



# Specialized Services & Personnel, Inc.

Volume 1 - Issue 2 : October 30, 2017

*Meraki...a verb... Labor of love...It means to do something with passion, with absolute devotion, with undivided attention.*

## *A note from the Administration...*

Happy NOVEMBER!

It is hard to believe that it has already been a month since the first issue of our newsletter!

We hope to make Meraki a place to share useful information, recognitions, and company news. If you have something that you would like to see highlighted in the newsletter – Individual success stories and shout-outs from employees about themselves or the individuals they serve, supervisors about employees, or upcoming events of interest are just a few ideas – Please feel free to reach out to us. We are open to suggestions. Write it up and submit it to your supervisor or email [kstockwellssp@gmail.com](mailto:kstockwellssp@gmail.com) and put ATTN: NEWSLETTER in the subject line.

### NEWS:

We are happy to announce that SS&P has received its Accreditation RENEWAL for FOUR YEARS from CQL! Thank you to everyone for a superior job of completing this wonderful accomplishment!

*~Thank You~*



## November is National Alzheimer's Awareness Month

It can be overwhelming to take care of a loved one with Alzheimer's or other dementia, but too much stress can be harmful to both of you. Read on to learn symptoms and ways to avoid burnout.

### 10 symptoms of caregiver stress

1. **Denial** about the disease and its effect on the person who has been diagnosed.  
*I know Mom is going to get better.*
2. **Anger** at the person with Alzheimer's or frustration that he or she can't do the things they used to be able to do.  
*He knows how to get dressed — he's just being stubborn.*
3. **Social withdrawal** from friends and activities that used to make you feel good.  
*I don't care about visiting with the neighbors anymore.*
4. **Anxiety** about the future and facing another day.  
*What happens when he needs more care than I can provide?*
5. **Depression** that breaks your spirit and affects your ability to cope.  
*I just don't care anymore.*
6. **Exhaustion** that makes it nearly impossible to complete necessary daily tasks.  
*I'm too tired for this.*
7. **Sleeplessness** caused by a never-ending list of concerns.

What if she wanders out of the house or falls and hurts herself?

8. **Irritability** that leads to moodiness and triggers negative responses and actions.

Leave me alone!

9. **Lack of concentration** that makes it difficult to perform familiar tasks.

I was so busy, I forgot my appointment.

10. **Health problems** that begin to take a mental and physical toll.

I can't remember the last time I felt good.

## Tips to manage stress

If you experience signs of stress on a regular basis, consult your doctor. Ignoring symptoms can cause your physical and mental health to decline.

- **Know what community resources are available.**

Adult day programs, in-home assistance, visiting nurses and meal delivery are just some of the services that can help you manage daily tasks. Contact your local Alzheimer's Association chapter for assistance in finding Alzheimer's care resources in your community.

Use Alzheimer's Navigator, the free online tool that helps evaluate your needs, identify action steps and connect with local programs and services.

- **Get help and find support.**

The 24/7 Helpline (800.272.3900), ALZConnected online community and local support groups are all good sources for finding comfort and reassurance. If stress becomes overwhelming, seek professional help.

- **Use relaxation techniques.**

There are several simple relaxation techniques that can help relieve stress. Try more than one to find which works best for you. Techniques include:

- Visualization (mentally picturing a place or situation that is peaceful and calm)
- Meditation (which can be as simple as dedicating 15 minutes a day to letting go of all stressful thoughts)
- Breathing exercises (slowing your breathing and focusing on taking deep breaths)
- Progressive muscle relaxation (tightening and then relaxing each

muscle group, starting at one end of your body and working your way to the other end)

- **Get moving.**

Physical activity — in any form — can help reduce stress and improve overall well-being. Even 10 minutes of exercise a day can help. Take a walk. Do an activity you love, such as gardening or dancing.

- **Find time for yourself.**

Consider taking advantage of respite care so you can spend time doing something you enjoy. Respite care provides caregivers with a temporary rest from caregiving, while the person with Alzheimer's disease continues to receive care in a safe environment. Learn more about respite care.

