

July & August 2026



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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

Company Holidays- 2025

New Year's Day, Thursday Jan 1st
Easter, Sunday April 5th
Memorial Day, Monday May 25th
4th Of July, Saturday July 4th
Labor Day, Monday Sept 7th
Thanksgiving Thursday Nov 26th
Christmas Eve, Thursday Dec 24th (3p-12a)
Christmas Day, Friday Dec 25th
New Year's Eve, Thursday Dec 31st (3p-12a)



Red, White, and YOU!

Happy 4th of July to our incredible caregivers!

July marks the midway point of the year, it is also considered to be a fun month giving thanks to the biggest patriotic party of the year! Did you know Americans eat about **150 million hot dogs** on the 4th? Or that the first Independence Day celebration in 1777 included

bonfires, parades, and fireworks — just like today? However you celebrate, we hope your day is filled with pride, joy, and a little extra sparkle! ✨

Show off your festive side! 🎆 Send us your best 4th of July photo — whether it's a cute outfit, fireworks, a yummy BBQ plate, or a patriotic smile — and you might be featured in our next newsletter!



July
Takesha

August
Niki
Mary O
Lori
Leandra

August
Jessica
Nataliya
Shantelle
Mary O
Taylor
Niki



Household Management

Kitchen Cleanup: Keeping It ✨

Let's talk about something we ALL appreciate—a **clean kitchen**! A tidy space isn't just nice to look at—it helps prevent germs, keeps appliances running smoothly, and makes cooking (and snacking!) way more enjoyable. One of the biggest culprits of kitchen grime? **The microwave!** 🙄 You'd be surprised how fast it can turn into a science experiment if left unchecked. 🤖

Microwave Mayhem? Not on Our Watch! 🚫 🔥

Here's how to keep it fresh and mess-free:

- ✅ **Always** use a **plate cover** to prevent splatters. (If your client doesn't have one, let us know!)
- ✅ Wipe down the plate cover **after every use**.
- ✅ Give the inside & outside a good scrub **at least once a week**.
- ✅ Stuck-on food? No sweat! Try this **easy cleaning hack**:
 - Fill a **microwave-safe cup or bowl** halfway with **water**.
 - Microwave for **5 minutes**—the steam will loosen the grime.
 - Wipe it down with a **paper towel or cleaning cloth**.

Kitchen Clean-Up Cheat Sheet 💡

- 💡 **Countertops** – Warm water + a little dish soap + a microfiber cloth = sparkling clean surfaces!
- 💡 **Wooden Cabinets** – Mix ½ **teaspoon dish soap** with a **gallon of warm water**, wipe down, then dry immediately.
- 💡 **Refrigerator** – Spray the inside with **vinegar & water**, let it sit, then wipe it clean.

A clean kitchen = happy clients & happy caregivers! 😊💙 Thank you for making homes shine and keeping our clients safe & comfortable. **You're amazing!** 🌟

Taking Care of Your Client:

The Power of Thoughtful Touch & Comfort 💙 ✨

As caregivers, we do so much more than assist with daily tasks—we bring **comfort, warmth, and dignity** to our clients' lives. One way to truly elevate care is by adding **small, thoughtful touches** that turn routine tasks into **relaxing, pampering experiences**.

Keeping Clients Comfortable in Changing Temperatures ☀️

Older adults don't adjust to temperature changes as easily as younger people. Chronic health conditions and certain medications can affect their body's ability to regulate heat or cold. That's why it's important to:

- 🔔 **Check in often** – Ask if they feel too warm. Lighter clothing can make all the difference!
- 💧 **Keep them hydrated** – Water, herbal teas, or even fruit with high water content can help.
- 🏠 **Make small adjustments** – Warming a blanket in the dryer or cooling a room with a fan can bring quick relief.

By being attentive and proactive, we help our clients feel safe, comfortable, and cared for—no matter the season!

Turning Bathing Time Into a Spa Experience 🛁 🌿

Bathing is an essential part of care, but it doesn't have to feel like a chore! With a little extra thought, you can transform it into a soothing and enjoyable experience.

🐱 Pampering Touches for a Relaxing Bath Time:

- ✓ **Massage shampoo into the scalp** with gentle, circular motions—this increases circulation and feels amazing!
- ✓ **Warm up the bathroom** beforehand if possible, so it's cozy and inviting.
- ✓ **Heat towels in the dryer** for a minute or two for an extra touch of comfort.
- ✓ **Apply lotion** with a light massage on arms and legs (if in the care plan) to keep skin hydrated and improve circulation.

