



AGELESS

Newsletter

*Revamp Your Routine:
Bold Goals for business leaders,
HR and family caregivers*

January 2025 Edition



**Worcester Physicians
And Nurses Services**

WE ARE ACCEPTING NEW PATIENTS

OUR TEAM:

**Julie Tucker, FNP-BC
Chidimma Okoli, MD**

***We accept commercial insurance products**

**WORKING HOURS-
MON TO FRI | 8:00 AM-4:00 PM**

**CALL FOR APPOINTMENTS-
(508)-556-1072**

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Stressed? Sick spouse?
Confused about how to keep going?
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HR and Business Insight

HR can help family caregivers stay productive

Sometimes, an employee has a family problem that makes it hard to focus on work. But instead of losing a great worker, smart businesses can find ways to help. This is the story of Rachel, an HR manager, who helped an employee and made her company stronger.

Maria's Problem

Maria worked at a marketing company and loved her job. But her mom had a car accident and needed a lot of care after leaving the hospital. Maria had to help her mom with medicine, doctor visits, and moving safely around the house.

Maria felt stuck. She wanted to do a good job at work, but she also needed to take care of her mom. Did you know that 1 in 6 employees are also family caregivers? Many spend up to 20 hours a week helping loved ones while working full-time. Without support, these workers often quit their jobs.

Rachel's Smart Solution

Rachel, the HR manager, didn't want to lose Maria. She asked Maria, "How can we make this work for you?" Then Rachel worked with Maria's boss to find simple solutions:

1. Flexible Hours: Maria started working early mornings and evenings so she could take her mom to doctor visits during the day.

2. **Helpful Training:** Rachel set up a workshop for Maria to learn caregiving skills- safe transfers, preventing falls, and managing time better.

3. **Team Support:** Maria's boss gave some of her less urgent tasks to coworkers so she could focus on her most important projects.

These changes helped Maria stay on track at work. She felt less stressed and more supported, which made her more productive.

Why Businesses Should Care

Rachel's plan worked because she understood that many workers are family caregivers. Supporting them isn't just kind—it helps the business too. Companies that help family caregivers often see:

- **Happier Employees:** Workers feel valued and stay longer.
- **Better Focus:** Employees with support are less distracted.
- **Stronger Teams:** Everyone works better when someone gets help.

Workshops on caregiving skills—such as preventing falls, recognizing early signs of illnesses, or smart hygiene help for loved ones—can make a big difference. Teaching employees how to stay strong as they age- improving balance and staying active-, helps too.

Take Action

Do you want to support your employees and boost productivity? At CareSync, we offer training, workshops, and programs to help businesses like yours. email us at wpns@wpnservices.org or call 5085561072 to get started

Featured Story:

Why Playing It Safe is Out-Caregiving Game Changers for 2024

Carmelo's Scary Night

Carmelo Saint was an older man who loved fixing bikes and cars and taking walks with his wife, Genevieve. But one night, something scary happened. He couldn't breathe. He tried using his inhaler, but it didn't help much. He knew he needed to get to the hospital, but Genevieve was sleeping, and he didn't want to wake her.

You see, Genevieve's memory wasn't very good anymore. Sometimes she got confused or upset. Carmelo always took care of her, but now he needed help. He called his neighbor, Stella, and asked her to check on Genevieve. Then he passed out before the ambulance came to take him to the hospital.

A Shocking Return Home

When Carmelo came home from the hospital a few days later, his heart sank. The house was a mess—furniture was flipped over, cabinets were open, and things were scattered everywhere. But the worst part? Genevieve wasn't there.

Stella told him she had checked on Genevieve earlier and saw some strangers near the house. Carmelo's fear grew. Did Genevieve leave on her own? Had someone taken her? - continues
2 pages down-

Featured Resources



*Accessible
Home Health Care
Of
Central Massachusetts*

"We Provide Compassionate Care"



From
The
Heart

Accessible Home Health Care is very pleased to announce the following recipient of the Franchise of the Quarter award for the Third Quarter of 2024:

Accessible Home Health Care of Central Massachusetts

Martine Beaumont, Ruth Langlais & Andy Mondesir of Accessible Home Health Care of Central Massachusetts are being recognized as the Third Quarter Winner of Franchise of the Quarter for 2024.

