

# May & June 2025



## Contact Numbers:

Office: 636-734-7334 (Call/Text)

X101 Laura

X102 Tina

X104 Melissa

Fax: 636-235-9548 HR

Fax: 636-235-9556

- Please call & text during office hours unless you are with a client or it's an emergency.



### May

Joan C

Pam G

Cindy R

Tina R

### June

Jessica P

**Jeanne S – 3 years  
(June)**

**Jim R – 11 years  
(June)**

## Pay Day

**IMPORTANT CHANGES IN MAY!!!**

Wed. May 7<sup>th</sup>

Mon. 19<sup>th</sup> (11 day payroll)

Tue. 27<sup>th</sup> (Weekly payroll)

June – Every Monday!!!

## Paycheck Stub's

Available at:

[hcm.execupay.com/secure/home.aspx](http://hcm.execupay.com/secure/home.aspx)

User ID: Email

PW: Your customized password

## Company Holidays- 2025

New Year's Day, Wed. Jan 1st

Easter, Sunday April 20<sup>th</sup>

**Memorial Day, Monday May 26th**

4th Of July, Friday July 4<sup>th</sup>

Labor Day, Monday Sept 1st

Thanksgiving Thursday, Nov 27th

Christmas Eve, Wed. Dec 24th  
(3p-12a)

Christmas Day, Thursday Dec 25th

New Year's Eve, Wed. Dec 31st  
(3p-12a)

## Welcome Back

We are thrilled to welcome back **Tina Runge** to the Tailored Senior Services family! 🎉

Tina recently returned from a joyful stay in sunny California, where she spent precious time with her daughter and grandchildren. Now that she's back, we're excited to announce that Tina has come back to the office as our Office Support Coordinator position!

Her bright spirit, experience, and dedication have been deeply missed — and we couldn't be happier to have her back on the team.

👋 Be sure to stop by and give Tina a warm "Welcome Back!"



**TSS Winner of  
the Easter  
Candy Jar is....**

**-Kayla C-**

Guess: 36

Actual Count: 38

# Time To Hippity Hop on in and Claim Your Prize! -Tammy-

Look who found the Easter Bunny!



# IMPORTANT

**PAYDA**  
**MONDAY**

By now all employees should have received our **Payroll Frequency Change Notice** by electronic signature email. If not, please reach out to the office immediately as our payroll will be processed weekly versus bi monthly as of May 1<sup>st</sup>. There is a transition period which is included in that email. All employees with auto deductions will need to make adjustments accordingly.

Some reasons for the change:

- Most employees prefer weekly pay checks
- Frequent and more consistent pay
- 52 paychecks annually versus 24 paychecks
- Easier to predict the amount of your paycheck
- New hires do not have to wait as long for their first check
- Improves recruiting efforts

If you have any questions or concerns about this change, please do not hesitate to contact the office.







**Happy Mother's Day from Tailored Senior Services!**  
*Celebrating the Love, Strength & Beauty of Mothers Everywhere*




Mother's Day is a time to celebrate the women who have shaped our lives with love, strength, and unwavering devotion. Whether you're a mother, grandmother, caregiver, or someone who simply gives of yourself to others every day—you are appreciated more than words can say!

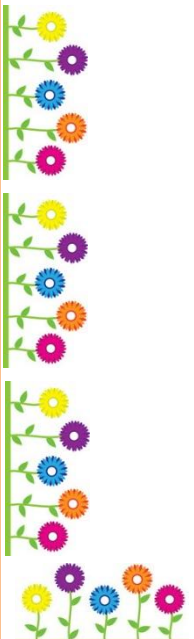
At **Tailored Senior Services**, we know firsthand the powerful role that mothers and mother figures play. Many of you are not only providing exceptional care to our clients but also balancing the beautiful (and sometimes chaotic!) journey of motherhood in your own homes. You do it all—with heart, patience, and dedication—and we see you.

-  **To the moms who work long hours and still find time for bedtime stories...**
  -  **To the grandmothers who share their wisdom with generations...**
  -  **To the caregivers who treat every client like family...**
  -  **To the women who nurture, love, and uplift those around them...**
- You are the heart of what we do.**

Let this Mother's Day be a reminder that the love you give—both at work and at home—is powerful and lasting. You are making a difference in the lives of so many.

**Take a moment this weekend to soak in the love, hug your babies (no matter how old they are), and treat yourself to something sweet—you deserve it!**

 **Wishing you a beautiful, joy-filled Mother's Day!**  
With love and gratitude,



# Household Management

## Take Pride in Your Work & Respect the Home You're In

At Tailored Senior Services, we do more than just provide care—we create a clean, comfortable, and respectful space for our clients. Every small action we take makes a big difference in their daily lives.