Bathing Clients: Work Smarter, Not Harder! 🧑‍🔧

Taking care of your own body mechanics ensures you can provide care **without straining yourself!**

- 🛁 **Plan ahead** – Gather everything you need before starting.
- 🛁 **Work with the space you have** – In small bathrooms, pull the wheelchair from the front instead of squeezing around it.
- 🛁 **Reduce bending** – Use a **small stool** to lift their feet or sit on one yourself to avoid unnecessary strain.
- 🛁 **Make bed baths easier** – Place the **basin on a nearby table** at a comfortable height to avoid constant bending.

By adding warmth, care, and smart techniques to these daily routines, we turn everyday tasks into moments of kindness and connection. ❤️ Thank you for everything you do to make our clients feel valued, comfortable, and safe! You're truly making a difference. ☀️



Taking Care of Yourself:

The Power of Gratitude: A Simple Way to Feel Happier Every Day! ✨❤

Hey Caregivers! Life can get overwhelming, but what if we told you that a simple mindset shift could boost your happiness, improve sleep, and even help you feel more energized? The secret? Gratitude!

Science may not have a formula for happiness, but research shows that practicing gratitude can make a real difference in your well-being. Here's what it can do for you:

- ✓ Boost happiness & overall life satisfaction 😊
- ✓ Improve sleep quality (goodbye, tossing & turning!) 😴
- ✓ Increase energy & motivation 🚀
- ✓ Help you reach personal goals faster 🎯

Gratitude in Action: Easy Ways to Start Today!

❤ Write it down – List 3 things you're grateful for each day for 21 days. You'll be amazed at the shift in your mindset!

💌 Send a gratitude letter – Write to someone who has positively influenced your life and send it! You'll brighten their day AND yours.

😂 Share a laugh – Swap funny stories with a friend or co-worker at least once a week. Finding humor in everyday life helps shift your focus to the good things.

Tuning Into Your Feelings & Needs 🧘

Sometimes, stress gets in the way of gratitude. When you're feeling down, take a moment to check in with yourself. Try this:

📝 Think of something that's been bothering you & write down:

- 1 Your feelings about it (Are you frustrated? Overwhelmed? Lonely?)
- 2 The needs behind those feelings (Do you need rest? Support? A little fun?)

Simply acknowledging your feelings can be a huge relief—and when you meet your needs, you make room for more gratitude! 💖

So, caregivers, take a deep breath, give yourself some credit, and remember—you're amazing and appreciated! Now go forth and spread some gratitude! ☀️ ✨

☀ Soak Up the Summer Bonus! 🌴



Have a friend or family member who would shine as a caregiver? **Refer them to Tailored Senior Services!**

If your referral is hired and **completes 90 days**, you'll get a **\$75 bonus** as our sunny thank-you! 💰 😎

👥 Great people know great people—**send someone our way and earn while you share the sunshine!**

What's in your wallet?

FROM THE DESK OF LAURA

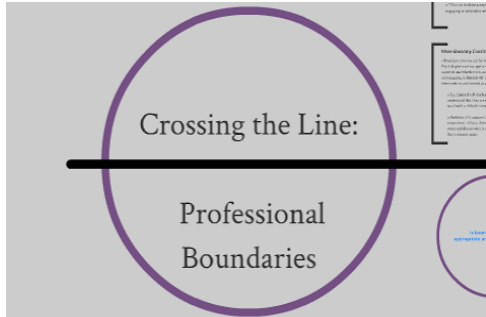
Automated Shift Reminders:

We are still receiving some communication from the automated shift offers. The office is not responsible for missing communication that is sent through an automated shift reminder. This is what the automated messages look like:

Tailored Senior Services:

Shifts for xxxxxxxx xxxxxxxx

Mon 4/1 10a-4p CDT



CROSSING PROFESSIONAL BOUNDARIES: PART 2

Accepting Gifts/Favors/Tips

Accepting or giving gifts in caregiving blurs the line between professional and personal relationships, often leading to ethical complications, accusations of exploitation, or termination. Most agencies enforce a strict "no gifts" or "nominal value" policy to protect both the client and the caregiver.

Why Boundaries Matter

- **Financial Exploitation:** Accepting valuable items or cash can be perceived as manipulating or taking advantage of a vulnerable client.
- **Favoritism:** Accepting gifts can create the appearance that you are providing unequal care or attention among your clients.
- **Family Disputes:** Family members may assume a caregiver coerced an elder into giving away items, leading to accusations of theft.
- **Loss of Objectivity:** Unconditional giving can push a professional working relationship into an intimate, personal one.

