

March Monthly Newsletter

Quality of Life Counts



March 2025



🌸 March 2025 Newsletter: Caring Beyond Springtime 🌸

Spring is a time of renewal, and at Secure Hands Solutions, we're excited to continue providing exceptional care and support to our community.

Check out this month's announcements, caregiver tips, fun trivia, and more.

Dates To Remember This Month

MARCH 2-8
Pulmonary
Rehabilitation Week

MARCH 10-16
Patient Safety
Awareness Week

FEBRUARY 19
Certified Nurses Day

MARCH 30
National Doctor's
Day

ALL MONTH
National Social
Worker's Month



March 2025 Reminders

March 10 – Daylight Saving Time Begins
(Set your clocks forward! 🕒)

March 17 – St. Patrick's Day 🍀



📖 Trivia Time 📖

Did you know? The world's oldest person on record lived to be 122 years old! **Jeanne Calment** from France attributed her longevity to olive oil, chocolate, & laughter! 😊

💡 Caregiver Tips of the Month

- Stay Hydrated 💧 – Seniors are more prone to dehydration, so encourage regular water intake.
- Declutter for Safety 🧑♂️ – Reduce fall risks by keeping walkways clear of hazards.
- Take Breaks ⌚ – Caregiving is demanding. Make sure to take short breaks to refresh and recharge!

Exciting Announcements!

We are thrilled to announce that Secure Hands Solutions now accepts the following programs:

✓ **CT Home Care Program** – Helping seniors live independently with personalized in-home care services.

✓ **PCA Waiver** – Personalized care for individuals requiring assistance due to physical or medical conditions.

✓ **ABI Waiver** – Support for individuals with brain injuries, offering specialized care and rehabilitation services tailored to their unique needs.

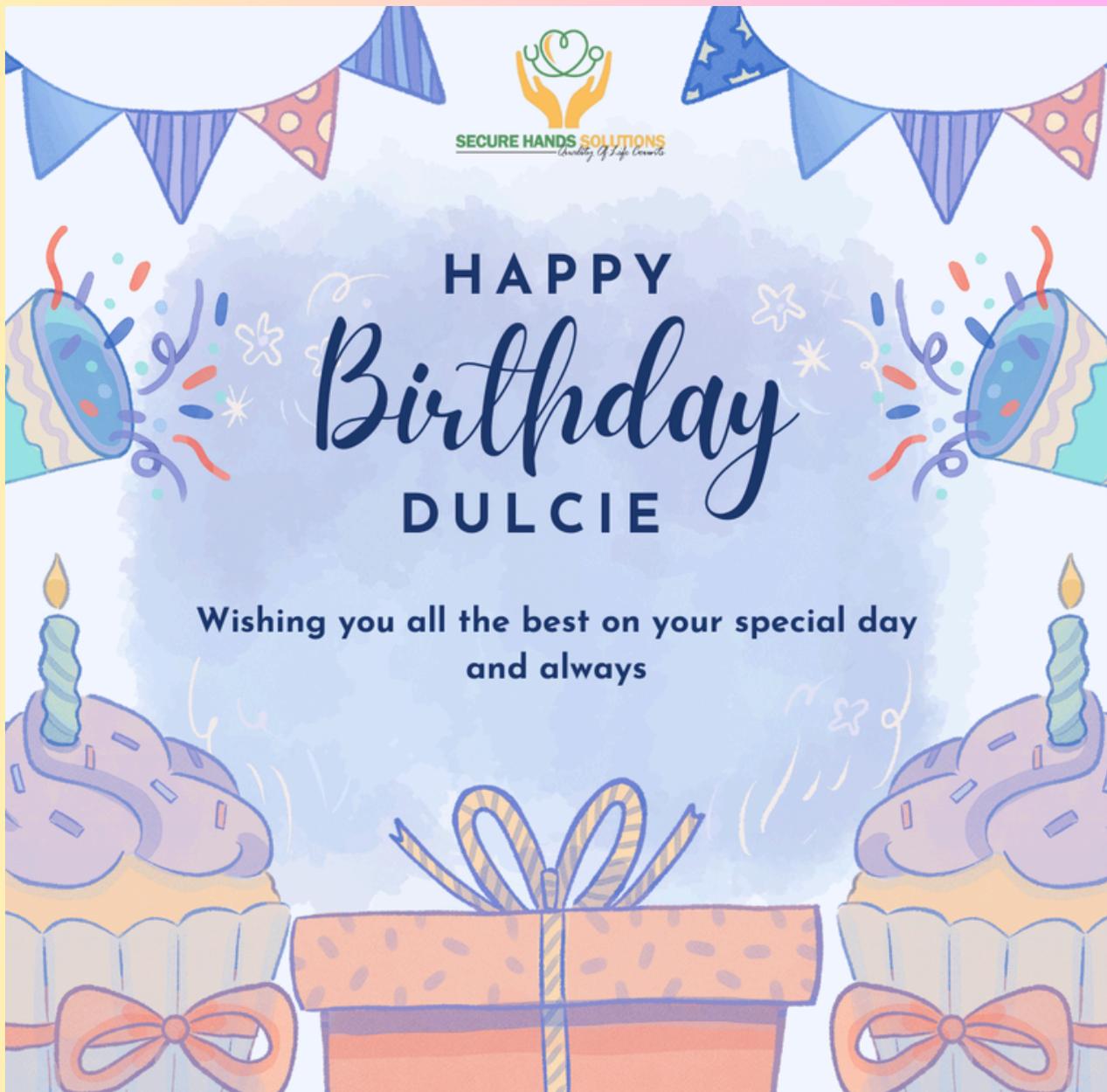
These programs allow us to extend our reach and serve more individuals in our community who need reliable and compassionate home care.

🎉 March Birthdays 🎉

We are excited to celebrate the birthdays of our wonderful team members and clients this month. Wishing a fantastic birthday to:

Dulcie Hylton – March 30

Happy Birthday! May this year bring you joy, health, and success. 🎈🎉



Understanding Respite Care: Giving Family Caregivers a Break



Caring for a loved one is rewarding but can also be exhausting.

Our respite care services provide short-term relief for family caregivers, ensuring their loved ones receive professional and compassionate care while they rest and recharge.

 Have questions about our services or are you ready to schedule a personalized consultation?

Reach Out to Us Today:

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

 **Email:** info@securehandssolutions.com

 **Visit:** www.securehandssolutions.com

Let us help you find the right care solution for your loved ones!



💡 Preventing Seasonal Allergies 🌸

Spring allergies can be a challenge for seniors and caregivers alike.

Here are some simple tips to reduce allergens at home:

- ✓ Keep windows closed during high pollen times.
- ✓ Use an air purifier to minimize indoor allergens.
- ✓ Wash hands and change clothes after outdoor activities.
- ✓ Stay hydrated and maintain a healthy diet to boost immunity.



Thank you for the Trust

Thank you for trusting Secure Hands Solutions with your care needs. Let's make March a month filled with kindness, good health, and new beginnings! 🌸

✉️ Need more information about our services or want to schedule a consultation?

Contact Us Today:

📞 (860)370-1322

✉️ info@securehandssolutions.com

🌐 www.securehandssolutions.com

★ Follow us on social media for more tips and updates!