

MAY 2021



Independent Living Services

ACCESSING INDEPENDENCE
full service personal care

Editor: Greg Peters, Safety Mentor



It is with deep sadness and very heavy hearts that we inform you of the passing of our colleague and friend, Byron Boyd, Program Director of Independent Living Services. Byron passed away peacefully after a prolonged illness on Sunday, April 25th. He had been a valued member of our team since May 4, 2015.

We will miss him more than words can express as he was not just our co-worker but a friend. Byron was an advocate for those we serve and a leader within our organization.

Please keep Byron's wife, Michal Ann; his daughters Lydia, Naomi, Esther and Miriam as well as Byron's extended family in your thoughts and prayers as they go through this very difficult time.

HR is available with information on employee assistance program (EAP) services for colleagues who may be feeling overwhelmed during this difficult time and so are your staffing supervisors.

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 we are currently limiting #'s of personal visits in our offices. Please contact your Staffing Supervisor if requesting a face to face meeting or picking up of supplies.

\$500 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 attached 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 5-31-21(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!

Referral Bonus ...

\$500!

Hurry...this opportunity ends May 31st 2021!!!

Caregiving during COVID-19: Be Well With These 6 Tips

Reduce Transmission of Coronavirus

Wash your hands often for at least 20 seconds, especially:

Before, during, and after food preparation

After using the toilet, blowing your nose, coughing, or sneezing

Before and after treating someone who is ill

Stay Informed about COVID-19, but Don't Overdo It

Caregiver burnout can happen in any caregiver-patient relationship, but the risk is heightened in times of increased stress.

You may be suffering from caregiver burnout if you experience any of these problems:

- Hopelessness
- Overwhelming anxiety
- Sleep problems
- Difficulty coping with everyday tasks

Find Opportunities to Relax

Caregiving is a major responsibility, but it shouldn't completely overtake your life. Use spare moments to listen to your favorite music, read, or work on a hobby. Here are some other options:

- Try mindfulness exercises such as meditation or creative visualization.
- Engage in prayer.
- Spend some time outside by taking a walk around the block (stay at least 6 feet away from others) or working in the garden.

Stay Connected

Social distancing doesn't mean total isolation:

- Reach out to friends and family regularly for casual chats and wellness checks.
- Consider spending time together virtually, whether by watching a movie over a video chat session or playing games together online.
- If you live with loved ones, find ways to help and support each other.

During these uncertain times, caregivers remain a valuable constant for our participants and the teams that care for them. Please stay healthy and safe as you perform your crucial role, and we promise to support you in every way we can.

The ILS Support Team:

Ashley, Denise, Geri, Lisa & Jenn

Monica, Stephanie, Luz, Lori, Greg & Barb