



Konedu Home Care



"Cares About You"

Newsletter

September 2019



Exciting news! We are happy to announce that new and specialized training is being developed and will be added to our training portal. Soon all employees will be required to complete this ILST (Independent Learning Skills Training) course to continue working with ABI clients. The good news is that completing the training and meeting eligible requirements could increase your pay and advance your career.

The ILST Train-the-Trainer program will be a hybrid course being conducted via lectures, in-house trainings and on-line course material. Start date is too be determined. For further questions please contact Carie Jones at 800-418-3299.

Keeping your skills current and keeping you informed of ways to better relate, communicate and serve our clients is a high priority at Konedu Home Care. Knowing, understanding and meeting our client's needs increases the overall well being of our clients an provides for a safe and nurturing environment for our clients and our employees.

Carie Jones, Co-Owner/Credentialing and Director
Doussouba Kourouma, Co-Owner/Administrator

TRAINING

Annual Training is always on-going. Is your annual training due?

Please visit our webpage and your staff portal to view and complete.

If you have questions, contact Barbara Oleynick.

PLEASE TAKE A FEW MINUTES OF YOUR TIME TO COMPLETE THESE COURSES!



Wed, 9/11	– 8:45am-4pm	RA 8-hour class	Konedu must register
Wed, 9/25	– 8:45am-4pm	RA 8-hour class	Konedu must register
Fri, 10/11	– 8:45am-4pm	RA 8-hour class	Konedu must register



In the Spotlight . . . Caregiving is not an easy task. For many of us we are caregivers in our home and on the job. That means we are pulled from all sides. Recharging your batteries is one of the most important ways to help you in your home and on the job.

RECHARGE!

Rest. One of the most important things a caregiver can do for others and themselves.

Eat right. Take a time to eat healthy and at the right time.

Communicate your needs to others. Don't expect anyone to read your mind. Ask for help.

Hydrate. Drink lots of water. Water hydrates your body and keeps you energized.

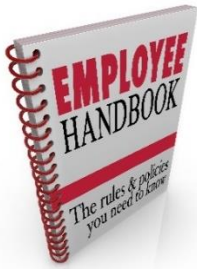
Accept help. This can be the hardest thing for the caregiver to do, but it's the best thing.

Respite. Caregivers should make a point of getting away sometimes.

G: Get enough sleep. Sleep is one of the best things we can do. Eight hours or naps.

E: Exercise. Anything will help. Walk around the block, try yoga, bike ... just get moving!

www.caregiver.com



Safety Procedures during a Natural Disaster

When a warning is issued by sirens or other means for a Tornado or Hurricane follow these procedures.

1. Seek inside shelter
2. Seek small interior rooms, hallways on the lowest floor and without windows, and rooms constructed with reinforced concrete, brick, or block with no windows.
3. Stay away from outside walls and windows.
4. Use arms to protect head and neck.
5. Remain sheltered until the threat is announced to be over.

Follow these procedures when there is a threat of an Earthquake:

1. Stay calm and await instructions from the designated official.
2. Keep away from overhead fixtures, windows, filing cabinets, and electrical power.
3. Assist people with disabilities in finding a safe place.
4. Evacuate as instructed by the Emergency Coordinator and/or the designated official.



NATIONAL PREPAREDNESS MONTH
 Promote family and community disaster and emergency planning now and throughout the year.
“Prepared, Not Scared”



Imagine you are at work or at home and your child is at school or on a playdate when a disaster strikes. Do they know what to do if you are not around?” It is important to have these conversations now and prepare ahead of time to be ready for the unexpected. Having a conversation with your client and client’s family is also key to them and to have peace-of-mind knowing that everyone will know what to do in case of a emergency/disaster.

- Make an Emergency Plan to include contact numbers, how to communicate and where to meet if separated.
- Make an Emergency Plan for your financial records. Have an Emergency Fund and cash on hand.
- Sign up for Alerts and Warnings in your area.
- Learn your Evacuation Zone and have an Evacuation Plan and practice it.
- Learn and practice Evacuation Procedures in the home for fire, flood and other disasters.
- Teach your children and clients what to do in case of an emergency.
- Prepare an Emergency Kit and include medications, child’s favorite toy and provisions for your pet(s).



Anger Management and Different Cultures

The way one person deals with anger may differ from another, especially in different cultures.

https://stress.lovetoknow.com/Anger_Management_Home_Study_Course



In a culture where people are taught to suppress their anger, there could be frustration and a general disconnection from wants and needs. If anger was taught as an automatic answer to problems, displays of rage or hate might be common. However, in a culture where health anger is allowed from a young age, you might find more people who are assertive. Because every culture has different values, you really have to first learn and understand the culture. Once there is an understand of the culture and the ways people interact with each other, you’ll have better tools for anger management among different kinds of people.

It's important to understand cross cultural differences in anger management, especially when it comes to conflicts with others and getting along. People of various backgrounds handle their feelings differently, but everyone has a need for mutual respect. Cross cultural differences in anger management should take into account traditions and upbringing, as well as social norms. The following are a few questions to consider with a person of a different culture:

- How do people in your culture generally deal with conflicts?
- What displays of anger were seen at a young age?
- Was anger expression encouraged or discouraged. Why?
- How do you feel about expressing anger in your own life today?

