

July is Here!

What's New at Provincial Homecare...

⇒ **Timesheet Notice**

We recently sent out a Timesheet Notice, all employees are required to read the notice. It can be found on our website or at any of our office locations.

⇒ **Flowsheets**

Eastern Health and Central Health require each employee to fill out flowsheets for each of their clients and send them in bi-weekly. An easy way to remember to send in your flowsheets is to send it in during payroll week (every second week) along with your timesheets. The flowsheets can be found on our website or at any of our office locations.

⇒ **Employee of the Month**

We will be posting an "Employee of the Month" on our Facebook page starting in August. The Employee of the Month will be picked by a random draw. Check out next months Facebook page to see who the first Employee of the Month is!

⇒ **Birthday Wishes**

Starting in August, we will be posting a "Birthday Wishes" section on *The Family Helper* as well as our Facebook Page. The goal of "Birthday Wishes" is to celebrate our wonderful employees, so if you have a Home Support Worker with a birthday coming up, email us at thefamilyhelper@provincialhomecare.ca.

Mark These Important Dates in Your Calendar!

July 1st: Canada Day and Beaumont Hamel Memorial Day

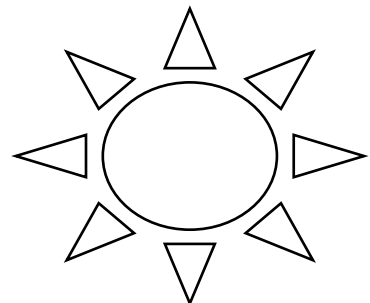
July 5th: National Injury Prevention Day

July 7-12th: Kelligrews Soiree (CBS)

July 12th: Salmon Festival (GFW)

July 16th: Grand Falls-Windsor Day (GFW)

July 26th: Summer BBQ at the CBS Kiwanis Club



Where's Carey?

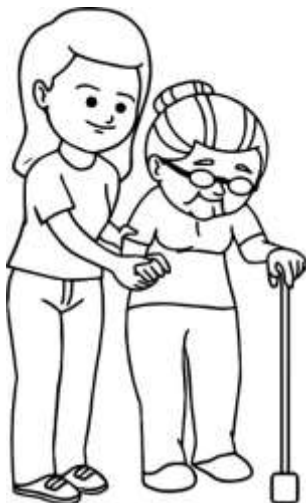
Last month, we introduced Carey Homecare, the Provincial Homecare Bear Who Cares. Carey is on a mission to spread kindness and give back to the community with the help of our employees and Home Support Workers.

Over the last month, Carey attended the CBS Raiders Baseball Team BBQ fundraiser, Tim Horton's Camp Day, and a visit to the Firefighters at the CBS Fire Department. Check out our Facebook page for pictures of Carey's adventures!

If you or anyone you know would like to help Carey on his mission to spread kindness and give back to the community, email Carey at carey@provincialhomecare.ca.

Follow our Facebook page to keep up on events and news within Provincial Homecare and the community!!

We thank you for the opportunity to help you and your family!



**You CAN
Prevent Falls!**

July 5th is National Injury Prevention Day.

Here's a Few Ways to Prevent Falling...

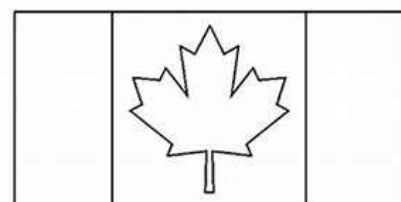
- Take your time; Don't rush when waling, going up/down stairs or getting up.
- Keep stairs and walkways free of clutter, ice or snow.
- Use hand rails and grab bars throughout your home to help keep you steady.
- Practice stretching every day to help keep your balance.
- Wear well-fitting, sturdy shoes.
- Ensure you get your eyesight checked regularly.
- Ask your doctor if any medications you are currently taking may cause dizziness or drowsiness.
- Make sure there is good lighting all around your house, especially walkways and staircases.
- Don't be afraid to ask for help if you are worried about tripping or falling.

It is important to take these precautions, and to always be mindful of possible falling hazards... BUT, don't let the fear of falling prevent you from being active. Being inactive creates a greater risk of falling!!

I N O I T I D A R T
 A B L V P W F L F L
 Q N F Z Y Z I F F J
 V L R P C C R N M B
 Z F E O R A E V J Z
 O L E X E H W C V X
 V A D E M I O F P J
 Y G O O M K R T L S
 D M M F U R K H D D
 Y W J S S P S R M A

Canada Day

Fireworks Tradition
 Flag
 Summer Freedom



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