

THREE TYPES OF DIABETES

Type 1: The body cannot make insulin, so insulin must be taken daily. Typically affects younger individuals, usually before age 40. Less common than Type 2, only 5% of diabetics are Type 1.

Type 2: The body cannot use insulin well enough to manage blood sugar levels.

Risk factors for Type 2 diabetes

- Overweight
- 45 years of age or older
- Physical activity less than 3x/week
- Parent/sibling with Type 2 Diabetes
- History of gestational diabetes or had a baby weighing 9 lb or over

Type 3: Gestational diabetes develops in a pregnant woman when she loses ability to control her blood sugar levels.

Common symptoms of diabetes

- Blurry vision
- Increase in thirst
- Frequent urination
- Increase in fatigue
- Feeling hungry – despite eating
- Cuts/bruises that are slow to heal
- Weight loss- despite eating (Type 1)
- Tingling, pain or numbness in hands/feet (Type 2)

GOOD NEWS ON EMPLOYEE BENEFITS

Assisted Living Services has long had a Longevity Bonus system to recognize employees for length of service that were not otherwise eligible for an annual performance review (ex. having had reached top of pay grade). Recently, ALS has not only increased the bonus amount, but has also shortened the amount of time that qualifies for the bonus.

Depending on years of service eligible employees may receive \$250, \$400 or \$500. A notice of the revised benefit will be mailed. Congratulations to those who qualify!

Speak with your doctor if you have questions regarding any of the symptoms. People with diabetes have an increased risk of developing a number of serious health problems. Early detection and treatment can decrease the risk of developing complications of diabetes.

Ten ways to avoid Diabetic Complication

1. Commit to managing your diabetes
2. Don't smoke
3. Keep your blood pressure and cholesterol under control
4. Schedule regular physicals & eye exams
5. Keep vaccines up to date
6. See your dentist, take care of your teeth
7. Check your feet daily
8. Discuss a daily aspirin regimen with your doctor
9. If you drink alcohol, do so responsibly
10. Take stress seriously

Diabetes care is within your control. Do your part and enjoy an active, healthy life.

Assisted Living Services, Inc. Customer Survey Results, Q4 2017

Quality Met Expectations	93%
Recommend Our Services	90%
Staff Reliable & Punctual	93%
Caring, Courteous, Professional	95%
Mgt. Available, Responsive, Efficient	90%



Caregiver Corner - Say hello and head for the sink

Your clients depend on you to fulfill many of their needs. Whether it is meal preparation, cleaning or helping an individual getting their day started with a bath – your client looks to you for assistance. What is the first thing you should do when you get to a client's home?

Say hello and head for the sink to wash your hands! This is a great way to start off the day – whether it's food preparation or helping someone get dressed, clean hands are an important part of keeping the client and yourself free of germs which can cause colds, influenza, infection or worse. Start with clean hands, wash them after every task you perform and you will be on your way to providing a cleaner and safer environment for your client and yourself.



HAPPY EASTER

TECH TALK

Assisted Living Technologies, Inc. offers a variety of products for the hearing impaired. For residential settings, Silent Call products alert the individual to occurrences such as doorbells/phone calls as well as threats including fire and severe weather. Receivers can be placed throughout the home or worn, notifying the wearer of activities.



CUSTOMER FEEDBACK

"Since the New Year started and Assisted Living Services came into my (and Adrienne's lives), I no longer dread the coming of snow. I no longer worry about her PCAs. I no longer scramble to make sure Adrienne has the coverage she needs to be safe. I no longer dread the early morning or late evening phone calls about PCAs calling out, and not having coverage.

Now, with a Live-in from ALS, that dread has turned into stress-free snow days! And the icing on this 'sweet cake' is Adrienne is safe, well cared for and in her own apartment!"

- Ellen Martin

Welcome Shrona Thomas, RN

Mary Scagliarini, RN, Director of the Adult Family Living program, is pleased to announce that Shrona Thomas, RN, has joined our team. Shrona is passionate about providing care and works concurrently at Yale New Haven Hospital. In her personal time she enjoys sports, music and playing with her new puppy, Princeton.

