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***Compassion in
Care, Comfort at
Home Because
Every Senior
Deserves Dignity.***

Paycheck Stub's

available at:
hcm.execupay.com/secure/home.aspx
User ID: Email
PW: Your customized password

**Inclement Weather: Winter Travel
Ready!**

Winter weather can be unpredictable—make sure **you and your car are ready** before hitting the road!

🚗 Winter Car Survival Kit – Must Haves:

- First aid kit
- Flashlight
- Back-up phone charger
- Jumper cables
- Snow/ice scraper
- Road flares or reflectors
- Traction aids (salt, sand, or non-clumping cat litter)
- Basic tools
- Blanket & warm gloves
- Snacks & water

🔑 Is Your Car Winter-Ready?

- **Battery:** Charge or replace if weak
- **Wiper Blades:** In good shape for snow & ice
- **Fluids:** Check oil & antifreeze
- **Tires:** Proper tread & inflation
- **Gas Tank:** Keep at least ½ full

Plan ahead, stay safe, and travel with confidence this winter!

A little preparation now can prevent big problems later.



Holly Jolly Holiday

A big THANK YOU to everyone who came out to celebrate with us at the office! It was so wonderful to see your smiling faces and share some holiday cheer. We hope your Christmas was filled with joy, laughter, and special moments with family, friends, and our amazing clients.

❖ **This year's Flexibility Award goes to Mary Odle!** ❖

Congratulations, Mary—you truly shine in helping wherever you're needed!

Check out some of the fun moments captured during our Holiday Open House below. We can't wait to see even more of you at our next celebration!



2025 – Christmas Drop IN



In the heart of a caregiver is a rare kind of love that is selfless and enduring



January

February

NONE



January

February

Mary G
Chantel T

NONE

Referrals Pay Off!

A HUGE thank you to the caregivers who referred clients this year

Because of your referrals, **\$1,583.47** in client referral bonuses were awarded this year!

👉 Know someone who could use our services? Refer a client and earn a bonus after their first **30 days of services!**

Dementia & Alzheimer's Care: Communication & Daily Support

Caring for someone with dementia requires patience, observation, and compassion. Successful communication—verbal or non-verbal—starts with truly **listening** and watching for emotional cues.

🗨️ **Communicate with Compassion:**

- Match the client's emotions to build connection
- Repeat or reflect their words using the same tone
- Look for the feeling or need behind the behavior

If communication isn't working:

Stop • Back off • Think it through • Re-approach • Try something different

🏠 **Supporting Daily Routines:**

- Keep a consistent routine for bathing, dressing, and meals
- Use calendars or notebooks for reminders
- Choose loose-fitting, easy-to-manage clothing
- Explain what you're doing—step by step—while helping

🤝 **Behavior & Comfort Tips:**

- Speak calmly and offer reassurance
- Respect personal space and allow choices when possible
- Build in quiet time and familiar activities
- Use favorite photos or objects for comfort
- Gently remind clients who you are if needed

🌟 **Above all: be gentle, respectful, and patient.**

🎉 **New Year, New Rewards!** 🎉

Kick off 2026 with BIG opportunities (and even bigger perks)!

Got a friend who would make an amazing caregiver?

Send them our way and get rewarded for helping the TSS family grow!

🌟 January Referral Specials:

- 🏠 Live-In Caregiver Referral → Choose \$150 OR a 1-Year Gym Membership!
- ⌚ Part-Time Caregiver Referral → \$75 Bonus!

Start the year strong, help us grow, and treat yourself while you're at it! 🤝 💰

(awarded after New Hires 45 days)

COMPANY HOLIDAYS - 2025

New Year's Day, Wed. Jan 1st

Easter, Sunday April 20th

Memorial Day, Monday May 26th

4th Of July, Friday July 4th

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)



Taking Care of your Client

Your role matters! Simple daily habits can help keep clients safe, comfortable, and independent.

Fall Prevention Tips:

- **Clear Pathways:** Remove clutter, secure rugs, and use non-skid flooring
- **Good Lighting:** Keep entrances and walkways bright for better visibility
- **Easy Access:** Store commonly used items within reach

Arthritis Care Essentials:

- **Keep Moving:** Encourage gentle activities like walking or stretching
- **Healthy Choices:** Support doctor-approved, anti-inflammatory foods

Small steps make a big difference.

Thank you for the compassionate care you provide every day!

