

"The Circle of Safety" Adult Care Awareness Advisor

February 2016

News and Tips to Make Your Life Easier, Safer and Happier! For Friends and Clients of PCALIC, LLC



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Communicating Effectively

Effective communication could be a key social ability and learning to better our communication has several advantages.

How To Communicate Effectively

Learn to pay attention

Listening isn't a similar as auditory perception; learn to pay attention not solely to the message being spoken however, they're being spoken in a specified way and the facial expressions sent with them. Use the mastery of reflection and clarification to verify what the opposite person has aforesaid and repudiate any confusion. Attempt to not admit what to mention next while listening; alternatively clear your mind and specialize in the message being presented. Your colleagues, friends and alternative acquaintances can appreciate smart listening skills.

Be crystal clear

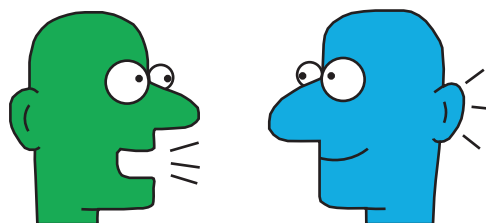
Make it clear what you are hoping to convey from the start. For instance, your purpose can be to tell others, acquire info, or start action. If people recognize beforehand what you expect from the communication, things can go a lot of swimmingly.

Encourage

Offer words of encouragement, yet as praise and honor, to others. Make people feel wanted, valued, welcome, and appreciated in your communications. If you let others recognize that they're valued, they're far more seemingly to convey you their best. Try {and} make sure that everybody concerned in communication is enclosed through effective visual communication.

Empathize

Empathy is making an attempt to visualize things from the sentiment, of others. Once act with others, attempt to not be biased or judgmental by create by mental act beliefs or ideas - instead read things and reply from the opposite person's perspective. Keep in tune together with your own psychological emotions to aid change you to grasp the psychological emotions of others. If acceptable, supply your individual viewpoint honestly and clearly to avoid confusion. Remember that some subjects may be taboo or too showing emotion nerve-racking for others to debate.



4 Tips To Ease The Transition To Assisted Living

Moving to assisted living can be a big change for most older adults. Here are some tips for the families of residents to make the transition easier.

1. Make their new room or apartment feel as homelike as possible.
2. Be around to help assist in the transition.
3. Keep the individual connected to family and friends with a phone, tablet, or computer.
4. Visit during meals or activities to help them make connections with other residents.

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Valentine's Activities and Crafts For You and Your Residents

Valentine's Day is approaching and love is in the air. Here are some crafts and activity ideas for you and your residents.

1. Decorate Together

Putting up decorations helps to make a holiday festive and more special. Why not decorate together? Here are some simple decor crafts:

- **Festive Garland** - Cut pink and red colored paper into equal-sized strips. Make interlocking rings by pasting or stapling the ends together.
- **Hearts Galore!** - Cut hearts out of colored paper and stick them up on the walls or cabinets.
- **Stained Glass Window** - Cut hearts out of tissue paper and stick them on a light-filled window. Overlapping them into beautiful patterns too.

2. Make Homemade Treats To Share

Sweet treats and Valentine's Day go hand in hand. Have fun and celebrate by making Valentine's Day cookies or sweet treats together. You can even make for the friends and families of your residents. Here are three types of cookies:

- Pope's Valentine Cookies
- Sweetheart Cookie Bouquet
- Valentine's Day Fruit Kabobs

3. Watch A Romantic Comedy or Romantic Movie Together

After you have decorated and created some sweet treats, it is time to relax with a fun or romantic movie. Some movie screening ideas include:

- Casablanca
- When Harry Met Sally
- Love Actually



"You are never too old to set another goal or to dream a new dream."
— C. S. Lewis

Meet our Team!



Elizabeth Lentz
Accounting

Elizabeth has over 3 years of experience in the accounting field. She previously worked in retail but because of her organized and detail oriented mindset, she found her niche in accounting. When she is not crunching numbers, you will find Liz with her boyfriend and fur baby (the most beautiful coon mix you will ever see). Other favorite activities include riding their motorcycle, working on home projects, soaking up the sun on their boat, and doing anything involving family & friends!

Fun Facts About February!

Fact 1- The birthstone for February is Amethyst.



Fact 2 -The birth flowers for February are the Iris and Violet.

Fact 3 -Black History Month, Bird Feeding Month, Embroidery Month, Grapefruit Month, Haiku Writing Month, and Umbrella Month.

Electric Blankets: Safe or Risky?

Are electric blankets safe or dangerous? It's a common question that has different answers depending on who you speak to. So we went to the independent Electric Blanket Institute. Here's what they had to say:

- Don't buy a blanket unless it has either the "UL" or "ETL" safety mark on it.
- A good blanket lasts five years with reasonable care and should then be considered for replacement.
- If a resident wears a pacemaker, check with their doctor.
- Diabetics should not use a blanket due to possible insensitivity to heat.
- If you're concerned about electro-magnetic fields buy a low voltage blanket that converts the AC current to DC.

PCALIC, LLC
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• VALENTINE'S •
Day