

NOW HIRING EXCEPTIONAL CAREGIVERS...



A MESSAGE FROM JON

Welcome to the initial edition of The Perfect Companion monthly newsletter. As President & Founder of TPC our mission is to "Raise The Bar" in providing the highest level of non medical, in home care to our clients and families. We achieve this by matching the individual skills and personality of our caregiver with the unique needs, interests and personality of our client. Every month our staff will provide an update of events and healthy aging advice relevant for our senior population. Hope you enjoy! All the best - Jon

NURSE OF THE MONTH

Each month we are recognizing an outstanding Wellness Nurse from a local senior living community and awarding them with a "pamper basket" to treat themselves! If you have a Wellness Nurse you'd like to nominate please send your nomination to tcarlin@azperfectcompanion.com.

April's Wellness Nurse was Nicole Baker from MorningStar at Golden Ridge! Nicole was selected because of her heart of gold, desire to serve her community & clinical talent. "Nicole is a Nurse; one with compassion, who is kind, who is a servant leader." - Kerri Felix Thank you Nicole for all you do for our senior population!



JOIN THE PERFECT COMPANION FAMILY

"If you possess character, commitment and compassion we will provide you with purpose and meaning. **And Great Pay!**" - Jon Siegel

WE ARE HIRING!

[Click here for more information](#)





MAY IS ARTHRITIS AWARENESS MONTH

Arthritis is one of the most common health conditions in the United States and a leading cause of disability. Osteoarthritis is the most common form of arthritis among older adults and the most frequent cause of physical disability. The symptoms of Osteoarthritis can be debilitating and greatly impact the quality of one's life.

The good news is there is strong scientific evidence that supports exercise as an effective means to reduce pain, increase function, delay onset and progression of disability and improve overall quality of life. Pain is one of the most limiting factors when it comes to being physically active with OA. Begin exercises slowly by starting with 5-10 minute bouts of aerobic exercise, each day with the goal of working up to 150 minutes each week.

The Perfect Companion's **Thrive Exercise Training** provides one-on-one training & group workshops to help manage symptoms of Osteoarthritis.

ARE YOU DEHYDRATED

Did you know that dehydration is a common cause for hospitalization among adults 65+?! Dehydration is a health risk that is often overlooked and highly prevalent with 40% of seniors chronically dehydrated. Hydration levels effect medication effectiveness & increase your risk for UTIs, falls & kidney stones, just to name a few health concerns.

Initial signs of dehydration can be subtle. Things to be alert for include: headache, constipation, muscle cramps, dry mouth and tongue, and sleepiness or lethargy.

While water is your optimal source for staying hydrated, it's not your only option. Tea, juice, fruits, vegetables, low sodium bone broth, or even sugar free popsicles are alternatives to drinking H2O!

