

Newsletter

Love, Caregivers, and February Gratitude



Valentine's Day and National Caregiver Day

With Valentine's Day approaching, a simple card, call, or short visit can mean the world to a resident. Studies from the National Institute on Aging show social connection directly supports cognitive and emotional health.

And don't forget: February 20 is National Caregiver Day – a perfect opportunity to publicly recognize caregivers who show up day after day, especially during emergencies like winter storms.

A thank-you note, social media shoutout, or kind word goes further than you think. ❤️

ARTICLE 01

Ice, Snow, and Seniors: How We Stayed Safe

How preparation, teamwork, and dedicated caregivers kept seniors safe during North Carolina's historical winter storms

ARTICLE 02

Sleep: A Brain's Best Friend

Quality sleep is one of the most powerful and underrated tools for healthy aging, cognitive support, and daily function.

ARTICLE 03

Sharing Local Senior Perks And Earning 6% APY

Living well doesn't mean overspending. Across Charlotte, NC, and beyond, seniors and others can tap into practical, money-saving resources that quietly make life easier.

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Ice, Snow, and Seniors: How We Stayed Safe

January brought a rare and challenging ice and snow storm across North Carolina, closing roads, delaying services, and testing emergency preparedness statewide. While many families worried about older adults living alone, our residents stayed warm, fed, and cared for – without disruption.

That didn't happen by luck. It happened because of planning, teamwork, and caregivers who showed up no matter what.

During the storm, Wellness Watchers Home Care Agency and Honest Home Care Agency caregivers worked extended shifts, some staying overnight to ensure residents never missed medications, meals, mobility assistance, or reassurance during uncertain hours. Special weather protocols were already in place, allowing daily routines to continue safely.

According to the NC Department of Health and Human Services, older adults are at higher risk during winter storms due to fall hazards, power outages, and limited access to medical care. Having trained caregivers on-site dramatically reduces those risks.

This storm reminded us of something important: community-based senior living works, especially when caregivers are supported, appreciated, and empowered to do what they do best.

Sources: NC DHHS Winter Weather Guidance for Older Adults; and Ready.gov – Older Adults & Winter Storms. Written by: Charlotte Sanford, CEO, CoHomes Boutique Senior Living.

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Better sleep supports memory, mood, and calmer evenings for older adults.

Sleep does more than rest the body—it restores the brain. For older adults, especially those experiencing cognitive decline or dementia, quality sleep plays a critical role in memory, emotional regulation, and the reduction of sundowning behaviors. Sundowning is closely tied to late-day confusion, restlessness, mood changes, exhaustion, and disrupted circadian rhythms.

As we age, sleep cycles naturally change. Lighter sleep, frequent waking, and earlier bedtimes are common. When cognitive impairment enters the picture, disrupted sleep can become more pronounced—and the effects show up fast.

Why sleep matters for cognition

- **Memory support:** Deep sleep helps store memories and process daily events.
- **Clearer thinking:** Better rest improves attention and communication.
- **Emotional balance:** Fatigue can heighten anxiety and irritability.

When the brain is overtired, it struggles to cope with stimulation and change. Good sleep won't solve everything, but it often makes days clearer and nights calmer for everyone involved.

Sources: National Institute on Aging, Alzheimer's Association, and Harvard Medical School, Division of Sleep Medicine.

Written by: Charlotte Sanford, CEO, CoHomes Boutique Senior Living (CoHomes.org).

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Local senior discounts, and a high-interest checking option that helps seniors stretch dollars

As you know, mostly EVERYTHING has become more expensive over recent years. Here are a few money-saving and interest-earning resources:

- **Walgreens Senior Day:** On the first Tuesday of each month, myWalgreens members 55+ can receive up to 20% off regular-priced items in-store (certain exclusions apply—pharmacy, prescriptions, alcohol, etc.)
- **Harris Teeter** - If you're 60 or older with a VIC card, enjoy 5% off groceries every Thursday. Before paying, tell the cashier you're eligible (fuel, pharmacy, tickets, and gift cards excluded).
- **AARP** - Joining AARP (about \$15 yearly) unlocks tons of perks and discounts nationwide, including prescriptions, restaurants, shopping, services, travel, and much more. See details at www.aarp.org.
- **OnPath Credit Union** - Rewards High Yield Checking pays up to 6% APY on qualifying balances, with no monthly fee, and offers Zelle. (Charlotte joined in 2024. If you're interested, contact her before joining, and both of you may earn \$150.) See details at www.beonpath.org.

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