

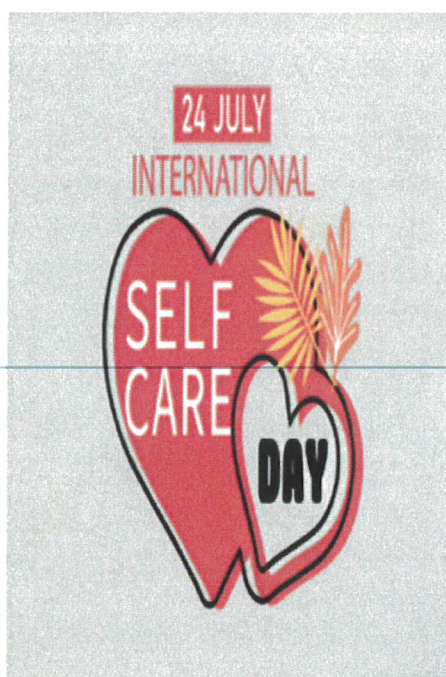


JULY



LIVING HANDS NEWSLETTER

The month of July symbolizes many things. July is Minority Mental Health Awareness Month, which is a very important issue that should be recognized and we all should be aware of. However, July 24th is also the official day for one of our favorite things to emphasize, SELF CARE! The home care industry can be very taxing and demanding depending on the needs of our clients. Its not abnormal for us to



be physically and emotionally taxed by the time our day ends. It is important for us to practice some sort of self care on a regular basis so we can continue to give our clients the best care. Low patience and frustration are things that can be easily detected by our clients, and we don't want them to feel like a burden or a nuisance to us. Don't let life's daily stresses make us cranky and mean. Take time for what YOU need. **SELF CARE!**

ANNUAL TRAINING!!!



Its that time of year again when we all have to do anuual training. Annual Training is located under the "continuing education" tab on the Loving Hands website. (www.livinghandsphilly.com) All of the modules must be completed once every year. Once you have completed a module, there is a short quiz, and then a certificate of completion will be issued. Take a screenshot of the certificates and send them to livinghandsphilly@gmail.com. The trainings are mandatory and will be checked by the insurance companies when they do their audits. It is a requirement that ALL caregivers show that they know the important information and rules that are associated with providing great home care.

Self care doesn't necessarily mean that you have to book a spa day! Here are some simple self care suggestions:

LOVE SELF CARE

Self-Care Ideas List

What sounds good to you today?

- | | |
|--|---|
| ☐ Do some yoga | ☐ Listen to your favorite music |
| ☐ Go for a walk in nature | ☐ Take a break from social media |
| ☐ Get a massage | ☐ Journal in a notebook |
| ☐ Sit in the sunlight | ☐ Pick up a book |
| ☐ Practice some meditation | ☐ Make your home feel more like a retreat |
| ☐ Plan a week of healthy meals | ☐ Grab your favorite essential oils |
| ☐ Grab a big glass of water | ☐ Create your own spa day at home |
| ☐ Pamper yourself with the perfect bath | ☐ Begin a new creative project |
| ☐ Get a better nights sleep | ☐ Make music with an instrument |
| ☐ Take a deep breath | ☐ Be more efficient with your daily to-do list |
| ☐ Do something creative | ☐ Do a social media detox |
| ☐ Try a new face mask | ☐ Open a window for fresh air |
| ☐ Create a Pinterest board | |

Self-Care Activities

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

BAKE
COOK
DANCE
DRAW
EXERCISE
JOURNAL
LAUGH

LEARN NEW THINGS
MEDITATE
NAP
PAINT
PLAY MUSIC
PLAY WITH PET
READ

SHOWER
SPEND TIME OUTSIDE
STRETCH
TAKE A BATH
TALK TO FRIENDS
WALK
YOGA



SPOTLIGHT CAREGIVER OF THE MONTH

SANDRA HEATH WILKINS

Loving Hands would like to recognize Sandra Heath Wilkins as our July 2026 Caregiver of the Month!! Sandra has a full-time job and takes care of her mother after that job. Despite having such a big commitment to her first job, Sandra does everything that is asked of her to stay in compliance with our agency. She handles our demands gracefully, always responds promptly, and is always respectful. Furthermore, she wastes no time providing Loving Hands with any information that is requested from her. Sandra has a lot on her plate and still manages to be one of our brightest stars!!!

Congratulations Sandra!! Another LUVING HANDS ROCKSTAR!!





Stay in touch with us!!

LIVING HANDS
HOME HEALTH CARE AGENCY

Call us at (484) 472-7167

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**“The Agency you will grow to LUV.
We provide the service you deserve!”**