

July 2021

Independent Living Services

Editor: Greg Peters, Safety Mentor



ACCESSING INDEPENDENCE
full service personal care



Thank You for All You Do!



Please continue to be *Vigilant, Well & Safe. Wearing masks* and use all safety precautions.

Please contact us if you are in need of PPE supplies

\$500.00 REFERRAL BONUS

The heart of our business at Independent Living Services is in our caregivers. Our ability to provide the necessary care for those less fortunate in our community is dependent on our ability to attract the most reliable, compassionate, and excellent caregivers in the community. We also know that our best caregivers come from recommendation and referral from our own employees. The COVID-19 pandemic has brought trying times to us all, and we are in need of quality caregivers in Lancaster, Schuylkill and Carbon counties.

If you have a friend or family member who is interested in our team, please complete the form and send to Lisa Searfoss (Tamaqua Recruiter) or Stephanie Guerra (Lancaster Recruiter). If your referral meets the hiring criteria and is brought on as a PCA for 90 days (with a satisfactory 90 day evaluation), you will receive a referral bonus of \$500 paid directly to you!!!! This will be effective as of 3-8-21 and last until 9-30-21 which has been extended. (After which, it will return to our normal referral bonus of \$100). We thank you for trusting us to provide employment for your friends and family members and we look forward to showing it with this limited time referral bonus!



PCA's be aware!

Timesheets are needed to make any changes in the system When:

- * You forget to clock out or unable to clock out
- * Client is on the phone, whatever the case may be

SAFETY CORNER

BEAT THE HEAT!



Heat-related health dangers for older adults soar during the summer

NIH tips help reduce risk of hyperthermia.

Here are safety tips every participant and caregiver should know:

As we age, our ability to adequately respond to summer heat can become a serious problem. Older people are at significant increased risk of heat-related illnesses, known collectively as hyperthermia, during the summer months. Hyperthermia can include heat stroke, heat edema (swelling in your ankles and feet when you get hot), heat syncope (sudden dizziness after exercising in the heat), heat cramps, and heat exhaustion.

1. Most consumers have a tough time dealing with **heat** and humidity. The temperature inside or outside can put them at risk for a **heat**-related illness. Headache, confusion, dizziness, or nausea could be a sign of a **heat**-related illness. Provide fluids to help keeping hydrated.
2. Report to Support Coordinator & Staffing Supervisor if the participant does not have a fan or A/C. If they are having a hard time paying for home cooling and heating costs, there are some resources that might help. Contact the [National Energy Assistance Referral service\(link is external\)](#), your local [Area Agency on Aging\(link is external\)](#), senior center, or social service agency.
3. Do not overload circuits with fans or A/C units - unplug unnecessary when not in use.

Older people, particularly those at special risk, should stay indoors on particularly hot and humid days, especially when there is an air pollution alert in effect. To stay cool, drink plenty of fluids and wear light-colored, loose-fitting clothes in natural fabrics. People without fans or air conditioners should keep their homes as cool as possible or go someplace cool. Senior centers, religious groups, and social service organizations in many communities provide cooling centers when the temperatures rise. Or visit public air conditioned places such as shopping malls, movie theaters, or libraries.

The ILS Support Team:

Ashley, Denise, Geri, Lisa & Jenn

Monica, Stephanie, Luz, Lori, Barb & Greg