



Konedu Home Care



"Cares About You"

Newsletter

February 2019



Greetings to Konedu Home Care Employees! The month of February is always recognizable as Healthy Heart Month reminding you to eat healthy, exercise and know your numbers. Keeping your Heart Happy is also a great way to better health. How you ask?

Volunteer, help a friend out and **laugh often!**

Working at Konedu Home Care can help you have a **Happy Heart!** Carie and Doussouba certainly set the example for volunteering, helping a friend out and laughing! Here are some ways you can participate in . . .

- **Volunteer** – Konedu Home Care sponsors several Crazy Bingo events, participating in community parades and distributing Thanksgiving Baskets. Choose to volunteer at one our next events at work or choose to volunteer in your community.
- **Helping a Friend** – Helping out others is a model at Konedu Home Care. Our Food Panty is open to our clients and well as our employees in need. Help a friend out with groceries, errands or babysitting.
- **Laugh Often** – Lots of laughs here sometimes when we hear a funny story or experience, sometimes a joke and sometimes when we make a mistake to help encourage us to improve. Share some laughter with your co-workers, family and friends.
- stories and experiences, volunteer opportunities like, telling her. Carie and Doussouba

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

TRAINING

*If you haven't completed your PCA training,
please contact Barbara Oleynick to get your training in compliant!*

Personal Care Assistant training is required by the Department of Social Services and will also satisfy your annual training which is required for all employees every year. If you have not completed your training, you will be removed from your assignment until you have completed the training and you are in compliance.



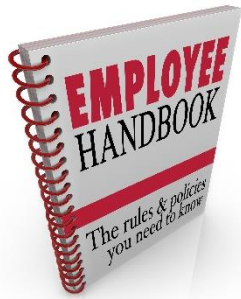
Feb 20 th – 8:45am-4pm	RA 8-hour class	Konedu must register
Mar 13 th – 8:45am-4pm	RA 8-hour class	Konedu must register
Mar 27 th – 8:45am-4pm	RA 8-hour class	Konedu must register



In the Spotlight is a new feature of the monthly newsletter that will highlight or “spotlight” information, news, articles and stories that would have an impact on all of our employees and their families.

We also hope to “Spotlight” employees doing extraordinary things such as volunteering, celebrating achievements or reaching a milestone. We want to share good news, foster a work environment that will be a *positive, productive and pleasant place to work.*

*If you have something to share, please email to koneduhomecare@yahoo.com
or stop by the HR office to include in the next newsletter! ☺*



CONFLICT OF INTEREST

A conflict of interest arises in the workplace when an employee has competing interests or loyalties that either is or potentially can be, at odds with each other. Conflict of interest occurs most of the time when . . .

- The client wants to switch agencies and requests the caregiver to go to the new agency;
- The caregiver gets overly involved in getting the client to go with one agency over another due to it being beneficial to the caregiver;
- An employee accepts free gifts and free products for services;
- An employee provides private services to an already existing client.
- An employee works for another competing agency that provides the same service.

There could be various reasons it may be a conflict of interest. It is the responsibility of the employee to notify us if a conflict of interest arises and to adhere to our Conflict of Interest policy.



Commit to Better Health! This Month

American Heart Association®



As women, we tend to put others ahead of ourselves. But if we don't take care of ourselves, we can't take care of everyone else around us. If you don't make your health a priority, you can't take care of anyone else. Making a commitment to your health isn't something you have to do alone either, so grab a friend or a family member and make a Go Red Healthy Behavior Commitment today.

Commit to Better Health – Visit www.goredforwomen.org to get started!

Choose up to two (2) Go Red Healthy Behavior Commitments below and share, because when all of us come together, we can build a culture of health for all.

MOVE MORE – *Make physical activity a priority and commit to moving more today.*

A good starting goal is at least 150 minutes a week or 20 minutes every day, but if you don't want to sweat the numbers, just move more! Find forms of exercise you like and will stick with and build more opportunities to be active into your routine.

EAT SMART – *Make eating healthy a priority and commit to eating smarter today.*

An easy first step to eating healthy is to include fruits and vegetables at every meal and snack. All forms (fresh, frozen, canned and dried) and all colors count, so go ahead and add color to your plate – and your life.

MANAGE BLOOD PRESSURE – *Heart and stroke disease may be prevented by understanding your numbers, like blood pressure, monitor it regularly with our Check, Change, Control tracker.*

High blood pressure is a symptomless “silent killer” that quietly damages blood vessels and leads to serious health problems. Using medications as prescribed and making lifestyle changes can enhance your quality of life and reduce your risk of heart disease, stroke, kidney disease and more.

Make changes that matter:

- | | |
|-----------------------------------------------|----------------------------------|
| ♥ Eat a well-balanced diet that's low in salt | ♥ Limit alcohol |
| ♥ Enjoy regular physical activity | ♥ Manage Stress |
| ♥ Maintain healthy weight | ♥ Quit Smoking |
| ♥ Take your medications properly | ♥ Work together with your doctor |

