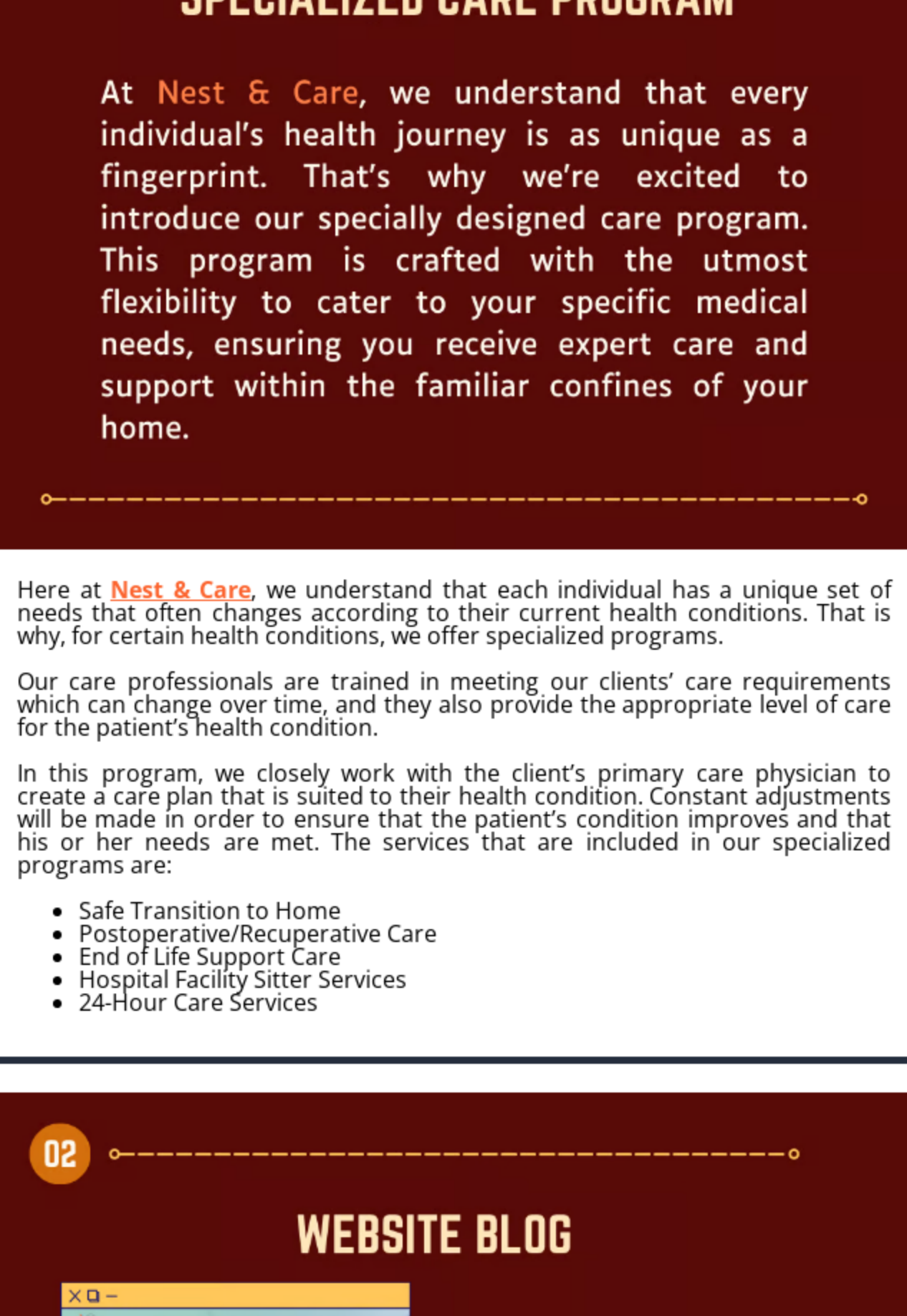


World Heart Day

SEPTEMBER 29 2023

World Heart Day serves as a poignant reminder of the importance of heart health, not just for ourselves but for the well-being of our loved ones and our global community.

Happy World Heart Day!



As we step into September, our hearts are filled with anticipation, not just for the changing seasons, but for a significant day that lies ahead: World Heart Day.

In this month's newsletter, **Nest & Care** invites you to join us on a journey of care, awareness, and inspiration!

01

SPECIALIZED CARE PROGRAM

At **Nest & Care**, we understand that every individual's health journey is as unique as a fingerprint. That's why we're excited to introduce our specially designed care program. This program is crafted with the utmost flexibility to cater to your specific medical needs, ensuring you receive expert care and support within the familiar confines of your home.

Here at **Nest & Care**, we understand that each individual has a unique set of needs that often changes according to their current health conditions. That is why, for certain health conditions, we offer specialized programs.

