

December Monthly Newsletter

Quality of Life Counts



December 2024



SECURE HANDS SOLUTIONS

Compassionate Home Care in Connecticut

🎄 Season's Greetings from Secure Hands Solutions! 🎄

As the year comes to a close, we're reflecting on the moments that made 2024 special for our clients and caregivers. Our mission to provide compassionate, personalized care to families across Connecticut remains stronger than ever. This December, we're excited to share key updates, celebrate milestones, and highlight upcoming events.

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Dates To Remember This Month

DECEMBER 1
World AIDS Day

DECEMBER 2-8
National Hand
Washing Awareness
Week

DECEMBER 5
International
Volunteer Day

DECEMBER 25
Christmas Day

DECEMBER 23-JAN 2
Neonatal Nurses
Week



Why Choose Our Home Care Agency in Connecticut?

At **Secure Hands Solutions**, we pride ourselves on offering exceptional non-medical home care services tailored to meet the unique needs of seniors and individuals with disabilities. From mobility assistance and light housekeeping to companionship care and meal preparation, we're here to support families in Hartford, Middlesex and Tolland County and beyond.

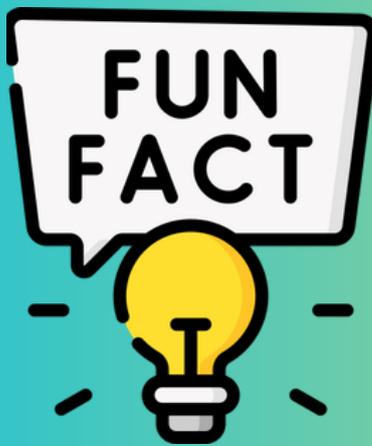
Discover the difference:

- **Locally Owned and Operated:** We understand the unique needs of Connecticut families.
- **Certified Caregivers:** Our team is professionally trained and committed to compassionate service.
- **Flexible Care Plans:** Customized services designed to fit your schedule and lifestyle.



The Importance of Home Care This Christmas

Home care brings comfort, joy, and independence to seniors and individuals needing support during the holidays. Caregivers provide companionship, help with festive preparations, and ensure safety at home. This personalized care fosters family togetherness and ensures everyone can celebrate Christmas with dignity, warmth, and cherished moments.



Christmas Fun Fact

In Japan, Christmas is thought of as a romantic day than a religious celebration. Couples would spend time together and exchange presents with each other.

Care Tips for the Holidays

Winter Safety for Seniors

The colder months can present challenges for older adults. Here are a few tips:

- **Stay Active Indoors:** Encourage light exercises to maintain mobility.
- **Warmth is Key:** Layer clothing and ensure the home is well-heated.
- **Plan Ahead:** Stock up on essential groceries and medications before snowstorms.

Here Are Some Facts About December

- The name: The word "Decem" is Latin for "tenth". December was originally the 10th month in the Roman calendar.
- Birthstones: The birthstones for December are turquoise, zircon, or tanzanite.
- Flowers: The flowers for December are holly or narcissus.
- Zodiac signs: The zodiac signs for December are Capricorn or Sagittarius.
- "Jingle Bells" in space: In 1965, astronauts Wally Schirra and Tom Stafford broadcast "Jingle Bells" from space on the Gemini 6A mission. This was the first song played in space, and it broke a Guinness World Record.
- December babies: Babies born in December tend to have fewer tantrums than babies born in other months.
- The first flight of the Wright Brothers: The Wright Brothers made their first successful flight on December 17, 1903.
- The first Nobel Peace Prize: The first Nobel Peace Prize was awarded on December 10, 1901.
- The Bill of Rights: The Bill of Rights, the first ten amendments to the Constitution of the United States, became law on December 15, 1791.
- The first recorded Christmas celebration: The first recorded Christmas celebration was on December 25, 336.



🎉 Work Anniversary 🎉

Happy Work Anniversary, Angela Clarke! 🎉

Congratulations on reaching your 1-year milestone with Secure Hands Solutions! Over the past year, your hard work, dedication, and positive spirit have made a tremendous impact on our team and the people we serve.

Your contributions have truly elevated our mission and inspired those around you.

We are so grateful to have you as part of our team and can't wait to see all the amazing things you'll continue to achieve in the years ahead.

Thank you for everything you do—here's to celebrating you today! 🎉

December Birthday Celebrant



HAPPY BIRTHDAY, Angela!

As the year winds down and the holiday cheer fills the air, we're excited to celebrate YOU on your special day! 🎉 Your dedication, hard work, and positivity bring so much warmth to our team, just like the holiday season.

May your birthday be as magical as December itself—filled with joy, laughter, and all the things that make you happiest. Wishing you a fantastic year ahead, filled with success and wonderful moments. 🍰❄️

Enjoy your day—you truly deserve it! 🥳



Congratulations to our December Employee of the Month

We are thrilled to recognize **Trevino Williams** as our December Employee of the Month! Your hard work, dedication, and exceptional contributions have truly stood out this month. Whether it's going above and beyond to support the team or consistently delivering excellence in your work, you've made a lasting impact. 🌟

Thank you for everything you do! Your commitment and positive attitude inspire us all, and we're proud to have you as part of the team.

Here's to continued success and many more achievements in the future! 🏆



Let's Make 2025 Even Better

Looking for compassionate home care in Connecticut? Contact us today to schedule a free consultation. Let us help you or your loved one maintain independence while receiving the support they need.

 **Serving:** Hartford, Middlesex & Tolland County, CT

 **Call Us:** (860)370-1322

 **Visit Us:** www.securehandssolutions.com

Follow Us on **Social Media** for caregiving tips, updates, and success stories!

Wishing you all a happy November!

The Secure Hands Solutions Team