### Do Your Part!

A tidy home isn't just nice—it helps our clients feel safe and cared for! Make sure you're completing the routine cleaning listed on their care logs, but don't stop there.

- ✦ Wipe down the microwave and kitchen surfaces daily.
- ✦ Pick up clutter and keep walkways clear.
- ✦ If you see something that needs to be done—take the initiative!

When we all go the extra mile, we take pride in our work, knowing we're making life easier for our clients in ways they can't do themselves.

### Respect the Home You're In!

Our clients trust us in their homes, and that trust comes with responsibility. Let's show them the respect they deserve by treating their space as we would our own (or better!).

- ✓ **Ask before using** anything that belongs to them—never assume!
- ✓ **Use a coaster** and always clean up after yourself.
- ✓ **Handle their belongings** with care—treat them as if they were priceless treasures.
- ✓ **Watch where you walk**—stay off the lawn.
- ✓ **Be mindful when parking**—don't ding other cars with your doors.

We spend so much time in our clients' homes that it's easy to forget these little things—but they matter! A little courtesy goes a long way in maintaining trust and making our clients feel valued.

💖 **Let's take pride in what we do and show our clients the respect, care, and professionalism they deserve—every single day!**

## **STROKE STRIKES FAST — SO SHOULD YOU!**

**May is American Stroke Awareness Month**, and it's a powerful reminder that **minute's matter** when someone is having a stroke.

### 👉 **Know the signs — remember B.E. F.A.S.T.:**

- **B**alance loss
- **E**yesight changes
- **F**ace drooping
- **A**rm weakness
- **S**peech difficulty
- **T**ime to call **911**

🔴 **Your fast action can save a life!** Don't hesitate — even a few minutes can make a huge difference in recovery.

### **Quick Caregiver Tip:**

If you notice **sudden confusion, numbness, or trouble walking** in your client — **call 911 immediately**, then notify your office. **Time is brain!**

## Taking Care of Your Client: Staying Safe & Cherishing Memories

Caring for seniors isn't just about meeting their physical needs—it's about nurturing their **mind, body, and spirit**. Helping clients feel valued, engaged, and safe makes all the difference in their well-being.

### The Power of Reminiscing

Remembering past events is **more than just storytelling**—it's therapy for the soul. Encouraging seniors to share their memories can:

- ✨ Boost their self-esteem and mental clarity.
- ✨ Help reduce feelings of depression or loneliness.
- ✨ Give them a more positive outlook on life.

Try asking about their **family history, career, favorite traditions, or life-changing moments**. Writing down these memories—either together or in a structured way—helps them process their experiences and feel proud of their journey. A simple conversation can bring **joy, connection, and even laughter!**

### Summer Health & Safety Tips for Seniors

With warmer weather comes extra precautions to keep our clients safe and comfortable:

- 💧 **Keep them hydrated!** Encourage water over caffeinated drinks.
  - 👕 **Dress for the heat.** Light-colored, breathable fabrics, hats, and sunglasses help protect them.
  - 🧴 **Use sunblock.** Reapply if you're outside for extended periods.
  - 🌳 **Seek shade.** Keep them cool and avoid prolonged sun exposure.
  - 🏠 **Stay indoors during extreme heat.** Always check the forecast before outings.
  - 👁️ **Avoid overwhelming situations.** Loud, crowded places can cause anxiety—choose calm, enjoyable environments.
  - 🔥 **Never leave them unattended.** Especially near BBQ pits, hot surfaces, or other hazards.
- Taking these small steps ensures a **safe, enjoyable, and memorable summer** for our clients. By keeping them engaged in conversation and protected from the heat, we can make every moment with them meaningful.

💙 **Your care makes a difference—every day, in every way!**

## Taking Care of Yourself: You Matter, Too!

As caregivers, we give so much of ourselves to others that sometimes we forget **we matter, too**. While our clients rely on us for support, **you deserve care and recognition just as much!** It's easy to feel invisible when all the attention is on the person receiving care, but remember—you are seen, valued, and appreciated.

### Brighten Someone's Day (And Yours, Too!)

One of the best ways to lift your own spirits? **Help someone else smile!** Look for people who are stressed—clients, coworkers, cashiers, even strangers—and ask yourself, *"How can I ease their tension?"*

A little humor can go a long way. Try asking a stressed-out person, *"What's the worst thing that's happened to you today?"* More often than not, they'll get a chance to vent *and* end up laughing at themselves in the process.

Next time you see someone overwhelmed, take a moment to lift their spirits. **Kindness and laughter are powerful—and they work both ways!**

💙 **Remember: You are seen. You are valued. You matter. Take care of yourself the way you take care of others.**

## If You Haven't Heard... A Special Update About Laura!

Hey everyone!