Martine, Ruth, Andy and their team always provide excellent "Compassionate Care from the Heart" to the Central Massachusetts marketplace. They continue grow due to their robust in-field relationship building and commitment to excellence in all that they do. They faithfully adhere to the Accessible model and they set themselves apart from the competition by using only the highest quality caregivers.

As Franchise of the Quarter, they will receive:



*Sensitive, Compassionate Care
Where and When You Need It*

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to meet your needs

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Independent/Assisted Living Facilities Hospitals
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Home Health Care
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Visit
www.accessiblehomehealthcare.com/
[to learn more!](#)

Featured story continues-

Carmelo called 911, his hands shaking. A search began, and after hours of waiting, he got a call. A kind stranger had found Genevieve walking near a busy road. She was holding a pillowcase, thinking it was her purse. The stranger stayed with her until the police arrived.

When Carmelo saw Genevieve, he hugged her tightly, tears streaming down his face. "I'm so sorry," she kept saying. But Carmelo wasn't mad. He was just relieved she was safe. That night, he made a big decision: they couldn't keep living like this.

Why Older Adults Need Extra Help

Genevieve's story shows how life can get tricky as people grow older,



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especially if they have memory problems. Forgetting things can lead to dangerous situations, like wandering off or getting hurt.

Family caregivers, like Carmelo, also feel a lot of pressure. They want to keep their loved ones safe, but sometimes they need extra help. That's why it's important to make changes before something bad happens.

The Bold Reset

Carmelo didn't waste any time. He found a new home for them in a gated community with security guards. Genevieve joined a special program during the day where she could safely make friends and do fun activities.

Carmelo also joined a group for caregivers. He learned about tools like GPS trackers that help keep loved ones safe. The changes weren't easy, but they made life better for both of them.

Why Change Is a Good Thing

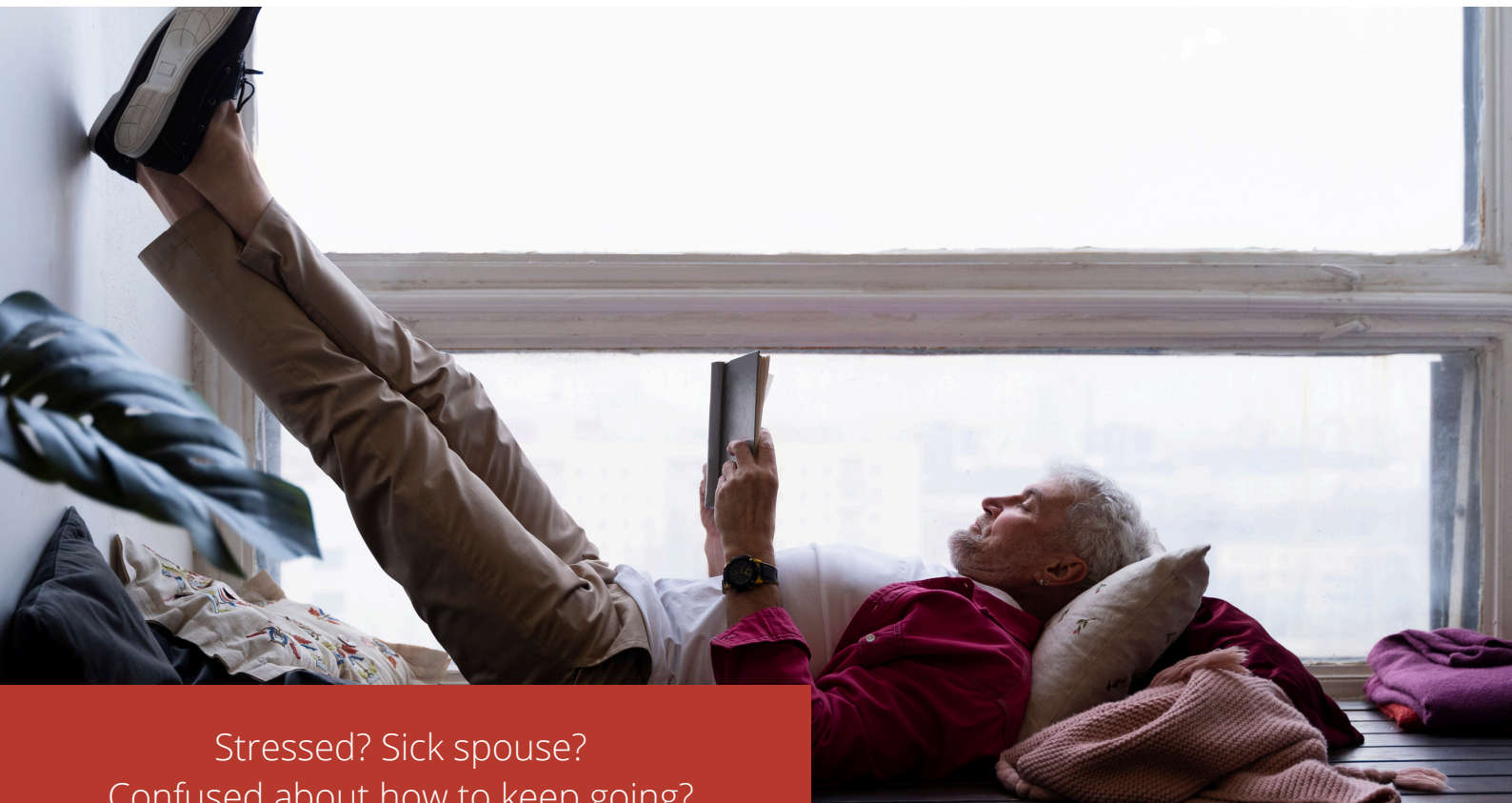
Sometimes, we want to keep everything the same because it feels safe. But staying the same isn't always the best choice. Carmelo

