



RITA'S CARE AT HOME LLC

STAY INDEPENDENT WITH A HELPING HAND FROM US



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Meet Henry Henson



Welcome to our newest employee, Henry Craig Henson, who has joined our team in Community Relations. Henry is from Savannah, TN and moved to Nashville in Spring 2021. He graduated from Lee University in Cleveland, TN with a degree in TESOL (Teaching English to Speakers of Other Languages) in December 2020.

Henry has experience in many fields, working as an admissions counselor and tour guide at Lee University as well as teaching at the English Language Center in Cleveland. In

addition, he gives private music lessons and is a musician in several bands.


In 2024 he married the love of his life, Joannah, and they are expecting a baby girl in December.

Henry is very personable and will be a great addition to our agency.


Staying Safe in Hot Weather

Too much heat is not safe for anyone. But it is even riskier for older adults who may have medical conditions that affect their body's response to temperature. Also, older adults are more likely to take prescription medicines that can alter the body's ability to control temperature or sweat. The graphic below has tips to help you stay safe in July's hot temperatures.


Watch for these signs of hyperthermia:




Dizziness




Muscle cramps




Swelling in your ankles and feet




Nausea and weakness




Rapid pulse




Tips to prevent hot-weather illness:



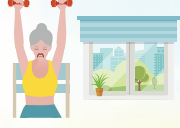
Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.



Employee Spotlight: Dianne Watson

Dianne has been a caregiver with us since February of 2022. She has three adult children and two grandkids. She has lived in Nashville her entire life.

Dianne enjoys her church, spending time with her grandkids and dancing. She also enjoys helping seniors, especially taking them out to eat and on trips.

All of us at Rita's Care at Home really appreciate Dianne. She's so good with putting our clients at ease and deals well with stressful situations.

Thank you, Dianne, for the compassion and care you give to our clients!