

# February Monthly Newsletter

*Quality of Life Counts*



February 2026



## Welcome to February at Secure Hands Solutions

February is a month that reminds us of the power of care, compassion, and community. While many celebrate love this season, we at Secure Hands Solutions believe love is best expressed through the everyday acts of support we provide to seniors and families in need of non-medical home care.

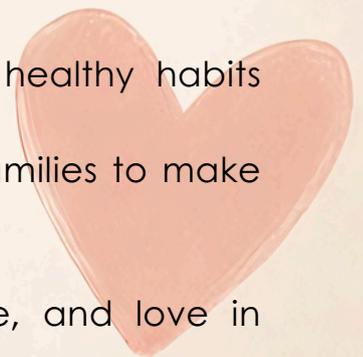
This month is also rich with important awareness campaigns that align with our mission:

- American Heart Month – A reminder to prioritize heart health and wellness.
- Black History Month – Honoring the contributions and resilience of the Black community.
- National Cancer Prevention Month – Encouraging healthy habits and early prevention.
- Wise Health Care Consumer Month – Empowering families to make informed care decisions.

Let's make February a month of awareness, gratitude, and love in action

*Delrose Broderick, CEO*

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## 🎉 Fun February Trivia 🎉

- February is American Heart Month, a reminder to focus on heart health during the coldest time of the year.
- February is often one of the snowiest months in Bloomfield, making winter safety and fall prevention especially important.
- More U.S. presidents were born in February than any other month, including George Washington and Abraham Lincoln.

# Home Care Tips for February 2026



## Watch for Winter Falls

Keep walkways clear & use non-slip mats.



## Stay Active Indoors

Try gentle exercises to keep moving.



## Dress Warm & Cozy

Layer up to protect heart health.



## Don't Forget to Hydrate

Drink water, herbal tea, or soup.



## Boost Immunity

Wash hands & rest to prevent flu.



## Check On Mood

Stay connected & brighten the day.



## Safety First

Test smoke alarms & space heaters.

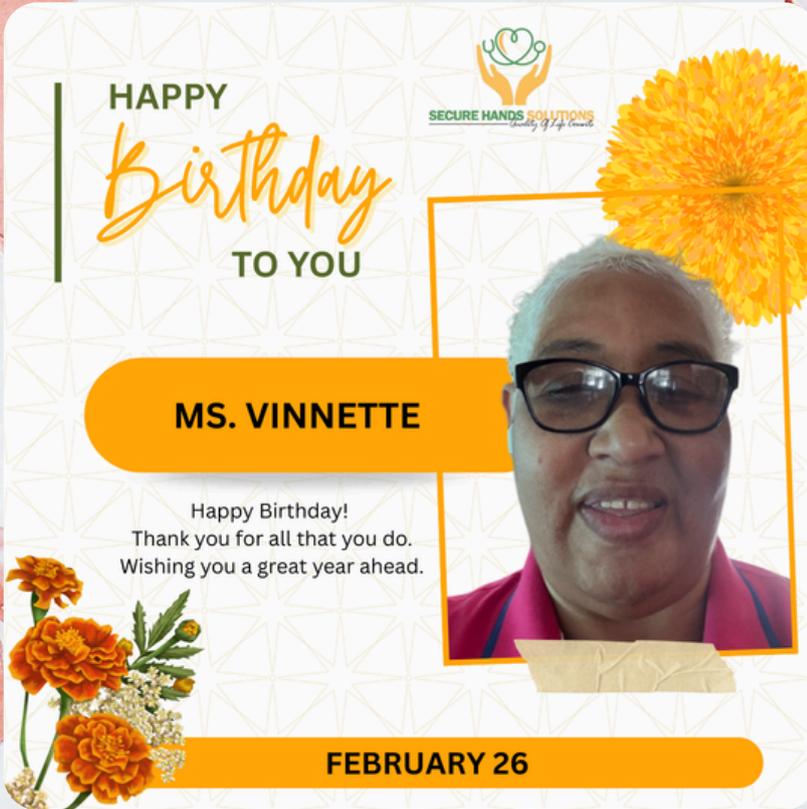


## Helping Hands

A little extra care makes a big difference.

