



**Remember: ALL SCHEDULE CHANGES AND QUESTIONS ARE TO BE APPROVED IN ADVANCE. YOU MAY NOT TEXT A SCHEDULE CHANGE.**

*Be a Live Right Team Player...*



### Keeping the Bathroom Clean!

As a caregiver you know the importance of keeping things neat and clean in the home of your client. The bathroom is one of the most important rooms that will need your regular daily attention. Here are important guidelines in keeping the bathroom germ free. Please follow these regularly!

**Dust:** all the hardware: the towel bars, light fixtures, and the often-overlooked toilet-roll holder (take a look: You'll be surprised at how much toilet-paper dust has settled on it!). Wipe down the door handle and switch plate with a bleach solution, just in case *someone* didn't wash his hands after using the bathroom (not You, of course).

**Disinfect:** Handle the handle. Forget worrying about the seat. The handle is where most of the germs live on the toilet exterior. An easy fix is to wipe the handle daily with Disinfecting Wipes.

**The Vanity:** Clear the vanity of anything sitting out on the counter, take care to give everything a quick wipe-down as you move it. Pay special attention to soap dispensers or bar soap holders, which may need to be rinsed with water to remove dried-on soap. **Spray and wipe:** the mirror to remove fingerprints and toothpaste stains. Spray the entire surface, including faucet hardware, with cleanser. Starting with the faucet, begin wiping down the counter, saving the sink for last. To get rid of funk around the faucet fixture and the sink drain, spray with cleanser and use your cleaning toothbrush to really get it clean.

**The Toilet:** Clean and disinfect the toilet daily with a disinfecting cleaner like bleach. Always work top-down, making sure to use a clean rag for surfaces that come in contact with skin (i.e., don't clean the underside of the toilet seat and then use the same rag to clean the top of the seat). Pay special attention to the toilet seat hinges where grime loves to collect. Don't forget to clean the base of the toilet, too. The toilet, like the bathroom, is a humid area of the house due to the amount of water, and as we know - germs love a humid environment to breed in. Bacteria in the toilet absorb organic waste and release gases which smell - bad. Hence the importance of hygiene. Bacteria can mostly be found in the toilet bowl but they're also lurking on the seat, the floor, the flush and the door handle. **Types of bacteria found in the toilet:** E.Coli; Staphylococcus aureus; Salmonella; Pseudomonas aeruginosa; Enterobacter; Listeria. When you flush the toilet, they are projected into the air, up to 1.5m high, and then cover all the surrounding surfaces. If your toilet is in the bathroom, bacteria can even land on your toothbrush! **Shut that lid before you flush!** Close the toilet seat cover or step away from the toilet after flushing. It is important to clean the toilet brush which spreads bacteria in the same way as sponges, cloths, face cloths, etc.

**Floors:** Remove everything from the floor so you can clean with ease. Empty the garbage can, shake out the rugs, and give the bathroom scale a wipe-down to remove any dust. Next, sweep the floor.

**Wash the floors:** There are several ways to wash the floor, but my preferred method— is to spray a section of the floor with my preferred cleaner and then wipe it with a rag. Repeat until the entire floor is finished, folding your cloth to a clean part as you work. Depending on the size of the floor, you may need a few cloths to get the job done. I like this method because it saves me from messing with buckets of water and mops, and it allows me to really get into nooks and crannies — plus, since most bathrooms are small, it takes little time.

Every time Pam or myself come to visit we will be checking bathrooms. We always want to maintain the cleanest, healthiest environment for our clients! Thank you for your help with this.

# “Bright Ideas” ...

## Scheduling Procedure

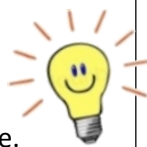
When you have questions about your schedule, want to request vacation time, or need to request a schedule change start by calling Teresa, our Scheduling Manager, at 708-510-3341.

If she is not available this is the order of who to call next:

Pam, our Client Relations Manager, at 815-325-5193; then

Sandy, Director of Operations, at 615-351-1829.

Please put these numbers in your phone for future reference.



**Just a  
reminder...**



*Please remember when the shift change happens, the caregiver leaving should be leaving with the house in order. Dishes washed and put away, laundry finished, beds made, and garbage taken out.*

## Timely Tip:



As a professional caregiver, you may find that you're doing the same daily activities over and over with your clients. Schedules are important for those you care for, but they can also become boring, making you and the person you're caring for less excited about your time together. Many clients lose the ability to do activities that they once loved, but caregivers have a unique opportunity to be creative and help seniors enjoy those forgotten activities. Below are tips for planning new activities:

**Ask questions.** Get to know your client and ask questions about what they like to do. Take the time to dig deep and see if there is an activity they used to do that you could alter in a way where they could do it again.

**Be creative.** If there's an activity your client can no longer do, think about other ways they could participate. For example, if your client loved to go fishing, suggest that they sign up to help teach a fly tying class.

**Keep in mind the client's abilities.** There could be physical and mental limitations that may cause agitation for your client when attempting certain activities. Be mindful of these limits and focus on things that they can do comfortably.

There are many activities that are appropriate for seniors. It may take some thinking and planning on your part as the caregiver, but keeping your client happy is your goal. Here are some possible activities you could do with your clients: Word games, Puzzles, Going for walks, Baking, Gardening, Crafts, Social activities.

As a caregiver, you have the unique opportunity to spend a large amount of time with those you care for. By making your time entertaining and productive, you'll start building a deeper relationship with the person you're caring for and both of you will be happier as a result.



*Is on*

**Dawn Smith**

**Tony Jeannette**

*This month we are excited to welcome several new caregivers to the Live Right Team.*

**Dawn Smith** has years of experience with special needs children and adults. She has a warm and compassionate spirit and her client has enjoyed her from the start. Dawn is married and has three children that she is crazy about. We are so glad to have her as an excellent team player!

**Tony Jeannette** started about 3 months ago and has worked with several of our male clients. Tony is a great cook, enjoys spending time with his clients watching old westerns and listening to music from the Big Band period. These men so enjoy Tony's upbeat attitude and expertise at caring for their personal needs. We were looking for a few good men so we are thankful that Tony found LRSC.



## September Birthdays:

Ariana Guerrero	9/01
Anita Ong	9/01
Susan Gleich	9/12
Trixie Dolar	9/18
Richard Diesca	9/27

**YOU ARE SPECIAL!**