



# Konedu Home Care



*"Cares About You"*

## Newsletter

October 2019



The month of October is when the leaves, weather and temperature take on some major changes. Along with those outside changes some inside changes may also take place . . . inside our bodies I mean. I'm talking about Seasonal affective disorder (SAD). This is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year. Typically, symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody, less light and colder weather (burr) hinder us from our outside energy giving activities. Symptoms specific to winter-onset SAD, sometimes called winter depression, may include oversleeping, appetite changes, especially a craving for foods high in carbohydrates, weight gain and tiredness or low energy. Not all of us may be affected by SAD but we certainly feel the effects and so do our clients. Here's a list of things to do to help combat those "SAD" feelings. Check out ways to improve and share with your clients. ☺

- Take a sunny stroll – and get your Vitamin D from the sun**
- Shed some light – by opening up those blinds and curtains**
- Move more – and help that blood keep pumping to keep you warm**
- Pump up your produce – and eat less carbs and sugar**
- Consider adding Chamomile (tea or supplement) – to sooth anxiety**
- Lend a helping hand – volunteering is a guaranteed to improve mood**
- SAD proof your surroundings – hang inspiring art, add bright or beachy colors/scenes to walls, desks and phones**

**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, 10/9	– 8:30am-4pm	RA 8-hour class	Konedu must register
Fri, 10/25	– 8:45am-4pm	RA 8-hour class	Konedu must register
Wed, 11/13	– 8:45am-4pm	RA 8-hour class	Konedu must register



**In the Spotlight . . .** October is a great month to relax and recharge through the vibrant colors of the fall season. We're spotlighting the following local fairs. So, if you missed the Big E . . . take your family to enjoy the outdoors before it gets to cold.

**The Harwinton Fair – October 4-6, 2019 - <http://www.harwintonfair.com/>**

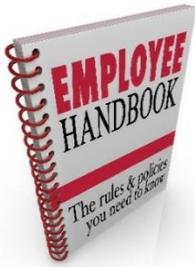
Old-fashioned fun for all! See the Pig Races, Antique Tractor Show, Oxen Draw and Civil War Displays, magic show and bluegrass music after visiting the barnyard animals. Stop by the Country Store for a memento of your special day!

**Portland Fair – October 4-6, 2019 - <http://www.portlandfair.com/>**

One last chance to experience all the classic fair entertainment, food, exhibits, animals and activities for the year.

**Riverton Fair – October 11-13, 2019 - <http://www.rivertonfair.org/>**

Old-fashioned country fair with exhibits, animals, vendors, food, midway rides and more.



### Sexual Harassment and Hostile Environment

It is the policy of Konedu HOME CARE to ensure equal employment opportunity without discrimination or harassment on the basis of race, color, religion, gender, sexual orientation, gender identity, national origin, age, disability, genetic information, marital status, amnesty or status as a covered veteran. Konedu HOME CARE, LLC prohibits any such discrimination or harassment.

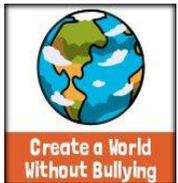
Harassment is unwelcome conduct that is based on race, color, religion, sex (including pregnancy), national origin, age (40 or older), disability or genetic information. Harassment becomes unlawful where 1) enduring the offensive conduct becomes a condition of continued employment, or 2) the conduct is severe or pervasive enough to create a work environment that a reasonable person would consider intimidating, hostile, or abusive. Anti-discrimination laws also prohibit harassment against individuals in retaliation for filing a discrimination charge, testifying, or participating in any way in an investigation, proceeding, or lawsuit under these laws; or opposing employment practices that they reasonably believe discriminate against individuals, in violation of these laws.

**Employees are responsible for reporting incidents of harassment. Help make our environment safe.**



### National Bullying Prevention Month

There are many ways to support bullying prevention as an individual or with friends and family, and within your school or community.



What is bullying? At first glance, many people might think this behavior is easy to define. Their first image of bullying might be of a physically intimidating boy beating up a smaller classmate. While that would still be considered bullying today, parents need to know that bullying behavior can be much more complex and varied than the stereotype. For example, harmful bullying can also occur quietly and covertly, or through gossip or the Internet, and can cause significant emotional damage.

Did you know? Cyberbullying is when the internet, cell phones, or other devices are used to send or post text messages or images intended to hurt or embarrass another person.

When you discover your child is being bullied, you may feel a variety of emotions, from anger to fear to sadness. These are normal. Acknowledge your emotions and then focus on developing an action plan to help your child.

**Check out this website to know more, get involved and help your child:** <http://www.pacer.org/bullying/nbpm/>



### #MeToo

Awareness and response to Anti-sexual assault and women's empowerment.

Excerpts taken from: <https://www.theatlantic.com/entertainment>



The #MeToo movement shows solidarity and support, bringing more awareness to the growing problem and simply to give people a sense of "the magnitude of the problem." But as horrifying as the allegations against Weinstein have been, more appalling still is the sense that his behavior isn't uncommon. That in industries across the world, from media to modeling to our workplace, women have encountered their own Weinstains.

Unlike many kinds of social-media activism, it's simply an attempt to get people to understand the prevalence of sexual harassment and assault in society. To get women, and men, to raise their hands. Recent revelations about the alleged abuses of Weinstein and Bill Cosby and Jimmy Savile and R. Kelly have proven that truth has power. There's a monumental amount of work to be done in confronting a climate of sexual assault but uncovering the colossal scale of the problem is revolutionary in its own right.

***In a work environment, report any instance of sexual harassment or assault to your supervisor and/or speak to someone in Human Resources to STOP the behavior of sexual harassment and assault.***

