

Caregiver Connection

ANGEL COMPANIONS

September 2026



Fall is right around the corner, and with it comes a few important reminders. This month's newsletter includes some fall prevention tips worth keeping in mind, both for your own routines and for the families you support. We've also got an important update on mileage reimbursement below, so be sure to take a look.

Office Gossip

Mileage Reimbursement Rate Increase

We're happy to announce that our mileage reimbursement rate has increased from \$0.725 to \$0.76 per mile. This increase went into effect on August 31, so if you've submitted mileage since then, it's already reflected at the new rate.

Thank you for everything you do to get to your clients safely and on time. This adjustment reflects that.



Happy Birthday!

Last month we celebrated Mary's birthday! Here are some pictures of the festivities.



♥ Caregiver Spotlight

This month, we personally recognized a caregiver who has made a real difference in the lives of the families they support. Out of respect for their wishes, we won't share their name here; but they know who they are, and we've let them know how much they're valued. Thank you for everything you do.



Caregiver Voices

Congrats to Rasheda for winning last month's raffle!

Last month we asked, **what's one small change to your routine that made a big difference?** Here's some of what you shared:

One caregiver started doing back exercises to better support a client's weight, and shared that being stronger meant her client wasn't stuck in bed all day anymore, something the family noticed right away.

Another caregiver shared that a small daily ritual, helping her client with her makeup, brings her real joy every time.

And one caregiver described how a shift change from nights to days opened up a shared love of cooking with her client, something that built real trust and connection between them.

Thank you to everyone who responded!



Share Your Story

Enter to Win a \$10 via Zelle!

This month, tell us...

What's the biggest myth people believe about caregiving?

Deadline: Sept 30

<https://forms.gle/aUPmXw4QxQCGwW6NA>





Caregiver Tip: The Start-of-Shift Scan



Take thirty seconds at the start of every shift to walk the main paths your client uses most, the route from the bedroom to the bathroom, the path to the kitchen, the front entryway. Look for anything new, a bag left on the floor, a cord stretched across a doorway, a rug corner that's curled up. Falls often happen because of something small that wasn't there yesterday.



LET'S CELEBRATE!



Angelversaries

Iddie E. | 12 Years
Tola A. | 10 Years
Jennifer P. | 6 Years
Jacqueline M. | 3 Years
Patience M. | 3 Years
Ericka H. | 2 Years
Lillie C. | 2 Years
Priscilla M. | 2 Years
Mary B. | 1 Year
Melissa M. | 1 Year



Birthdays

9/1 - Rose O.
9/4 - Gloria G.
9/4 - Mary J.
9/6 - Albertine T.
9/6 - Sara M.
9/9 - Marie J.
9/10 - Milliam M.
9/16 - Schenita E.
9/17 - Marlene L.
9/17 - Royel I.
9/20 - Yetty O.
9/21 - Haley M.
9/22 - Sharon S.
9/25 - Felicia E.
9/29 - Nyalingba S.
9/29 - Oluwole S.



Caregiver Tip:

Keep Water Within Reach

Dehydration is one of the more overlooked contributors to dizziness and fall risk, especially as the weather starts to cool and people naturally drink less. Keep a full glass or water bottle within your client's reach, and offer a reminder to sip throughout the day, not just at meals.



WEConnect: Support When You Need It



Access Code:

ANGEL

Our WeConnect program can help you focus on small steps that support steadier mental health. You can access it right from your phone, giving you care and support whenever you need it.

Get started:

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

It's **THAT** easy!



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Quote of the Month

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

- Leo Buscaglia

Thank you for reading!