I wanted to take a moment to fill you in on some news about our fearless leader, multitasker extraordinaire, and payroll guru — Laura! If you haven't heard yet, she recently had a hip replacement surgery.

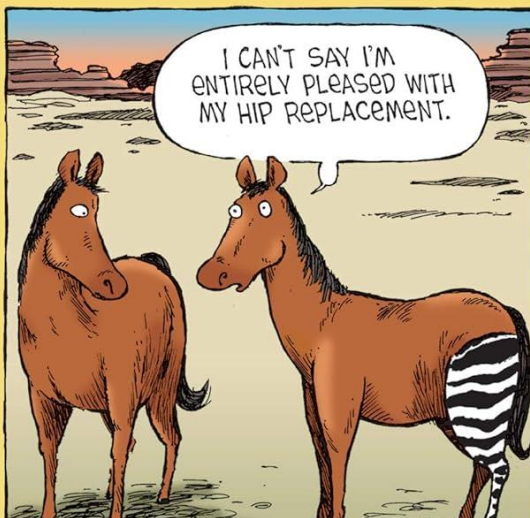
The good news is — she's doing great and working her way through the recovery process like a champ. Word on the street is, she's already trying to boss around the physical therapists (in the nicest way possible, of course).

Laura is looking forward to being back in the office soon, but in the meantime, if you have any questions about payroll or need her for anything, just reach out to me and I'll be happy to help out.

And hey — as caregivers, we all know the drill: one step at a time, use your gait belt, and don't forget proper body mechanics! (We might need to send Laura through one of our safety trainings when she's back — just to be safe!)

Let's keep cheering Laura on as she conquers recovery one step at a time — literally!

— Melissa



# Mouth Watering Recipe – Laguna Chicken Wings

(Brought to us by one of our Clients.)

“Turning vegan is a big missed steak!!!”



“The recipe said “Set the oven to 180 degrees” so I did, but now I can’t open it because the door faces the wall.”

## Ingredients

- ✓ 12 Large Chicken Wings
- ✓ ½ Cup Soy Sauce
- ✓ ½ Cup Dark Brown Sugar

**Jeanne S stated that this is a recipe that her client has always made for family get togethers!**

*Do you have a recipe you would like to share?*

Prep Time  
**30 min**

Total Time  
**115 min**

Servings  
**4**

## Nutrition Profile:

### Nutrition Facts (per serving)

<u>Calories</u>	<u>Fat</u>	<u>Carbs</u>	<u>Protein</u>
808	51g	38g	46g

## Directions

1. In a bowl, mix together the soy sauce and dark brown sugar until well combined.
2. Add the chicken wings to the mixture, making sure they are well coated.
3. Cover and marinate in the refrigerator for **30 minutes**.
4. Preheat oven to **350°F**.
5. Place wings in a baking dish and bake for **30 minutes**.
6. Baste the wings with the sauce, then continue cooking for another **30 minutes**.
7. Turn the wings and cook for a final **15 minutes**.
8. Serve warm and enjoy!

# Dementia & Alzheimer's

Caring for clients with Alzheimer's or dementia requires **patience, compassion, and awareness**. Understanding what triggers their emotions and behaviors can help create a **calm, safe, and supportive environment**.

## Managing Anxiety & Agitation

People with dementia can become anxious or agitated for many reasons. Their surroundings, the time of day, physical discomfort, or even small routine changes can trigger frustration. **Pay close attention to what's happening before and during their agitation to better understand their needs.**

### How to Respond:









- ✓ **Check for pain.** Discomfort from an injury, medication side effects, or even a urinary tract infection can cause distress.
- ✓ **Listen to their frustration.** Let them express themselves and look for clues about what's upsetting them.
- ✓ **Provide reassurance.** Use a calm voice, gentle touch, and comforting phrases to let them know they are safe.
- ✓ **Engage in activities.** Art, music, or simple tasks like folding laundry can redirect their focus and reduce stress.
- ✓ **Modify the environment.** Reduce noise, limit distractions, or change locations to help them feel at ease.
- ✓ **Find outlets for energy.** Take a short walk, go for a car ride, or involve them in a light task to keep them engaged.

A little patience and a few small adjustments can **make a big difference** in easing their anxiety and helping them feel secure.

