

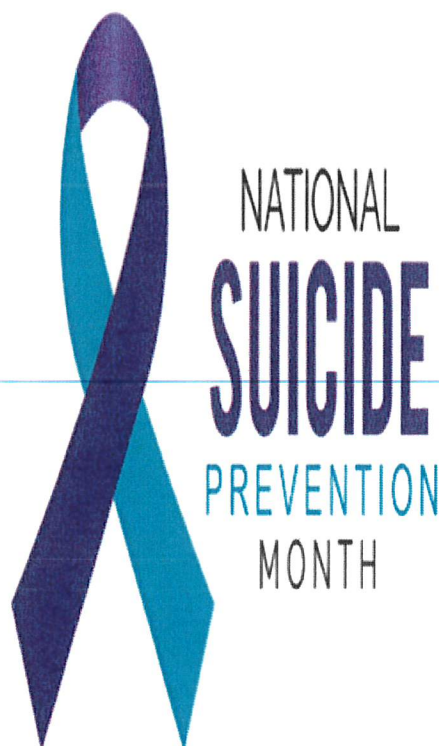


SEPTEMBER



LUVING HANDS NEWSLETTER

Hey Everyone!! Welcome to the September 2026 edition of the Loving Hands Newsletter. The month of September symbolizes suicide awareness. Suicide is a very sensitive and heartbreaking topic. But this isn't about suicide itself, it's about recognizing if a loved one is at a breaking point and if they are at risk for self harm. It is also about seeking help if you yourself are having any



difficulties personally and having thoughts of harming yourself. Do you know where to seek help or get assistance for yourself, or someone else struggling with this issue? It is not recommended that you try and solve these problems on your own. All you have to do is dial 988. Just like you dial 911 for emergencies, you dial 988 for suicide. It is a national hotline that has services around the clock. Please make a note of the number and make sure all of your loved ones have it.

ANNUAL TRAINING!!!



It's that time of year again when we all have to do annual training. Annual Training is located under the "continuing education" tab on the Loving Hands website. (www.lovinghandsphilly.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 lovinghandsphilly@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.

Suicide WARNING SIGNS

NEGATIVE
VIEW
of SELF

**MAKING
SUICIDE**
threats

A sense of
HOPELESSNESS
OR
NO HOPE
for the
FUTURE


ISOLATION
or
**FEELING
ALONE**


AGGRESSIVENESS
and
IRRITABILITY

 **Possessing
LETHAL
MEANS**

**FEELING LIKE A
BURDEN**
to others

DRASTIC
changes in
MOOD
and
BEHAVIOUR



**FREQUENTLY
TALKING
about
DEATH**

**SELF-
HARM**
like

CUTTING
behaviours

ENGAGING
in "risky"
BEHAVIORS

Making **funeral**
ARRANGEMENTS

GIVING
things **AWAY**

SUBSTANCE
abuse

Suicide prevention tips for parents and caregivers

Suicide is one of the leading causes of death in children and adolescents. Being proactive about prevention can make a big difference.

- 1 **Know the warning signs**
- 2 **Have regular mental health check-ins**
- 3 **Ask your child if they are having thoughts about suicide**
- 4 **Help your child stay engaged**
- 5 **Listen without judging**
- 6 **Stay with them if they're in crisis**



Name: _____ Date: _____

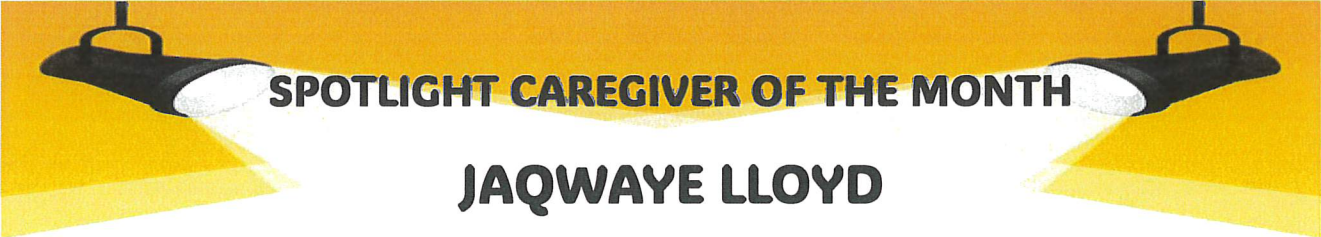
Suicide Prevention Word Search

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

Suicide Prevention
Confidential
Isolated
Friends
Family

Text Chat Line
Hopelessness
Attempts
Unhappy
Guilt

Its Your Call
Depression
Anxiety
Suicide
Alone

A graphic featuring two black stage spotlights on a yellow background, casting beams of light onto the text below.

SPOTLIGHT CAREGIVER OF THE MONTH

JAQWAYE LLOYD

Loving Hands would like to recognize Jaqwaye Lloyd as our September 2026 Caregiver of the Month!! Jaqwaye came to our company with 3 different clients. She did an excellent job maintaining her 3 cases, who were all family members. Jaqwaye experienced a great loss during her time with us, and she still managed to continue to care for her clients and stay in compliance with our agency. Sometimes it's hard to maintain when life happens, but Jaqwaye is a great example of resilience and continued dedication!!

Congratulations Jaqwaye!! Another LUVING HANDS ROCKSTAR!!





Stay in touch with us!!

LUVING HANDS
HOME HEALTH CARE AGENCY

Call us at (484) 472-7167

Fax us at (484) 472-7056

Email us at Lovinghandsphilly@gmail.com

Visit us at www.lovinghandsphilly.com

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