

January Monthly Newsletter

Quality of Life Counts

January 2026



Welcoming the New Year Together

As we welcome January and the start of 2026, I want to personally thank you for being part of our Secure Hands Solutions family here in Bloomfield and the surrounding communities.

Serving our neighbors through non-medical home care is not just our business, it is our responsibility and our privilege. Every day, our caregivers help individuals remain safe, comfortable, and independent in the place they call home. That work matters, and it would not be possible without the trust you place in us.

The beginning of a new year is a time to reflect and to recommit. In 2026, we remain focused on compassionate care, reliable service, and strong communication with the families we support. As winter continues, our team is especially mindful of safety, consistency, and emotional well-being during the colder months.

Thank you for choosing us, for referring us, and for allowing us to be part of your care journey. We look forward to another year of service, growth, and community connection.

Delrose Broderick, CEO

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🎉 Fun January Trivia 🎉

- January is named after Janus, the Roman god of beginnings and transitions.
- It's the most popular month for setting new goals.
- Connecticut often sees its coldest temperatures in January, making home safety extra important.

Home Care Tips

for Seniors at Home

January 2026

Winter can be a challenging time, especially for seniors living at home. A few simple steps can make January safer and more comfortable.

Prevent Slips and Falls

- Keep walkways, steps, and entrances clear of snow and ice
- Use non-slip mats near doors and in bathrooms
- Wear shoes with good traction, even indoors
- Keep frequently used items within easy reach to avoid climbing or stretching



Stay Warm and Comfortable

- Dress in layers to adjust to changing temperatures
- Keep the home heated consistently, especially overnight
- Use blankets or throws when resting
- Seal drafts around windows and doors if needed



Don't Forget to Hydrate

- Cold weather can reduce thirst, but hydration is still important.
- Drink water regularly throughout the day
- Include warm beverages like tea or soup
- Limit caffeine, which can cause dehydration



Manage Health and Medications

- Take medications as prescribed and on schedule
- Refill prescriptions before storms or extreme cold
- Schedule routine check-ins with caregivers or family



Stay Active and Engaged

- Do light indoor exercises or stretching
- Read, work on puzzles, or enjoy hobbies
- Stay connected with phone calls or visits
- Watch for signs of winter blues and speak up if feeling down



WINTER

FUN FACT

Did you know Bloomfield was originally part of Windsor and became its own town in 1835? Even in the heart of winter, our town has a long history of resilience and community.

EMPLOYEE OF **THE MONTH**



FOR JANUARY 2026

MARLO K.

For her outstanding performance
to our company

Looking Ahead: Our Plans for

2026

- Expanding caregiver training and support
- Strengthening communication with families
- Introducing more caregiver recognition programs
- Continuing to grow our presence in the Bloomfield



Community & Agency Activities

- Monthly caregiver check-ins
- Local community involvement and outreach
- Client wellness calls during extreme weather
- Caregiver appreciation events planned throughout year

More details coming soon.

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Whether you're a client, family member, or caregiver, you are the heart of what we do. We look forward to another year of working together, supporting independence, and providing care that feels like family.

Here's to a safe, healthy, and hopeful 2026.

☎ *Stay Connected* ☎

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Thank you!