## When Driving is No Longer Safe

Giving up driving is **one of the hardest transitions** for a person with dementia—and their family. Many family members hesitate to take away driving privileges because they don't want to hurt their loved one's feelings or because they lack other transportation options. However, recognizing the signs of unsafe driving is **crucial to protecting them and others on the road.**

### Signs That It's Time to Stop Driving:

-  Braking suddenly or for no reason.
-  Missing traffic signs, signals, or lane markers.
-  Reacting slowly—or not at all—to other drivers.
-  Getting angry or confused while driving.
-  Swerving between lanes or getting lost in familiar places.
-  Unexplained dents or scratches on the car.
-  Driving too fast or too slow.
-  Turning around to talk to passengers and losing focus.

**Gently addressing this transition with families can help ensure the client's safety.** Offer alternative transportation solutions and remind them that this change is about keeping their loved one—and others—safe.

 **Your patience, understanding, and dedication help make life better for those with dementia. Thank you for all you do!**

Nurse: "We need a stool sample and a urine sample."  
Man to wife: "What did she say?"  
Wife to husband: "They want your underwear."

# FATHER'S DAY WORD SEARCH

## FREE PRINTABLE WORKSHEET

### Father's Day Word Search

F C E H L E B R A F E G I F S  
A O L O V I N G U A S B I N T  
Y D A L F A M I N M P S O F N  
C A F I N G P N J I O R T O T  
E G M D B E A G T L T I N S U  
L E O A C L R C O Y R D I F G  
E C T Y H O E A J I C T S U N  
B D A D I V N P U F A T H E R  
R O H R F I T O A G R D A T H  
A G E Y D F I N G R I E N Y D  
T R R S D A G G J E N A R D S  
E I D E D D A Y F I G C A S R  
G L C H O P R E T H I N G I F  
O C H I L D R E N O J U N E T  
C A D F I R T H I N G N U J I



CARD  
CARING  
CELEBRATE  
CHILDREN  
DAD  
FAMILY

FATHER  
GIFT  
HOLIDAY  
JUNE  
LOVING  
PARENT



## Safety Spotlight:

### Safety and Fall Prevention Tips for Caregivers

Your safety and your client's safety are a **top priority**. A few simple precautions can prevent accidents and help you stay **healthy and injury-free** while providing care.

#### Hand Hygiene & PPE

- ✓ **Wash your hands** with soap and water for at least **20 seconds**, especially after sneezing, coughing, or handling bodily fluids. If soap isn't available, use **hand sanitizer with at least 60% alcohol**.
- ✓ **Avoid touching your face** (eyes, nose, mouth) with unclean hands.
- ✓ **Gloves are required** for personal care, cleaning, and handling laundry. **Disinfect surfaces regularly**, especially after exposure to bodily fluids.
- ♦ *Need more gloves or disinfectants? Contact the office to restock supplies.*

#### Preventing Slips, Trips, and Falls

Falls are one of the **leading causes of injury** for caregivers and clients. Take these **preventive steps** to stay safe:

##### Inside the Home:

- ✓ **Clear pathways**—remove clutter, secure loose rugs, and tuck away electrical cords.
- ✓ **Dry floors after cleaning** to prevent slippery surfaces.
- ✓ **Use handrails** when going up or down stairs.
- ✓ **Wear slip-resistant shoes** to maintain balance and stability.

##### Outside the Home:

- ✓ **Watch for hazards** like wet leaves, ice, and uneven sidewalks.
- ✓ **Use a flashlight** in dimly lit areas for better visibility.
- ✓ **Check curb heights** before stepping up or down—cutaway curbs can be tricky.
- ✓ **Carry essentials hands-free** using a fanny pack or shoulder bag.

#### Additional Fall Prevention Tips:

- ✓ **Keep toenails trimmed** to prevent tripping.
- ✓ **Have regular vision checkups**—poor eyesight increases fall risk.
- ✓ **Consider a walker or cane** for extra stability if needed.
- ✓ **Stay indoors** when weather conditions are unsafe.

#### What to Do If Your Client Falls

##### 1 Stay Calm & Assess

- ♦ **Check for injuries.** Is your client conscious and alert? Ask them their name or birthday to gauge awareness.
- ♦ If they are injured or confused, **call 911 immediately**.

##### 2 Do NOT Try to Lift Them Alone

- ♦ If they need help getting up, use **proper body mechanics** or request a **non-emergency lift assist**.

##### 3 Report the Fall

- ♦ Contact the office **as soon as possible** to document the incident.
- ♦ If they are injured or confused, **call 911 immediately**.

##### 2 Do NOT Try to Lift Them Alone

- ♦ If they need help getting up, use **proper body mechanics** or request a **non-emergency lift assist**.

##### 3 Report the Fall

- ♦ Contact the office **as soon as possible** to document the incident.

By staying alert and following these **simple safety measures**, you help create a **safer home environment** for yourself and your clients. **Thank you for all you do!**