myhomecare.ie
®Servisource

Quarterly Newsletter

Winter

OCTOBER IS

BREAST CANCER AWARENESS MONTH

October: Breast Cancer Awareness Month

October is recognized globally as Breast Cancer Awareness month. Myhomecare marked the month with a recognition of the importance for continuing research support and community education about breast cancer screening.

The Irish Cancer Society website has more information about screening for breast cancer:

https://www.cancer.ie/cancer-information-and-support/cancer-types/breast-cancer/screening-for-breast-cancer

Homecare Careers Week

Also during October, Myhomecare hosted a nationwide Homecare Careers Week from the 23rd October-26th October from 10AM to 4PM. We hosted health care professionals in five regional offices throughout Ireland.

Happy Halloween

At the end of October, Myhomecare celebrated Halloween. We have all come to recognize the modern celebration which includes children in costumes, lots of sweets, and the black and orange decorations that feature throughout the month. However, the origins of the holiday are also fascinating.

Halloween originated in Ireland as the Celtic festival of Samhain, which is why so many Halloween traditions are actually Irish!

The Celts believed that during the night of Halloween, dead spirits would visit the mortal world. They lit bonfires to keep evil spirits away and dressed in disguises.

Although modern Halloween activities are less about dead spirits and more about having fun and dressing up, there are some traditional aspects of an Irish Halloween that have kept going.

(https://www.irishcentral.com/roots/irish-traditions-halloween)

This year, we got festive with our community care team by asking them to participate in a Halloween contest. The entries were nothing short of “spooktacular”.

Practicing Gratitude

Practicing Gratitude in November

In November, Myhomecare borrows from the US tradition of Thanksgiving to emphasize gratitude. Gratitude offers numerous mental and physical health benefits including:

Gratitude reduces stress and makes us more resilient.

Gratitude helps us feel more positive emotions.
Gratitude unshackles us from toxic emotions.

Gratitude improves our self-esteem.

Gratitude decreases the symptoms of depression.

Gratitude helps us sleep better.

Gratitude improves our interpersonal relationships.

Gratitude enhances optimism.

Gratitude can even help us lower blood pressure, stop smoking, or lose weight.

World COPD Day

myhomecare.ie
®Servisource

World COPD Day

Myhomecare also recognized World COPD Day on November 15th. Together with COPD Support Ireland, we hope to raise awareness about the impact of living with COPD, and the benefits of staying active.

Check out the COPD Support Ireland website here:

https://copd.ie/

Christmas 2023

December is a month for celebrating Light, Generosity, Family and Joy during the Christmas season. There is a special energy that you can feel, knowing that everyone around you is slowing down to celebrate the festive period together with loved ones.

In the spirit of giving back, Servisource is delighted to donate €10,000 to support the vital work of the Simon Communities of Ireland. Together we are helping to make a positive impact in our community. Best Wishes for a prosperous 2024.

WINTER SUPPORT FOR ELDERLY LOVED ONES

Winter Support for Elderly Loved Ones

Everyone is more conscientious about protecting our vulnerable, older loved ones as we are still coping with cases of Covid 19 in the community, along with flu and cold viruses. While taking steps to help keep older people physically healthy is important, this can negatively impact on mental well-being.

Fortunately, with a bit of creativity and outside-the-box thinking, friends and family can still bring joy to older loved ones to elevate the human spirit even from afar.

Here are some suggestions on how to support your elderly loved ones safely:

1. **Show you care-** Take a page from the previous generation and write a heartfelt letter to loved ones living far away- or even to brighten someone's day that you see regularly. Most older people still cherish receiving a letter in the post. Even a phone call or video call can go a long way to helping someone know that you are thinking of them.

2. **Check on Your Family member's Wellbeing-** If you don't see your loved one every day, you may miss important clues about his or her health. While you don't want to get bogged down by worries at this time of year, you should watch for signs your loved one is facing difficulties. If you do notice something, such as your loved one experiencing memory issues, be sure to address it when you have privacy. Together, you can discuss a solution, such as visiting the GP or requesting home support.

3. **Prevent feelings of Isolation-** Older adults who don't have anyone visiting them regularly are likely to feel sad, isolated, and depressed. When your loved one knows he or she will see you, negative emotions may quickly dissipate. The winter months following the holiday season are especially important, so that your loved one does not feel let down after the emotional rush of Christmas.

