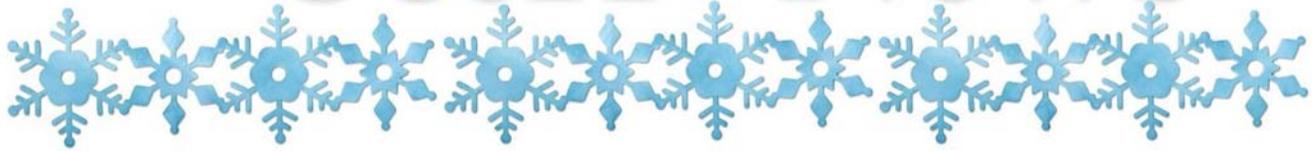


C&H News

Winter 2019



A Newsletter for the Employees and Friends of Companions & Homemakers, Inc. | Winter 2019 Edition

Caregiver Scholarship Program



In its fourth year, the annual Caregiver Scholarship Program is now accepting applications. Founded in 2015 to mark our 25th anniversary, the program, which is open to caregivers, their children and their grandchildren

awards funds that can be used towards tuition, books and expenses for post secondary (after highschool) schools. Scholarships or "awards" can be presented annually to one or more qualified recipients in any amount up to \$5,000. Applications are due by April 30, 2019. For more information and application materials, please visit the C&H website and choose "Scholarships" from the "Employment" menu.

Alphie's Corner: Are You Winterized?

Our beloved "mini mascot" Alphie, sporting a new winter sweater, wants to remind all our caregivers to be safe during the winter months, especially as they go to and from work. All our offices have complimentary snow cleats and sand bottles to help our caregivers navigate the ice and snow... just stop by any office during office hours to get yours. If you already have a sand bottle, stop by any time to get a sand refill.



Annual Holiday Giving



C&H has a long history of supporting the communities we serve by "paying it forward". This past holiday season, members of our office staff got to designate an individual portion of funds towards two charities of their choosing from among those we support. All

together, C&H donated \$50,000 between 8 worthy charities: Meals on Wheels, Gaylord Hospital, Wounded Warrior Project, American Cancer Society, Lucky Pup Rescue, National Multiple Sclerosis Society, American Parkinson's Disease Association and the Father Nadolny Good News Fund.

Companions & Homemakers Caregiver Appreciation Day 2019



Although we believe every day is Caregiver Appreciation Day, we set aside a day each spring to gather and celebrate our incredibly dedicated caregivers. Please save the date, and plan to attend our annual Caregiver Appreciation Day on **Wednesday, May 1st from 12:00 p.m. to 4:00 p.m.** Celebrations will take place at each of our 12 regional offices in Avon, Berlin, Clinton, Danbury, Enfield, Farmington, Glastonbury, Hamden, Litchfield, Middlebury, Norwich and Westport. (Addresses are on our website)

All caregivers are invited to bring their clients and join us for refreshments, contests, raffle prizes, t-shirts, and the opportunity to meet other caregivers and celebrate the work they do every single day. Each branch office will also honor a *Caregiver of the Year*. **Not to be missed, this is the caregiver event of the year.** Watch your mail, email and our Facebook page for more information.

Something Special is Coming to Southern Maine



If you've ever visited our main office in Farmington, you've likely encountered our beloved mascots... Sammie (left) and Alphie (far left). They are honorary staff members and a daily reminder of how much we love dogs at C&H. We're very excited to share that a sister company will be breaking ground in just a few months on a unique non-profit dog rescue and sanctuary that will be located in Acton, Maine. The **Grammy Rose Dog Rescue & Sanctuary**, funded in part with C&H profits, will rescue dogs from kill shelters in New England and around the country and house them in special residential cabins, with the goal of finding each rescued dog's forever family. The rescue operation will include an ice cream parlor and **Pup-Putt** (dog themed mini golf) in the summer months, cross-country skiing in the winter months, and abundant volunteer opportunities year round. For more information and to view the introductory video, visit www.GrammyRose.org.



