



VOL. 3 NO. 9
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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!***

WELCOME NEW CAREGIVERS!

ABBYGAIL A.

**TERESA S.
JHON C.**

**ROGER E.
JOCYLEN C.**

*"Caring about others, running the risk of feeling, and leaving an impact on people, brings happiness."
- Harold Kushner*

HAPPY BIRTHDAY

SEPTEMBER CELEBRANTS

07 - JEAN P.

Famous Birthday Twin: Kevin Love

12 - JHON C.

Famous Birthday Twin: Paul Walker

15 - LAURA M.

Famous Birthday Twin: Lisa Vanderpump

16 - LEANDRO B.

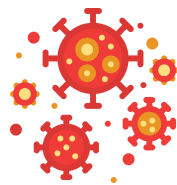
Famous Birthday Twin: Nick Jonas

17 - MARY WIN T.

Famous Birthday Twin: Baz Luhrmann

28 - NEYSI M.

Famous Birthday Twin: Hilary Duff



WHAT TO KNOW ABOUT MONKEYPOX



An ongoing outbreak of monkeypox, a viral disease, has been at the forefront of concern for most individuals since this May. As of August 19, 2022, the New York State Department of Health confirmed a total of 2,798 confirmed orthopoxvirus/monkeypox cases.

Monkeypox is a rare, viral infection that spreads through close, physical contact between people. Individuals with weakened immune systems, elderly citizens, pregnant women, and young children should practice extra caution when leaving the house.

It is important to stay informed about this current disease, so recognizing the symptoms is key to timely treatment.

Symptoms may include:

- **Painful, itchy rash**
- **Fever**
- **Chills**
- **Swollen lymph nodes**
- **Exhaustion**
- **Muscle aches, backaches, headaches**
- **Respiratory symptoms**

Symptoms usually start within 3 weeks once you've been exposed to the virus. A rash is likely to develop 1-4 days after any flu-like symptoms. If contracted, the rash may be located on or near the genitals or anus, as well as the hands, feet, chest, face, or mouth. The rash may be very itchy, painful, and appear like blisters or pimples.

Until the rash has completely healed, all scabs have fallen off, and a fresh layer of skin has formed, the virus can be spread to other people. The illness typically lasts 2-4 weeks.

People who experience symptoms consistent with monkeypox should contact their health care provider for a risk assessment. In terms of available and accessible treatment, there are antiviral medications which may be suitable for some, as well as vaccines.

To learn more, visit: <https://health.ny.gov/diseases/communicable/zoonoses/monkeypox/> and <https://www.cdc.gov/poxvirus/monkeypox/symptoms.html>

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www.sihomecare.com



GRANDPARENTS' DAY!

On the first Sunday after Labor Day, we celebrate National Grandparents' Day. This year, the holiday falls on Sunday, September 11th. This holiday is meant to honor our grandparents in the best ways possible, whether it means spending extra time with them or dialing a quick phone call to tell them how much you miss them.

Throughout the 1970s, native West Virginian, Marian McQuade, raised awareness and campaigned about senior citizens. She was even recognized by President Jimmy Carter for all her efforts in 1978. A year later, National Grandparents' Day became a holiday.

Let us show all our love and appreciation to our grandparents this year. To celebrate this holiday, we asked some of our caregivers who are grandparents themselves, ***"What is your favorite memory with your grandchildren?"***



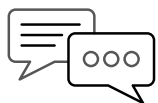
SUSAN

"My favorite memory with my granddaughter was when she was born at the birthing room. She took the tiny comb from the nurse and combed herself, I knew she will be a smart cookie, which she is."

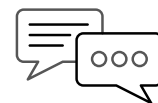


ZULITA

"I have 5 grandchildren & 5 great grandchildren and although I miss them all at this time, my wonderful memories keep me smiling."



ONLINE LEARNING DAY

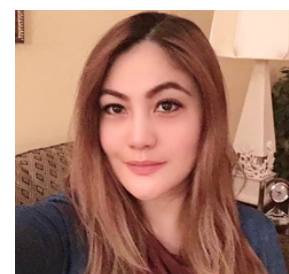


As technology progresses, education evolves along with it. As a result of the COVID-19 pandemic, remote learning became widely popularized among students, and thus highly utilized by educational institutions. Since social distancing and crowd restriction policies have lessened, in-person classes have regularly began in schools everywhere. However, the option of online learning has prevailed, especially among college and university students.

This observance highlights the value of education and the versatility of learning platforms. Online learning enables more accessibility to students who may not be able to physically attend classes. By doing so, more individuals are able to enroll with the flexibility of scheduling that remote learning offers. This year, National Online Learning Day falls on Thursday, September 15th, right in time for the back-to-school season.

To celebrate this day, we asked some of our Admin staff, who have had experience with online learning classes/modules, ***"What did you like the most about your online classes?"***

"With the advent of advance technology,online learning has catapulted the human populace in the threshold of an avant-garde digitized education which facilitates me in keeping up with the complex and diverse challenges and demands of the 21st century. Online learning as the core transformation of education nowadays has fostered the ultimate convenience and flexibility of time, place and is suited for a variety of learning styles."



GINA