

# September Monthly Newsletter

*Quality of Life Counts*



September 2024



## Caring with Compassion, Serving with Excellence

**Hello and Welcome to Our  
September Edition!**

As we welcome the crisp and refreshing days of September, we are reminded of the importance of care, comfort, and connection. At Secure Hands Solutions, our commitment to providing top-notch, personalized home care services remains as strong as ever. This month, we're excited to share some insights, tips, and updates that reflect our dedication to enhancing the quality of life for our clients and their families.

### Dates To Remember This Month

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**SEPTEMBER 2**  
Labor Day

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**SEPTEMBER 1 - 7**  
Migraine  
Awareness Week

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**SEPTEMBER 16-22**  
National Rehab  
Week

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**SEPTEMBER 29  
TO OCTOBER 9**  
Healthcare  
Supply Chain  
Week

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**SEPTEMBER 1-30**  
World Alzheimer's  
Month

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# WHATS NEXT



## What's New This Month?

Celebrating Our Recent Achievements This past month has been full of milestones and successes. This past month has been marked by significant milestones and successes. We are excited to announce that we have recently begun our Medicaid enrollment process in partnership with Paradigm. This new initiative will allow us to serve you even better by providing enhanced support and resources.



### Comprehensive Care Tailored to You

At Secure Hands Solutions, we understand that every individual's needs are unique. That's why our services are customized to meet the specific requirements of each client. Whether it's mobility assistance, light housekeeping, personal care, or companionship, our caregivers are trained to provide compassionate support that empowers our clients to live independently and comfortably at home.

Here's a closer look at the services we offer:

- **Personal Care:** Assistance with daily activities such as bathing, dressing, grooming, and medication management to ensure our clients maintain their dignity and independence.
- **Mobility Assistance:** Helping clients move safely around their home, whether it's transferring from bed to chair or taking a walk around the neighborhood.
- **Light Housekeeping:** Keeping the home tidy and organized with tasks like laundry, vacuuming, and meal preparation, so our clients can focus on what matters most.
- **Companionship:** Providing emotional support and companionship, which is crucial for mental and emotional well-being, especially for those who live alone.



## Tips for Fall Safety at Home

As the season changes, it's essential to make some adjustments at home to ensure safety and comfort. Here are a few tips to keep in mind:

1. **Prepare for Cooler Weather:** Ensure that heating systems are checked and in working order. Have blankets and warm clothing readily available for those chilly evenings.
2. **Fall-Proof the Home:** With leaves and rain, outdoor walkways can become slippery. Ensure that pathways are clear and consider adding non-slip mats or handrails.
3. **Healthy Eating:** Fall is the perfect time to enjoy seasonal fruits and vegetables. Incorporate nutritious options like apples, squash, and pumpkins into meals to boost immunity.
4. **Stay Active:** Encourage light indoor exercises to keep the body active and reduce the risk of falls. Even simple stretches can make a significant difference.

*"There's no place like home, and there's no care like home care."*



## We're Here for You

At Secure Hands Solutions, our goal is to provide more than just care; we strive to build lasting relationships with our clients and their families. We are always here to answer your questions, provide guidance, and ensure that your loved ones receive the best possible care.

Thank you for trusting us with your care needs. Together, we can make this September a month of safety, warmth, and well-being.

*Thank You For Reading!*

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