

May Monthly Newsletter

Quality of Life Counts



May 2025



🌸 Hello May! 🌸

As spring breathes fresh life into our surroundings, we at Secure Hands Solutions are reminded of the importance of renewal, connection, and care.

Each new month gives us the opportunity to reflect on the incredible individuals who make our agency thrive—our clients, caregivers, and staff—and to share important updates and helpful insights with our extended family.

Dates To Remember This Month

ALL MONTH

ALS Awareness Month

ALL MONTH

Mental Health Awareness Month

ALL MONTH

Military Caregiver Month

MAY 11-17

National Nursing Home Week

ALL MONTH

Critical Care Recognition Month
(Wear Blue on May 19)

🧠❤️ ALS Awareness Month: Spreading Hope, One Voice at a Time 🧠❤️

Amyotrophic Lateral Sclerosis



Each May, we honor ALS Awareness Month, a time dedicated to raising understanding, advancing research, and supporting those affected by Amyotrophic Lateral Sclerosis (ALS)—also known as Lou Gehrig's Disease.

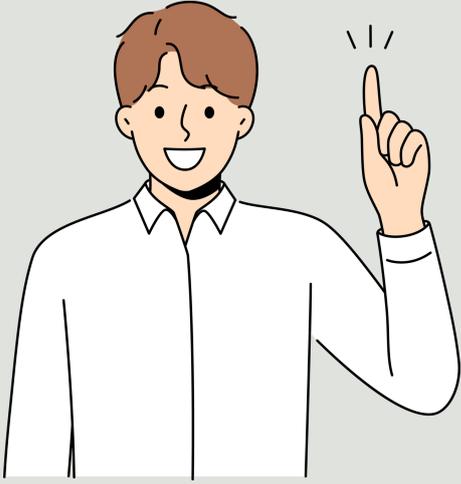
ALS is a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord. Over time, it leads to loss of muscle control, eventually impacting the ability to speak, eat, move, and breathe. While there is currently no cure, growing awareness fuels critical research and advocacy for better care and support.

💬 Why ALS Awareness Matters

- **Every 90 minutes, someone is diagnosed with ALS.**
- **ALS can affect anyone—regardless of age, gender, or background.**
- **Increased visibility leads to funding for research, clinical trials, and assistive technology to improve quality of life.**

★ How You Can Help

- ✓ Wear blue this May to show your support
- ✓ Share stories of those living with ALS
- ✓ Donate to ALS research and support organizations
- ✓ Participate in local or virtual ALS walks and fundraisers



🌸 May Health & Home Care Facts 🌸

May Day (May 1st)

Traditionally a celebration of workers, it's also a good opportunity to recognize and appreciate caregivers who support others every day.

The modern May Day for workers originated in the late 19th century, linked to the labor union movement's fight for an eight-hour workday. It became a day to advocate for fair working conditions and celebrate hard-earned labor rights.

In addition to its worker-focused history, May Day is also known for springtime traditions, like dancing around the maypole, crowning the May Queen, and celebrating new beginnings. It's symbolic of growth, renewal, and community.

May Day is celebrated around the world as International Workers' Day, honoring the labor movement and the contributions of workers across all industries—including essential workers like caregivers.

Home care aides and caregivers play a vital role in our communities, providing hands-on support, emotional care, and stability to individuals in need. May Day is the perfect occasion to highlight their tireless efforts and unwavering compassion.

For home care agencies, May 1st is a thoughtful time to recognize caregivers as the "heart" of the workforce. Whether through a small gift, shoutout, or appreciation post, honoring caregivers on this day shows that their hard work truly matters.

Over 80 countries recognize May 1st as a public holiday, celebrating workers' achievements. While it's not officially a holiday in the U.S., it's still a meaningful date for showing appreciation and building team morale.



🍓 Recipe Corner: Spring Berry Parfait 🍓

A delicious and easy
treat for warmer days!

You'll need:

- 1 cup Greek yogurt
- 1/2 cup fresh strawberries
- 1/2 cup blueberries
- A drizzle of honey
- A sprinkle of granola

Layer in a glass and
enjoy! Caregivers can
help prep this
refreshing, nutrient-
packed snack.



🧠 Did You Know? 🧠

Laughter really is the best
medicine! Studies show
laughing can reduce stress
hormones and even
strengthen your immune
system. So go ahead—watch
a funny movie, share a joke,
or just enjoy a good giggle
with your caregiver!



💬 Your Voice Matters! 💬

We love hearing from you!
Have feedback or stories to
share? Call us or drop a note
to your caregiver—we may
feature your story in our next
issue.



Employee of the Month



We are proud to recognize Ms. Elaine as our Employee of the Month!

Ms. Elaine is one of our most reliable and dedicated team members. She consistently goes above and beyond to ensure her client's comfort and well-being. Recently, she took the initiative to thoroughly clean the kitchen and manage multiple household tasks even with limited supplies.

Her commitment, resourcefulness, and hard work truly embody the values we uphold at Secure Hands Solutions.

Kudos to Ms. Elaine for her exceptional service and unwavering dedication!

The graphic features a central portrait of Elaine V.S. on a white background, set against a vibrant background of teal, yellow, and green abstract shapes. At the top, the 'SECURE HANDS SOLUTIONS' logo is displayed, featuring a stylized green and orange icon of hands holding a heart, with the tagline 'Quality Of Life Counts' below it. The word 'Congratulations!' is written in large, bold, black letters above the portrait. Below the portrait, the words 'Employee OF THE Month' are written in large, bold, black letters. At the bottom, the name 'Elaine V.S.' is written in large, bold, black letters on a yellow rectangular background. The website address 'WWW.SECUREHANDSSOLUTIONS.COM' is printed in small, black, uppercase letters at the very bottom of the graphic.



🩺 **Health Tip of the Month: Staying Active as We Age** 🩺

Movement is medicine! Just 20–30 minutes of light activity a day, like walking, stretching, or chair yoga can improve balance, boost mood, and keep joints healthy.

Try this:

- **Seated Arm Circles** – Sit upright and do small circles with your arms extended. Great for circulation!
- **Walking Buddies** – Encourage loved ones to walk together. It's safer and more fun!

💡 **Ask your caregiver to help set up a mini daily activity plan tailored to you!**



Stay Connected With Us

Don't miss out on important updates, care tips, and community news! Follow us on social media and subscribe to our newsletter to stay informed and inspired.

Contact Us Today:

☎ (860)370-1322

✉ info@securehandssolutions.com

🌐 www.securehandssolutions.com

At Secure Hands Solutions, we're always here for you because care doesn't stop when the shift ends. ❤️

✨ See you next month! ✨