

SECURE HANDS SOLUTIONS

AUGUST 2024 NEWSLETTER



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SECURE HANDS SOLUTIONS
Quality Of Life Counts

Dear Clients, Caregivers, and
Community Members,

As we move into the latter half of summer, we hope you are enjoying the warm weather and making the most of these sunny days. We are excited to share the latest updates and valuable information in our August newsletter. At

Secure Hands Solutions, we are committed to providing exceptional in-home care services, and we are grateful for your continued trust and support.

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HEALTH & WELLNESS TIPS



As temperatures rise, it's important to stay hydrated, especially for seniors. Here are some tips:



**STAYING HYDRATED
IN THE SUMMER**



Exercise for Mobility

Maintaining mobility is crucial for seniors. Gentle exercises such as walking, stretching, and yoga can help improve strength, flexibility, and balance. Always consult with a healthcare provider before starting any new exercise regimen.

Spotlight on Services



Mobility Assistance

Our caregivers are trained to provide excellent mobility assistance to help clients move safely and confidently. Whether it's moving around the house, transferring from bed to chair, or accompanying clients on walks, we are here to support their independence.

Spotlight on Services



Light Housekeeping

We understand that a clean and organized home is important for comfort and safety. Our caregivers can assist with light housekeeping tasks such as dusting, vacuuming, laundry, and maintaining a tidy living space.

I can't say enough about the quality care I received from Delrose and her staff. She is an RN and runs her team very well! She helped my family member in an acute crisis situation very professionally and thoroughly.

*I can't
recommend her
enough.*

CLIENT TESTIMONIAL

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Thank
you

Thank you for being a part of the
Secure Hands Solutions family.
We are honored to serve you
and look forward to continuing
to provide the best in-home care
services.

Warm regards,
The Secure Hands Solutions Team

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