

Caregiver Connection

ANGEL COMPANIONS

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June 2026

June brings longer days, warmer weather, and a chance to pause and think about the people who helped shape us. Father's Day is this month, and whether you had a father figure who left a lasting mark or you have become that steady presence for someone else, this is a good time to reflect on what it means to show up for the people who need you. That is something every one of you does every single day. We are grateful for it.

Men's Health Month



June is Men's Health Month, and it is a good reminder to pay attention to the specific health needs of your male clients.

- Encourage regular movement, even if it is light. Short walks, stretching, or chair exercises all make a difference.
- Pay attention to mood changes. Men are less likely to verbalize when something is off. If a client seems withdrawn, quieter than usual, or less engaged, note it and let the office know.
- Keep an eye on chronic condition management. Heart disease, diabetes, and high blood pressure are common in older men. Watch for changes in appetite, energy, or behavior that seem out of the ordinary.
- Remind clients of upcoming appointments and help them prepare any questions they want to ask their doctor.

Your observation matters more than you may realize. You spend more time with these clients than almost anyone else in their lives.



Caregiver Spotlight:

Prince P.



Prince joined Angel Companions in April 2016, and in the ten years since, he has shown us what it looks like to truly commit to this work.

As one of our male caregivers, Prince primarily serves male clients. But his care made such an impression on one family that a female client specifically requested him after watching how he cared for her husband. That kind of reputation is built one day at a time, and Prince has been building it for a decade.

The numbers back it up. He has cared for one client for 581 days and another for 343 days. That kind of continuity does not happen by accident. It happens because clients and families trust him, and because he gives them every reason to.

Prince has always been willing to step up for overnight shifts, which anyone who works nights knows is no small thing. And while his dedication to those shifts is legendary, so is something else: his snoring. Families will tell you he never gets away with dozing off for long. If he starts to drift, everyone in the house knows it immediately.

We are glad to have him on this team. Ten years in, and he is still exactly who we need him to be.



Caregiver Voices

Last month we asked: What is the best lesson your father ever taught you? We only received one response this month, but it was a good one.

"Be yourself. Don't copy other people."

Simple. True. Worth repeating. We hope more of you will share next month because these responses are always the best part of putting this newsletter together.



Share Your Story

Enter to Win a \$10 via Zelle!

We did not have a winner last month because our responder forgot to put their name, so this month is a fresh start. Tell us something we all need to hear right now:

What is something that always makes you smile, no matter what kind of day you are having?

And don't forget to put your name to enter the raffle!

Deadline: June 30

<https://forms.gle/ShU5aPgmTr5EAi8s5>





Caregiver Tip: Summer Heat Safety

Summer heat is hard on everyone, and older adults feel it faster. Here is what to watch for and what to do:

- Keep clients hydrated throughout the day. Do not wait for them to ask. Offer water, juice, or a light snack with high water content regularly.
- Watch for early signs of heat exhaustion: heavy sweating, weakness, cool or pale skin, a weak pulse, nausea, or fainting.
- Keep indoor spaces cool. If air conditioning is limited, use fans, close blinds during peak sun hours, and encourage clients to stay in the coolest room.
- Avoid outdoor activity during the hottest part of the day, typically between 11 a.m. and 3 p.m.
- If you are ever unsure whether a client is in distress, call the office. It is always better to check.



LET'S CELEBRATE!



Angelversaries

Mary N. | 13 Years
Mama (Fatima) D. | 11 Years
Victoria J. | 10 Years
Georgina G. | 7 Years
"Ms. G" U. | 6 Years
April T. | 3 Years
Cynthia H. | 2 Years
Linda O. | 2 Years
Sydney S. | 1 Year



Birthdays

6/1 - Maria H.
6/2 - Dorcas G.
6/3 - Beatrice K.
6/4 - Lola A.
6/6 - Tola A.
6/12 - Camelite C.
6/17 - Nikki G.
6/17 - Michelle A.
6/17 - Bukola A.
6/19 - Gloria U.
6/19 - Brianna C.



Bonus Birthday!

Pamela, our social media manager and the creator of this newsletter, is also celebrating a birthday this month. June 23! Happy birthday to all the June babies!



Caregiver Tip: Earn \$100 with Referrals

Do you know someone who would make a wonderful caregiver? Angel Companions is offering \$100 for every successful referral.

To qualify, your referral must:

- Be a licensed CNA
- Come in for an interview
- If hired, work at least 40 hours with us
- Remain in good standing

Once those requirements are met, you receive your \$100 thank-you bonus. Reach out to the office to submit a referral.



WEConnect



Access Code:

ANGEL

Caregiving is meaningful work, and it is also hard work. WEConnect is a free, completely anonymous support platform built for people like you. You can connect one-on-one with trained peer supporters who understand what caregiving actually feels like, join online wellness groups, and access tools to help you manage stress and work toward your personal goals. It is available any time, right from your phone.

Get started:

- Scan the QR code in this newsletter
- Download the free WEConnect app
- Enter access code **ANGEL**



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Quote of the Month

"The greatest gift is not being afraid
to question."
- Ruby Dee

Thank you for reading!