



### COMPANIONSHIP:

- ▶ Companionship and conversation
- ▶ Accompany clients to social events and
- ▶ Medical appointments
- ▶ Picking up prescriptions
- ▶ Personal shopping and restaurant outings
- ▶ Playing cards or board games
- ▶ Visiting family members who cannot always be there. We maintain close contact with families via telephone or email with up-to-date information on their family member.



### Registered Veterans Affairs Provider

- ▶ We proudly serve our veterans
- ▶ WCB approved service provider
- ▶ Most major health benefits provider
- ▶ Services covered by most insurance plans

**PHONE:**  
**902-209-1813**

#### Email:

information@mayflowerhomecare.com

www.mayflowerhomecare.com

Office Hours: 8am-5pm  
7 days a week



PROUD TO BE A NOVA SCOTIAN COMPANY



Available 24 hours on-call support  
for new and existing clients



**“We provide exceptional care,  
for the person you love.”**



### *...Compassionate Home Care Solutions*

*Learn How Mayflower can help  
Provide safety and security to seniors  
in their homes, and peace of mind to  
their families.*

### NURSING SUPPORT:

- ▶ Medication administration
- ▶ Pain and symptom management
- ▶ Wound care
- ▶ Basic and advanced foot care
- ▶ Chronic disease management and therapy
- ▶ Serious injury care
- ▶ End of life care

### SPECIALIZED CARE:

- ▶ Cancer care
- ▶ After surgery care
- ▶ Alzheimer's dementia care
- ▶ Palliative care
- ▶ Parkinson's care
- ▶ Stroke care
- ▶ Facility support
- ▶ Hospital post / hospital care

### PERSONAL CARE:

Assist with:

- ▶ Bathing & showering
- ▶ Incontinence care
- ▶ Dressing
- ▶ Grooming
- ▶ Feeding
- ▶ Skincare
- ▶ Mobility
- ▶ Assist with exercises
- ▶ Helping clients move safely to and from chairs, beds or vehicles



## ABOUT US...

Mayflower Health Care Services is locally owned and operated in the HRM, proudly serving Nova Scotian families. The company was founded by Aliona Bulgaru a licensed practical nurse with 10 years of experience in the nursing field.

She spent most of her working life not only providing treatment but also assisting individuals in all aspects of their daily living activities. Mayflower Health Care Services is built on Aliona's passion and caring for others.

Our mission is to help seniors remain in their own home as long as possible, allowing them to receive the care they need without the need for a long-term care facility. Aliona and staff care for our clients as if they were our own loved ones. She oversees all clients and employees, ensuring the best care possible for each and every client.



### ...Compassionate Home Care Solutions

#### HOUSEKEEPING

- ▶ Meal Preparation / planning / baking
- ▶ Diet monitoring
- ▶ Monitoring and following special diet requirements
- ▶ Cleaning fridge and removing expired food
- ▶ Light general housekeeping
- ▶ Making & changing beds
- ▶ Vacuuming / dusting / bathroom cleaning
- ▶ Laundry / ironing
- ▶ Recycling and taking out the garbage



*"...In the homecare industry; reliability is major, Aliona/Mayflower Homecare is a business you can rely on.*

*Heather W.*

## FOOT CARE SERVICES. WHO BENEFITS?

- ▶ Males and females of any age
- ▶ Diabetics
- ▶ Seniors
- ▶ Visually Impaired
- ▶ Arthritis sufferers
- ▶ The ill or injured
- ▶ Clients with poor circulation
- ▶ Mobility impaired
- ▶ People with back injuries
- ▶ New and expecting mothers
- ▶ Those who are unable to bend to reach their feet
- ▶ Generally any condition that prevents you from safely caring for your feet

## IN-HOME ADVANCED FOOT CARE

- ▶ Nursing assessment
- ▶ Nail cutting & filing
- ▶ Corns and callus care
- ▶ Ingrown toenail care
- ▶ Involuting nails care
- ▶ Cracked and dry heels
- ▶ Fungal nail treatment
- ▶ Athlete's foot treatment
- ▶ Footwear education
- ▶ Advanced & diabetic foot care education
- ▶ A foot massage to encourage circulation
- ▶ Referrals to physician or podiatrist as necessary



*Receipts provided to all clients for health care claims for insurance and tax purposes. Convenient appointment times in the comfort of your own home.*

*Great care and wonderful interactions with my father and our family. Everyone at Mayflower has made a potentially difficult situation very comfortable. Nice transition for all of us. Very accommodating and shows lots of initiative and positive reinforcement. We are all very happy.*  
*Joanne B.*

