



# CAREGIVER NEWSLETTER

Volume 1 / Issue 6

August 2022

## CAREGIVER SPOT- LIGHT:

This month caregiver spot-  
light is

### CATHY STARKEY

Cathy Starkey has been the only caregiver from the files pulled at random by auditors to be 100% in compliance. She completed all the documentation (i.e. task list and visit notes) on time for every shift. For this **Cathy will be rewarded with a gift certificate.** Thank you Cathy for your work ethic!

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*“Take care of your body. It’s the only place  
you have to live.”*

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## **Stretching**

Stretching is a fundamental way to improve your overall health and fitness. By incorporating a regular flexibility program into your exercise routine you can: improve circulation, improve range of motion, improve posture, decrease joint stiffness, decrease muscle tension, improve performance, improve your ability to relax, and find time for mental training, such as visualization.

A complete stretching routine can take as little as ten minutes. The best time to stretch is after you have warmed up. The best time to perform your flexibility routine is after exercise. This is when your muscles are the warmest and when you can use the relaxation. Focus on stretching the muscles you use the most during your specific exercise or sport.

### **Proper stretching technique**

Perform balanced stretching. This means stretching the muscles on both sides of your body evenly. Don’t stretch one side more than the other.

Avoid over-stretching. Never stretch to the point of pain or discomfort. You will feel slight tension or a pull on the muscle at the peak of the stretch.

Go slow! Always stretch slowly and evenly. Hold the stretch for about fifteen seconds and release slowly as well.

Don't forget to breathe. Flexibility exercises should be relaxing. Deep easy, even breathing is key to relaxation. Never hold your breath while you stretch. Stretching can be done almost anywhere. Here are a few quick ways to relax your body and spirit:

***Upper back stretch:***

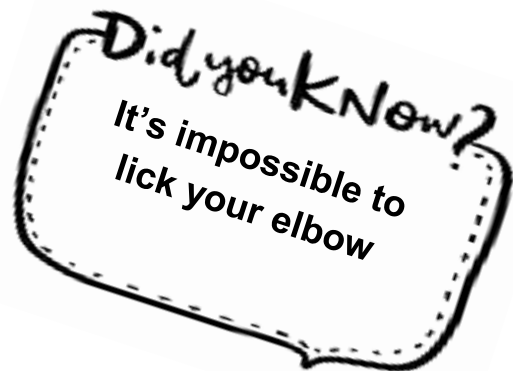
Stand with your knees slightly bent or sit up straight.  
Clasp your hands in front of you, arms parallel to floor.  
Keep your head relaxed.  
Round your upper back. Push hands forward, palms away from body.  
Hold for twenty to thirty seconds, breathing steadily. Repeat two to five times.

***Neck stretch:***

Stand with your knees slightly bent or sit up straight.  
Drop chin to your chest.  
Place hands on back of head. Gently push down until you feel slight stretch.  
Hold for twenty to thirty seconds, breathing steadily. Repeat two to five times.

***Towel stretch for legs:***

Find a dish or hand towel to help you stretch.  
Lay on your back, abdominal muscles tightened, knees bent, and feet on floor.  
Extend one leg toward ceiling. Keep knee slightly bent.  
Place towel behind back of leg or ankle (not behind knee), holding both ends.  
Pull towel toward your chest until you feel a stretch.  
Hold for twenty to thirty seconds, breathing steadily. Repeat two to five times.





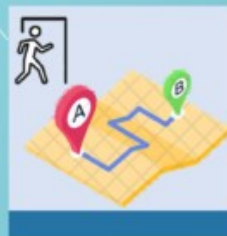
## BEFORE



STAY INFORMED ON LOCAL NEWS



PREPARE AN EMERGENCY BAG WITH FOOD, DRUGS, DOCUMENTS, FLASHLIGHT, PET ITEMS



KNOW HOW TO EVACUATE AND SAFE ALTERNATIVE ROUTS



LEAVE BEFORE FLOODING STARTS



IN FLOOD PRONE AREAS: KEEP USEFUL ITEMS AT HOME (SANDBAGS, LADDER, ROPE..)

## DURING THE FLOOD



DISCONNECT ELECTRICITY AND GAS



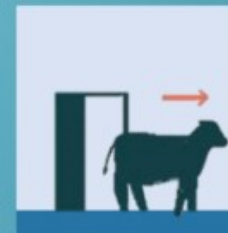
DON'T WALK OR DRIVE IN FLOOD WATER



GET TO A HIGHER GROUND



FOLLOW EVACUATION ORDEERS



FREE CATTLE AND LEAD ANIMALS TO A SAFER PLACE

## AFTER



AVOID CONTACT WITH FLOOD WATER AND SWIMMING



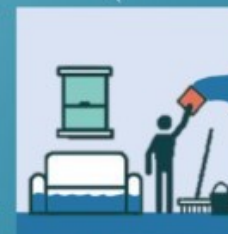
DON'T TOUCH POWER LINES



DON'T GO HOME OR TO DISASTER AREAS UNTIL IT IS DECLARED SAFE



COMMUNICATE TO YOUR FAMILY THAT YOU ARE SAFE



WHEN BACK HOME: CLEAN AND DISINFECT SURFACES AND ITEMS



# Happy Birthday!



<b>Julie Clevenger</b>	<b>Richard Wiegard</b>
<b>Jessie Sipling</b>	<b>Luz Maria Vasquez</b>
<b>Roy Crist Jr</b>	<b>Ashlyn Miller</b>
<b>Sharon Machamer</b>	<b>Meghan Yoder</b>
<b>Sueanne Simpson</b>	<b>Carolyn Younker</b>
<b>Rose Kopp</b>	<b>Angelica Daywalt</b>
<b>Jeanette Lippy</b>	<b>Lynn Rotz</b>
<b>Jorcameliz Rodriguez</b>	<b>Sonia Lucre</b>

# Announcements

## 60th ANNIVERSARY CELEBRATION

We will be hosting our 60<sup>th</sup> Anniversary Mixer at our PennCares office at 788 Cherry Tree Court in Hanover on **10/13/2022** from 4:30pm-6:30pm. Participants will enjoy heavy appetizers, beverages, and activities all while celebrating PennCares previous 60 years.

Please register to join us at <https://business.hanoverchamber.com/events/details/membership-mixer-october-2022-hosted-by-penncares-4937?calendarMonth=2022-10-01>

Please go to [www.penncares.org](http://www.penncares.org) to click the above link to register. We are looking forward to having everyone there to help us celebrate.

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## AUGUST IS A BUSY MONTH & WE NEED YOUR HELP

Please pick up shifts and you will be entered to win a \$100 gift card. For more information contact Sarah or Kya.

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## IN NEED OF MORE SHIRTS?

Reach out to Missy [mchittum@penncares.org](mailto:mchittum@penncares.org) with the size and quantity.

Be on the lookout for 60th anniversary celebration T-shirts and water bottles.

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To streamline the process for **calling off** for everyone please **call 717-632-5552** and follow the prompts for In-Home Program.

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We wanted to create a community where you can go, speak freely and get to know one another. A place where you can interact and possibly be entered for some goodies! Check it out!

# Scan me!

