



In Good Company

Summer 2007

CFL Caregiver Excellence Award

By Julianne Roth

Companions for Living has been blessed to have some of the best caregivers in the industry among on our team. We are proud of our staff. We recognize how difficult this work is, and how it takes a special sort of soul to have the heart to do it. We also realize that a caregiver is not going to get rich doing this kind of work, but the caregivers know that the rewards that they receive go far beyond the material.

It is because of this we are introducing a new recognition program called the Caregiver Excellence Award. This award will be given to one of our outstanding caregivers each quarter. The caregiver will be featured in the newsletter, receive a certificate of recognition, and also receive a special bonus check. This is our way of thanking our staff for helping our clients to the best of their ability.

Our award recipients are chosen based on several criteria. Many of our clients offer us feedback letting us know how wonderful a job the caregiver is doing. We also recognize wonderful caregivers by their dedication, reliability, punctuality and loyalty to both their clients, and our company. It is these qualities we will be using to evaluate which of our caregivers is chosen each quarter.

I can tell you that choosing the first recipient has been a very difficult task. The management team has spent a lot of time and heart wrenching conversations discussing who should win the award. I am happy to say that we finally came to a decision. As this was such a difficult task, and since this is the first award we are giving we have decided to honor two of our staff members. I would like to announce these first winners here today.

Both of these caregivers were chosen for very different reasons. First and foremost, they are both wonderful caregivers and their client's love them and ask for them often. However they both have a very different set of gifts.

The first award recipient is Lee Cooley. Lee has been on our staff for almost as long as we have been in business. She is a long-time homecare provider and it shows through her professionalism. Lee handles every situation with maturity, excellent judgment, and grace. She is always reliable. If she ever is running late to a client, she will always call both the client and the office to let everyone know where she is, and when she will arrive. Lee is warm and gentle, and she

gets her business done efficiently and effectively. Lee's maturity and independence spills over in how she manages her case load as though it was her own company. She can juggle multiple clients, and pull off scheduling changes effortlessly! Thank you Lee for all of your wonderful contributions, including ideas to help the company be as effective as possible!

Barbara Rescigno is our other Excellence Award winner. Barbara has more energy than a nuclear power plant! She takes her clients to heart, and her love for her work shines through. Barbara came to us about six months after we opened our doors, and has become a part of the CFL landscape. Barb always pitches in wherever she can to lend a hand. She has been seen in the office helping with Quality Assurance calls and filing. We are so confident in Barb's abilities that we have her in our weekend emergency phone coverage rotation with the rest of the management team. Barb is reliable, warm, enthusiastic and her energy always rubs off on everyone she touches. Thank you Barb for all of your hard work, dedication and loyalty!

Congratulations to both of these wonderful women! We look forward to profiling more caregivers on our staff in issues to come!



Lee Cooley



Barbara Rescigno

CFL Keeps on Growing! Job Opportunities

We are seeking a part-time Director of Operations to job share with the current individual in that position. The person we are seeking must be strategic, detail oriented, and customer focused. If you or someone you know is interested in applying, please call us at 860-413-9306. Current staff members are encouraged to apply!

We are also hiring caregivers. Please contact us if you or someone you know is interested.

We are thrilled to have a special article here written by one of our own clients! Michael is an extraordinary person and we truly appreciate this contribution. Thank you Michael for taking the time to write this article, and for touching the lives of each person you come into contact with.

One-zy, two-zy

By Michael Jennings

A big concern for people with brain injuries, like me, and all people as they get older is short term memory. Short term memory involves remembering recent things, like things that you need to do. I used to easily remember, but now sometimes I forget. For example remembering that someone called and that you need to call them back involves your short term memory. I accept that I have this limitation (not a problem, but limitation) and have ways to address it.

If I have something to remember for later that day or the next day and I can't write it down (which is the preferred method), I do the following. Instead of trying to remember all the details, I just remember the number of things, like 1, 2 or 3. Unlike specific details, I've found I can remember numbers well. It's easy for me to remember a number of things even until the next day. This method works for me, as I've successfully done it a number of times.

For example, one day on my way to my volunteer job, I knew there were 3 things that I wanted to be sure I did that morning. So I made the conscious effort to remember the number three. Later that morning, I remembered specifics about the first two and probably would have forgotten even that the third existed. However, I remembered the number 3. So after a little while thinking, the 3rd came to me. I really doubt that if I didn't remember that there were 3 things, I would have been able to think of the last one.

Also if you can't remember details about one or more things, at least you'll realize that there is something else. You'll feel more in control by being certain of how many things in total there are. So instead of thinking that there probably are things that you can't remember, you'll realize the exact number that do exist.

I've done this a number of times with success, as have other people I know. So the bottom line is, don't forget your 1-2-3s.

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