlhealthservices.ca/.../the-aging-well-at-home.../>

**Please note: the deadline to apply is March 31, 2026.**

If you need an application, please let us know!

## Riddle Corner

- What do you call a taxi for old people?
- What falls in the winter and never gets hurt?
- How do you scare a snowman?



## TOTAL CARE – IN THE COMMUNITY



This past Christmas season, Total Care was proud to take part in several community parades with our festive floats in Clarenville, Bonavista, Plate Cove, Harcourt, and the Southwest Arm. Our teams poured their hearts into bringing holiday magic to each community, and we were thrilled to be recognized for our efforts — earning Second Place in Bonavista and the Children’s Choice Award in Clarenville. More than the awards, what meant the most was sharing smiles, laughter, and holiday spirit with the families we serve. Thank you to our staff, clients, and community members who came out to support us and celebrate the season together. 🌲



### Stitching with Heart ❤️

During Breast Cancer Awareness Month, our office came together for a cause that’s close to many of our hearts. After hours, a group of our team members stayed back, pulled out sewing machines, pink fabric, and plenty of creativity, and handcrafted breast cancer pillows to donate to the GB Cross Memorial Hospital. These special pillows are given to patients following surgery to provide comfort and support during recovery. It was a small way for us to give back, but it was filled with a lot of love, teamwork, and compassion — values that truly define Total Care.

### Phyllis Recipe Box – Mock Forest Cake

- 1 Box Chocolate Cake Mix
- 1 Bag of Small White Marshmallows
- 1 Can Cherry Pie Filling

- 2 Cups of Whipping Cream
- ¼ Cup Sugar



Spray or oil 9 x 12 inch pan and put bag of marshmallows into pan. Mix cake according to package. Pour batter of marshmallows. Next, pour the can of pie filling on top of the cake batter.

Bake until the middle is set (usually 10 minutes more than the box method) Set on Rack to Cool. Whip up whipping cream, vanilla, and sugar until stiff. Slice cake into servings, top with whipping cream and enjoy!!