



VALLEY COMFORT NEWSLETTER

...WHAT ARE ADLS?...

ACTIVITIES OF DAILY LIVING (ADLS) ARE THE FUNDAMENTAL TASKS THAT EACH OF US PERFORMS EVERY DAY TO MAINTAIN OUR INDEPENDENCE, HEALTH, AND OVERALL QUALITY OF LIFE. THESE ACTIVITIES INCLUDE PERSONAL HYGIENE, DRESSING, EATING, MOBILITY, AND TOILETING—EACH ESSENTIAL FOR PHYSICAL WELL-BEING AND SELF-SUFFICIENCY. IN ADDITION TO THESE CORE ACTIVITIES, THERE ARE ALSO INSTRUMENTAL ACTIVITIES OF DAILY LIVING (IADLS), SUCH AS MEAL PREPARATION, HOUSEKEEPING, AND MEDICATION MANAGEMENT, WHICH SUPPORT A PERSON'S ABILITY TO LIVE INDEPENDENTLY WITHIN THEIR COMMUNITY.

FOR MANY RESIDENTS IN LONG-TERM CARE SETTINGS, ASSISTANCE WITH ADLS PLAYS A VITAL ROLE IN PRESERVING DIGNITY, SAFETY, AND COMFORT. THE RIGHT LEVEL OF SUPPORT CAN MAKE A MEANINGFUL DIFFERENCE IN A RESIDENT'S PHYSICAL AND EMOTIONAL HEALTH. WHEN INDIVIDUALS RECEIVE APPROPRIATE ASSISTANCE, THEY ARE LESS LIKELY TO EXPERIENCE FALLS, MALNUTRITION, OR PREVENTABLE HEALTH COMPLICATIONS.

A PERSON-CENTERED APPROACH ALSO FOSTERS STRONGER RELATIONSHIPS BETWEEN RESIDENTS, FAMILIES, AND CAREGIVERS. BY ENGAGING RESIDENTS IN MEANINGFUL ACTIVITIES, HONORING THEIR VOICES, AND ENCOURAGING AUTONOMY, WE CREATE AN ENVIRONMENT OF TRUST, COMPASSION, AND GENUINE HUMAN CONNECTION.

THROUGH OUR DEDICATION TO PERSON-CENTERED CARE, WE STRIVE TO MAKE EACH DAY SAFE, COMFORTABLE, AND FULFILLING FOR OUR RESIDENTS AND TO GIVE FAMILIES PEACE OF MIND KNOWING THAT THEIR LOVED ONES ARE RECEIVING THE HIGHEST STANDARD OF PERSONALIZED CARE.



Meet the Staff!
Valley Comfort Care
Home Introduces:

Jamaica Hidalgo



Jamaica (or “Maica”) has been a caregiver with us for over a year now. We’re so grateful for her hard work, patience, and dedication as a caregiver. She’s created a biography in the next pages that showcase who she is and for us to get to know her.



Hello, i am

**Jamaica
Hidalgo**

September 09, 2003

Age : 22 Year old

Height : 4'10"

Weight :107.0lb

About Me

My name is Jamaica Hidalgo. I came from the Philippines and have been living in Hawaii for more than one year. Moving to Hawaii was a big change in my life, but it has been a wonderful experience. I left my country to find better opportunities and to build a better future for myself and my family.

Living in Hawaii taught me to be independent and strong. The culture here is diverse and welcoming, and I've learned to adapt to a new environment while still keeping my Filipino values. Even though I miss my family, I'm grateful for the chance to live and grow here in Hawaii. It's now a place I can call my second home.

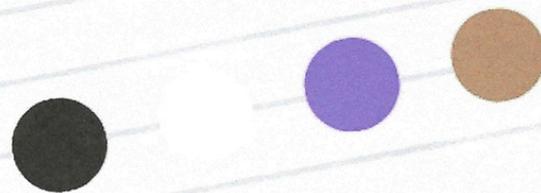
This journey has taught me the value of hard work, patience, and gratitude. I am proud of how far I've come and look forward to continuing to build my life here in Hawaii while always keeping my Filipino roots close to my heart.

I am grateful for the experiences and lessons I have gained while living here.

Interests & Hobbies

- Cooking traditional Filipino and American dishes
- Listening to music or singing
- Watching movies
- Going to the beach
- improving my skills in caregiving and communication.
- learning about different cultures

Fav Color



Life Goal

1. Be healthy and fit (have great energy and long life)
 2. Develop financial freedom (time freedom)
 3. Have a great lifestyle (house, vacations, cars)
 4. To continue growing as a person by learning new skills.
 5. To provide a better future for my family.
- Be happy, Be successful, Make a difference. ♥

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I truly love being part of the Valley Comfort Carehome, where caring for the residents has become a big part of my heart. Every day, I feel thankful for the chance to give comfort, kindness, and support to each resident—treating them like my own family. Their smiles and stories inspire me to do my best and share love through my work. I am also deeply grateful to the Medalla family for their trust, guidance, and generosity. They make Valley Comfort Carehome feel like home, not just for the residents but also for the staff. Their care and leadership motivate me to continue giving my best in everything I do. Working here reminds me that love, respect, and compassion make all the difference in the lives of those we serve.

Working at Valley Comfort Carehome has been a loving and meaningful experience for me. I have learned the importance of caring for others with compassion and respect. Every day, I feel grateful to be part of a place that values kindness and dedication. I am especially thankful to Fritz and Reina for giving me the opportunity to work and grow in this wonderful care home. Their support and trust inspire me to do my best in providing comfort and care to our residents.

Being part of Valley Comfort Carehome is more than a career—it is a chance to provide comfort, compassion, and care to those who need it most, and I am grateful to contribute to such a meaningful mission.





JAMAICA HIDALGO

ABOUT ME

As a Nurse assistant, I have more than 1 years of experience assisting elderly patients

As a caregiver, I take pride in creating a safe, comfortable, and positive environment for my clients. My duties often include assisting with daily living activities such as bathing, dressing, medication reminders, light housekeeping, and companionship. I always strive to treat every person with dignity, patience, and respect, ensuring that their physical, emotional, and social needs are met.

I am known for being dependable, understanding, and attentive to detail. What inspires me most about caregiving is the opportunity to make a meaningful difference in someone's life every day.

PLAYING GAMES



Photo by: Writer and Joint Bookmaker

HOLO-HOLO DAY



Photo by: Writer and Joint Bookmaker

I truly enjoy doing activities with the residents at Valley Comfort Carehome. Spending time with them makes each day meaningful and joyful.

Whether it's playing games, listening to music, exercising, going outdoors/ holo-holo day or doing arts and crafts, I always make sure everyone feels happy and included. These activities help the residents stay active, bring smiles to their faces, and create a family-like bond. I love seeing them enjoy and share stories while we do things together-it reminds me how important it is to care with both heart and patience.

I enjoy going outdoors with the residents because it gives them happiness and a chance to enjoy fresh air and sunshine. Spending time outside helps everyone relax and feel connected with nature. I love seeing the residents smile and share stories while we walk or sit together outdoors. These moments remind me how important it is to give care not only inside the home but also through simple activities that bring joy and comfort.