



THE SUPER JOURNAL

TRUSTED TECHNOLOGY FOR SUPER CAREGIVERS

THIS ISSUE FEATURES:

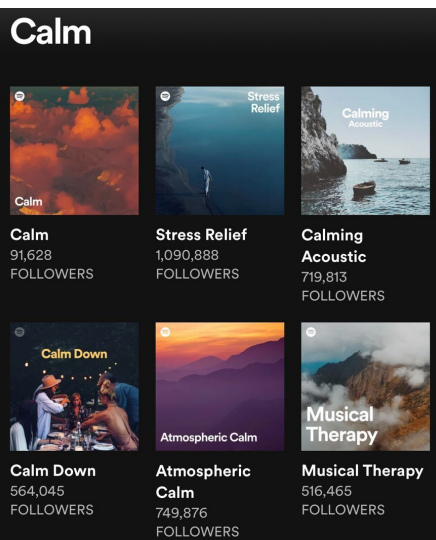
Wired Annunciators

The power of Music to Reduce Stress

Be 100% reliable, 100% of the time

Do you want a super reliable wired call system to make sure your residents are getting the best, most timely responses? Are you tired of waiting for back ordered wireless devices and don't like changing batteries? For years, Super Nurse Call has been making wired call annunciators to make caregiver's lives easier. Instead of scrolling through an alarm panel or computer to guess which door is open or what resident needs help, your staff will be able to determine what door or what room needs their attention instantly. This allows your caregivers to act quickly and efficiently.

Learn more about how you can give your staff the confidence to provide a safe, secure, and peaceful environment for your residents. Call us for more information at (888) 568 - 0008.



Reduce Stress with Music

A recent study showed that adults who listened to both their favorite music and calming sounds had reduced cortisol levels, the hormone that causes the feeling of stress. People also experienced improved mental health and reduced feelings of burnout.

Research has also shown that music interventions can have positive effects on the behavior and cognition of people with Alzheimer's disease, improving their quality of life.

It is easy to find calming playlists on most streaming platforms including Spotify, Apple Music, and Amazon Music. Simply search "Calm Playlist" and start listening to find your favorite. Play it out loud for your staff, in your residents rooms, or in your own office!

[Read more about the studies and powers of music in this article from PsychCentral.](#)