Recognizing Caregiver Heroes

We're introducing a new feature to the newsletter this quarter to share a few stories of some of our amazing caregiver heroes who have been awarded the coveted **C&H Starfish Award**. The award, which includes a beautiful starfish pin (right), is given to a caregiver who exceeds all expectations and goes above and beyond in providing care for their clients.



Caregiver **Theresa V.** of Gaylordsville was presented with the Starfish Award for her selfless dedication to her client during the last days of his life. Theresa began caring for the client in 2013, and was with him from that point forward. When the client expressed the desire to spend his final days at home from his hospital bed, Theresa assumed a live-in schedule and provided vigilant and loving care for him alongside his visiting nurses. Theresa is a true embodiment of our mission statement *Preserving Dignity Through Independence at Home*.



Caregiver **Decoda R.**, of East Hartford, has been with C&H for almost 2 years. Frequently putting her clients' needs before her own, Decoda, described as "passionate and patient," has been remarkably successful providing live-in care to a married couple, which has allowed them to remain at home where

they want to be. Decoda was presented with the Starfish Award for giving up her own Thanksgiving plans to celebrate the holiday with her clients. The family was truly grateful.

Also awarded the Starfish Award is caregiver **Susan M.** an Enfield-based caregiver who has been with C&H since 2012. Susan provided care for one of our clients for over 5 years. Following the client's death, the client's daughter sent us a letter praising Susan for the work she did over the years, stating "Susan's five years of providing all activities of daily living for my mom and teaching care techniques to our family has allowed us to continue with the best possible home care available to our mother in her final stages of dementia. We are extremely grateful for Susan's kind and compassionate care of my mother... she brings light to a dark illness and is a very rare talent."

The origin of the Starfish Award is based on the 'Starfish Story' by Loren Easley. "An old man had a habit of early morning walks on the beach. One day after a storm, he saw a young woman who was repeatedly reaching down to pick up starfish and gently throw them into the deeper water of the ocean. The man asked the young woman why she was doing it, and she replied that if she didn't, the starfish would die. The man asked her if she realized that there are miles and miles of beach and starfish all along it. He ended by saying, You can't possibly make a difference". She listened politely and then bent down to toss another stranded starfish back into the water. As she did so, she turned to the man, smiled and said, "It made a difference for that one."



Caregiver Hands-On Training

Did you know that we have caregiver training centers in our Farmington and Berlin branch offices? Fully stocked with all the assistive equipment and supplies a caregiver might encounter, these training "labs" play host to periodically scheduled caregiver training. If you're looking to provide personal care and want some practical hands-on instruction, call your branch office... we can let you know when the next group training is, and we may also be able to schedule one of our field coordinators to spend one-on-one time with you. The picture



at right from a recent training session in Farmington shows field coordinator Caitlyn M. teaching several caregivers how to safely transfer a client from the bed to a wheelchair.

From the Mailbag

We LOVE hearing from our valued clients and their families. Here are some amazing comments from letters and surveys we have received over the past few months.



"My husband receives excellent care from his caregiver Shirley. She is a very caring, compassionate person that works very hard caring for him. – Susan R."

"I am very satisfied with my companion Jeannette. She began coming to my home in October and I now feel like a new person. My expectations are exceeded... above and beyond. Thank you for sending the perfect person to fit my needs. – Janet W."

"We were in a rush situation and the office of Companions & Homemakers helped to simplify items. They were (by far) the easiest to deal with – professional, friendly, and really wanted to help... and they did! We love all the caregivers that care for my father. We are truly grateful to have this peace of mind knowing he's in good hands. – Anonymous"

"Ruthie is exactly the type of caregiver I want for my husband with Alzheimer's and Vascular Dementia. She talks to him, cooks for him, and makes sure he's dressed and ready for the day. The house is always well kept, and she keeps me informed of my husband's day. Thank you, truly. – Jill B."

"Recently, I've been using your companion services, and my companion Emily has been a delight. She has assisted me through a difficult time with great qualities. I have looked forward to her visits and always feel so happy when she is around. We are a very good match, and I wanted to write to you to let you know how pleased I have been with her care. Thank you so much for a wonderful experience. – Theresa L."