



VOL. 4 NO. 4
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ISLAND CAREGIVERS

ISLAND CAREGIVERS IS A MONTHLY NEWSLETTER CREATED FOR THE PERSONAL CARE AIDES OF SI HOMECARE AGENCY TO KEEP YOU INFORMED, EMPOWERED, AND ENCOURAGED TO PERFORM YOUR DUTIES WITH EXCELLENCE IN PROVIDING THE FILIPINO STANDARD OF CARE.

With us, you're not just a number... you're family!

CELEBRATING EASTER

Sunday, April 9 is this year's Easter! As a prominent Christian holiday, Easter observes the resurrection of Jesus. It also celebrates family activities as many traditions include attending Easter mass, organizing an egg hunt, dyeing and decorating eggs, sharing chocolates, and trying to spot the Easter Bunny!

Pictured are Zach, Athena, and Ollie taking part in Easter festivities!



WELCOME NEW CAREGIVERS!

EMILIO P.

**FLONA B. ROCHELLE B.
FRANK V. ANNABELLE D.
Yael B. ARACELI V.**

HAPPY BIRTHDAY

APRIL CELEBRANTS

03 - BHARRY F.

Famous Birthday Twin: Marlon Brando

05 - AMELIA B.

Famous Birthday Twin: Pharrell Williams

07 - ALVIN V.

Famous Birthday Twin: Jackie Chan

11 - ANN MARIE R.

Famous Birthday Twin: Jeremy Clarkson

20 - JOSE I.

Famous Birthday Twin: Miranda Kerr

26 - TESSIE B.

Famous Birthday Twin: Channing Tatum

28 - EMILIO P.

Famous Birthday Twin: Jessica Alba



SAFETY AND HEALTH AT WORK DAY

April 28 is celebrated as World Day for Safety and Health at Work. This day promotes the prevention of occupational accidents and diseases globally. It started in 2003 by the International Labour Organization (ILO) with the goal of using social dialogue to raise awareness about the need and right for workers' safety and health at work.

During the COVID-19 pandemic, more stress has been put on health not just in the working environment, but all around the world. Implementing adequate and effective health measures at work can help prevent control outbreaks and contain the spread of disease. It is still important to remember and put to use the pandemic practices of proper hygiene and getting tested if you feel sick.

World Day
FOR SAFETY AND HEALTH AT WORK
April 28



To learn more, visit: <https://www.un.org/en/observances/work-safety-day>

To stay connected, follow us on our social media pages and visit our website for more information:

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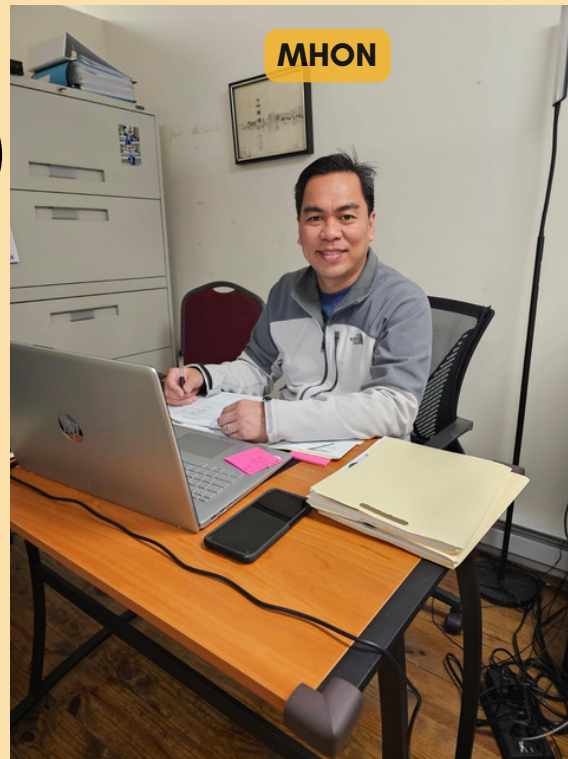




WELCOME CHERYLL AND MHON!



SI Homecare would like to give a warm welcome to our new Field Nurse, Cheryll Hermosura, and our new HR Assistant, Mhon Hermosura! Let's all give them our cooperation and support to create a healthy working environment for everyone!

CHERYLL**MHON**

MANAGING STRESS AND ANXIETY



When life becomes overwhelming, it can sometimes get difficult to manage our stresses and anxieties surrounding certain situations. However, it is important to remember that nobody is alone when having these hard feelings. Carol Marak, columnist, speaker, and editor at *Senior Care*, highlights her tips for dealing with stress and anxiety. She emphasizes practices of reflection, exercise, and communication to overall navigate through tough times.

Meditation/Prayer:

Practicing meditation or prayer for just 10 minutes can help bring peace of mind

Exercise:

Walking for 30 minutes a day can help release negative thoughts and tension

Good Diet:

High levels of sugar can raise stress level, so prioritize eating more nutritious foods

Take Breaks:

When so many things happen at once, it can feel nice to pause and take a break to reflect

Journaling:

Writing about frustrated, confused, and angry feelings can help you process those emotions

**Talk It Out:**

Communicating with friends, family, and those you trust can help alleviate some hard feelings

For more information, visit: <https://seniornews.com/tips-to-manage-stress-and-anxiety/>