# Stay Safe & Warm This Winter!

# FEBRUARY CELEBRANTS



A birthday card for Ms. Vinnette. The card has a white background with a subtle geometric pattern. At the top left, it says "HAPPY Birthday TO YOU" in a mix of blue, green, and yellow block letters and orange cursive. The "SECURE HANDS SOLUTIONS Quality of Life Counts" logo is in the top right. A photo of Ms. Vinnette, an older woman with glasses and a pink top, is framed in the center. To the right of the photo is a large yellow daisy flower. Below the photo is a yellow banner with "MS. VINNETTE" in black. Below that is a message: "Happy Birthday! Thank you for all that you do. Wishing you a great year ahead." At the bottom left are orange and yellow flowers. At the bottom right is a yellow banner with "FEBRUARY 26".

HAPPY  
*Birthday*  
TO YOU

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**MS. VINNETTE**

Happy Birthday!  
Thank you for all that you do.  
Wishing you a great year ahead.

**FEBRUARY 26**



A birthday card for Trevino. The card has a grey crumpled paper background. At the top left is the "SECURE HANDS SOLUTIONS Quality of Life Counts" logo. Below it is a green banner with "23 FEB". The words "HAPPY BIRTHDAY" are written in large, bold, orange letters. Below that is a yellow banner with "TREVINO" in black. At the bottom left is a message: "Wishing you a wonderful day filled with happiness and appreciation for all the care you give. Thank you for everything you do." On the right side of the card is a photo of Trevino, a man with a beard wearing a pink hoodie, standing against a background of vertical color stripes (blue, green, yellow, orange).

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**23 FEB**

**HAPPY BIRTHDAY**

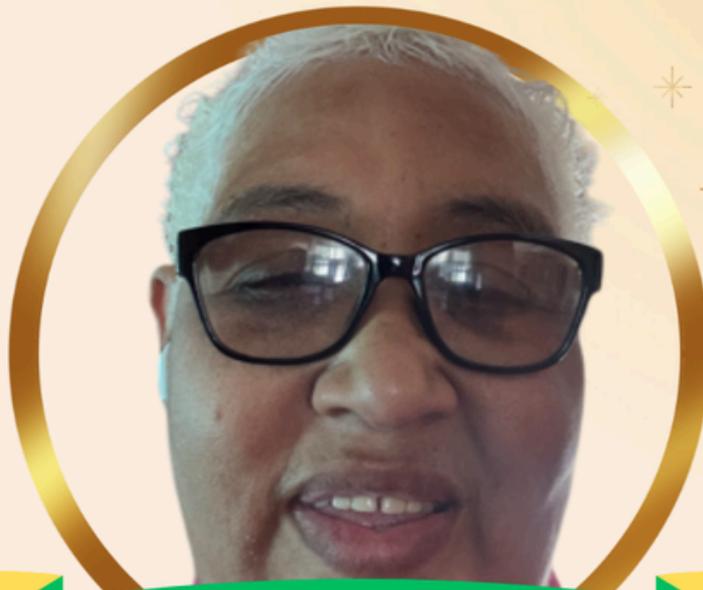
**TREVINO**

Wishing you a wonderful day filled with happiness and appreciation for all the care you give. Thank you for everything you do.



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## **FEBRUARY** EMPLOYEE OF THE MONTH



**VINNETTE M.**

Congratulations on being our  
Employee of the Month for February.  
We truly appreciate your commitment  
and the great work you do.

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# Looking Ahead:

## What's Coming in the Months Ahead



Caregiver Training & Support



Community Outreach



2026

Growing  
Stronger  
Together



Client Care & Communication



Building Connections in Bloomfield



Caring for Our Community

Thank you for taking the time to read our February newsletter.

We also invite you to stay connected by following Secure Hands Solutions on social media for updates, helpful tips, and community news. Your support means so much to us, and we look forward to staying in touch in the months ahead.

 Stay Connected 

### CONTACT US

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

 Phone: (860) 370-1322

 Email: [info@securehandssolutions.com](mailto:info@securehandssolutions.com)

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*Thank you!*