learned that making changes— in this case, moving to a safer place —helped protect Genevieve and made life less stressful for him. Making changes doesn't mean giving up; it means making things better. Families can work together to create a safe and happy future for everyone.

What You Can Do

If someone in your family has memory problems, don't wait for an emergency. Talk to a doctor who understands aging and memory loss. They can help you figure out the next steps, how to make your home safer or find programs that can help.

Planning ahead helps you stay in control. It gives families peace of mind and helps older adults stay safe and happy.



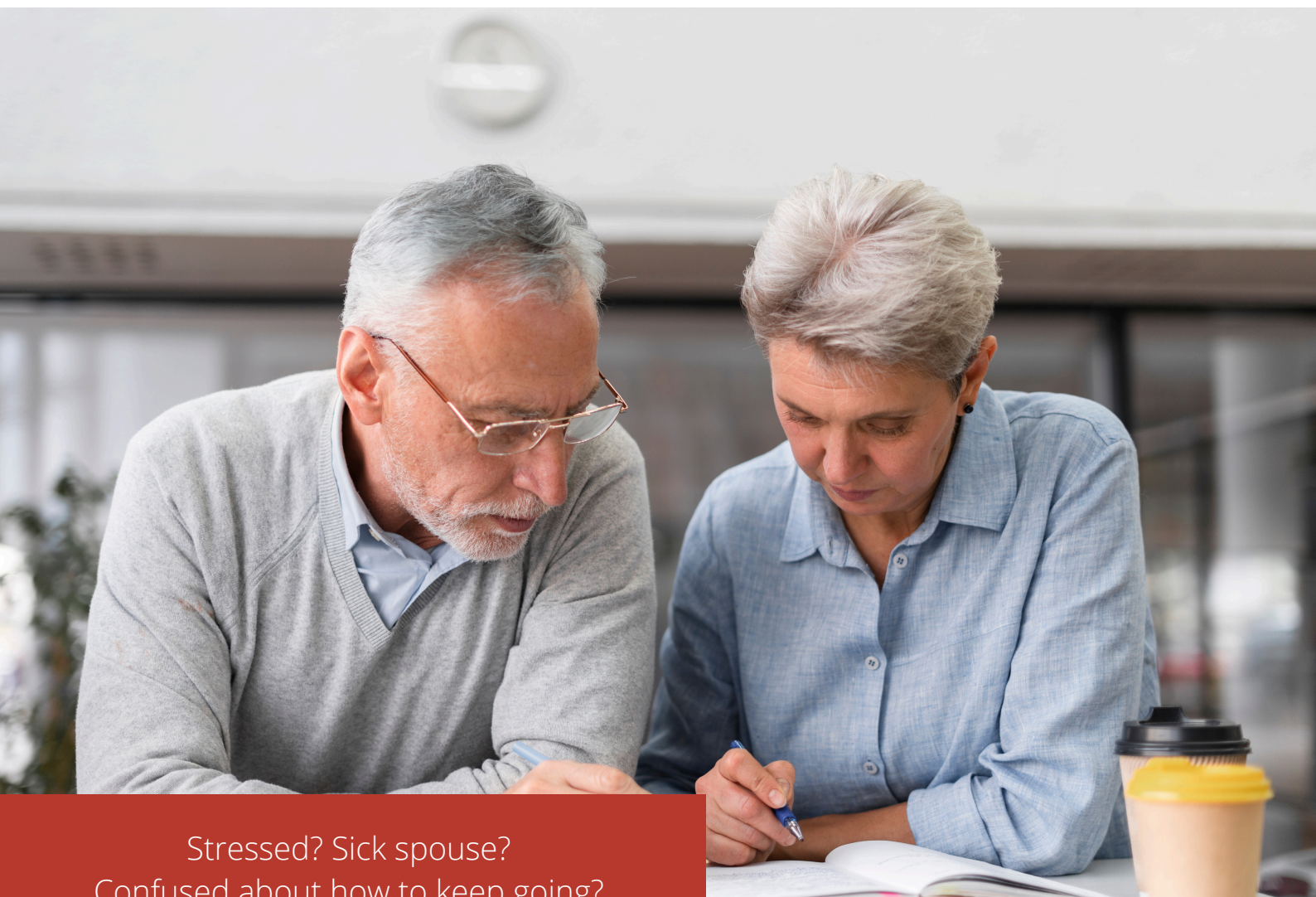
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Planning for Aging: A Message from the Author

