

DECEMBER 2023

# CARE PRO ZONE

MONTHLY NEWSLETTER

## MANDATORY CARE PRO MEETING

Care Professionals who have already attended the safety meeting - seizure focus - do not need to take it in December. New dates have already been updated to the employee portal. You must register in empower.

Direct links are available at [www.takethelead479.com](http://www.takethelead479.com)

## Educational Opportunities

### **CNA program**

**Full Time Classes - 2 months**

Monday – Weds 7:45am - 2pm

**Part Time Classes 3 Months**

Sat & Sunday 7am - 3:30pm

### **Financial Assistance**

Some scholarships are available or a payment plan option

Space is limited



Contact:

**Griselda Bedolla**

for more  
educational  
opportunities

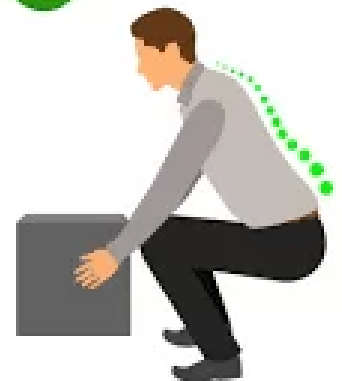
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# WE'VE GOT YOUR BACK

## KEEPING YOUR BACK SAFE, WHY IT MATTERS!

Your back only has to be injured once and you can be troubled with a back problem for the rest of your life. To reduce the likelihood of injury and promote a warm up to your spine, an efficient pattern of movement is the foundation of good manual handling practice.

- Lift with your legs, not your back.
- Refrain from any sudden jerking movements.
- Do not ever pull on the client's arms or shoulders.
- Make sure the Client wears shoes with good treads or sturdy slippers.
- Use a gait belt.
- Have the client do as much as he or she is able during the lift or transfer. If the older adult is unable to assist with the transfer in any way, you may need specialized training and/or adaptive equipment for lifts or transfers.
- Work at the senior's level and speed, and check to make sure he or she is not experiencing any pain



**FREE gait belt**  
call the office





# Give Thanks