Rules for Accepting Gifts

- **Cash or Cash Equivalents:** Cash, gift cards, and checks are prohibited.
- **Nominal Items:** A small, token (e.g., home grown fruit/veggies/flowers or baked goods) is okay.
- **Agency Policy:** Holiday gifts are acceptable in the month of December if reported to the office.

How to Politely Decline a Gift

When a client offers a gift that exceeds your company policy, handle it delicately to avoid causing offense or hurting the client's feelings:

1. **Acknowledge the thought:** Express sincere gratitude and let them know you appreciate their thoughtfulness and generosity.
2. **State your policy:** Politely explain that your agency has strict ethical guidelines that prevent you from accepting gifts.
3. **Suggest an alternative:** Let the client know a heartfelt thank-you card, a drawing, or a positive review for your agency is the greatest reward you could ask for.

Giving Gifts to Clients

Giving gifts to clients is generally discouraged. Small gestures like a homemade card are usually acceptable, but gifts blur professional boundaries and place an undue financial burden on the client. It can also cause other family members to question your motives.

4th of July Word Search

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



AMERICA
BLUE
BRITAIN
DECLARATION
FIREWORKS
FLAG
FOURTH

FREEDOM
INDEPENDENCE
JULY
LIBERTY
NATION
PARADE
RED

REVOLUTION
RIGHTS
STATES
SUMMER
THIRTEEN
UNITED
WHITE



Mouth Watering Recipe – Mexican Dorito Casserole

(Brought to us by one of our TSS Family Members)



Ingredients

- ✓ 1 Bag Nacho Doritos, crushed
- ✓ 2 Cups shredded chicken or ground beef
- ✓ 2 Cups shredded cheese
- ✓ 1 Can (10.75oz) cream of chicken soup
- ✓ 1 Can Rotel tomatoes, undrained
- ✓ ½ Cup sour cream
- ✓ ½ Cup Milk
- ✓ ½ Package taco seasoning

Prep Time
15 min

Total Time
50 min

Servings
6

Nutrition Profile:

Serving: 1g | Calories: 552kcal | Carbohydrates: 43g | Protein: 42g | Fat: 24g | Saturated Fat: 9g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 7g | Trans Fat: 0.4g | Cholesterol: 98mg | Sodium: 1209mg | Potassium: 685mg | Fiber: 5g | Sugar: 4g | Vitamin A: 854IU | Vitamin C: 4mg | Calcium: 589mg | Iron: 4mg

Directions

1. **Prepare the Oven and Dish:** Preheat your oven to 350°F (175°C). Spray a 2-quart casserole dish with nonstick cooking spray.
2. **Mix the Filling:** In a large bowl, combine shredded chicken or beef, 1 cup cheese, cream of chicken soup, Rotel tomatoes, sour cream, milk, and taco seasoning. Stir until everything is well blended.
3. **Layer the Casserole:** Place half of the crushed Doritos in the bottom of the casserole dish. Top with half of the meat mixture. Repeat layers.
4. **Add Cheese:** Optionally, sprinkle additional cheese on top for a cheesy crust.
5. **Bake:** Cover with aluminum foil and bake in the preheated oven for 35 minutes. For a larger pan and double recipe, bake for 45 minutes.
6. **Bake:** Cover with aluminum foil and bake in the preheated oven for 35 minutes. For a larger pan and double recipe, bake for 45 minutes.

Dementia & Alzheimer's

Staying Steady & Supported 💙🧠

Caring for a client with **Alzheimer's or dementia** means thinking ahead and making small changes that **keep them safe, comfortable, and independent** for as long as possible. One of the biggest challenges? **Balance and coordination.**

💡 **Did you know?** Clients may struggle to move safely **not just because of physical changes, but also due to memory issues.** They might miss a step, bump into furniture, or get distracted while walking. A simple conversation or unfamiliar environment can throw them off balance.

