



**A note from our Owner,  
Stacey Thornberry**

I would like to begin by saying Happy Mother's Day to everyone! What an honor it is to be called MOM. The amazing legacies you've created will be through future generations.

As you know we have transitioned to a new operating system. I want to personally thank each of you for be so graceful during this transition period that has resulted in a few inconveniences. We are confident that all concerns have been addressed and remedied.

Homewatch CareGivers of NKY has been throughout April and May at events and sponsorships. Building relationships with our local community is KEY for referrals. While many may not need us right now, we are here for future assistance. I want to personally thank you for referring your friends and families to our agency. It is an honor to be a trusted partner to so many.

We attended A Night to Remember with our local care partners, St. E Hospice. It was a wonderful evening spent celebrating the many blessings made possible by the hospice program at St. Elizabeth. Many amazing silent auction baskets were donated with the goal of raising funds to continue the incredible services provided by the hospice team. A special thank you to the Hospice Nurses and Social Workers!

Lastly, BIG NEWS! We are very close to being able to accept VA Benefits! As the sister of a Veteran, I am very excited about this opportunity to care for our local heroes! I will share information as soon as the approval process is complete! GO TEAM USA!

As always, thank you for allowing us to provide care for your loved ones.

Stacey



**Derby Fun with  
Homewatch CareGivers**

We had a blast at Legacy Living at our Run for the Roses Derby party!

Residents enjoyed playing Derby Trivia, making derby hats, and creating their very own Derby Horse name!



**Spring In Your  
Step: Easy  
Exercises For  
Seniors**

There are several simple exercises which older adults can do from the comfort of their home. Here is a list of easy exercises for seniors.

[Read More](#)

**Cinco De Mayo  
Fiesta with the  
Senior Service  
Alliance**



The SSA has a calendar full of events for our local NKY Seniors! These events have free food, music and drinks! Be sure to visit <https://nkymedicare.com/events> for a full listing of upcoming events! We would love to see you there! Our next event is a Senior Picnic at Stringtown Park in Florence at 7340 Burlington Pike in Florence. This event is June 7 11A-1P.

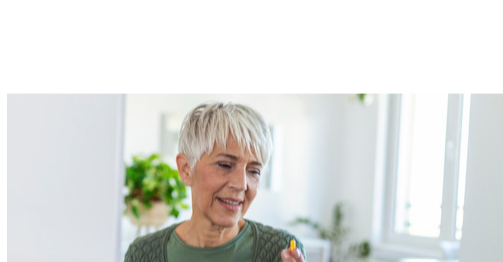
**Save the Date**

We hope that you will join us for the 5th Annual Denim and Diamonds Gala. Monies raised contribute to the Safe Aging Coalition which provides durable medical equipment to our local seniors in need. There are also Corporate Sponsorships available as well. Please visit the Safe Aging Coalition website for more details.



[Senior Fall Prevention | Safe Aging Coalition of Northern Kentucky | \(safeagingnky.org\)](#)

**Effects of  
Vitamin D  
Deficiency on  
Seniors**



Vitamin D deficiency impacts about 35% of adults in the United States and commonly affects people over the age of 65. Here are several ways you can help your senior loved one maintain healthy levels of vitamin D.

[Read More](#)

**Please  
VOTE for  
us!**

We are pleased to have been nominated for 2 awards. Voting is once a day!



- Best of Northern Kentucky Magazine <https://www.bestofnky.com/best-of-nky/>
- Greater Cincinnati Family Choice Awards <https://cincymagazine.secondstreetapp.com/2023-Family-Choice-Awards/>

**START HOME CARE TODAY**

- Bathing assistance
- Dressing assistance
- Toileting and incontinence care
- Transportation and errands
- Grocery shopping and outings
- Social engagement
- Housekeeping and laundry
- Meal preparation
- Medication reminders
- In-home safety assessment

Are you interested in a rewarding career that brings health and wellness to the lives of the elderly in your community?

[Find Caregiver Jobs](#)

**About Homewatch CareGivers**

As we have since 1980, Homewatch CareGivers continues to deliver exceptional care to elders and their families. Our network of more than 200 caregiver agencies fulfills our mission of preserving dignity, protecting independence, and providing peace of mind for clients and their families through exceptional home care services.

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