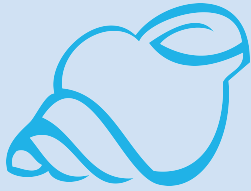


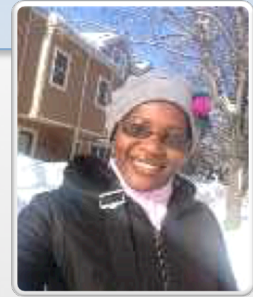
CAHOON CARE ASSOCIATES



HOME CARE COMPANY

Corporate Office: 781.659.1877
429A Washington St, Norwell, MA

Featured Employee:



Immaculate Nansubuga

Welcome to the first installment of the Cahoon Care Associates Employee Newsletter! As we head into fall and more hectic schedules we want to remind all our hardworking employees to take the time to Care for the Caregiver.

A recent article from the mayo clinic warns caregivers that too much stress can be a detriment to your health. Warning signs include:

- Feeling overwhelmed or constantly worried
- Feeling tired most of the time
- Sleeping too much or too little
- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy

Strategies to help manage caregiver stress include:

- Find a time for physical activity on most days.
- Establish a good sleep routine.
- Eat healthy food and drink plenty of water.
- See your doctor

See the full article here: <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>

We want to hear from you!

As valued employees of Cahoon Care Associates, we would like to get your feedback on our new Employee Recognition Program and any ideas or topics you would like to see covered in the next newsletter.

Last month we announced our new Employee Recognition Program, via email. Once a quarter, we will recognize and reward one employee who has gone above and beyond for our clients and our company. We are pleased to announce Immaculate as our first featured employee.

Cahoon Care Associates recognizes Immaculate for providing outstanding care to our clients, for going above and beyond filling in shifts especially in August when Immaculate repeatedly drove back and forth between Brookline and Wellesley.

Immaculate joined Cahoon Care Associates in March of 2014, and since then she has worked with several clients graciously filling in when able. She exemplifies the "True heart for caring" her compassion and positive outlook have made her a favorite with many of our clients.

Congratulations Immaculate!

Reminder! We have a referral bonus program to refer new caregivers and new clients:

- **\$50 referral bonus for each new caregiver, after they have worked for us for 3 months.**
- **\$75 referral bonus for each new client, after they have used our services for 1 month.**

Telephony and Cahoon Contact information:

Clocking in/out from client's home phone: 877.599.6651

Check your schedule: <https://cahooncare.ersp.biz>

Request Schedule changes: 781.261.6748 (Text Only!)

During Business Hours: 781.659.1877

Emergency After Hours:

Sara 781.635.4095

Margery 617.306.9809

Laura 617.680.1639

Carolyn 781.789.5542