How to Help Clients Move Safely 🚶💙

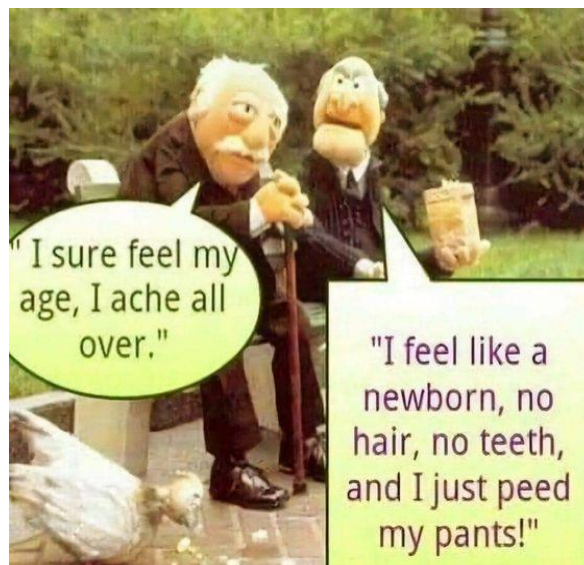
- ✓ **Clear pathways** – Keep walkways open and free of clutter.
- ✓ **Go slow & offer support** – Stand beside them, encourage small steps, and guide them when needed.
- ✓ **Use well-placed lighting** – Shadows and dim spaces can be confusing. Keep hallways and common areas bright!
- ✓ **Encourage proper footwear** – Non-slip socks or sturdy shoes can help prevent falls.

Helping with Memory & Daily Tasks 🏠📝

Clients with memory loss may forget where things are, leading to frustration or confusion. Here are **simple tricks** to make their home **easier to navigate**:

- 🎨 **Use color contrast** – Objects in **contrasting colors** stand out more (e.g., a dark-colored plate on a light table).
- 🚻 **Label key areas** – Tape **colored paper or a picture** of a toilet to the bathroom door for easy recognition.
- 🗄️ **Mark drawers & cabinets** – Labels or pictures showing what's inside help clients find what they need.
- 📌 **Place reminders in plain sight** – Sticky notes or whiteboards with simple instructions can be lifesavers!

By **creating a safe and memory-friendly environment**, we **reduce stress** and **empower our clients** to move through their day with more confidence. **Your thoughtful care makes all the difference!** 💙✨



Safety Spotlight:

Beat the Heat & Protect Your Back!

Caring for clients means **looking out for their safety—and yours!** This month, we're focusing on **extreme temperatures and back safety** to keep both you and your clients safe and comfortable.

☀️ Stay Cool & Prevent Heat-Related Illness

Summer heat can be **dangerous for seniors**, as their bodies don't regulate temperature as well. Heat stroke and heat exhaustion can happen fast, but **you can help prevent them** with these simple steps:

- ✓ **Stay in air-conditioned spaces** – If the home doesn't have AC, find a cooling shelter nearby.
- ✓ **Hydrate!** – Drink plenty of water, even if you're not thirsty. Avoid alcohol and caffeine.
- ✓ **Dress smart** – Wear **lightweight, loose, light-colored** clothing.
- ✓ **Skip the stove** – Cooking with the oven can overheat the home.
- ✓ **Cool down** – Use cool showers, wet washcloths, and fans to stay refreshed.
- ✓ **Check in** – Monitor your client's hydration and well-being, especially during heat waves.

🚨 Know the Signs

⚠️ **Heat Exhaustion:** Heavy sweating, dizziness, nausea, rapid pulse. **Action:** Move to a cool place, drink water, rest.

🔥 **Heat Stroke (Emergency!):** High body temp (103°F+), red dry skin, confusion, unconsciousness. **Action:** Call 911, cool down with water, monitor breathing.

🦋 Back Safety: Protect Yourself While Helping Others

We get so busy taking care of others that we **forget to take care of ourselves**—until that dreaded "Ugh, my back!" moment happens. **Prevent injuries with these body mechanics tips:**

Proper Lifting & Transfers

- ✓ **Know your limits** – TSS lifting limit is **35 lbs.** Always use proper form!
- ✓ **Communicate with your client** – Let them help as much as possible.
- ✓ **Check your surroundings** – Floors should be dry and clear of hazards. **Non-slip shoes are a must!**
- ✓ **Lift smart** – Keep your feet shoulder-width apart, tighten your stomach, **bend at the knees, and lift with your legs—not your back!**
- ✓ **Avoid twisting** – Pivot your feet instead of twisting your back.
- ✓ **If a client starts to fall**, lower them gently and **call for a lift assist** if needed.

Bed Mobility Tips

- 🛏️ Adjust the bed height (if possible) to avoid bending awkwardly.
- 🔄 **Roll clients towards you, not away.**
- 💪 Lean into movements instead of pulling with your arms.
- 🚶 Shift your weight and use your legs to reduce strain.

By **staying cool, lifting smart, and using proper body mechanics**, you'll keep yourself and your clients **safe, comfortable, and injury-free!** 💙👊