ISSUE #1

Caregiver Connection

ANGEL COMPANIONS

June 2025

Welcome to the first-ever Angel Companions Caregiver Connection newsletter!

This monthly update is a way for caregivers and the office team to stay connected! June is Alzheimer's and Brain Awareness Month and Men's Health Month, so this issue we highlight brain and body wellness while sharing a few quick updates.

Irwin W. Bringing Us a Little Sunshine with a Smile

💙 Caregiver Spotlight

In honor of Men's Health Month, Irwin W. and Gregory Y. share how they take care of their own physical and mental health while caring for others:

Gregory Y.: "I make it a point to keep my spirituality in check by praying and reading the bible. Also I go to the gym at least 3 to 4 times a week."

Irwin W.: "I deal with my emotional health by reaching out to family or friends, keeping me grounded & reminding me of my capabilities. When it comes to my physical health, I maintain a weekly workout regimen, a whole foods based diet to keep me energetic & clear minded. Overall, I do things that bring me a sense of familiarity, comfort, & distraction from the prior day's stress."

In this newsletter you can expect:

Caregiver Spotlight

Share Your Story & Win

Office "Gossip"

Birthdays & Anniversaries

Reminders

Alzheimer's News

📖 Share Your Story

Deadline: June 30

Tell us “What unique family or cultural traditions influence how you care for others?” by June 30 to enter. https://forms.gle/LTrnKV2wasE669qX7

💻 Office Gossip

Jill’s daughter is about to graduate from the University of Alabama with a degree in Nursing!

Congratulations! And dare we say... Roll Tide?

🎂 LET’S CELEBRATE!

🎉Angelversaries

Ms. G. | 5 Years
April T. | 2 Years
Mama D. | 10 Years
Victoria J. | 9 Years
Mahesh D. | 5 Years
Linda O. | 1 Year
Mary N. | 12 Years
Georgina G. | 6 Years
Ida C. | 10 Years
Claudia T. | 17 Years
Valentina S. | 3 Years
Cynthia H. | 1 Year
Mary A. | 3 Years

🎈Birthdays

6/1 - Maria H.
6/2 - Dorcas G.
6/3 - Beatrice K.
6/3 - Tina D.
6/4 - Lola A.
6/6 - Tola A.
6/7 - Harriet E.
6/12 - Camelite C.
6/17 - Ida C.
6/17 - Michelle A.
6/19 - Gloria U.
6/20 - Rose A.
6/21 - Tia M.
6/29 - Zenobia W.

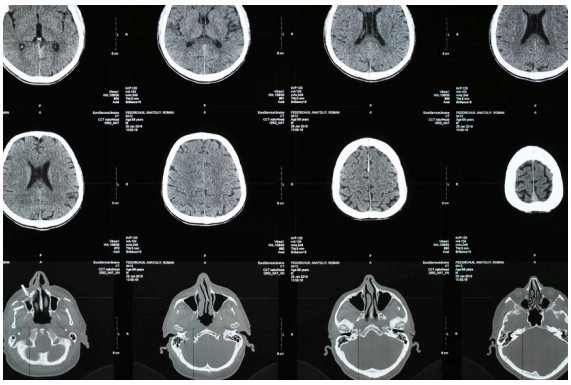
❗ Reminder: Emergencies

If your client has an emergency, remember:

1. Is the client on hospice?
   Yes? Call Hospice Contact | ***No?*** Dial 911
2. Contact the family members on Patient Profile
3. Contact the office at 770-579-5000*

*If calling the AC Emergency Line after 11pm, be sure to call twice within 5 minutes to push the call through

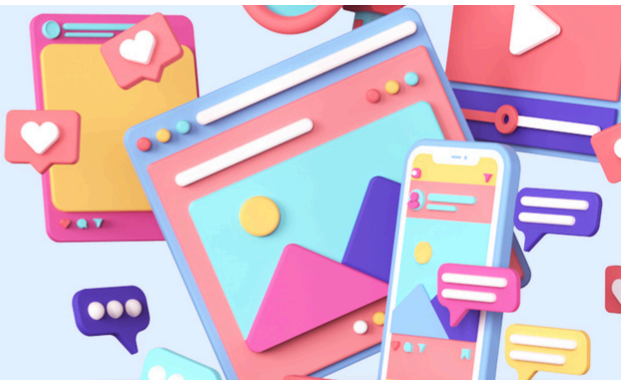
More details can be found in your Orientation Guide on page 11



🧠 Alzheimer's News

Preliminary trials show a promising role in gut microbiome intervention in reducing cognitive decline. If further trials confirm these findings, we could see new, supportive, gut-targeted therapies as early as 2026!

👍 Follow Angel Companions for Tips, Stories & Updates!



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🫶 Quote of the Month

"There are only four kinds of people in the world: Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver."
– Rosalyn Carter

Thank you for reading!