

COOPERATIVE NEWS

Cooperative Home Care News

November 2015

Last month's ten caregiver tips were so popular that this month we're sharing more tips, this time focusing on helping you to lower your stress level.

- ⇒ Wake up 15 minutes earlier to make your morning less hectic. Bonus: leave 15 minutes earlier for work, appointments and events.
- ⇒ Don't count on your memory. Write down what you need to remember. If you think of something in bed at night, text yourself a reminder; open it in the morning when you can write it down.
- ⇒ Make a "just in case" plan in advance. Do you have a plan if your regular transportation fails? What about if you lose your phone? Try to be ready in case one of these stressful events happens to you.
- ⇒ Ask questions when you don't understand something. Repeat it back to the person to ensure you are confident in the information you have.
- ⇒ Count your blessings!
- ⇒ Get enough sleep at night (strive for at least seven hours).
- ⇒ Organize your work bag, your car, and your home. Make a place for important items.
- ⇒ Stand up, stretch, and walk around about every 15 minutes. Bonus: take ten deep, cleansing breathes.
- ⇒ Try to replace one sugary snack per day with a fresh fruit snack (apples are in season, so they are less expensive and delicious)
- ⇒ Smile! It will improve your mood :-)

In This Issue

- Ten Tips to Lower Stress & Illinois Services Spotlight
- Training Classes for Each Office & Earn \$100 Employee Referral Bonus!



Our Illinois office: 107 Lanaghan Drive, Fairview Heights, IL 62208

For IL healthcare staffing, call: 618-394-5681 ~ AllStaffNursing.com

For IL home health care & Private Services, call: 618-466-3227 ~ CooperativeHomeCare.com

Illinois Services Spotlight

Cooperative Home Care offers three main services at our Fairview Heights office:

1. All-Staff Nursing is our **healthcare staffing company** that places CNAs, LPNs, RNs & therapists in temporary and permanent positions.
2. Cooperative Home Care provides **Medicare-funded Home Health Care services** in IL.
3. Cooperative Home Care provides **Private Services** that are licensed through the Illinois Department of Public Health.



Meet Nicol Wright, Our Illinois Agency Manager

NOVEMBER TRAINING CLASSES

Please call the office hosting the class you want to attend, to confirm times and to reserve your seat.

Franklin County

415 S. Main Street
St. Clair, MO 63077
636-629-5313

Orientation:
11/12—11/13

Jefferson County

1320 Commercial Blvd
Herculaneum, MO 63048

636-937-9449

**No Training
Scheduled**

St. Charles

4101 Mexico Road
Suite A
St. Peters, MO 63376
636-441-7753

Orientation:
11/9—11/10

and
11/23—11/24

In-service:
11/18

Fairview Heights. IL

618-394-5681

In-service:
11/4

St. Louis

1924 Marconi Ave
St. Louis, MO 63110
314-772-8585

Orientation:
11/16—11/17
and
11/30—12/1

In-service:
11/19

APC:
11/20

CPI:
11/20

Caregiver's Corner

Cooperative Home Care is thankful for your hard work for all of the clients we serve. We strive to show our appreciation and to be a great place to work! Did you know that some of our most valuable caregivers were referred by another Cooperative Home Care caregiver? We want you to love your job at Cooperative Home Care, and to recommend us when you know someone who is looking for work. Our Employee Referral Bonus Program is designed to be simple and rewarding: **refer someone to Cooperative Home Care for a job, and earn \$100 after they have been employed with us for 90 days.** There are no limits to the bonuses you may earn. Who do YOU know who could be a great employee?

Watch for more incentive programs coming this month to show our appreciation and to recruit more terrific caregivers. If you've got a suggestion to help us succeed, we'd love to hear it! Thank you for your help!

Our Mission

We are dedicated to the success of our clients and employees. We are committed to the delivery of quality healthcare services.



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[Cooperative Home Care-
CooperativeHomeCare.com](http://CooperativeHomeCare.com)
Facebook
Twitter (ParentsAging)
YouTube (ParentsAging)
Pinterest
[Cooperative Hospice-
Facebook](http://CooperativeHospice-Facebook)
[All-Staff Nursing-
AllStaffNursing.com](http://AllStaffNursing.com)
Facebook & Twitter