



Konedu Home Care



"Cares About You"

Newsletter

November 2019



November

is Truly a Special Month to Give Thanks!

We give thanks to our **Family Caregivers** who not only work at Konedu Home Care but are also taking care of a family member or loved at home.

We give thanks to our **Veterans** who through their sacrifice have served in our United States Armed Forces. We celebrate and honor America's Veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good.

And of-course . . . we give thanks on **Thanksgiving Day** and are reminded of the bounty of treasures that is a part of our lives. We spend a few moments before the Thanksgiving dinner to give thanks for the richness of our lives and for our wonderful family and friends.

This November take time to **Give Thanks** in all things and participate in activities that help others give thanks! ♥

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 Mohamed Cisse.

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



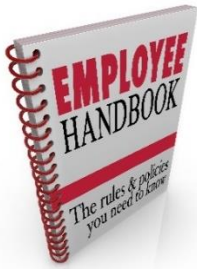
Wed, 11/13	– 8:45am-4pm	RA 8-hour class	Konedu must register
Wed, 11/27	– 8:45am-4pm	RA 8-hour class	Konedu must register
Fri, 12/6	– 8:45am-4pm	RA 8-hour class	Konedu must register

In the Spotlight . . . *November is National Family Caregiver*

Caregiving is a tough job, and many of you may also be a caregiver at home on top of your caregiver job outside the home. We remember those who lovingly give baths, clean houses, shop for, and comfort the millions of elderly and ill people who are friends and loved ones. Remember to:

1. Seek support from other caregivers. You are not alone.
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!





HIPAA and Confidentiality

The Health Insurance Portability and Accountability Act of 1996 (HIPAA) requires appropriate safeguards to protect the privacy of personal health information and sets limits and conditions on the uses and disclosures that may be made of such information without client authorization. The Rule also gives patient rights over their health information, including rights to examine and obtain a copy of their health records, and to request corrections. PHI (protected health information) includes medical conditions, health status, claims experience, medical histories, physical examinations, genetic information and evidence of disability.

It is every employee’s responsibility to safeguard client information and disclose protected health information only with the written consent of the individual or when deemed necessary for treatment or safety. See complete policy or see HR for further questions.

Confidentiality for all our clients including their family and co-workers is everyone’s responsibility. Do not share personal or protected information without consent.



National Alzheimer’s Disease Awareness Month

Alzheimer’s Disease may be one of the cruelest diseases because a sufferer seemingly “disappears” until the person they were — no longer exists.



Alzheimer's disease is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years.

Here are 10 Signs to look for . . .

- Memory loss that disrupts daily life
- Difficult completing familiar tasks
- Decreased or poor judgement
- Confusion with time or place
- Changes in mood and personality
- Challenges in planning and solving problems
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Withdrawn from work or social activities
- Trouble understanding visual images and spatial relationships

Caregivers need to be vigilant in client’s mood and behavior and report any changes. Check out more information and view the video on how the brain works at https://www.alz.org/alzheimers-dementia/what-is-alzheimers/brain_tour



Native American Heritage Month

Take time to celebrate the rich & diverse cultures, traditions, & histories & to acknowledge the important contributions of Native people. <http://www.indians.org/articles/native-american-culture.html>



Did you know the name “Connecticut” is an Algonquian Indian word? It means “long river” and refers to the Connecticut River. Perhaps no other group of people has quite the rich and storied culture as those of the Native Americans. They have a history rich in struggle, strife, and triumph. Everything from native plants and animals to housing to the weather became a part of the culture in Indian life. The animals were revered as spirits, and although they were hunted and killed, their skins and hides were used as clothing and drums, their meat was never wasted, and their spirits lived on in the mind of the tribes. Plants were cultivated, harvested, and used for various things such as dyes for blankets. The rain and sun were considered to be Gods, giving a sign to the Indians as the seasons changed. The totem pole was a large, tall wooden carving of various animals, each representing a family member of a loved one who had passed away. Many people see dream catchers hanging from peoples’ car rearview mirrors, but few know their significance. The dream catcher is based on a legend told by the Lakota tribe. It symbolizes holding onto good things in life, while the holes in the catcher are there to filter out bad thoughts and feelings. Smoke signals are another interesting aspect that were used to communicate to others over a long distance all symbols of the proud heritage of the Native American.

