

November Monthly Newsletter

Quality of Life Counts



November 2025



🍁 A Season of Gratitude 🍁

November reminds us to pause and appreciate the people who make life brighter family, friends, neighbors, and the caregivers who bring comfort and kindness every day.

At **Secure Hands Solutions**, we're thankful for the trust our clients and families place in us. Each visit, conversation, and shared laugh reminds us why we do what we do: to help people live fully and happily at home.

Delrose Broderick, CEO

Dates To Remember This Month

NOVEMBER 1-7
Medical-Surgical
Nurses Week

NOVEMBER 2-8
National Medical
Staff Services
Awareness Week

NOVEMBER 5-11
National Radiologic
Technologist Week

NOVEMBER 9-15
National Nurse
Practitioner Week

ALL MONTH
National Hospice
and Palliative Care
Month

🦃 Thanksgiving Made Simple 🦃

The holidays don't have to be hectic. Here are a few ways to keep Thanksgiving warm and enjoyable for seniors and caregivers alike:

- 1. Simplify the menu.** Focus on a few favorites. Roast chicken instead of turkey, or store-bought pies with a personal touch (add whipped cream or fruit on top).
- 2. Keep gatherings cozy.** Small, quiet dinners can be more meaningful (and less tiring) than big crowds.
- 3. Include everyone.** Invite seniors to help with small tasks, folding napkins, sharing stories, or choosing the music.

❄️ Preparing for Cold Weather: Home Safety Checklist ❄️

Winter's around the corner! Take a few minutes to make sure your loved one's home is ready:

- ✅ Check that heaters are working safely.
- ✅ Replace air filters and test smoke/carbon monoxide detectors.
- ✅ Keep throw blankets and warm clothes handy.
- ✅ Make sure outdoor walkways are clear and well-lit.
- ✅ Stock up on easy-to-heat meals and extra water.

Service Spotlight: Medication Reminders



Keeping up with medications can be tricky, especially for seniors or individuals managing multiple prescriptions. At Secure Hands Solutions, our caregivers provide gentle medication reminders to help clients stay on track with their daily routines.

We don't administer medication, but we make sure doses aren't missed and schedules are followed as prescribed by their healthcare providers. This simple support helps prevent missed or double doses and gives families peace of mind knowing their loved ones are safe and cared for.

Our caregivers can help with:

- **Timely medication reminders**
- **Tracking medication schedules**
- **Communicating with family about any concern**

Let us help make medication management easier and safer.

💡 Caregiver Tip of the Month 💡

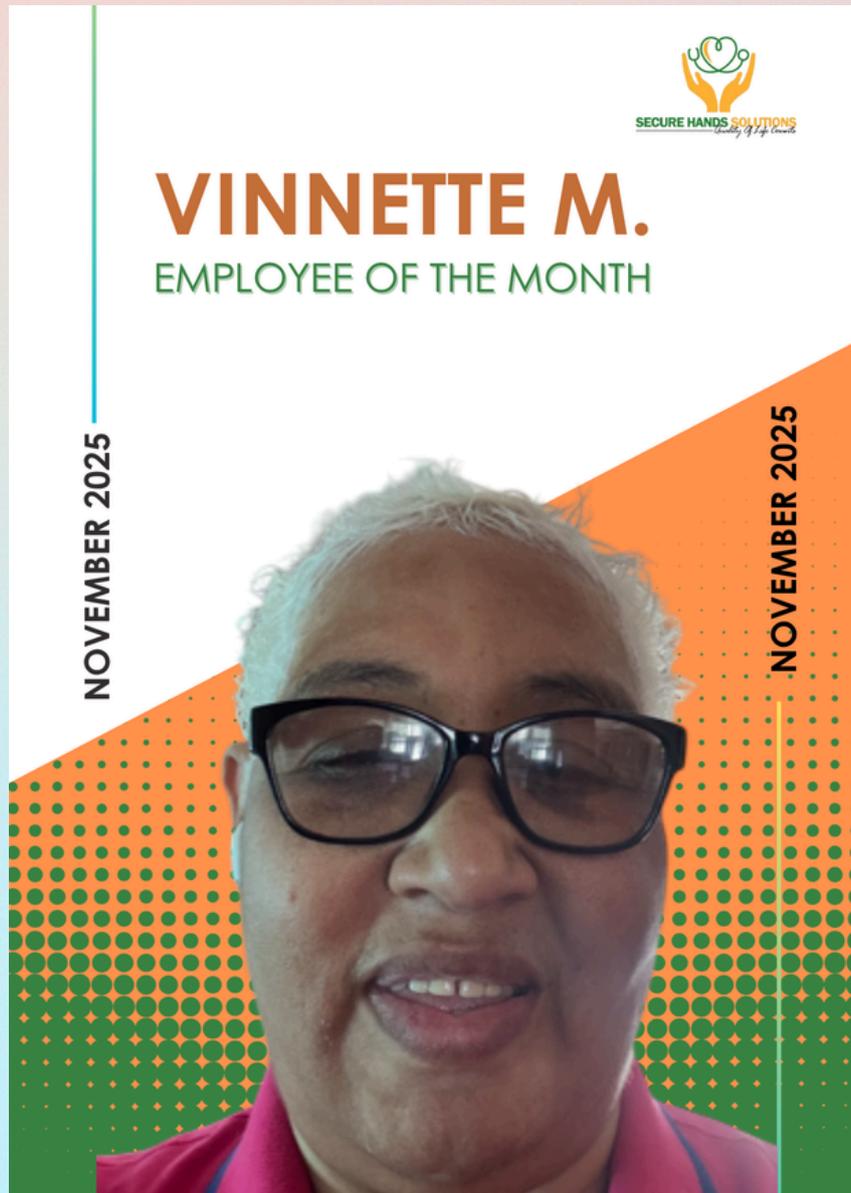
"Be present, not just helpful."

Sometimes the best way to support a client is to be there: listening, sharing a moment, and showing that you care. Your presence can bring comfort that no task can replace.

☁️ Did You Know? ☁️

Social interaction plays a key role in emotional and physical well-being. Regular companionship can help reduce loneliness, improve mood, and even support better memory and heart health.

Employee Of The Month



You can always count on Vinnette. She's someone you can call almost anytime. Reliable, dedicated, and caring, she truly goes above and beyond for our clients and team.



🤝 Community Connection 🤝

We are actively seeking to partner with:

- Physicians and hospital discharge planners
- Social workers and rehabilitation centers
- Senior activity programs and adult day care centers

If you're a professional looking to collaborate, let's connect! Together, we can strengthen the circle of care in our community.



Featured Speaker:
Delrose Broderick

**“Your Health,
Your
Questions”**

**Learn helpful
wellness tips**

**Ask your health
related
questions**

**Call
860-285-1992
to make your
20-minute appt.
FREE!**

Join Us!
November 7th
Windsor Senior Center
599 Matianuck Avenue, Windsor, CT,
United States, Connecticut

SECURE HANDS SOLUTIONS
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*Thank
you!*