

ISSUE #: 10

# October Monthly Newsletter

**SECURE HANDS SOLUTIONS**  
*Quality Of Life Counts*



## A Warm October Greeting

Dear Families, Caregivers, and Community,

As we welcome October, I'm reminded of the importance of changing seasons, not just in nature, but in life. Just like autumn brings new colors and crisp air, this season reminds us of the beauty of transitions, growth, and preparation for what lies ahead.

At Secure Hands Solutions, we are here to support families through every season of care, ensuring comfort, dignity, and compassion every step of the way.

Delrose Broderick, CEO

## ★ Care Tip of the Month: Staying Safe in Cooler Weather ★

As temperatures dip, seniors may be more vulnerable to falls, illness, and discomfort. Here are a few tips to keep safe and comfortable this season:

- 🍃 Keep warm with layers of light clothing instead of one heavy layer.
- 💧 Drink water regularly; cooler weather can hide dehydration.
- 💡 Ensure hallways and entrances are well-lit to avoid accidents as days get shorter.
- 🚶 Stay active indoors with light stretches or gentle chair exercises.

### RIDDLE OF THE MONTH

I'm orange, round, and  
often carved,  
Placed on porches,  
glowing and starred.  
What am I?

**(Answer: A Pumpkin 🎃)**

### HEALTHY LIVING: SIMPLE AUTUMN RECIPE

#### Warm Apple Cinnamon Oatmeal

- ½ cup oats
- 1 cup low-fat milk (or almond milk)
- 1 apple (diced)
- ½ tsp cinnamon
- 1 tsp honey (optional)

A delicious, heart-healthy breakfast that's perfect for the cooler mornings.

### OCTOBER TRIVIA: DID YOU KNOW?

- Pumpkins are technically fruits and every part is edible, including the seeds, skin, and stem!
- Connecticut, where our agency proudly serves, is known as the "Constitution State" and was the first to adopt a written constitution in 1639.

# Fun Games Corner Caregiving Word Scramble

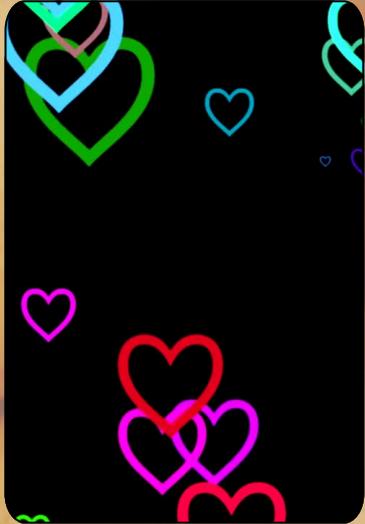
Unscramble the caregiving related words below!

1.	RATHEC	_____
2.	MOCROFT	_____
3.	NROIES	_____
4.	ELMSI	_____
5.	TININOUTR	_____
6.	DYNIGIT	_____
7.	MAET	_____
8.	VCOERSI	_____

(Hint: They're all things we value when providing care)



"A kind gesture can reach a wound that only compassion can heal." – Steve Maraboli



**Your feedback is greatly appreciated!**

SCAN TO LEAVE A REVIEW



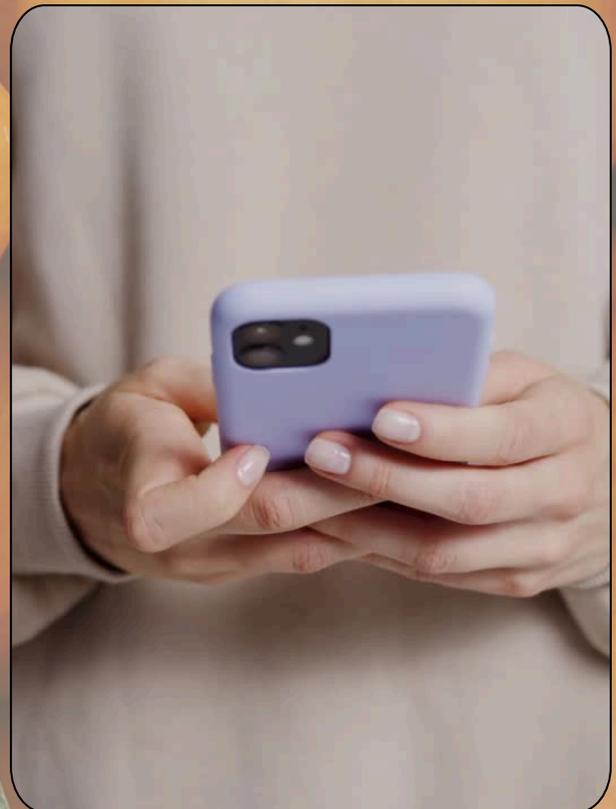
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**CONTACT US**

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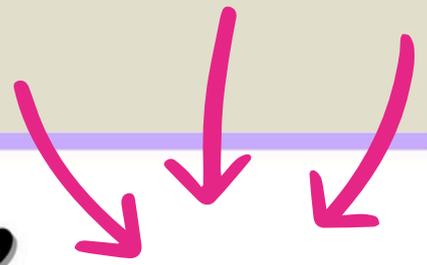


ATTENTION!



# Your Health, Your Questions

*with Delrose Broderick, RN*



## Description

Returning to our monthly schedule is a FREE “Ask the Nurse” - style program! Delrose Broderick, RN will meet with patrons on the first Friday of each month!

*Call 860-285-1992 to make a 20-minute appointment between 11 - 12, or try for a stand-by appointment between 12-12:30.*

## Dates

Friday, September 5, 11:00 AM - 12:30 PM

Friday, October 3, 11:00 AM - 12:30 PM

Friday, November 7, 11:00 AM - 12:30 PM

Friday, December 5, 11:00 AM - 12:30 PM



Windsor Senior Services  
A division of Recreation & Leisure Services  
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[townofwindsorct.com/senior-services](http://townofwindsorct.com/senior-services)

