



AUTUMN 2014

Issue 4

OWLS Embraces Technology!

With the purchase of new software earlier this year, OWLS has greatly improved our 24-hour a day communication between caregivers and administration staff. Our system saves our caregivers time and makes sure any information they want us to have is sent Internet fast. Our clients love our new system!

Our caregivers communicate with us, clock in and out of shifts, view and confirm their schedule, and send notes and notate tasks on any Internet ready computer or smartphone. All of this easy communication keeps us informed of how our caregivers spend time with our clients, what services are being performed, and if any changes in health or behavior have occurred.

Now we are launching the next phase! The Family Portal is the feature that drew us to this system. Clients' family members will now be able to log in and review care requirements and requests, tasks completed during shifts, and any notes offered by our caregivers. The portal is located on our website homepage. Contact Melissa Randall at our office for Log-In instructions.

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Companion in the Spotlight

Troy Sutton is our Companion in the Spotlight! Troy is a cancer survivor and had this to say about his weekend client, "I am inspired by his strength, courage, positive outlook, and strong will to maintain his Independence." An avid sports fan and athlete, Troy recently tried zip lining and also participated in the Ohio State Four Miler to benefit cancer research. Troy has a large family with whom he is close and enjoys being with them as well as his cat, Patches.

One Pan Roasted Dinner

4 chicken thighs
4 medium Yukon Gold potatoes, cut in quarters
4 carrots, peeled and cut into 2 inch pieces or 16 baby carrots
½ yellow onion, sliced

¼ c olive oil
1 tsp salt
½ tsp black pepper
1 tsp garlic powder
1 tsp dried sage
1 tsp dried rosemary

Pre-heat oven to 375*. Mix olive oil, herbs and spices. Lay onion slices in bottom of 9x11 metal baking pan. Place chicken pieces on top of onions. Arrange potatoes and carrots around chicken pieces. Drizzle chicken and vegetables with olive oil mixture. Cover pan with foil and cook in oven 45 minutes. Remove foil and cook another 10-15 minutes, until juice from chicken runs clear. Serve drizzled with liquid from pan.

Out & About in Autumn

- With cooler temperatures, we are ready to get outside and experience the colors of autumn in northeast Ohio. **As always, hydration is important!** Try adding a cup of hot tea (decaffeinated or herbal) to your daily routine.
- **Sun exposure for 15 minutes a day is essential** for keeping our Vitamin D levels sufficient. Sunscreen is a must after those 15 minutes, though, especially between 10 am and 4 pm. From November 1 to April 1, consider taking a daily Vitamin D supplement as the sun is too weak up here in the north. Vitamin D keeps our immune system healthy.
- Be prepared for cool temperatures. **Dress in layers**, with a windproof (and waterproof!) jacket available. It's time to get out hats, gloves, and boots, too!
- **GET A FLU SHOT!** Talk to your doctor about any other recommended vaccines.

Older Wiser Life Services, LLC provides families with secure, reliable, trustworthy companion care. OWLS companions are available across Northeast Ohio.

www.VisitOWLS.com

info@VisitOWLS.com

216-282-OWLS (6957)