



Konedu Home Care



"Cares About You"

Newsletter

December 2018



Wishing Konedu Home Care employees and their families a very Merry Christmas, Pancha Ganapati, Hanukkah, or Kwanza.

Whatever the celebration we wish you all peace, health and happiness!

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 our Training Coordinator to schedule an appointment! If you are one of our ILST's please be sure to complete Part I of the training and testing.

Completing your PCA training course will satisfy your annual training which is required for all employees every year.



Dec 7 th – 8:45am-4pm	RA 8-hour class	Konedu must register
Dec 19 th – 8:45am-4pm	RA 8-hour class	Konedu must register
Dec 11 th – 8:45am – 4pm	ABI/RA 8-hour class	Konedu must register

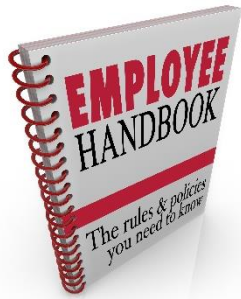
employee benefits

HEALTH BENEFITS

**Open Enrollment for Health Insurance is here again!
Every January and July we have open enrollment for our employees!**

The insurance plan is offered to all our active employees. After open enrollment ends, eligible employees will receive money towards paying the health plan they select. Eligible employees must work at least 130 hours a month and be actively employed with Konedu Home Care for at least three (3) months. The plan covers, doctor visits, hospitalization, pharmacy, vision and dental coverage. Preventative services are 100% covered.

***Enroll now to start your coverage effective January 1st.
For more information, please contact Cesar Cortes at 203-870-5706***



Health and Wellness

Health and wellness depends on our personal hygiene. It begins and ends with our hands. And though we're taught to wash our hands before dinner, it's important to remember that germs don't care what time of day it is. **Clean hands prevent sickness**, so it's especially important to learn the basics about hand hygiene to help prevent sickness. **Remember the 3 Steps . . .**

1. **Do it right** – Wash your hands with soap and clean water for at least 20 seconds. Be sure to get a good lather going and clean the back of the hands, between the fingers and under the nails. Dry them using a clean towel. Follow them each time you wash your hands.
2. **Memorize the 5 steps** – Wet, lather, scrub, rinse, dry.
3. **Learn the Four Principles of Hand Awareness** - 1) Wash your hands when they are dirty and before eating; 2) Do not cough into hands; 3) Do not sneeze into hands; and 4) Don't put your fingers in your eyes, nose or mouth.



Safe Winter Driving



Winter driving can be hazardous and scary, especially in our area that get a lot of snow and ice. Additional preparations can help make a trip safer, or help motorists deal with an emergency. This month we provide you safety information to help prevent motor vehicle injuries due to winter storms. Check out *The Three P's of Safe*

PREPARE for the trip; PROTECT yourself; and PREVENT crashes on the road

PREPARE

Maintain Your Car: Check battery, tire tread, and windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze.

Have On Hand: flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares) and blankets. For long trips, add food and water, medication and cell phone.

Stopped or Stalled? Stay with your car, don't over exert, put bright markers on antenna or windows and shine dome light, and, if you run your car, clear exhaust pipe and run it just enough to stay warm.

Plan Your Route: Allow plenty of time (check the weather and leave early if necessary), be familiar with the maps/ directions, and let others know your route and arrival time.

Practice Cold Weather Driving!

- During daylight, rehearse maneuver slowly on the ice or snow in an empty lot
- Steer into a skid
- Know what your brakes will do: stomp on antilock brakes, pump non-antilock brakes
- Stopping distances are longer on water-covered ice and ice
- Don't idle for a long time with the windows up or in an enclosed space

PROTECT YOURSELF

- Buckle up and use child safety seats properly
- Never place a rear-facing infant seat in front of an air bag
- Children 12 and under are much safer in the back seat

PREVENT CRASHES

- Drugs and alcohol never mix with driving
- Slow down and increase distances between cars
- Keep your eyes open for pedestrians walking in the road
- Avoid fatigue – Get plenty of rest before the trip, stop at least every 3 hours, and rotate drivers if possible
- If you are planning to drink, designate a sober driver

