

November 2024

**ILS News**

Editor: Greg Peters  
Safety Mentor

## CAREGIVER SPOTLIGHT

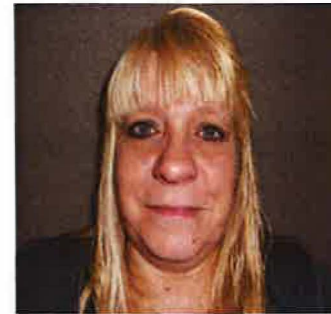
Our Spotlight Employee this month will receive:

**Lancaster - Gift Card**  
**Tamaqua - Walmart Gift Card**



**Lancaster Office**  
**Rochelle Snyder**

Rochelle is always willing take on new cases. She has been with ILS 17 years. Her clients state that she is very respectful and has a positive attitude for every shift she has assisted. This demonstrates that Rochelle follows our CORE values.



**Tamaqua Office**  
**Karen Uhrig**

Karen is very caring and compassionate. Her consumers love her. She has been with us for 10 years. She is always willing to pick up extra shifts. She follows the care plans and is good at working around their schedules and needs.

### Featured Trainings

#### **On- Line Training available for all Personal Care Attendants**

**WEBSITE: PHA Learning Center, [www.learningcenter.pahomecare.org](http://www.learningcenter.pahomecare.org)**

**Set up your user name and password yourself and then contact your supervisor with that information so that your coursework may be verified and print off a certificate.**

**Every PCA is required to complete 2 hours on an annual basis before your appraisal.**

**The time sent is paid when completing courses with include a verity from:**

**Alzheimer's/Dementia Care, Safety and Independence & Confidentiality**

**If you have any questions do not hesitate to contact your Staffing-Supervisor**



*Congratulations!*

**Independent  
Living Services**

*full service personal care*

*Thank  
you!*

## Attention all PCA's who were hired before March 31, 2024

We are pleased to announce you are eligible to receive a companywide year-end bonus of \$250 (before taxes)

It gives great PLEASURE to thank each of you as part of the entire UDSF Team for helping to achieve fantastic financial for FY2024. We had a terrific year that surpassed the exceeds expectations net income goal of \$1,320,000 for the overall UDSF organization.

On behalf of the Senior Team and the UDSF Board of Directors we want to send our deepest heartfelt thank-you!!

Employees who contributed to our success during fiscal 2024 will receive a monetary incentive check on Friday 11/15/24. In order to qualify, an employee had to be hired no later than March 31st 2024 and is in good standing with the organization (meets expectation or better on their performance review).

Congratulations for this outstanding achievement.

Thank you for all you do very much!.

Bill Kepner



## Good Handwashing Practices!

Many diseases and conditions are spread by not washing hands with soap and clean water. Handwashing with soap is one of the best ways to stay healthy. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections. Germs can spread from person to person or from surfaces to people.

Causes: Touch your eyes, nose, and mouth with unwashed hands

Prepare or eat food and drinks with unwashed hands

Touch surfaces or objects that have germs on them

Blowing your nose, cough, or sneeze into hands and then touch other people's hands or common objects

You can help yourself and other to stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

Before, during, and after preparing food

Before and after eating food

Before and after caring for someone who is sick with vomiting or diarrhea

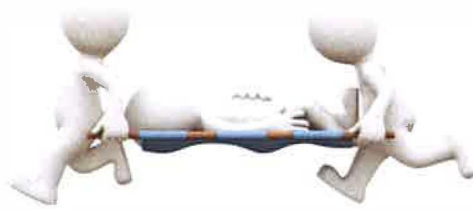
After using the toilet

After changing diapers or cleaning up who has used the toilet

After touching an animal, animal feed, or animal waste

After handling pet food or pet treats

After touching garbage



## Defining the Science of Ergonomics

Definition: Ergos = Work Nomos = Natural Laws

**Applying knowledge of the physical & mental abilities and limitations of humans to the design of systems, organizations, jobs for safe, efficient & comfortable human use.**

**Or “Fitting the Job to the Worker” NOT “Fitting the Person to the Job”**

**Break up repetitive work with non-repetitive tasks to give your muscles a rest.**

**Keep objects close to you as you lift and carry them, even if they aren’t very heavy. If an object is away from your body when you lift it, your back muscles will have to work harder and you’ll have more stress on your spine.**

**Never twist your body when lifting items since this increases stressful forces on the back. Instead, pick up your feet and step into the right direction.**

**If you have to move a heavy item manually, store it at a safe height. Waist level is ideal, but somewhere between knee and shoulder height may be acceptable. These actions can help prevent back, shoulder, and other musculoskeletal injuries.**

**Push, don't pull. Pushing allows you to use your body weight and larger muscles to move a load.**

**Don't lift boxes or other items located below knee level when sitting in your chair. Crouch down so that you can use your leg muscles to lift the item up to a waist level.**



**Your ILS Support Team:**

**Jared, Ashley, Denise, Lisa and Barb  
Monica, Stephanie, Luz, Lori and Greg**