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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!***

## HAPPY HALLOWEEN!

The spooky season is here! Halloween is celebrated every year on October 31st, and it is a time for everyone, adults and children alike, to partake in fun fall activities. This includes carving and painting pumpkins, going pumpkin and apple picking, watching scary movies, visiting haunted houses, and of course, dressing up in your favorite costumes!

SI Homecare is surely in the Halloween spirit this year, which is why we asked Athena and Oliver to show us their cute costumes!



## WELCOME NEW CAREGIVERS!

*"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."*

- Leo Buscaglia

## HAPPY BIRTHDAY

### OCTOBER CELEBRANTS

**03 - RUTH C.**

*Famous Birthday Twin: Ashlee Simpson*

**03 - LUZ V.**

*Famous Birthday Twin: Gwen Stefani*

**10 - ABBYGAIL A.**

*Famous Birthday Twin: Mario Lopez*

**14 - LEON V.**

*Famous Birthday Twin: Rowan Blanchard*

**24 - SILCO P.**

*Famous Birthday Twin: Eliza Taylor*

**27 - RENATO S.**

*Famous Birthday Twin: Sylvia Plath*



## BEST MEDICAL ALERT SYSTEMS

Experts at SeniorLiving.org tested 20 medical alert devices to find the best systems of 2022. This list highlights the top recommendations:

- **Bay Alarm Medical** - Most affordable
- **Medical Guardian** - Best high-tech systems
- **Lively** - Best mobile phone options
- **ADT Health** - Best monitoring center
- **Medical Alert** - Best mobile app
- **LifeFone** - Best in-home coverage
- **Alexa Together** - Best for Amazon Alexa users
- **Aloe Care Health** - Best caregiver integration
- **MobileHelp** - Best two-for-one systems
- **Life Alert** - Most recognizable household name

To learn more, visit: <https://www.seniorliving.org/medical-alert-systems/best/>

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# WORLD HOSPICE DAY

This year, World Hospice and Palliative Care Day is on Saturday, October 8th. The theme for 2022 is: "Healing Hearts and Communities." On this unified day of action, we recognize the hardships that hospice and palliative care workers experience, and we thank them for their endless support. This year's theme places an importance on the immense grief felt by everyone worldwide as a result of the COVID-19 pandemic. Together, we can unite the hearts of those in need and celebrate the significance of hospice and palliative care to quality of life.

To celebrate this holiday, we asked two of our caregivers about their experience as hospice workers:



**JONG**

*"I will never forget that moment my patient smiled and tried to cooperate by taking his meds willingly. After several attempts, I finally earned his trust and his wife's respect."*



**MINDA**

*"The acknowledgement from family, recognizing not only the care, but also the love I was able to give to the point where the family said that they lost not only their mother but also me, being part of their family."*

For more information, visit: <https://www.thewhpc.org/world-hospice-and-palliative-care-day/about>



# WORLD ARTHRITIS DAY



Arthritis is a disease that affects over 50 million people in the United States. It causes pain, swelling, and limited movement, while heavily affecting the joints of the body through inflammation. People of all ages can be affected by arthritis, but senior citizens should be especially cautious given that age is a considerable risk factor. Forms of arthritis include: *osteoarthritis, rheumatoid arthritis, gout, lupus, scleroderma, ankylosing spondylitis, and juvenile idiopathic arthritis.*

This year, World Arthritis Day is on Wednesday, October 12th. This day is meant to raise global awareness regarding the symptoms of arthritis, as well as the importance of early diagnosis. Despite the lack of a cure, there are several treatments one can undergo, as well as lifestyle changes, that may improve one's quality of life with arthritis:

- **Medications** - Pain relievers such as acetaminophen, aspirin, ibuprofen, or other non-steroidal anti-inflammatory medications.
- **Joint Immobilization** - To help protect a joint, use a splint or brace.
- **Heat and Cold** - Moist or dry heat may ease some of the pain felt. Moist heat can help by taking warm baths/showers, and dry heat can help by placing a heating pad on the joint.
- **Exercise** - To reduce joint stiffness, engaging your body in daily movement is key. Good activities for arthritis consist of walking, swimming, and stretching.
- **Hyaluronic Acid Therapy** - Common in people with osteoarthritis, this joint fluid can be injected into a joint to relieve symptoms.
- **Weight Loss** - Losing some weight may relieve pain because of the elimination of extra stress on weight-bearing joints, such as the knees and hips.

To learn more, visit: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/arthritis> & <https://nationaltoday.com/world-arthritis-day/>