

December 2024

ILS News

Editor: Greg Peters
Safety Mentor

CAREGIVER SPOTLIGHT

Our Spotlight Employee this month will receive:

Lancaster - Gift Card
Tamaqua - Walmart Gift Card



**Tamaqua Office
Jennifer Smell**

Jennifer builds strong bonds with her consumers and their families. Jennifer has a caregiver heart and willing to go the extra mile for those she cares for.



**Lancaster Office
Christa Joller**

Christa has been with ILS 14 years. She is very devoted, dedicated and engaged in being an advocate with each and every participant she serves.

Featured Trainings

On- Line Training available for all Personal Care Attendants

WEBSITE: PHA Learning Center, 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

Winter Safety Tips for Seniors & Caregivers

The weather outside is frightful, especially for seniors.

- * Stay warm inside
- * Dress for the weather
- * Prevent snow-related injuries
- * Drive safely
- Take stock of your medications
- Continue COVID-19 safety protocols
- Have an emergency plan in place

Know the signs of hypothermia—and how to prevent it



SURFACE MINE WINTER SAFETY: WALKWAYS

- > Clear snow and ice
- > Check for slip and trip hazards
- > Apply sand or salt to improve traction
- > Wear footwear that grips

msha.gov

Winter Driving Safety: Build An Emergency Car Kit

An infographic titled 'Winter Driving Safety: Build An Emergency Car Kit' from 3B. It features a central illustration of a red car on a snowy road with mountains in the background. Surrounding this are 16 icons, each with a label for a recommended item:

- Water in small bottles so that they thaw quickly
- Spare mobile phone charger
- Jump leads or portable battery charger
- Energy-boosting snack
- Tyre pressure gauge and tyre sealant
- Road flares or reflective hazard triangles
- Jacket, winter hat and gloves
- Battery-powered weather radio
- Warm blanket or sleeping bag
- Tyre jack and lug wrench
- Hand warmers
- Pocket knife or multi-tool
- Snow shovel and ice scraper
- Head lamp or torch
- Tire strap
- First aid kit

Happy Anniversary

Patricia Cramer 1st = 16 yrs, Pamela Daughton 12th = 13 yrs, Magdalena Long 3rd = 10 yrs,
Pamela Brooks 12th = 5 yrs, Lisa Umstead 7th = 2 yrs, Patricia Boeglin 19th = 1 year

Happy Birthday

Heather LeLeux & Susan Swearhart 1st, Emily Rivera 2nd, Laurie Lockman 6th, Kaitlyn Evancho 9th,
Emma Colon 19th, Kaitlyn Humphreys 22nd, Leonora Morgan, Christa Joller & Virginia Wills 26th,
Tiffany Takacs 31st

Your ILS Support Team:

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