4. **Provide necessary Support-** Some seniors may be worried about attending social events due to changes in their abilities. For instance, your loved one may be embarrassed about forgetting family members' names or spilling his or her food. If you are inviting them out to family events, be sure to let your loved one know you'll be there to help him or her through potentially awkward situations. When your loved one has your support, he or she can attend family and community events with confidence.

5. **Create More Beautiful Memories-** Reminiscing with our loved ones about times that have passed is an enjoyable way to celebrate shared family history. Remember to also include your family member in the present and give them opportunities to engage with the things you are doing here and now. The slower pace of winter months can be an ideal time to bake or cook with your loved one- both old family recipes and new discoveries of tastes you would like to share. Crafting together is another option for spending meaningful time together. Include the younger generations, too. Bringing along your children or grandchildren for visits or events with your older relatives benefits everyone.

Myhomecare Partnership with Isaac Care

Myhomecare is a HSE recognised national supplier of high quality homecare services with a strong focus on delivering person-centred care to each individual in their own home. We are committed to delivering the right people with the right skills to support our clients to live independently and with dignity.

Myhomecare are proudly partnering with Isaac Care, to bring innovative and easy-to-use assistive technology to our clients nationwide. Isaac Care's technology allows us to provide wraparound 24/7 support to out clients and provides comfort and peace of mind when our dedicated homecare staff and family members can't be present.

Comfort Plan

The **Comfort Plan** allows you to choose two pieces of Isaac Care assistive technologies as an introductory offer with expert advice from our team who are there to assist you with selecting the most appropriate technology for your loved one.

Vist Our Website **Care Plans - Home Care & Home Nursing in Ireland from Myhomecare**

OR

Contact one of our Myhomecare Expert Advisors on **1800 400 900**

Service User Satisfaction Survey

Every year, Myhomecare asks our clients to complete a satisfaction survey. This is your opportunity to let us know how we're doing! We greatly appreciate you taking time to fill these out.

https://forms.gle/QtVMurTqDat6Cqjj9

Employee of the Quarter

The Employee of the Quarter Program recognizes the outstanding qualities and contributions of employees, we are delighted to announce the winners for Winter 2023.

All the little things you do every day make a huge difference. Thank you for your dedication and willingness to go the extra mile.

DNE: Roseline Charles

DML: Laisa Matos

SOUTH: Ireen Phumzile Mokonyane

Limerick: Laura O'Donohue

Galway: Lauren O'Neill

Employee of the Year

The Employee of the Year Program recognizes the outstanding qualities and contributions of employees, we are delighted to announce the winners for 2023.

All the little things you do every day make a huge difference. Thank you for your dedication and willingness to go the extra mile.

DNE: Ovidiu Pascariu

DML: Maria Cassiala

SOUTH: Denis Corkery

Limerick: Audrey Reidy

Galway: Michelle Scott

Celebrating One Year of Myhomecare Care Academy

Providing the highest quality of homecare across Ireland, Myhomecare continues to recognise the importance of Continuous Professional Development, supported by our Care Academy. In line with our core values, we promote a Culture of positive reinforcement, employee engagement and excellence in service delivery.

ABOUT THE CARE ACADEMY

Be inspired to learn with Myhomecare Care Academy. Myhomecare supports Clients and Carers in the community by ensuring we continuously provide education and training. With the use of on-line course offerings along with in-house training facilities, Myhomecare have developed a comprehensive catalogue of training courses to support our Employees in providing the highest quality service. Our experienced Team, which include Qualified Nurses have consulted with industry experts in developing our own bespoke training to support continuous professional development. We provide a range of courses for those working in the Homecare Industry from Office Staff to Frontline Staff.

BENEFITS OF USING THE CARE ACADEMY

- Access to a wide array of Courses that are continually updated and expanded
- Online Courses supporting Work/Life Balance
- Career Progression
- Learn New Skills
- Professional Development
- Become a Leader in the Industry

WANT TO EARN SOME EXTRA CASH?

It's simple. Refer your friends to work with us!

EARN THE FOLLOWING

• €500 for Staff Nurse / RGN Referral
• €300 for HCA Referral
• €150 for Domestic Referral

T&Cs

Your referral must work a minimum of 150 hours to receive payment. The number of referral fees you can earn are unlimited.
Email your referrals back to your BOOKER today and let your friend know we will be in contact ASAP.

LIVE JOBS

For a full list of jobs see below.

CLICK HERE

Visit Our Website!

LEARN MORE

Copyright © 2022 Force24, All rights reserved.

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.

Force24™
Marketing Automation

© Copyright 2015 Force24 - Company No: 07448931