- **Become an educated caregiver.**

As the disease progresses, new caregiving skills may be necessary. The Alzheimer's Association offers programs to help you better understand and cope with the behaviors and personality changes that often accompany Alzheimer's. You may also find it helpful to talk to other care partners and caregivers about how they are coping with the challenges of the disease and uncertainty about the future.

- **Take care of yourself.**

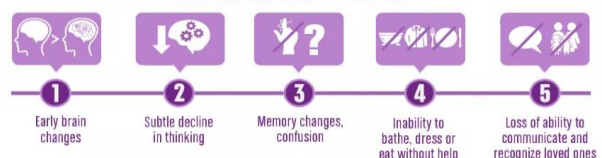
Visit your doctor regularly. Try to eat well, exercise and get plenty of rest. Making sure that you are healthy can help you be a better caregiver.

- **Make legal and financial plans.**

Putting legal and financial plans in place after an Alzheimer's diagnosis is important so that the person with the disease can participate. Having future plans in place can provide comfort to the entire family. Many documents can be prepared without the help of an attorney. However, if you are unsure about how to complete legal documents or make financial plans, you may want to seek assistance from an attorney specializing in elder law, a financial advisor who is familiar with elder or long-term care planning, or both.

## ALZHEIMER'S CARE

### THE ALZHEIMER'S TIMELINE



# HAPPY BIRTHDAY TO YOU...♪♪♪♪♪ (November Birthdays)

- Andrea G (1)
- Anthony A (1)
- John H (4)
- Heather E (4)
- Maurice M (5)
- Amanda C (10)
- Linda V (11)
- Alisha D (14)
- Jean C (16)
- Wincey M (16)
- Dorothy B (18)
- Brandy Y (18)
- Edith C (22)
- Earlene M (23)
- Sheba M (24)
- Crystal S (29)
- Ashlee F (29)



- Rihanna C (3)
- Matthew L (3)
- Henry P (7)
- Ronald G (8)
- Wendi L (9)
- Andrew S (14)
- Brittney H (14)
- Joseph M (17)
- Linda B (20)
- Allen L (22)

## A Note from Medical Records

### DOCUMENTATION

Should be accurate and completed in a timely manner. Record information **DAILY!** Delays can result in inaccurate and incomplete information

**Check this area in our  
November 30th Issue for A  
Christmas SURPRISE!!**



## A Note from Payroll

### CHECK YOUR

### MAILING ADDRESS!!

**It is getting close to the end of the year and with that comes W2s and Tax Forms.**

Please check your mailing address that appears on your check for accuracy and notify your **SUPERVISOR** immediately if a change needs to be made. This will help to ensure that you receive your documents in a **timely manner.**

During the upcoming holidays if you are sending cards and well-wishes please consider adding the following name to your list. Delores is a former employee who worked in the billing department and is now in rehab at St. Joseph. Thank you!

**Delores Darby  
Room #811-B  
103 Gossman Dr.  
Southern Pines, NC 28387**

**CONGRATULATIONS**  
to the following employees with  
**SERVICE ANNIVERSARIES in**  
**NOVEMBER:**

- 19 yrs Torsheka B**
- 11 yrs Heather E**
- 10 yrs Barbara F**
- 7 yrs Roland C**
- 5 yrs Mary R**
- 5 yrs Quatisha H**
- 5 yrs Charles L**
- 5 yrs Linda L**
- 4 yrs Darla M**
- 3 yrs Kimberly B**
- 3 yrs Darrel C**
- 1 yr Jody W**
- 1 yr Dorothy B**
- 1 yr Bettysue B**
- 1 yr Hope S**
- 1 yr Beavon O**
- 1 yr Jessica A**

## The Brain

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

EGO  
LEARN  
CEREBRUM  
CEREBELLUM  
CRANIUM  
VENTRICLE  
INTELLECT  
BRAIN  
INTELLIGENCE  
THINK  
PSYCHE  
GENIUS  
STEM  
MEDULLA  
NERVE  
MENTALITY  
FREUD  
LOBES  
CORTEX

Play this puzzle online at : <http://thewordsearch.com/puzzle/5625/>

Find a copy of this newsletter on our NEW  
Facebook page <http://fb.me/SSandPInc>.



Happy  
Thanksgiving