

Winter Newsletter
A year of growth

2024





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A year of growth

**The Myhomecare team is growing bigger and better!
Over the course of 2024, we welcomed;**

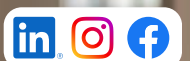
8

**new members to our internal
staff team across Ireland**

100

**members to our frontline staff of HCA's,
nurses and domestic support workers.**

This increase in our staff numbers means we are more equipped than ever to provide our excellent homecare service for more clients in the areas we already serve, as well as reaching more places within the country.



October Awards & Celebrations



During October, Myhomecare attended a nationwide HCCI award ceremony. Two of our staff members were nominated for awards. Marianna Javorszki, a HCA working in Dundalk, was shortlisted for HCA of the Year, and Silvia Marson, a nurse in the Dublin area was shortlisted for Nurse of the Year.

Congratulations to Marianna & Silvia from Myhomecare. Both ladies attended the HCCI Home Care Awards in Dungarvan, Waterford.



Lung Cancer Awareness



NOVEMBER IS LUNG CANCER AWARENESS MONTH

A global healthcare event that has been held annually since 1995. The focus throughout the month of November is to educate people about the disease awareness, the need for screening, risk factors, and preventive measures of lung cancer.

Lung cancer is one of the most serious health concerns that affects both men and women. As per GLOBCAN 2020, lung cancer was reported as the major (18%) cause of cancer related deaths. If lung cancer is detected when it is small and has not spread, it has a better chance of being cured.

This year, 2024, Lung Cancer Awareness Month Theme is “Stronger Together: United for Lung Cancer Awareness”. This theme highlights the importance of community support and cooperation in the fight against lung cancer.

Symptoms of Lung Cancer

Wheezing or difficulty breathing

A cough that doesn't go away, or a change in a long-term cough

Repeated chest infections that won't go away, even after antibiotics

Coughing up blood-stained phlegm

Pain in your chest, especially when you cough or breathe in

Swelling around your face and neck

Difficulty swallowing

Other possible symptoms include:

Feeling more tired than usual

Loss of appetite / weight loss

All these symptoms can be caused by conditions other than cancer, but it's important to go to the GP and get any unusual changes checked.

Celebrate the Contrast in December

There is nothing as lovely as wrapping up in a warm cardigan or coat on a windy, cold day. Winter is a season for celebrating contrasts: warmth in the cold, or light in the dark. The cheering warmth of a mug of your favourite warm drink in cold hands is one welcome contrast, just as we all look forward to the bright, festive lights against the dark skies of winter.

Since the hours of darkness are longer this time of year, there are numerous opportunities to get out and enjoy some truly sparkling lights displays in and around Ireland this holiday season.

LIGHTS ATTRACTIONS AROUND THE COUNTRY



Wild Lights at the Dublin Zoo

Enchanted Kingdom at Slane Castle

Land of Light on the grounds of Belvedere House in County Westmeath

Celtic Myths and Legends Light Show at Loughcrew

Treetop Night Lights at Beyond the Trees Avondale in Wickow

Solas Winter Lights in Cork City

Wonderlights at Malahide Castle

Magic Lights at Skypark in Carlingford

Wonderlights at Fota House and Gardens

Grafton Street in Dublin

From the twinkling lights stretched across the glittering street itself to the beautiful shop window displays, Grafton Street is a feast for the senses at Christmas time. There is wonderful music to set the mood, and an evening of shopping or sightseeing finishes beautifully with a steaming cup of hot cocoa.



Premium Homecare

Supported By Assisted Technology

The Comfort Plan allows you to choose two pieces of Isaac Care assistive technologies as an introductory offer with expert advice from our team who are there to assist you with selecting the most appropriate technology for your loved one.

**COMFORT
PLANS**

Visit Our Website Here

Contact one our Myhomecare Expert Advisors

1800 400 900



Service User Satisfaction Survey



Every year, Myhomecare asks our clients to complete a satisfaction survey. This is your opportunity to let us know how we're doing! We greatly appreciate you taking time to fill these out.

Access Form Here

Employee of the Quarter

The Employee of the Quarter Program recognizes the outstanding qualities and contributions of employees, we are delighted to announce the winners for **Winter 2024.**



DNE: Gerry Lyn Gallego
DML: Danúbia Magalhães Gonçalves
South: Aoife Carroll
Limerick: Mairead O’Kane
West: Maria Silva Novais



All the little things you do every day make a huge difference. Thank you for your dedication and willingness to go the extra mile!



LIVE JOBS

Click Here!

Thank You!

Visit Our Website

www.myhomecare.ie



Office Locations

Dundalk Office

Quayside Business Park, Mill Street, Dundalk,
Louth, A91 WNH1.

Dublin Office

One Haddington Buildings, Haddington Road,
Dublin 4

Galway Office

Unit 19, 3rd Floor, Dockgate, Merchants Road,
Galway, H91 AF8R.

Limerick Office

10/11 Steamboat Quay, Dock Road, Limerick.

Cork Office

11 Anglesea Street, Ballintemple, Cork.

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