Carmelo's story teaches us that planning for the future is the best way to protect the ones we love. It's not about giving up control—it's about making smart choices that keep everyone safe and happy.

At CareSync, we help families with big decisions like this. Whether it's finding the right care or making your home safer, we're here to help. Don't wait until something bad happens. Start planning today to make the future brighter for the ones you love.

Because playing it safe isn't safe anymore.



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Did you forget to take
your pills this morning?

Never Miss A Dose

With

ReminderLink App



**Scan the QR Code to
Sign Up for Early Access!**



WPNSCareSync

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Flex Your Mind:

Find the Path to Wellness!

Boost your brainpower and have some fun! Dive into this wellness word search.

(Hint: there are total 10 words hidden in the below puzzle)

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

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Ambassador of the Month:

Meet Gloria Hernandez

Gloria, a retired nurse, started a community resource group for caregivers. Her initiative has helped over 200 families access affordable respite care. This month, she's hosting a workshop on advocating for aging-in-place policies.

Fun Trivia Questions for a Fresh Start

- Which country is famous for smashing plates on New Year's Eve?

Ans: Denmark

- True or False: Eating 12 grapes at midnight is a tradition for good luck in Spain.

Ans: True

- Which famous New York City landmark is associated with New Year's Eve celebrations?

Ans: The Times Square

- What animal is often associated with the Chinese New Year?

Ans: Dragon

- Which month of the year gets its name from the Roman god of beginnings and transitions?

Ans: January

Ask A Geriatrician:

Aging Myths You Need to Ditch This Year

Aging comes with its fair share of myths—ideas that limit both caregivers and older adults. Let's bust three of the most common ones:

- **Myth:** "If you forget things, you must have dementia."
- **Truth:** Occasional forgetfulness is normal and often linked to stress or fatigue. Dr. Okoli explains that dementia involves more profound cognitive changes and shouldn't be diagnosed based on memory slips alone.
- **Myth:** "Older adults shouldn't exercise—it's risky."
- **Truth:** Exercise can improve balance, strength, and overall health at any age. Start small with chair yoga or short walks. Movement is medicine!
- **Myth:** "All older adults will end up in nursing homes."
- **Truth:** Most older adults age in place. Resources like in-home care, meal delivery, and technologies like [ReminderLink](#) make this increasingly feasible.

Breaking free from these myths and empower yourself to live a vibrant life

Dr. Chidimma I. Okoli, MD, is a board-certified internist and geriatrician with over 19 years of experience in the medical field.

*She founded CareSync to help you, the family caregiver make tough decisions about the care of your loved one, resolve any related family conflict and provide resources to make life less chaotic and stressful so you can **Feel Like You Again***

If you are stressed caring for a loved one and you need to talk, schedule an [emotional release call](#) or book a full [eldercare consultation](#) with Dr. Okoli today.



