

# In Good Company

The Good News in Home & Personal Care

Summer 2010



## CFL Hosts Two FUNdraisers for the Alzheimer's Association of CT

Two fundraisers have been planned to raise money and awareness for the Alzheimer's Association. Please plan to join us for one, or both!

### July 27<sup>th</sup> – Così in W. Hartford

Stop by for dinner between 5 and 9 pm and 10% of your check will be donated!

### September 23 – Vino and a Show!

The second annual Vino and a Show! Will be held at the Playhouse on Park. Join us for an evening of laughter as we present a cocktail hour and comedy show with two nationally recognized comedians – Peaches Hernandez and Peter Bales. Both have appeared on numerous television networks. Tickets are \$35 and may be purchased by calling us at (860) 882-0802.

## Staying Home Safely

by Julianne Roth



At Companions for Living we have heard one message consistently from our clients over the years; that they would prefer to stay home rather than moving to a facility. In doing so, they believe they are safe as long as they have some assistance. We have found however that many of our clients have not thought to look around the house to see where potential hazards might exist. That is one reason that we always make it a practice when doing an in-home visit to look around and point out any obvious dangers.

We would like to share some tips with you in this area. Below you will find a basic checklist to help you evaluate the safety of your home, and help you to see how you can be prepared to prevent falls and other possible accidents.

- Smoke alarms are located in each bedroom, the kitchen, the basement and hallways. Batteries are replaced twice a year (Daylights Savings is a good time to remember to change the batteries).
- Electrical cords are safely out of the way of foot traffic
- Door thresholds are level, or graduated to prevent tripping
- If area rugs must be used, they are taped down around the edges to prevent tripping
- Medications are stored in a safe place
- Emergency telephone numbers are located next to each telephone
- The water heater thermostat is set at or below 120 degrees F
- Bathtubs have non-skid surfaces
- Grab bars are installed in bathtubs and near toilet
- Handrails are installed on both sides of stairways and securely fastened
- Clutter is kept to a minimum
- If mobility is an issue (and possibly even if it isn't), an emergency call button should be worn at all times

This is a good basic list to get you started. There are other checklists on line as well. One very comprehensive webpage is located at [www.ces.ncsu.edu/depts/fcs/pdfs/FCS-461.pdf](http://www.ces.ncsu.edu/depts/fcs/pdfs/FCS-461.pdf). If we can be of any further assistance in this area, please do not hesitate to call us at (860) 882-0802.

# Caregiver Spotlight: Lucretia G.

Lucretia has worked with CFL for the past year as a live-in caregiver. Over that period her client Mrs. S. has suffered from two major health setbacks which have required nursing home care. Mrs. S.'s family wanted to ensure the best care for their mother while she resided in the nursing home, and requested that Lucretia continue to work with her as a companion and private duty aid in the nursing home. It is the family's belief that Mrs. S. has recovered more quickly because of Lucretia's continued presence. Lucretia will accompany her client as she transitions back to her apartment.

Lucretia also works well with her Mrs. S.'s family. Both daughters live out of state. Lucretia speaks with them regularly via phone to keep them up-to-date on their mother's condition and progress. One daughter says of Lucretia; "We couldn't do this without Lucretia." Thank you Lucretia for the wonderful care you provide, and congratulations on winning the Caregiving Excellence Award!



## Take a Coffee Break!

In several recent studies, it has been documented that 4-5 cups of coffee per day may have a positive effect on preventing and reducing the symptoms of Alzheimer's.

## Position Announcement

Title: Scheduler and Supervisor  
Hours: 12:30 – 5 Monday through Friday  
Location: West Hartford, CT  
Contact: Julianne Roth, President (860) 882-0802

Do you know someone who'd be interested in joining the management team at Companions for Living? This person will be responsible on several different levels for the success of the company. S/he would need to be both strategic and detail oriented, manage employee issues and scheduling, and interface with clients and the general public. If you or someone you know might be interested, please have them contact Julianne at (860) 882-0802.



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