Household Management: Cleaning Safety for Caregivers

Safe cleaning keeps you and your clients protected. Follow these simple dos and don'ts while on duty.

DO's of Cleaning:

- Wash hands often using proper handwashing techniques
- Clean high-touch surfaces in kitchens & bathrooms (follow product labels)
- Follow enhanced laundry precautions as needed (see Levels of Laundry guide)
- Store cleaning supplies out of sight and reach—including laundry pods
- Clear floor clutter to reduce trip and fall risks

DON'Ts of Cleaning:

- Do **not** move valuables or heavy items
- Do **not** climb ladders
- Do **not** polish wood floors or silver
- Do **not** use bleach

When in doubt—check with the office first.

Thank you for helping keep homes safe and well cared for!



♥ Taking Care of Yourself: Self-Care Matters

Caregiving is rewarding—but demanding. Taking care of **yourself** helps you show up at your best every day.

🍎 Nutrition Basics:

- **Hydrate Often:** Drink water throughout the day to stay focused and energized
- **Eat Balanced Meals:** Include fruits, veggies, protein, and whole grains

Good fuel = better energy for your day!

🚗 **Refuel & Recharge: Fill Your Tank**
Just like a car, you need regular fill-ups:

- 1 **Quick Fill-Ups:** Call a friend, enjoy coffee or tea, take a few quiet minutes
- 2 **Premium Fill-Ups:** Exercise, spend time with family, or get outside
- 3 **Scheduled Tune-Ups:** Plan vacations, weekends off, or learning opportunities
- 4 **Routine Maintenance:** Healthy eating, medical checkups, and small treats

✨ **You can't pour from an empty cup.**

When you care for yourself, you're better able to care for others—keep filling your tank!



At Tailored Senior Services, the amazing care you provide doesn't go unnoticed. Our clients and their families often share heartfelt feedback through Google Reviews, and those kind words are a direct reflection of the dedication and compassion you bring every day. We'll highlight these reviews to celebrate the difference you're making in the lives of our clients! Keep shining—you are the reason behind these wonderful words.

Jennifer Blackfox – “Miss Bratanov it's very helpful kind does dad really good and I'm glad that she's my dad's caregiver it's overall she is the best caregiver I've seen”



**National
Caregiver Day
2/20/2026**

*When you weren't looking,
Deeply immersed in tender,
Comforting Care....
We noticed.
We noticed your loving spirit,
Your kind dedication
And the courage and energy it takes
To tend to the needs of others.
We noticed.....
And we want you to know
Just how special
And remarkable
We think you are.*

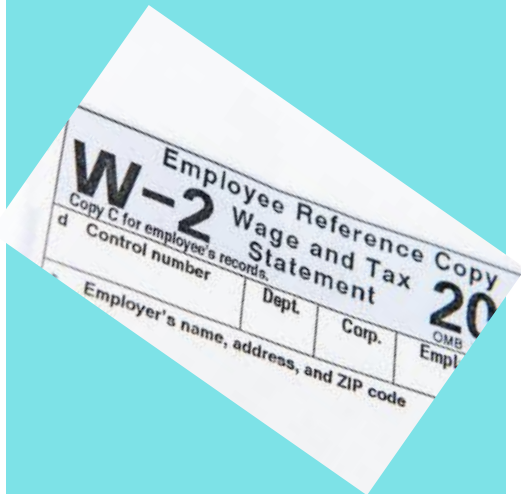
Did You Know?

Alzheimer's and Dementia Care Education Week is February 14-21. Each year the National Council of Certified Dementia Practitioners promotes the week to focus on fostering sensitivity and respect for people diagnosed with dementia.

The third Friday in February is observed annually as National Caregivers Day. This special day was founded in 2015 by the Providers Association for Home Health & Hospice Agencies (PAHHHA).



FROM THE DESK OF LAURA



It's that time of the year! As we mentioned at the beginning of 2025, TSS will no longer mail out W-2's due to the number that did not reach their destination. You will however be able to get a digital version of your W-2 in your Payroll Portal. The best thing about receiving them electronically is that you will usually have access to your W-2 much earlier than the deadline of January 31st! PLEASE make sure you can get into your payroll portal and you know how to view your paycheck stubs. This will be the same process to view your W-2.

A side note: Our payroll company has decided to mail W2's directly employees to the address that is in your Payroll Portal. If you do not receive it by mail by the payroll company, we will direct you to use your Payroll Portal. If you have any questions, please call the office.

