

May Newsletter



Home Care Agency

30c Hebron Ave, Glastonbury, CT 06033

CAREGIVER OF THE MONTH:



Heaven's Hands Home Care would like to recognize our compassionate Caregivers:

Jane Josiah,

Jane Josiah has been a caregiver for 10 years and her impact has been felt by all of her clients and anyone who has the opportunity of working with her. Jane Josiah is reliable, trustworthy, compassionate, & she provides care from the heart. Jane Josiah is the true definition of what a caregiver represents. This month we would like to appreciate the hard work, dedication and commitment Jane has given to the caregiver industry as a whole and with Heavens Hands Home Care.



Self Care & Mental Health Event (Rescheduled) for July 20th.

Join us for an evening dedicated to you! Enjoy wine, food, and free giveaways! Private event, RSVP Only. Come join us for a free CEU on Self Care and Mental Health. 2 credits valid for, CCM, LCSWs, LMSWs, LMFTs, LPCs, and licensed psychologists. Participants will understand the value of self care, mental health and its connection to better care outcomes for patients. Exploring the holistic health cycle on self care and mental health and [...more](#)

Sign up!



Five Reasons You'll Love Being a Caregiver

Source: Today'sCaregiver - Caregiver.com

Being a caregiver can be one of the most rewarding experiences you will ever have. Not only is it a great career option, but it also allows you to connect with and provide care for those who need it the most - the elderly and disabled. Caregiving is an opportunity to show love, respect, and dignity to those in need. It can be a deeply fulfilling experience [...more](#)



Six Steps To Reduce Caregiver Stress

Source: Today'sCaregiver - Caregiver.com

Stress doesn't just affect your mood—it can have long-term health impacts as well if you don't take steps to manage it constructively. For individuals who face the stressful task of caring for a family member with Alzheimer's disease or another dementia-related illness, the Alzheimer's Foundation of America (AFA) is providing six steps to reduce caregiver stress as part of [...more](#)



More Than a Hug: How Caregiver Peers Can Support Each Other

Source: Today'sCaregiver - Caregiver.com

Friends arrive with extra meals or share a coffee, meeting them for a stolen hour, somewhere close to home in case of another emergency. You part with a hug and the friend offers words of encouragement. "Hang in there." You hope you can. The next long nights and days of [...more](#)

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