



## You are Not Alone:

Have you are a loved one recently been diagnosed with illness, disease, or condition that is bringing you fear and lots of questions? Over 5 million people in U.S. have Alzheimer's currently and over 60,000 people are diagnosed with Parkinson's Disease each year in the U.S. There is many local support groups in your community to help you and your loved one better understand what is happening, what is going to happen as well as provide resources to better assist you and your loved one in the ways that you need, wither it is mentally, emotionally, physically or financially. Keep an eye on our blog site and Facebook page this month for local support groups in your area as well as support programs.

## Employee of the Month

**Yul Kendricks** has shownen outstanding workmanship, deaddaction, and companionship to his clients. Snug & Comfort finds Yul an assest to their caregiveing team.



## Pet Therapy:

Pet therapy has been found to have emotional, physical and mental benefits to seniors. Pet therapy can reduce, anxiety, stress, loneliness as well as promote alertness. Pet therapy is the positive interaction with animals such as dogs, cats, birds, and fish and people. Many animals used in pet therapy are trained or are in training to help provide comfort and companionship. The interactions seniors have with animals is not only enjoyable to seniors but beneficial as well. Check out our blog this month to better understand how pet therapy works and the benefits as well as, a list of local pet therapy groups in your area.



## Up Coming Events:

In early April Snug and Comfort will be delivering Easter baskets full of goodies to local nursing homes, rehabilitation centers, adult daycares, and senior centers in the area.

## Our newest members of our Caregiving Team

- Judy
- Ana



Follow us on facebook as well as check out our weekly blog that includes education information on ageing.



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