



RITA'S CARE AT HOME LLC

STAY INDEPENDENT WITH A HELPING HAND FROM US



August 2022 Newsletter • www.RitasCareAtHome.com

Middle Tennessee • 4205 Hillsboro Pk., Suite 208, Nashville, TN 37215 • (615) 298-3826

Get Back on Track With Routine Vaccinations

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. We know the COVID-19 pandemic has impacted all aspects of life, including your ability to attend important appointments and receive routine vaccinations. During NIAM, we encourage you to talk to your doctor, nurse or healthcare provider to ensure you and your family are protected against serious diseases by getting caught up on routine vaccination.

August is also a critical time for those who are eligible to get vaccinated or boosted against COVID-19. To learn more about COVID-19 vaccination and find a provider, visit **[vaccines.gov](https://www.vaccines.gov)**, or call 1-800-232-0233 (TTY 1-888-720-7489).

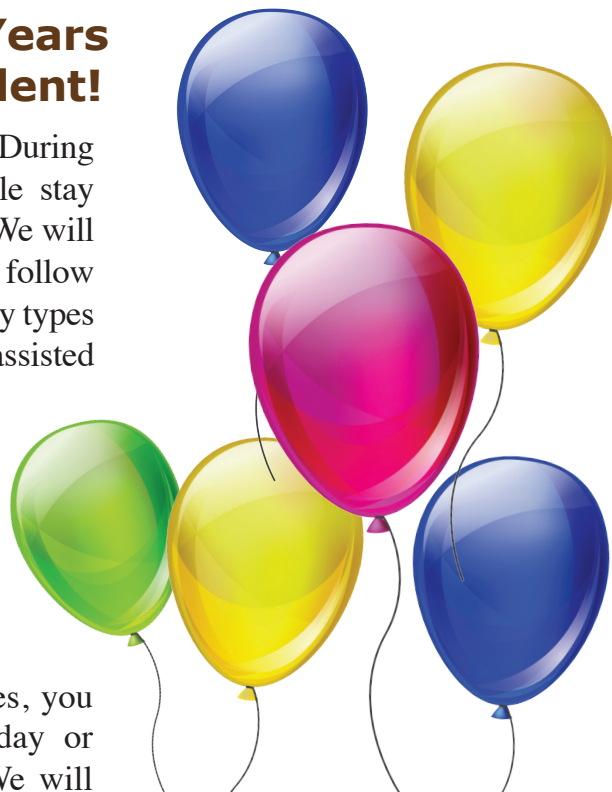


Rita's Care at Home is Celebrating 13 Years of Helping Seniors to Remain Independent!

Rita's Care at Home is celebrating our 13th anniversary this August! During these challenging times, we remain committed to helping people stay independent with a helping hand from our well trained caregivers. We will continue to accept new clients, and our non-medical caregivers will follow all CDC guidelines for infection control. We are able to provide many types of assistance in your home or in another setting, such as a hospital, assisted living, or skilled care facility. Our services include:

- Personal assistance
- Assistance with bathing
- Assistance with dressing
- Transfers and walking assistance
- Toileting Assistance
- Medication Reminders
- Meal Preparation
- Bed Linen Changing
- Light Housekeeping
- Errands and Shopping
- Transportation
- Alzheimer's Care
- Respite Care
- Companionship
- Pet Care
- Watchful oversight

If an unexpected need arises, you can call us any time of day or night at (615) 298-3826. We will send a caregiver to you as soon as possible •



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