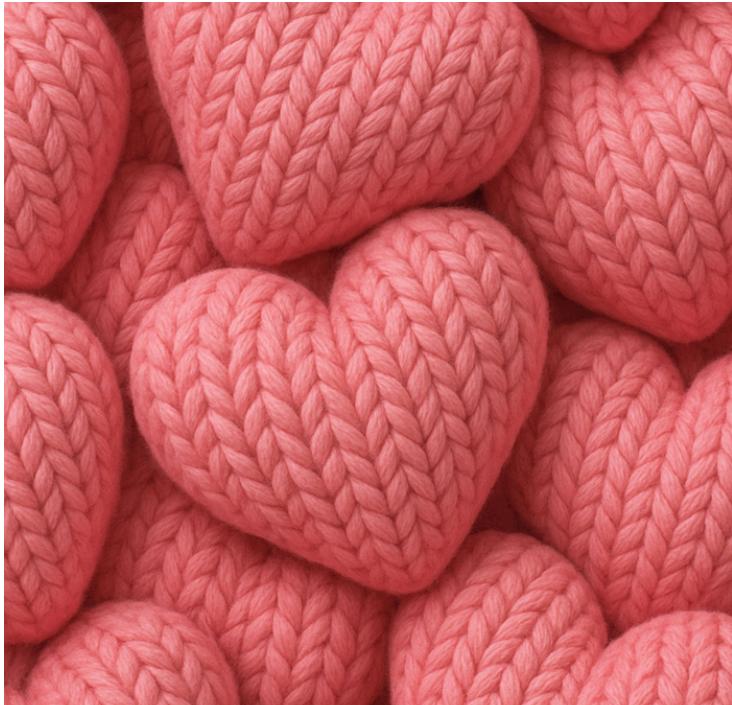


# Newsletter

## 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. ❤️

#### TOPIC 02

##### **Ice, Snow, and Seniors: How We Stayed Safe**

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

#### TOPIC 03

##### **Five-Minute Moves That Actually Help Seniors**

Simple, quick exercises seniors can do daily to improve strength, balance, and confidence.

#### TOPIC 04

##### **Three Ingredients, Zero Stress: Senior-Friendly Recipes**

Budget-friendly, simple meals that are nutritious, easy to chew, and quick to prepare.

# Newsletter



## **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.**

# Newsletter



## **Simple, quick exercises seniors can do daily to improve strength, balance, and confidence.**

**You don't need a gym, special equipment, or long workouts to make a difference. Research shows that short, consistent movement improves balance, circulation, and mood in older adults.**

**Here are a few easy, caregiver-approved exercises that take five minutes or less:**

- **Seated Marching:** Improves circulation and hip strength
- **Chair Push-Ups:** Builds arm strength for safer transfers
- **Heel-to-Toe Raises:** Supports balance and fall prevention
- **Wall Pushes:** Strengthens upper body without strain

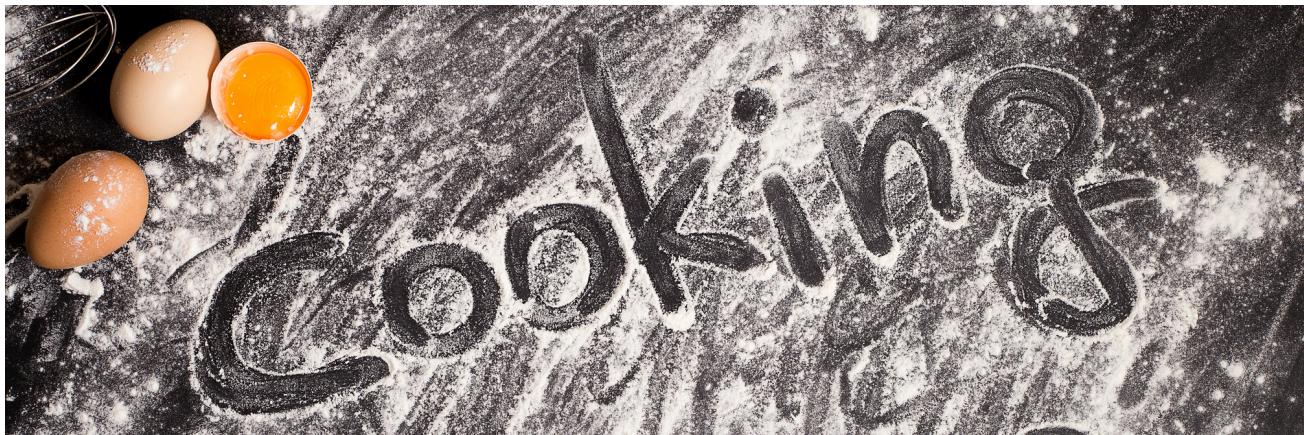
**The National Institute on Aging recommends breaking movement into short sessions throughout the day, especially for seniors with arthritis, mobility limits, or early cognitive decline.**

**The key? Consistency over intensity. Even two or three minutes counts.**

**Sources:** National Institute on Aging – Exercise & Physical Activity, and CDC – Physical Activity for Older Adults.

**Written by: Charlotte Sanford, CEO, CoHomes Boutique Senior Living.**

# Newsletter



## **Budget-friendly, simple meals that are nutritious, easy to chew, and quick to prepare.**

Cooking for seniors doesn't need to be complicated. Meals with three ingredients or fewer can still be nourishing and comforting.

**Easy favorites include:**

- Scrambled eggs + cheese + spinach
- Baked chicken + olive oil + seasoning
- Greek yogurt + berries + honey

The Academy of Nutrition and Dietetics emphasizes protein, hydration, and soft textures for aging adults – especially those with dental changes or reduced appetite.

Simple meals mean less stress and more enjoyment at the table.

Sources: Academy of Nutrition and Dietetics – Nutrition for Older Adults, and Harvard Health – Protein Needs After 60.

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