Happy New Year! Wishing all of you a very happy and healthy 2026. Thank you for all your efforts through 2025!

We have been very busy at the office with new clients and new employees! We are excited about our growth and look forward to new programs this year such as the Guide Program. It is a Medicare incentive providing coordinated dementia care that includes up to \$2500+ per year for respite care. We should be offering this benefit sometime in January or early February. It's a great benefit for dementia clients!



Recipe Spot Light - Hot Chocolate Bombs

Ingredients

- ❖ Semi Sweet Chocolates
- ❖ Baking Cocoa
- ❖ Dry Milk Powder
- ❖ Confectioners Sugar
- ❖ Vanilla Marshmallow Bits
- ❖ Sprinklers, color sanding sugar and melted candy melts

Hot Cocoa Bomb Variations

Make peppermint hot cocoa bombs: To do so, simply fill the spheres with hot cocoa mix, 1 tablespoon of white baking chips and 1 tablespoon of finely crushed peppermint candies.

Make salted caramel hot cocoa bombs: Fill the spheres with hot cocoa mix, 1 tablespoon of caramel chips and a pinch of flakey sea salt. Drizzle the outside with melted dark chocolate and melted caramel chips then sprinkle with more flakey sea salt.

Directions

Make some fun and yummy Hot Chocolate Bombs. It is a fun activity for any age and a delicious treat when it is cold!

Step 1: Melt the chocolate

Place the chocolate in a microwave-safe bowl. Microwave, uncovered, on high for one minute, then stir. Microwave, stirring every 30 seconds until the chocolate is melted and smooth, for about one to two minutes longer. The chocolate should not exceed 90°F.

Step 2: Add Chocolate to the Mold

Add 1 tablespoon of melted chocolate into a silicone sphere-shaped mold (2-1/2 inch diameter). Brush the melted chocolate evenly inside the molds. Make your way all the way to the edges, rewarming the melted chocolate as needed. Refrigerate the molds until the chocolate is set, about three to five minutes. Brush a thin second layer of chocolate in the molds. Refrigerate until set, about 8 to 10 minutes. Place the remaining melted chocolate into a piping bag fitted with a small round decorating tip then set it aside.

Step 3: Fill in the Hemispheres

Remove the chocolate hemispheres from the molds. In a medium bowl, whisk together the baking cocoa, milk powder and confectioners' sugar. Place 3 tablespoons of the cocoa mixture into each of the six chocolate hemispheres. Top each with 1 tablespoon of marshmallow bits.

Step 4: Seal the Halves

Pipe a small amount of melted chocolate on the edges of the filled hemispheres and carefully adhere the empty halves to filled halves, pressing lightly to seal. You can use additional melted chocolate, if necessary. Decorate the balls with the optional ingredients, if desired. Refrigerate them until set and store them in a tightly sealed container.

Step 5: Prepare the Hot Chocolate

Place the hot chocolate bomb in a mug, then add 1 cup of warm milk and stir to dissolve.

Hot cocoa bombs are best stored in the refrigerator to eliminate any fluctuating temperatures impacting the chocolate. Once the hot cocoa bombs are formed and set, transfer them to an airtight container with a tight-fitting lid. Place in the refrigerator and store for one to two weeks.



Caregiver Appreciation Event Word Search

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

Outdoors Information Health Spring Activities Hobbies
 Support Resources Friends Family Blessings Respite
 Loved One Appreciation Nutrition Sleep Self Care Senior Task Force
 Muskingum Caregiver



Monthly Safety Spotlight: Protect Your Back & Master Transfers Like a Pro!

At Tailored Senior Services, your safety is just as important as the care you provide. Whether you're assisting a client with transfers or traveling to and from a shift during winter weather, using safe practices helps prevent injuries and keeps everyone protected. Below are important reminders to help you stay safe both on the job and on the road.

Let's dive into the golden rules of body mechanics and transfers with easy-to-follow tips to keep you moving like a pro!

The Basics of Body Mechanics

Body mechanics is all about moving in ways that reduce fatigue, prevent injuries, and make the most of your strength. Here are some core principles:

- **Build a Stable Base:** Stand with feet shoulder-width apart (8–12 inches), with one foot slightly ahead of the other.
- **Bend Your Knees:** Keep your knees slightly bent, not locked, and let your leg muscles do the heavy lifting—they're much stronger than your back.
- **Neutral Spine is Key:** Maintain the natural curve of your back while lifting. Avoid rounding or arching it excessively.
- **No Twisting!** Pivot your feet instead of twisting your spine when turning.

