

# 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

**SEPTEMBER 1**  
Labor Day

**SEPTEMBER 10**  
National Suicide Prevention Month & World Suicide Prevention Day

**ALL MONTH**  
National Prostate Health Awareness Month

**ALL MONTH**  
Pain Awareness Month

**SEPTEMBER 17**  
World Patient Safety Day

# Care Education: Fall Prevention Awareness

Did you know that September is Fall Prevention Awareness Month?

Falls are one of the leading causes of injury among older adults, but most are preventable.

## **Quick Tips to Prevent Falls at Home**

Here are some practical ways to reduce risks and create a safer living environment:

### **Keep walkways clutter-free and well-lit**

Remove loose rugs, electrical cords, and unnecessary furniture from high-traffic areas. Make sure hallways and stairways have adequate lighting, including night-lights for nighttime visibility.

### **Install grab bars in bathrooms**

Bathrooms are common places for slips. Adding grab bars near the toilet and shower, along with non-slip mats, provides much-needed support.

### **Encourage daily light exercises for strength and balance**

Simple activities like walking, stretching, or chair yoga can improve coordination and muscle strength, reducing the risk of falls. Always consult with a healthcare professional before starting a new exercise routine.

### **Ensure footwear is sturdy and non-slip**

Well-fitting shoes with non-skid soles provide stability. Avoid slippers, socks without grips, or high heels that can increase the risk of slipping.

## **Extra Safety Measures**

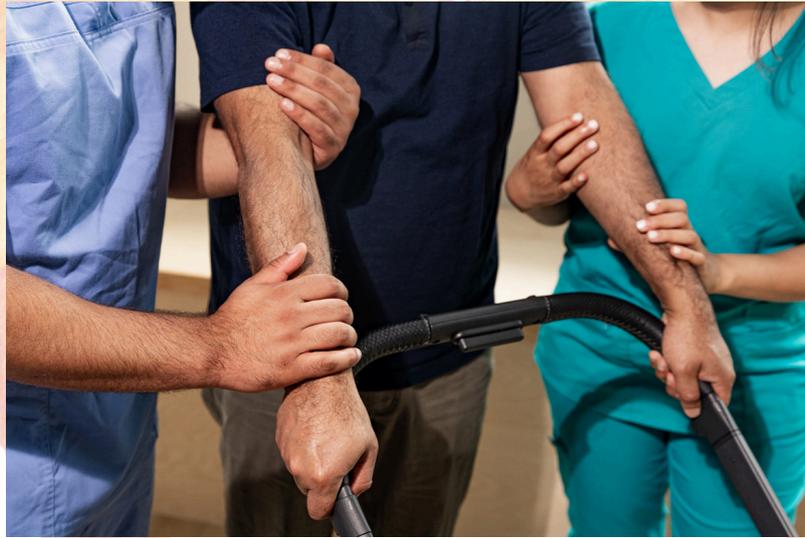
- Schedule regular vision and hearing checkups.
- Review medications with a doctor to identify side effects such as dizziness.
- Place frequently used items within easy reach to avoid unnecessary bending or climbing.

## **How Secure Hands Solutions Can Help**

At Secure Hands Solutions, our caregivers are trained to recognize potential hazards and assist with daily activities that support safety and independence.

From helping with mobility to ensuring a tidy, well-lit environment, we work hand-in-hand with families to prevent falls before they happen.

## 🌸 Service Spotlight: Mobility Assistance 🌸



Staying active isn't always easy, especially for older adults who may face challenges with balance, strength, or confidence when moving around. Yet, maintaining mobility is one of the most important ways to preserve independence, reduce the risk of falls, and support overall well-being.

At Secure Hands Solutions, our caregivers provide gentle, personalized mobility support designed to make daily living safer and more comfortable. Whether it's assisting with daily walks, offering a steady hand during transfers, or ensuring safe movement throughout the home, our team is here to help clients stay active while giving families peace of mind.

🌟 This month, as part of our Fall Prevention Awareness efforts, we are shining a spotlight on our Mobility Assistance Services. By combining safety measures with compassionate care, we empower our clients to move with confidence because every step matters.

### 👣 **Mobility Assistance Can Include:**

- Support with daily walks or light exercises
- Safe transfers from bed to chair or bathroom
- Guidance on using mobility aids like walkers or canes
- Encouragement to stay active while preventing falls

At Secure Hands Solutions, we believe mobility is the foundation of independence and we're here to support it every step of the way.

## 💡 Caregiver's Tip of the Month: Create a Daily Routine 💡

### TIPS

Did you know that older adults thrive with structure?

#### A consistent routine helps:

- ✓ Reduce stress and anxiety
- ✓ Support memory and cognitive health
- ✓ Provide comfort and a sense of security



★ **Quick Tip:** Try setting regular times for meals, light activities, medications, and rest. Even small habits—like a morning walk or **afternoon tea can make a big difference.**

#### ♦ **Challenge for You:**

This week, create a simple Daily Routine Checklist with your loved one.

- Write down 3 activities they enjoy.
- Choose a regular time for each.
- Stick to it for one week and notice how it helps

👉 Our caregivers are trained to support personalized routines that work best for each client because every day should feel safe, structured, and fulfilling.

#### 💬 **Question for You:**

What's one daily habit that brings your loved one joy? Reply to this newsletter and let us know. We'd love to share some ideas in next month's edition.



# Employee Of The Month



We are thrilled to recognize  
**Ottar Ruglass** as our  
**Caregiver of the Month!**

Her dedication, reliability, & compassionate approach to care have made a significant impact on the lives of our clients and their families.

Ottar consistently demonstrates patience, empathy, and professionalism in every situation. They go above and beyond to ensure each client feels respected, safe, and valued. Ottar positive attitude and willingness to help wherever needed make her an outstanding member of our team.

Please join us in congratulating Ottar for this well-deserved recognition. Thank you for embodying the values of **Secure Hands Solutions** and for your unwavering commitment to excellence in care.

Welcome To The Team

# New Team Members



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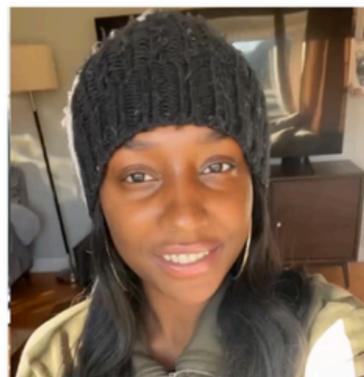
Welcome Alecia as our new Caregiver



Welcome aboard. We're so glad to have you with us! ❤️



Welcome aboard. We're delighted to have you as part of the team! ❤️



Welcome to the team, Marlo!

@securehandssolutions

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## 🤝 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.



 **Interactive Corner** 

This month, we'd love to hear from you:

✦ What topics would you like us to cover in our October newsletter?

(Examples: Preparing for flu season, tips for caregivers, healthy meal planning for seniors).

Reply to this email with your suggestion.

We may feature it next month!



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*Thank  
you!*