

June Monthly Newsletter

Quality of Life Counts



June 2025



Secure Hands, Compassionate Hearts

Dear Valued Families and Community Members,

As we welcome the month of June, we're reminded of the importance of sunshine, connection, and quality time with those we love. This month, our focus is on celebrating the joys of independence while honoring the care and support that makes it possible. Whether it's helping with daily activities, offering companionship, or simply being there when it matters most, our dedicated caregivers continue to make a difference, one home at a time.

In this issue, we'll be sharing helpful health tips for summer safety, spotlighting one of our exceptional caregivers, and providing updates on our services and community outreach efforts.

We're grateful for the opportunity to serve you and look forward to continuing our journey together in care, compassion, and trust.

Dates To Remember This Month

JUNE 9-15
Men's Health Week

JUNE 12-18
National Nursing
Assistant Week

JUNE 12-18
CNA Week

JUNE 16-20
Health Risk
Management Week

JUNE 17-22
National Nurse
Practitioner Week

Month-Long Observances



In June 2025, several national health awareness observances and recognition dates are recognized in Connecticut and across the United States. These observances provide opportunities to raise awareness about various health conditions and honor healthcare professionals. Here are some key dates and events:

Month-Long Observances:

- **Alzheimer's and Brain Awareness Month:** Aims to increase public knowledge about Alzheimer's disease and other dementias.
- **Cataract Awareness Month:** Focuses on educating the public about cataracts, their prevention, and treatment.
- **Men's Health Month:** Encourages men to take proactive steps toward a healthier lifestyle, emphasizing the importance of regular medical checkups and early detection of diseases.
- **National Migraine and Headache Awareness Month:** Seeks to raise awareness about migraines and other headache disorders, promoting research and patient support.
- **National Safety Month:** Highlights efforts to reduce leading causes of injury and death at work, on the road, and in homes and communities.
- **National Scleroderma Awareness Month:** Aims to increase awareness and understanding of scleroderma, a group of autoimmune diseases that cause hardening and tightening of the skin and connective tissues.



 **Big News!** 

Listen to our new radio ad on **102.5 Hartford's R&B Station!**

We're spreading the word about quality home care and how we make a difference in our community. Tune in and let us know what you think!



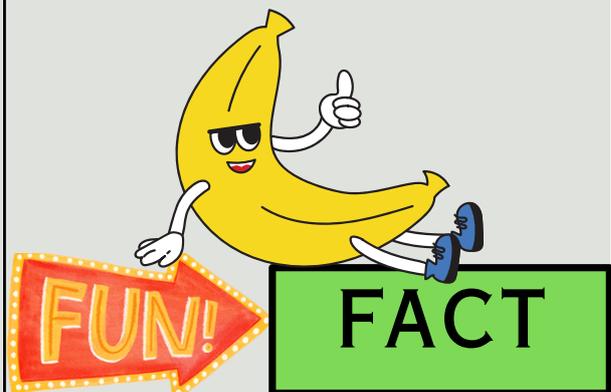
 **Did You Know?** 

HEALTH TRIVIA

Q: What's the most common nutrient deficiency in seniors?

A: Vitamin B12

As we age, our ability to absorb B12 decreases, making regular checkups and balanced nutrition even more important.



 **Fun Fact** 

Did you know walking just 30 minutes a day can reduce your risk of heart disease by up to 35%? Take a stroll with a loved one today!



Employee of the Month



Congratulations to Trevino Williams!

Trevino's compassion, dedication, and outstanding care have touched the lives of our clients.

Thank you for going above and beyond every single day!

Employee
OF THE MONTH!

June

TREVINO WILLIAMS

2025

Your extraordinary achievements have been an inspiration to us all. Continue to inspire with your dedication and hard work.

@securehandssolutions

♥ Welcome To The Team ♥

We're so excited to welcome you to our caregiving family! Your compassion, dedication, and commitment to making a difference in others' lives are exactly what we value most. As a caregiver, you play a vital role in bringing comfort, dignity, and support to those who need it most and we're confident you'll make a meaningful impact from day one. Please don't hesitate to reach out if you need anything. We're here to support you every step of the way.

Welcome aboard—we're truly grateful to have you with us



WELCOME TO THE TEAM



**Abdul
J.A**

CAREGIVER

@securehandssolutions

🧠 Health Corner: Summer Safety for Seniors 🧠



June means sunshine, but it also brings heat-related risks, especially for our elderly clients. Here are a few quick tips to help everyone stay safe this summer:

- 💧 **Hydrate Regularly:** Encourage water intake, even when not thirsty.
- 🕶️ **Dress Lightly:** Choose breathable, loose-fitting clothes and wide-brimmed hats.
- 🌞 **Avoid Peak Heat:** Schedule walks or errands during early mornings or late evenings.
- ❄️ **Cool Indoors:** Make use of fans or AC, and avoid sitting in direct sunlight.

Caregiver Tip: Always monitor for signs of heat exhaustion: dizziness, nausea, or confusion could mean it's time to cool down.



Celebrating Father's Day

This Father's Day, we honor the incredible fathers, grandfathers, and father figures who continue to inspire us with their strength, wisdom, and love.

At Secure Hands Solutions, we are grateful for the opportunity to care for the men who have dedicated their lives to caring for others.

To all the dads in our community, thank you for your legacy and the lives you've touched. We wish you a peaceful, joy-filled Father's Day!



🤝 **Join Our Team! We're hiring!** 🤝

We are currently looking for as-needed caregivers to join our compassionate and dedicated team. If you're passionate about caring for others and making a difference, apply today!

➡️ **Stay Connected** ➡️

Thank you for your ongoing support! Please continue to follow us on our social media platforms for daily updates, health tips, job openings, and community highlights.

📘 Facebook | 📸 Instagram | 🎥 TikTok
👜 LinkedIn | 🌐 www.securehandssolutions.com

Together, we make care feel like home. ❤️