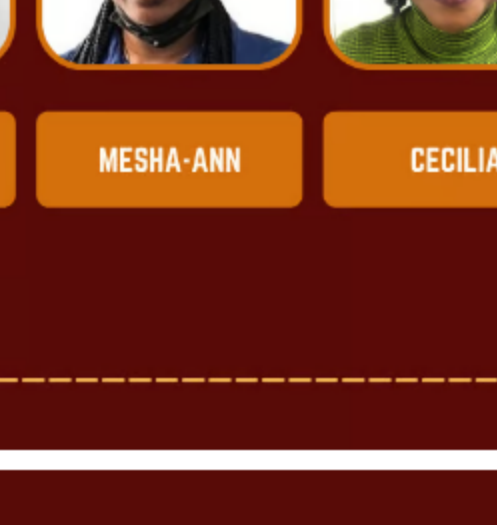
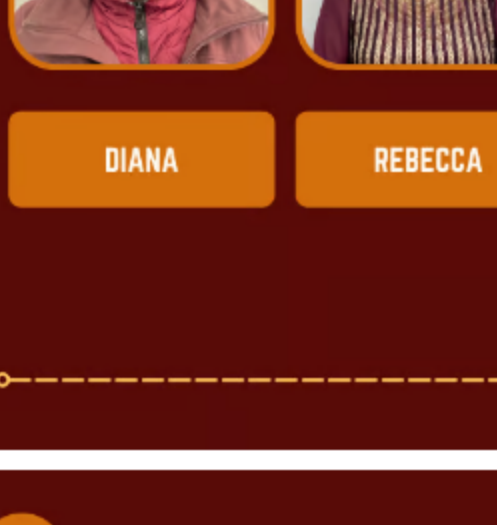
Our care professionals are trained in meeting our clients' care requirements which can change over time, and they also provide the appropriate level of care for the patient's health condition.

In this program, we closely work with the client's primary care physician to create a care plan that is suited to their health condition. Constant adjustments will be made in order to ensure that the patient's condition improves and that his or her needs are met. The services that are included in our specialized programs are:

- Safe Transition to Home
- Postoperative/Re recuperative Care
- End of Life Support Care
- Hospital Facility Sitter Services
- 24-Hour Care Services

02

WEBSITE BLOG



At **Nest & Care**, we believe in the power of knowledge and the importance of staying informed. That's why we're excited to introduce our website blog, where we provide you with a wealth of information, tips, and resources to enhance your well-being and make informed decisions.

This month, we focused on these topics:

📌 [5 Vital Food Safety Tips for Home Health Care: National Food Safety Education Month](#)

📌 [4 Key Reasons To Choose Nest & Care For Specialized Heart Health In Home Care in Montgomery County](#)

03

Caregiver Portal

IN THE KNOW TRAINING

At **Nest & Care**, we are committed to providing the highest level of care to our clients, especially those living with Alzheimer's disease. We understand the unique challenges that Alzheimer's presents and the profound impact it has on individuals and their families. That's why we are proud to introduce our specialized In the Know Online Training Program – an innovative resource that equips our caregivers with the knowledge and skills needed to provide exceptional care to clients with Alzheimer's disease.

Nest & Care's In The Know Online Training Program Includes:

📌 Alzheimer's Association Approved Alzheimer's Disease Specialist Training (8.5 Hours)

Additional Course:

- 📌 Working with Difficult & Combative People (Caregiver)
- 📌 Understanding Abuse (Caregiver)

04

Star of the Month



Gael

Gael has consistently demonstrated an unwavering commitment to his clients and our agency. His dedication to his clients and his impeccable attendance record are truly remarkable.

Gael's exceptional qualities go beyond punctuality. He possesses a heart full of compassion and a willingness to help that knows no bounds. Whenever our agency has needed him to step in and provide support, Gael has been quick to lend a hand. His dedication and reliability are an inspiration to us all.

At **Nest & Care**, we take great pride in recognizing outstanding individuals who go above and beyond to provide exceptional care. This month, we are delighted to introduce our Star of the Month, Gael!

Gael embodies the core values of **Nest & Care**, and his dedication to providing high-quality care sets a shining example for all of us. We are immensely grateful to have Gael as a part of our team, and we look forward to his continued contributions in making a positive difference in the lives of our clients.

