

O'Connell

Care At Home • Staffing Services

A quarterly publication, Summer 2009



Welcome to the second edition of O'Connell's quarterly newsletter. In this publication you can find information about our office staff, new programs and services, a listing of local events, as well as helpful informational tips to help you live a healthy, more independent lifestyle.

O'Connell's is a full service home care provider including skilled nursing, personal care assistance, homemaker assistance, companionship services, and Geriatric Care Management consulting. For over 20 years, our family-owned company has been offering these services to individuals and their families in the Hampden, Franklin, Hampshire counties, and beyond.

O'Connell's is not like every other home care agency. We are dedicated to providing outstanding care, support, and compassion to both clients and community agencies. Our goal is to enrich the lives of those in our community, one individual at a time.

O'Connell Office Staff:

President	Fran O'Connell, RN, MS, FNP
Administrator	Danielle LaBelle-Boucher, MS
HR Generalist	Shane Saunders, BA
Financial Administrator	Jackie Nascimbeni
Finance Associate	Amarilis Arroyo
Marketing Specialist	Jennifer Meunier, MS, MBA
Dir. of Private Care Services	Laura Cardaropoli, BS, RN
Private Pay Coordinator	Jennifer Vaschak, BS
Field Staff Supervisor	Leslie Hill, LPN
ASAP Coordinator	Jennifer Santerre, AS
Educational & Grant Coord.	Pam Ciborowski, RN, BSN, MPH
Licensed Social Worker	Deborah Hollingworth, LSW

Exercising Safely in the Heat

Now that summer is here in full force, more and more people are venturing outside to enjoy the warmer weather. While exercise is essential to any wellness program, taking the following steps to make the program fun, safe, and worth the effort:

- Stay hydrated: Drink plenty of water before, during and after exercising, especially when out in the heat.
- Pick the best time: On days it's hot out, work out early in the morning or later at night when it's cooler.
- Make exercise a priority: Schedule time for physical activity like any other appointment.
- Set realistic and specific goals: Start regimens off easy and gradually increase progression to avoid injury. Know your limits.
- Build a support network: Encourage exercise with friends to make it a social event.
- Buy a step counter: Work on slowly increasing the average number of daily steps, which should be easier to do outdoors.
- Exercise in disguise: Get off the elevator a few floors early and take the stairs or park further away and walk to your destination.



Upcoming Events:

Monday, August 31st – Home Sweet Home – An Overview of Housing Options for Seniors

Deborah Hollingworth, LSW, will lead an in-depth discussion regarding the costs, benefits, availability, and what the future holds for senior housing options. Deb is a Geriatric Care Manager and has over twenty years of experience in the elder care field.



6:00pm–7:30pm at O'Connell's, 220 Linden Street, Holyoke. Please call to register at (413) 437-9403.

NEW! O'Connell's Van Service



Struggling to find the time to get a loved one to a doctor's appointment? Need to run an errand or go shopping? Tired of the inconvenience of public transportation?

O'Connell's now provides door-to-door van services to all current clients throughout the Western Massachusetts Pioneer Valley area, and beyond. Our van is equipped with a wheelchair lift and services include van transportation for seniors and people with disabilities who need transportation for grocery or clothes shopping, banking or medical purposes, anywhere you want to go. Appointments must be made 24 hours in advance. Cancellations can be made up to one hour before the appointment.

Geriatric Care Management Consultations

Overwhelmed? Frustrated? Confused by the options of care for an aging loved one? A one hour consultation with our experienced Geriatric Care Manager may help to unravel the complexity of care options and make decision making more manageable.

O'Connell's has been a provider of home health care and support in our community for over twenty years. We are pleased to offer Geriatric Care Management services to families and professionals in our community. Specifically, our Geriatric Care Managers can help your family with:

- Elder Care Consultations
- Home Health Care Assessments
- Late Life Planning
- Finding Community Resources
- Ongoing Care Management and Support including scheduling appointments, transportation, etc.
- Assisting with Crisis Situations

For more information, or to schedule an appointment, please call our Coordinator of Private Care, Jennifer, at (413) 437-9402.

A 1-hour consultation with our experienced Geriatric Care Manager can assist in unraveling the complexity of care options and make decision making more manageable.

O'Connell's is... *Trusted by Clients & the Community · An Experienced, Reliable Elder Care Company · Locally Owned & Operated · A Provider of Holistic Care · Highly Credentialed · Completely Thorough with Pre-Employment Screening · Honest · Reliable*