

# In Good Company

The Good News in Home & Personal Care

Spring 2011



COMPANIONS for  
LIVING

*Living younger, longer.<sup>SM</sup>*

## Spring has Sprung!

Springtime... ahhhhh! The time of year when days get longer, the air gets warmer and the trees and flowers come back to life. There are so many changes that take place this season; it is incredible to watch them happen. It's as if you could watch blades of grass grow or the leaves on a tree open if you just sit still for a few moments. It's a time for birth and renewal.

Companions for Living has had an exciting spring this year. Our company tree has grown and flourished in the five and a half years since it was planted, and the fruits of our labor have been paying off! (Yes, we know how hokey that was!)

In March The Hartford Business Journal named CFL the third largest woman owned business in the Hartford region. It has been wonderful and sometimes challenging, but ultimately, it feels good to know that we have arrived.

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## Preserve Your Family Stories

As many of us age, we begin to realize more and more the importance of keeping our heritage and family values alive. We want to be able to teach our children the past and we never want our fondest memories to fade away. Having access to a family history is a great way to keep your family legacy alive, one story at a time.

A good way to keep the past alive is to record your memories on video. David Chmielewski Productions is a company that can help you to develop and create this type of video. For nearly 20 years, their experience includes shooting, lighting and editing in the video and television business. "I wanted to create legacy videos for a simple reason. I have three children and only my oldest was fortunate enough to know my grandmother. My two younger boys know only a few stories of their great grandparents. If they were able to listen to their ancestors telling stories of growing up in the beginning of the 20th century, I know it would have had an impact and a positive influence on the way my children perceive their family" stated Mr. Chmielewski in a recent conversation.

It is both important and fun to share personal exploits with the family. Whether they be raising a family, starting a business or remembering the winning touchdown in the high school game, those memories are what make family legacies.

An example of this company's work can be found in the video produced on the Companions for Living website ([www.companionsforliving.com](http://www.companionsforliving.com)). For more information on recording your legacy, contact: Dave Chmielewski at [dcproduction@me.com](mailto:dcproduction@me.com), or 860-233-3345.

## Caregiver Spotlight: *Janet*



Janet

Janet is a Certified Nurse's Aide who has worked at Companions for Living for the past two years. She has cared for numerous clients during her tenure. Janet is a team player and is always happy to fill-in when she is needed. Janet's calm demeanor and dedication to her work enable her to balance her home life while providing exceptional care to each of her clients. Janet is a valuable asset to Companions for Living and we look forward to her continued success with us! Congratulations Janet!

## Spring has Sprung! *(Continued from page 1)*

We have also had the good fortune to have Tara Northover join us full time as our office manager. Tara has been a welcome addition to our staff and is usually the first person you reach when you call our office. Please stop in to meet her and say hello if you have the chance.



Tara Northover

Finally, as part of our growing process we installed a new software program that helps us to have a 360 degree view of our company. While we experienced some “growing pains” getting all of the data loaded, it has helped us to streamline and become more efficient.

We are looking forward to the future and have some exciting plans. We look forward to sharing them with you when they are a little further along. Until then, we appreciate your partnership and hope you enjoy your spring!

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