Stressed? Sick spouse?
Confused about how to keep going?
Feel Like You Again with Us. [Join](#)

Service Highlight:

Caresync - Family Caregiver Meditation Service

What if caring for your loved one didn't have to be so overwhelming?
Signup for [CareSync](#)

What is Caresync?

CareSync, a service offered by Worcester Physicians and Nurses focuses on you, the family caregiver. Get to Feel like You Again and get your life back.

Why It's a Lifesaver

- Assistance in making tough decisions related to you loved one's care
- Resolve any family conflict related to your loved ones care
- Strive for peace of mind. When you connect with us Caresync is a safe space for you to de-stress as a family caregiver.

Who's It For?

Family caregivers who are

- responsible for the wellbeing of an elderly or disabled loved one
- trying to balance work, life, and caring for a loved one.
- in need of training and smarter care coordination.

learn more

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Business Spotlight

Reminderlink app for your pill reminders

What if you never had to worry about missing a medication or appointment again?

What is ReminderLink?

This is the app for pill reminders, doctor's and home visit appointments and much more

Why It's Amazing

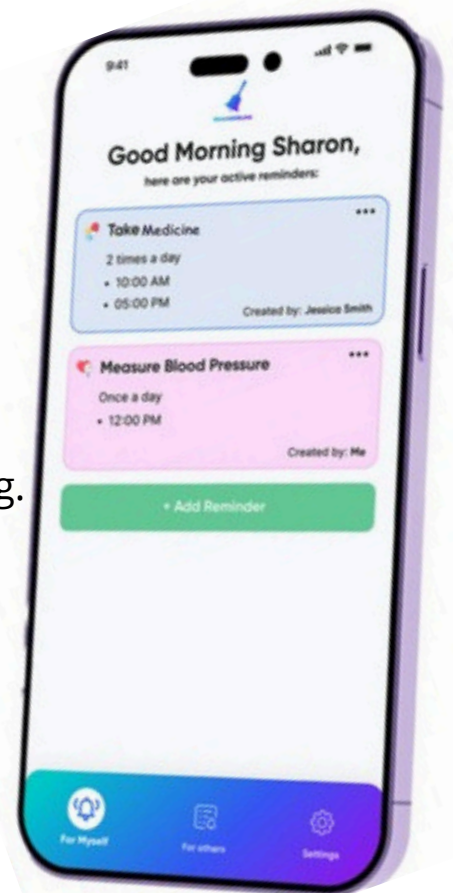
- One app for all tasks and reminders.
- No more sticky notes, emails and texts
- Peace of Mind knowing you're always in control
- Stay Connected: Share schedules with family or other caregivers..

Who's It For?

Family caregivers and their loved ones
Professional caregivers and helpers
Adults who want to stay independent.

Why It Matters

Caring for someone can be overwhelming.
ReminderLink makes it easier
Sign up to download when available
scan or go to signup page



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Featured Resources

DR. TATIANA HAMAWI M.D.
ALPHA-OMEGA DIRECT PRIMARY CARE, LLC

Direct Primary Care for all ages in Worcester, MA

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Checklist/Guide:

A Caregiver's Glow-Up Action Plan

This step-by-step guide is designed for caregivers, social workers, and case managers to shake off old routines and embrace a more effective caregiving mindset:

- **Audit Your Systems:** Evaluate your caregiving tools. Are you still relying on sticky notes or outdated methods? Tools like ReminderLink streamline medication management and appointments.
- **Find Your Village:** Caregiving shouldn't be a solo act. Connect with support groups, community programs, and peer networks. Many hospitals and post-acute care facilities offer family caregiver classes.
- **Prioritize Respite Care:** Whether through homecare agencies or family arrangements, take time for yourself. Your well-being is as important as the person you care for.
- **Invest in Education:** Stay updated with webinars or certifications that improve caregiving skills. Case managers, consider organizing resource fairs for families.
- **Create a Self-Care Routine:** Even 15 minutes a day for meditation, journaling, or stretching can improve your outlook and energy levels.



Stay Connected

Have questions? Don't hesitate to reach out! We're here to support you every step of the way. Let's make this holiday season about love, connection, and self-care.

Ready to learn more?

Follow us on social media for caregiving tips, community stories, and upcoming events.

Reach out to us via our chat feature or schedule a consultation on our website. Let's get through this caregiving journey together.

WPNSCareSync- Feel Like You Again.

