



This issue

About Professional Parent Care	P.1
Alzheimer's Disease and Prevention	P.2

MONTHLY NEWSLETTER

July, 2009

EMPLOYEES OF THE MONTH

Congratulations to our 2009 Employees of the Month, **Ronda Wing, Alicia Alexander, John Hagle, Dorothy Reisman** and **Tanissa May**, honored for their exceptional performance, pro-active attitude and dependability!

Each month, the Professional Parent Care administrative staff nominates up to 5 employees for the Employee of the Month program. Each nominee is reviewed by the entire staff to determine the winner.

Some of the characteristics we consider; a proactive attitude, an excellent attendance record, flexibility and compassion. Professional Parent care is currently nominating employees for August, 2009 so show us your caregiving skills!



What is Professional Parent Care?

Professional Parent Care is a private duty home care company providing services such as:

- Meal planning and preparation
- Assistance with personal care
- Personal transportation and errands
- Assistance with bathing and showering
- Specialized transfers
- Medication assistance
- Minor wound Care

We also offer specialized private programs and 24 hour live-ins that will thoroughly monitor security and safety issues through the day and night.

Our mission:

To deliver the highest quality personal care to our clients and their families, allowing independence, dignity and peace of mind.

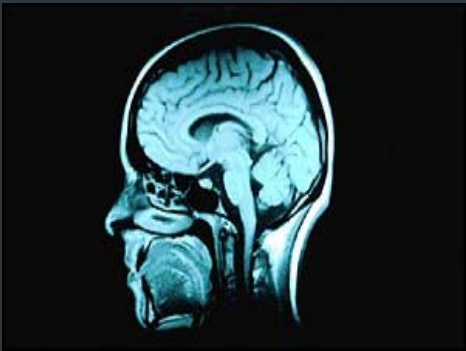
Professional Parent Care has continued to exceed the goals and expectations of our clients and their families who have trusted us caring for their loved ones since 1977.

Our field staffs is among the most qualified, highly scrutinized caregivers in their field, and are provided with an exceptional environment for achieving professional and personal growth. Our field staff is trained to closely monitor each client's individual case.

Professional Parent Care is constantly working to find new programs to better serve our clients. Last year we added an employee timekeeping system which ensures that the time charged for our services accurately reflects the services performed. Our real-time monitoring system also lets us know that your caregiver is safely on the job.

Contact Us:

For more information, check out our informative new website at www.professionalparentcare.com or contact our friendly office staff with any questions. To set up a free, no obligation, in-home care assessment, please call us at **(248) 569-1234** or **(800) 227-9553**.



Alzheimer's Disease and Prevention

Did you know that Alzheimer's disease is the most common cause of dementia that strikes those over the age of 65?

- Repeating statements and stories
- Difficulty organizing and speaking thoughts
- Paranoia and irritability

Researchers suggest maintaining a balanced and healthy lifestyle as well as keeping your mind active by taking part in activities that challenge your brain. Taking part in activities such as reading, playing board games, dancing, and playing musical instruments produce the best results in preventing or delaying the onset of Alzheimer's disease.

Alzheimer's disease is marked by loss of memory, comprehension, and speech. Its symptoms are categorized into three different stages.

Stage 1:

- Mood and personality change
- Poor judgment
- Memory loss

Stage 2:

- Increased memory loss
- Confusion
- Problems remembering family/friends

Stage 3:

- Continued memory loss
- Inability to communicate verbally
- Seizures
- Weight loss
- Trouble maintaining personal hygiene

Unfortunately, researchers are not yet able to answer why or how the disease occurs and at this point there is no cure. However, there are some links between high blood pressure and high cholesterol and the biggest risk factors associated with Alzheimer's disease are still aging and family history.

Professional Parent Care is challenging you to take an active step in preventing the onset of Alzheimer's disease.

Solve the puzzle below; the answers will be in next month's issue!

KEEP YOUR BRAIN YOUNG!

R R B U Z S D H Z T S Z
 E C E T K A T Q P E F N
 A Z U L N C P I L T P P
 D R H C A B J A U C R X
 I Z I Z E X B M H R I U
 N N T C A A I H R M F S
 G D T T T W B N U C L S
 E N I E T O R P G K K I
 Z E G U E R W X R W H S
 G E N O P B D X G F K C
 V Z F Z X C L Q V P G P
 S O C I A L I Z I N G F

READING
 DANCING
 RELAXING
 SOCIALIZING
 FRUITS
 VEGETABLES
 PROTEIN