



In Good Company

Spring 2009

CFL Named by Hartford Business Journal Top 25 Women Owned Businesses in Hartford Region

We are excited and proud to announce that Companions for Living was named by the Hartford Business Journal as one of the top 25 Women Owned Businesses in the Hartford Region! Of the top 25, CFL was ranked 16th. Also noteworthy is the fact that we were the youngest business (by 8 years compared to the next youngest).

We attribute our steady growth to our philosophy and the reputation we have established in the community. We are extremely fortunate to have some of the best caregivers in the industry, and an excellent office staff with a strong customer service focus.

A perfect example of our philosophy can be found in the article to the left about one of our client's featured by the Hartford Courant. Mike has gone above and beyond any expectations his doctors thought possible after his traumatic brain injury. Our caregivers have supported his work as a volunteer and in other community interests. This has been accomplished by transporting and accompanying him wher-

ever he needed to go, among other duties. We are thrilled that he has made enough progress to now earn back his driver's license and drive himself in the van he had customized so he can drive independently. He has in fact made so much progress that the hours he requires our services have been dramatically reduced since we started with him two and one half years ago. What a wonderful success story!

As another example of our philosophy, we recently received notification of the West Hartford Schools seeking volunteers to mentor a child in school. This is exactly the type of activity that many of our clients are capable of, and we encourage them to do so! Staying active and engaged is what our philosophy is all about.

We'd love the opportunity to help keep people engaged and active, and assist them to be independent. If you know somebody who might need our services please have them call us. We'd like to be in the top 10 Women Owned Businesses in next year's Hartford Business Journal.

Senior Photography Contest

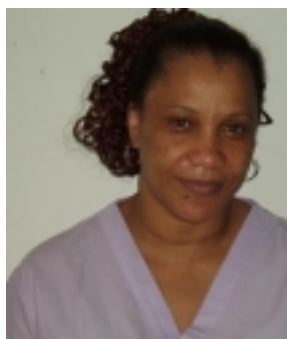
Connecticut Community Care, Inc. is sponsoring a photography contest that is open to all Connecticut Seniors ages 65 and older. Winners will be honored at CCCI's Annual Meeting being held on October 22, 2009. Entries are due by June 22, 2009. For more information, contact CCCI at 860-314-2247 or via email at joleneg@ctcommunitycare.org.

Caregiver Spotlight

Caregiver Excellence Quarterly Award Winner

We are pleased to announce that Christine Dennis has been awarded our Quarterly Caregiver Excellence Award. Christine recently began working as a live-in with one of our clients. That client was having trouble sleeping at night, and in fact spent most of the night awake and catnapped during the day. We were trying to figure out how to manage the situation so that Christine could get some sleep during the night.

Christine proactively looked at each of the medicine bottles that her client was using. In doing so she noticed that a side effects of one medication was restlessness. Christine called the pharmacy to confirm the side effect of that medication. With that information, she called the client's daughter. The daughter called her mother's doctor and received permission to stop the evening dose. Once the change was made Christine found that the client started sleeping through the night once again. Way to go Christine!



Christine Dennis

(860) 882-0802

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may be found on our website

www.companionsforliving.com

Brain Injury Doesn't Stop Former Space Engineer

By CAROLYN MOREAU The Hartford Courant **March 20, 2009**

Mike Jennings used to be a space engineer. He gave presentations to [NASA](#) officials and answered detailed questions about the components his team at Hamilton Sundstrand were designing to take astronauts into space.

"NASA was tough, and they would beat me up," Jennings told a group of his former co-workers at a reception in his honor. "But they didn't put me in this wheelchair."

That happened in 2001, when Jennings crashed a snowmobile into a tree in [Vermont](#). He suffered a traumatic brain injury and spent five months in a coma, and doctors said he would probably never improve.

On Thursday, Jennings went back to the [Windsor Locks](#)-based aerospace manufacturer where he managed space projects and supervised more than 20 people. In the conference room where he had addressed NASA, he turned his wheelchair to face his former co-workers, many of whom were seeing him for the first time since 2001.

"I watched on the news about the death of [Natasha Richardson](#)," Jennings said. "My collision was a lot more severe, but I was wearing a helmet."

The visit to Hamilton Sundstrand, organized by the Brain Injury Association of Connecticut, was coincidental to Richardson's death, which appeared to be caused by a head injury sustained in a skiing accident. But organizers said the incident underscored how the symptoms of a traumatic brain injury can be subtle, appearing hours, days or even weeks after an accident.

Symptoms of a brain injury can include headaches or neck pain that does not go away, difficulty remembering or making decisions, slowness in thinking, mood changes and fatigue. For Jennings, the return to Hamilton Sundstrand, even for a visit, was intended to show how people with traumatic brain injuries can live happy and productive lives.

"I used to manage programs and keep track of budgets. I can't do that anymore," he said. "I have one project now, and its called 'Mike's Life.'"

Jennings volunteers as a support group leader for people with brain injuries, and he served on the Town of [Simsbury](#) Aging and Disability Commission.



Companions for Living, LLC
836 Farmington Ave., Suite 219
West Hartford, CT 06119

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