Safe Transfers: Top Tips

When assisting with transfers, the goal is to protect yourself and your client:

- **Know Your Limits:** Company policy allows assistance only up to 30 lbs. If you need more help, ask!
- **Communicate:** Explain each step to your client before starting.
- **Encourage Participation:** Let your client do as much as they can safely.
- **Safety First:** Remove clutter, secure loose rugs, and lock wheels on beds, wheelchairs, or commodes.
- **Use Tools Wisely:** Ensure transfer belts, walkers, and wheelchairs are in good working order before starting.
- **Plan for the Unexpected:** If you start to lose control, don't try to hold your client up—slowly lower them to the floor and call for help.

Special Transfers: From Wheelchair to Car

Taking a client out in a car? Follow these steps for smooth and safe transfers:

1. Park on a level surface.
2. Open the car door fully and move the wheelchair as close to the car seat as possible. Lock the wheels and move footrests out of the way.
3. Stand facing your client, bend your knees, and use the transfer belt to help them stand. Brace their knees with yours if needed.
4. Guide their head and body carefully into the car seat, avoiding bumps. Secure their seat belt and safely store any assistive devices.

Monthly Safety Spotlight: Continued.....

Protecting Yourself from Back Pain

A healthy back means a happy caregiver! Adopt these habits to stay strong and pain-free:

- **Stretch & Strengthen:** Do back and core exercises regularly, and warm up before assisting with transfers.
- **Rest & Replenish:** Get enough sleep and maintain a balanced diet to fuel your day.
- **Manage Stress:** Daily meditation or mindfulness practices can work wonders.
- **Wear Proper Footwear:** Non-slip shoes are essential for safety and support.

Final Reminders

Caregiving is a marathon, not a sprint—pacing yourself and following these guidelines will keep both you and your clients safe. Remember, if you're unsure about transfer techniques, ask a therapist for a demonstration. And don't hesitate to use your local fire department's non-emergency number for a lift assist when needed.

Take care of your back—you've only got one! 💪



QUICK QUIZ – January & February 2026

True or False Quiz:

1. Body mechanics focuses on moving in ways that reduces fatigue, prevents injury, and use your strength efficiently.
T F
2. A Stable base of support means standing with your feet together to improve balance during transfers.
T F
3. Feet should be positioned about 8-12 inches apart, with one foot slightly ahead of the other.
T F
4. Locking your knees while lifting helps protect your back by keeping you upright.
T F
5. Leg muscles should do most of the work during lifting because they are stronger than the back muscles.
T F
6. Maintaining a neutral spine means keeping the natural curve of your back, not rounding or over-arching it.
T F
7. Twisting your upper body is acceptable if you keep your feet planted.
T F
8. Company policy allows caregivers to assist clients with transfers up to 30 pounds.
T F
9. If a transfer feels too heavy or unsafe, caregivers should ask for additional help.
T F
10. Explaining each step of a transfer to the client is optional if the caregiver is experienced.
T F
11. Encouraging the client to participate as much as they safely can helps protect both the client and the caregiver.
T F
12. Loose rugs, clutter, and unlocked wheelchair wheels can increase the risk of injury during transfers.
T F
13. Transfer belts, walkers, and wheelchairs should be checked to ensure they are in good working order before use.
T F

14. If you begin to lose control during a transfer, you should try to hold the client up at all costs.
T F
15. When transferring a client into a car, the car should be parked on a level surface whenever possible.
T F
16. During a wheelchair-to-car transfer, wheelchair wheels should be locked and footrests moved out of the way.
T F
17. Standing facing the client and bending your knees helps maintain proper body mechanics during car transfers.
T F
18. Back health is supported by stretching, strengthening core muscles, and warming up before transfers.
T F
19. Proper footwear is optional as long as the caregiver feels comfortable.
T F
20. If unsure about transfer techniques, caregivers are encouraged to ask the office for a demonstration.
T F

21. **Winter Safety Question**

According to the *Inclement Weather: Winter Travel Ready!* section, name two items that should be included in a Winter Car Survival Kit and briefly explain why one of those items is important.

22. **Dementia Care Question**

In the Dementia & Alzheimer's Care: Communication & Daily Support section, what are two techniques caregivers should use when communication isn't working, and why is patience emphasized when caring for someone with dementia?

Name _____

Signature _____ Date _____