05

Caregiver Appreciation



DIANA

REBECCA

MESHA-ANN

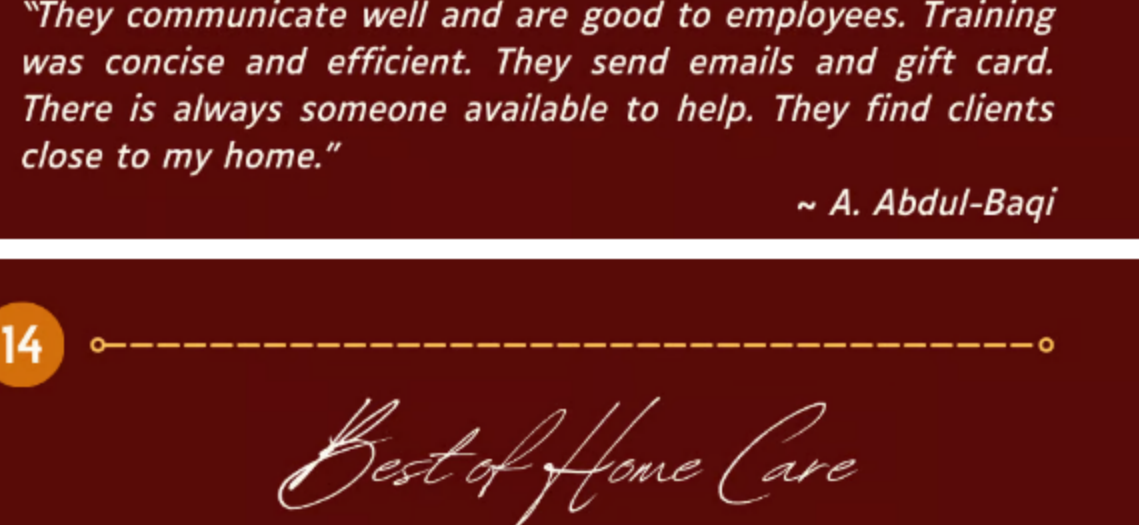
CECILIA

Nest & Care is privileged to work alongside an extraordinary team of caregivers who consistently embody the values of compassion, dedication, and excellence. This month, we are thrilled to shine a spotlight on these caregivers who have truly stood out among the exceptional individuals that make up our caregiving family.

Diana, Rebecca, Mesha-Ann, Cecilia, Carol, Oulimata, Fatu and Rita have consistently gone above and beyond in providing exceptional care to our clients and PPEs. Their dedication and compassion inspire us all, and we are immensely proud to have them as part of our caregiving team.

06

Caregiver Appreciation



CAROL

OULIMATA

FATU

RITA

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07

Celebrations

BIRTHDAYS

- September 2 - Kat Villanueva
- September 5 - Shaniel Enaifoghe
- September 6 - Oulimata Sow
- September 7 - "Princess" Obahiagbon
- September 8 - Aida Pannell
- September 16 - Miriam Sandoval
- September 17 - Kandily Berot
- September 19 - Emilie Kana
- September 20 - Jacqueline Franzier
- September 21 - Milagro Hernandez
- September 22 - Fatou Jallow
- September 25 - Zainab Sesay

WORK ANNIVERSARIES

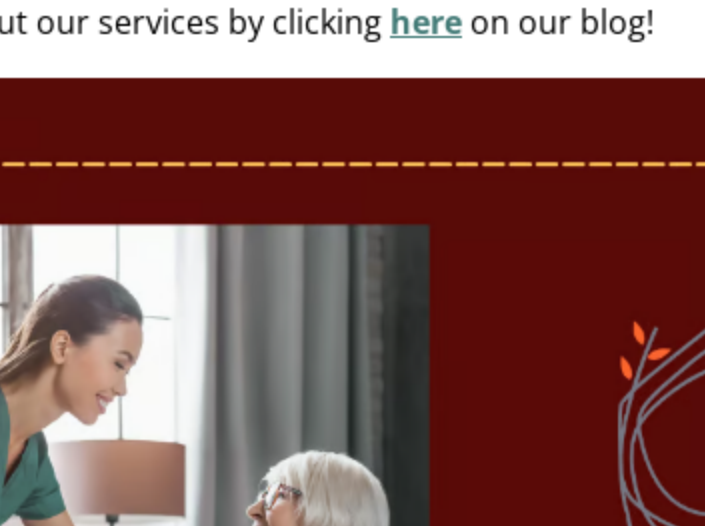
- September 6 - Chantal Miaoudou (1 year with us)

Nest & Care celebrates the milestones and special moments of our incredible team members. This month, we have a lot to cheer about, from birthdays to work anniversaries!

Let's celebrate the extraordinary people who make our organization shine. Cheers to a month filled with happiness and success!

08

Happy Birthday, Kat!



Last September 2nd, our esteemed CEO, Kat, celebrated her birthday in the company of her closest confidantes: Jocelyn, our dedicated Care Coordinator, and Shay, the dynamic Director of Operations and Business Development. While the virtual team has worked tirelessly behind the scenes, we've come together to create a memorable celebration for a truly exceptional leader.

Kat's birthday celebration last September 2nd was a reflection of the warmth, camaraderie, and unwavering dedication that define our organization. It was an evening filled with laughter, shared dreams, and heartfelt wishes for our exceptional CEO, Kat.

