

February Monthly Newsletter

Quality of Life Counts



February 2025



A Warm Welcome to February!

As February greets us with its focus on love, connection, and care, we're excited to share this month's updates, resources, and events.

At Secure Hands Solutions, we are committed to ensuring seniors and their families feel supported, valued, and cared for in every way possible.

This month, we're focusing on heart health, meaningful connections, and opportunities to celebrate life.

Dates To Remember This Month

FEBRUARY 1 -7
Patient Recognition
Week

FEBRUARY 11-17
National Salute to
Veteran Patients

FEBRUARY 14
Valentine's Day

FEBRUARY 21
National Caregivers
Day

ALL MONTH
American Heart
Month



Spotlight Topic: The Power of Companionship

Companionship plays a vital role in senior well-being. Studies show that seniors who maintain social connections are at a lower risk of depression, cognitive decline, and even heart disease.

This February, consider these unique ways to nurture connection:

- **Pen Pal Programs:** Pair seniors with local students or community members to exchange letters and stories.
- **Memory Book Projects:** Create scrapbooks or memory books highlighting cherished moments and milestones.
- **Virtual Meetups:** Host virtual tea parties or family chats, ensuring loved ones feel connected despite the distance.

Our caregivers are here to facilitate activities that foster meaningful connections for your loved ones.



Happy Heart's Day 2025!

As we embrace a new year, let's celebrate the love and care that bring us closer. At Secure Hands Solutions, we're committed to spreading kindness, support, and meaningful connections across Hartford, Tolland, and Middlesex Counties.

Here's to a year filled with love and joyful moments! ❤️



💡 Fun Idea 💡

Plan a "Red Day" at home. Dress in red, cook a heart-healthy red-themed meal (think tomatoes, strawberries, and red peppers), and discuss the importance of heart health as a family.

Heart Health Awareness Month: Caring for Your Heart ❤️

Heart health is essential for everyone, especially seniors. This month, we're sharing practical tips to keep your loved one's heart in top shape:

- 1. Heart-Healthy Diets:** Incorporate more fruits, vegetables, whole grains, and lean proteins.
- 2. Gentle Movement:** Encourage daily walks, light stretching, or chair yoga to support cardiovascular health.
- 3. Monitor and Manage:** Regularly check blood pressure, cholesterol, and blood sugar levels.

February Healthcare Events

Here are some important events happening in Hartford, Tolland, and Middlesex Counties this month:

1. National Wear Red Day (February 7, 2025)

- Join the nation in raising awareness about heart disease by wearing red. Post your photos and tag us to spread the message!

2. Free Heart Health Screenings

- Local clinics and community centers across our service areas are offering complimentary screenings. Check out [Local Health Organization] for details.

3. Alzheimer's and Dementia Caregiver Support Groups

- Dates vary by location: These groups provide caregivers with valuable tools, resources, and peer support.

4. Random Acts of Kindness Week (February 11–17, 2025)

- Encourage your loved ones to engage in small, kind gestures such as writing thankyou notes, calling a friend, or baking for a neighbor.

Happy National Caregiver's Day!

On this special day, February 21, we honor and celebrate the incredible caregivers who dedicate their time, compassion, and energy to making a difference in the lives of others. Your unwavering support, kindness, and selflessness inspire us all.

Thank you for the love and care you provide each day. You are truly appreciated!





Exciting News: We Are Now a Medicaid Provider!

We are thrilled to share some fantastic news with you. Our agency is now an official Medicaid provider!

This milestone allows us to extend our services to even more individuals and families in need, ensuring access to quality home care that is both compassionate and personalized.

Becoming a Medicaid provider means we can now support those who rely on Medicaid benefits, giving them peace of mind and the care they deserve. Whether you or a loved one need assistance with daily activities, companionship, or specialized care, we are here to help.

Thank you for trusting us with your care needs, and we look forward to serving our community in this new and meaningful way.



A Loving Note to Families

At Secure Hands Solutions, we are a compassionate home care agency, whether you're seeking care for yourself or a loved one, remember that you're never alone.

Our dedicated team is here to support you every step of the way, offering personalized care solutions tailored to your unique needs.

Together, we can create a care plan that brings comfort, peace of mind, and happiness to your family.
Wishing you a heart-healthy and love-filled February!

Warm regards,

Delrose Broderick, CEO

📞 (860)370-1322 | ✉️ info@securehandssolutions.com

🌐 www.securehandssolutions.com