



Caring For You Home Care  
Because care should always feel like home.

# GROWING STRONGER

# Together

AUGUST NEWSLETTER 2026



SUPPORTING  
INDEPENDENCE



PROMOTING  
WELLNESS



CARING WITH  
COMPASSION



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*Alone we can do so little;  
together we can do so much.*

– Helen Keller



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# HEALTHY AGING STARTS WITH SMALL HABITS



Healthy aging doesn't happen overnight. Small, consistent choices each day can improve overall health, independence, and quality of life.

## Five Healthy Habits

- Eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.
- Stay physically active with walking, stretching, or light exercise.
- Get 7 - 9 hours of quality sleep each night.
- Drink plenty of water throughout the day.
- Stay mentally active by reading, doing puzzles, or learning something new.



## Did You Know?

Regular physical activity can improve balance, reduce the risk of falls, strengthen bones and muscles, and even boost mood and memory.

## Learn More

National Institute on Aging - Exercise & Physical Activity

<https://www.nia.nih.gov/health/exercise-and-physical-activity>



# UNDERSTANDING DEMENTIA

Many people believe memory loss is a normal part of aging, but dementia involves changes that interfere with everyday life.



## HOW FAMILIES CAN HELP

- ✓ Be patient and reassuring.
- ✓ Keep daily routines consistent.
- ✓ Use calendars and reminders.
- ✓ Encourage participation in enjoyable activities.
- ✓ Speak calmly and clearly.

Early diagnosis allows individuals and families to plan ahead and receive the appropriate support and resources.



## COMMON SIGNS

- Difficulty remembering recent events
- Repeating questions frequently
- Confusion with time or places
- Difficulty completing familiar tasks
- Changes in personality or mood

## HELPFUL RESOURCES

Alzheimer's Association

<https://www.alz.org/>

National Institute on Aging

<https://www.nia.nih.gov/health/alzheimers>



# CAREGIVER EDUCATION

## BUILDING TRUST THROUGH COMPASSION

Providing excellent home care means more than helping with daily tasks. It means building relationships based on trust, dignity, and respect.



## FIVE WAYS TO BUILD TRUST

- Listen carefully.
- Respect each client's routines and preferences.
- Encourage independence whenever possible.
- Communicate clearly and kindly.
- Be dependable and consistent.



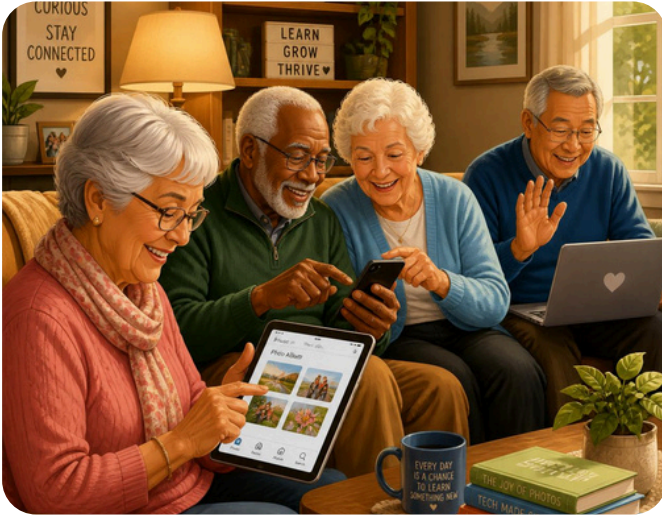
Every interaction is an opportunity to make someone's day a little brighter.

### REMEMBER:

PEOPLE MAY FORGET WHAT YOU SAID,  
BUT THEY'LL ALWAYS REMEMBER HOW  
YOU MADE THEM FEEL.



# TECHNOLOGY TIPS FOR SENIORS



## ***Staying Connected in a Digital World***

*Technology has become an important part of everyday life, helping older adults stay connected, informed, and independent.*

## ***Benefits of Everyday Technology***

- **Video Calls**

Stay connected with children, grandchildren, and friends through FaceTime, Zoom, or Google Meet.

- **Medication Reminders**

Smartphones and smart devices can send reminders to help manage medications on time.

- **Telehealth Visits**

Many healthcare providers now offer virtual appointments, making healthcare more accessible from home.

- **Medical Alert Systems**

Emergency response devices can quickly connect users to help in case of a fall or emergency.

## ***Staying Safe Online***

- Never share banking or personal information with unknown callers or websites.
- Create strong, unique passwords.
- Be cautious of emails or text messages requesting money or sensitive information.
- Ask a trusted family member or caregiver if something doesn't seem right.

## ***Helpful Resource***

### **National Institute on Aging – Online Safety**

<https://www.nia.nih.gov/health/online-safety>

### **Eventbrite**

<https://www.eventbrite.com/d/philadelphia/health-events/free-senior-activities/?page=1>





# STAYING SOCIAL & CONNECTED

## STRONG SOCIAL CONNECTIONS ARE ESSENTIAL FOR HEALTHY AGING.

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Research shows that staying socially active can help improve emotional well-being, reduce feelings of loneliness, and even support brain health.