09

Congratulations, Jocelyn!

Jocelyn's journey with us has been marked by unwavering commitment, deep compassion, and a relentless pursuit of excellence. Her transition into the role of Care Coordinator is a testament to her exceptional skills and her genuine passion for providing the highest level of care to our clients.

Nest & Care is delighted to announce that Jocelyn, a familiar and beloved member of our organization, has taken on a new role as our dedicated Care Coordinator!

As someone who knows **Nest & Care** inside out, Jocelyn is ideally positioned to be your advocate and guide throughout your care journey. She will continue to uphold our commitment to personalized care, making sure that your voice is heard and your well-being is the top priority.

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Holidays, Events and Campaigns

September is not just a month of transitions; it's a month where we come together on social media to celebrate, educate, and take action for a better world.

Nest & Care joined the following campaigns and holidays on our social media platforms:

- National Preparedness Month
- Labor Day
- National Food Safety Education Month
- Pollution Prevention Week
- Hispanic Heritage Month
- Native American Day
- World Peace Day

Throughout September, **Nest & Care** joined through social media platforms in celebrating these events, holidays and exciting campaigns.

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Community Connections

CLIENT VISITS

Nest & Care is thrilled to share some heartwarming moments from Jocelyn's recent client visits!

Mrs. E, a valued client, recently celebrated her birthday, and Jocelyn, our Care Coordinator was there to make it extra special. With her warm smile, shared this memorable moment and ensured Mrs. E's day was filled with happiness.

Mrs. C has been a long-time client, and Jocelyn continues to provide dedicated care during her routine visits. Their bond has grown stronger over time.

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CAREGIVER VISITS

At **Nest & Care**, we understand that every member of our caregiving family plays a vital role in creating a warm, supportive, and compassionate community.

Nest & Care wishes to shine a spotlight on a special visit orchestrated by our Dedicated Care Coordinator, Jocelyn, to express our profound appreciation to Diana.

Nest & Care would also like to thank all of our Community Partners for their tireless dedication and commitment to providing quality care services. Your support and collaboration in providing the best possible care to our patients are invaluable.

- Autumn Lake Healthcare at Oak Manor
- Bedford Court Senior Living
- Collingswood Rehabilitation Center
- Crescent Cities Rehabilitation Center
- Hillhaven Assisted Living and Rehab Center
- Layhill Center of Rehabilitation & Nursing
- Potomac Valley Rehabilitation Center
- Sterling Care Rockville Nursing
- The Terraces at Tuckerman Lane
- Holy Cross Hospice
- Holy Cross Hospital

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Client and Employee Feedback

CLIENT FEEDBACK

"I like that they have great caregivers. They provide outstanding care. They keep my mother-in-law entertained and happy. They prepare meals. They have very good communication. They are extremely attentive. It's very well-matched, I appreciate that she is friendly, responsible and caring."

~ N.B.

CAREGIVER FEEDBACK

"They communicate well and are good to employees. Training was concise and efficient. They send emails and gift card. There is always someone available to help. They find clients close to my home."

~ A. Abdul-Baqi

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Best of Home Care

Did you know **Nest & Care** also offers referral bonuses for clients and caregivers? You will receive a bonus fee if you refer a new client or new caregiver to us. Feel free to learn more about our Refer-And-Earn Program by talking with our office staff! Please reach out to our office at (240) 690-9900.

We truly appreciate your help in referring clients and caregivers to us and look forward to hearing from you! Thank you for being a part of the **Nest & Care** family!

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NEST & CARE

Private Duty In-Home Care and Skilled Nursing Services

We're Hiring

CMT • CNA • GNA • LPN • RN

Apply Now!

Are you passionate about taking care of the elderly? Then, be part of one of Maryland's best home healthcare companies!

Nest & Care is hiring experienced and reliable home care Caregivers & Nurses located around Montgomery County, Maryland, to be part of our team!

Benefits for Caregivers:

- Flexible Schedule
- 401K and 401K Matching
- Paid Sick Time
- PPEs Provided
- Workers Compensation Coverage
- Liability Insurance Provided
- Career Growth
- Taxes Deducted On Your Behalf
- Bonuses & Incentives
- Paid Training
- Industry Leading Pay Rates

📌 [Click here to apply now!](#)

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Contact Us

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📘 facebook.com/nestandcare

📍 1751 Elton Rd, Suite 210, Silver Spring, MD, 20903

Get the assurance and assistance from **Nest & Care** for your in-home care needs with these 4 easy steps:

1. Call (240) 690-9900 to describe and inquire about your needs
2. Schedule a FREE In-Home Assessment with our Client Care Coordinator
3. We will carefully match you with the right Caregiver
4. Stay up-to-date through our online portal

Learn more about our services by clicking [here](#) on our blog!

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Premium Home Health Care Service In Silver Spring, Maryland