

March Monthly Newsletter

Quality of Life Counts



March 2026



A Season of Renewal and Support

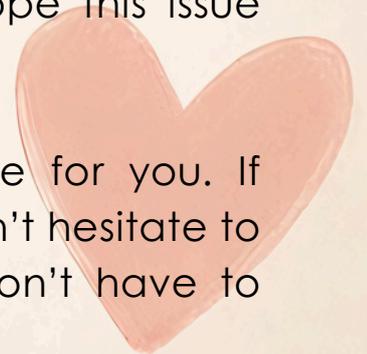
March always feels like a turning point. The days get a little longer, the light shifts, and there's this quiet sense that something new is beginning. It's a good time to reset, refocus, and check in on the people who matter most.

In this month's newsletter, we're sharing practical tips to help families navigate aging with confidence, along with simple ways to support safety and independence at home. Whether you're caring for a parent, supporting a spouse, or just starting to notice small changes in a loved one, we hope this issue gives you clarity and reassurance.

As always, our goal is to be a steady resource for you. If something here sparks a question or concern, don't hesitate to reach out. You're not alone in this, and you don't have to figure it out by yourself.

Delrose Broderick, CEO

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Spring Safety Reset:

A Simple Home Check

- ✓ Remove loose rugs or secure them with non-slip backing
- ✓ Make sure walkways and stairs are clear of clutter
- ✓ Replace dim light bulbs with brighter ones
- ✓ Install grab bars in bathrooms if needed
- ✓ Check that frequently used items are easy to reach



Subtle Signs to Watch For

Many families wait for a major event before seeking help. Often, though, the signs start small.

- ✓ Missed medications
- ✓ Unopened mail piling up
- ✓ Changes in eating habits or weight
- ✓ Increased forgetfulness
- ✓ Poor hygiene
- ✓ Isolation or withdrawal from social activities
- ✓ Trouble with balance or recent falls

If you're seeing more than one of these, it may be time to start a conversation about extra support.



Starting the Conversation

Talking about care can feel uncomfortable. The key is to approach it with empathy, not urgency.

Instead of saying, “You need help,” try:

- ✓ I’ve noticed a few things lately and I just want to make sure you’re okay.
- ✓ What would make things easier for you right now?
- ✓ Would it help to have someone come in a few hours a week?





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MARCH EMPLOYEE OF THE MONTH



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How In-Home Care Can Help

Early support doesn't mean giving up independence. In fact, it often protects it. Non-medical in-home care offers gentle assistance that empowers older adults to stay safe, comfortable, and confident at home.

✓ Services We Provide:

- Personal care and hygiene
- Meal preparation
- Medication reminders
- Light housekeeping
- Companionship
- Transportation to appointments
- and much more.....

Even a few hours a week can reduce stress for both seniors and their families. It's not about taking over, it's about lifting up.



We're Here When You're Ready. You don't have to wait for a crisis to look at your options. Sometimes a simple conversation can bring clarity and peace of mind. If you're unsure whether it's time for support, reach out. We're here to listen, answer your questions, and help you decide on the next steps. No pressure, just honest guidance.

 *Stay Connected* 

CONTACT US

 Office: 34 Jerome Ave.,
Suite 214, Bloomfield, CT 06002

 Phone: (860) 370-1322

 Email: info@securehandssolutions.com

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*Thank
you!*

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