



## SERENITY HOME CARE

*"Committing to excellence by creating and maintaining lifetime client relationships by providing the highest quality service through tailored personal care."*



### What's Inside The Issue:

- Pet of the Month
- Caregiver of the Month
- Self-Care Tips and More

### Pet of the Month



Meet Louis! He is a carefree toy poodle who loves to be carried around so much that he sometimes "forgets" how to use the stairs. Louis' best friend is Ray the dachshund!

### Caregiver of the Month



We are proud to announce that our caregiver of the month is Ofa Hitila! Ofa has shown outstanding drive and determination to help in any way that she can. We greatly appreciate all of your hard work, and helping us to continue to provide the highest quality of care. Your morals, patience, and willingness to lend a hand represent Serenity's core values in action. Thank you Ofa for everything that you do, keep up the amazing work!

### April Holidays

April 1: April Fools Day

April 2: Good Friday

April 3: Holy Saturday

April 4: Easter!!!

April 7: World Health Day

April 11: National Pet Day

April 22: Earth Day!

April 28: National Superhero Day!

# Self-Care Tips

The COVID-19 pandemic has had drastic effects on everyone's health and well being. Now more than ever perhaps, it is extremely to take care of ourselves and help those around us to stay healthy both physically and mentally. To help out we have include some self-care ideas below to help you unwind and relax!



1. Yoga! Yoga has a laundry list of health benefits that comes with it, and some gentle allow people to get their blood flowing.
2. Guided meditation provides a chance to center yourself and take a breather from daily stresses.
3. Light your favorite smelling candle and curl up with good book to read.
4. Make your favorite snack! Freshly baked cookies never fail to lift the mood.
5. Practice positive self-talk. Appreciate the small tasks you do during the day and remember to tell yourself good job. Celebrate your daily successes!

## In Memory of Cecille Hao

Cecille Hao was a beloved mother, sister, and friend. She passed away suddenly in a car crash in March. She was one of the most hardworking people you could know and put her heart into all that she did. Her presence had a way of lighting up every single room that she walked into, and she had warmest laugh and sense of humor to her that could lift anyone's spirits. Cecille's memory will continue to be honored lived on through by all of her loved ones that she held dear.