## IDEAS TO STAY CONNECTED

- Call a friend or family member.
- Join a book club or senior center activity.
- Explore a new hobby like painting or gardening.
- Take a walk with a neighbor.
- Learn how to use video calling apps.



*Even one meaningful conversation each day can make a positive difference.*



# *Recipe* OF THE MONTH

## INGREDIENTS

- 1 can chickpeas (drained and rinsed)
- 1 cucumber (diced)
- 1 cup cherry tomatoes (halved)
- $\frac{1}{4}$  red onion (finely chopped)
- $\frac{1}{4}$  cup feta cheese
- 2 tablespoons olive oil
- Juice of one lemon
- Fresh parsley
- Salt and pepper to taste

## DIRECTIONS

1. Combine all ingredients in a large bowl.
2. Toss gently.
3. Chill for 20 minutes before serving.

## MEDITERRANEAN CHICKPEA SALAD



*This refreshing salad is rich in protein, fiber, and heart-healthy nutrients.*



# ASK THE NURSE.

## Frequently Asked Questions

### How much exercise should older adults get?

The CDC recommends that most older adults aim for at least **150 minutes of moderate-intensity physical activity each week**, along with muscle-strengthening and balance exercises.

### Why is hydration important even if I don't feel thirsty?

As we age, our sense of thirst naturally decreases. Drinking enough water helps regulate body temperature, supports healthy digestion, and reduces the risk of dehydration.

### What should I do if I notice sudden confusion in a loved one?

Sudden confusion is not a normal part of aging and should be evaluated promptly by a healthcare provider. It could be caused by an infection, medication reaction, dehydration, or another treatable medical condition.

### How can family members support older loved ones?

Simple acts like visiting regularly, attending medical appointments together, encouraging hobbies, and checking in often can have a meaningful impact on a loved one's emotional and physical health.





# AUGUST HEALTH OBSERVANCES

*don't miss out*

## NATIONAL WELLNESS MONTH

- August is a great time to focus on creating healthy habits that support physical and emotional well-being.

## NATIONAL IMMUNIZATION AWARENESS MONTH

- Talk with your healthcare provider about recommended vaccines, including influenza, shingles, RSV, pneumonia, and COVID-19 vaccines.

## NATIONAL SENIOR CITIZENS DAY

**August 21**

Take time to celebrate the older adults in your life.

### Ideas to celebrate:

- Visit a loved one.
- Share family memories.
- Volunteer in your community.
- Thank a caregiver.
- Spend quality time together.

### Helpful Resources

Pennsylvania Department of Aging  
<https://www.pa.gov/agencies/aging>

CDC Adult Vaccines  
<https://www.cdc.gov/vaccines/adults/>





# Dell Music Center Events

## Get Out & Enjoy Philadelphia This August

Staying active and socially connected is an important part of healthy aging. If you're looking for a fun outing with family or friends, check out these exciting performances at the Dell Music Center, one of Philadelphia's premier outdoor concert venues.



## Featured August Performances

- **August 6** - The Isley Brothers, Stephanie Mills & Breakwater
- **August 13** - Gregory Porter, Lalah Hathaway, Jamison Ross & Carol Riddick
- **August 20** - Atlantic Starr, The S.O.S. Band, Evelyn "Champagne" King & Klymaxx
- **August 23** - Lady B's Annual Basement Party
- **August 27** - Keyshia Cole & Mario
- **August 29** - Patty Jackson's Party in the Park



## Venue

### Dell Music Center

2400 Strawberry Mansion Drive  
Philadelphia, PA 19132

## Learn More & Purchase Tickets

- **Official Events Calendar:**  
[Dell Music Center Events](#)
- **Ticket Information:**  
[Dell Music Center Tickets](#)





# A MESSAGE FROM OUR TEAM



August reminds us that healthy living is about more than medical care, it's about meaningful relationships, staying active, and enjoying life's everyday moments.

At Caring For You Home Care, we are grateful for the opportunity to serve individuals and families across Pennsylvania. Every visit, conversation, and helping hand reflects our commitment to providing compassionate, person-centered care that allows our clients to remain safe and comfortable in their own homes.

As the summer season begins to wind down, we encourage everyone to continue prioritizing their health, staying connected with loved ones, and taking time to appreciate the simple joys that each day brings.

To our caregivers, clients, families, and community partners, thank you for trusting us to be part of your journey.

**Together, we continue to build stronger, healthier communities one home at a time.**







# CONTACT US

## Caring For You Home Care

At Caring For You Home Care, we are committed to helping individuals live safely, comfortably, and independently in the place they call home.

### Our Services :

- Personal Care Assistance
- Companion Care
- Meal Preparation
- Medication Reminders
- Light Housekeeping
- Transportation Assistance
- Respite Care

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