



CARING FOR YOU HOME CARE

HELLO!

SEPTEMBER

A SEASON OF CARE & CONNECTION

**CAREGIVER CORNER
YOU MATTER, TOO**

Caregiving is meaningful work, but it can also be demanding.

GRANDPARENTS DAY

The stories we share today become the memories families carry tomorrow

**THE 10-MINUTE
HOME SAFETY CHECK**

A safer home does not always require major changes.



A NEW SEASON, A CONTINUED COMMITMENT



As summer comes to an end and September begins, we welcome a new season filled with opportunities to slow down, reconnect, and enjoy the little things that make life meaningful.

For older adults and their families, September can be a wonderful time to refresh daily routines, prepare the home for changing weather, and spend more time enjoying activities together.

At **Caring For You Home Care**, we believe compassionate care is built through connection.

- A friendly conversation.
- A favorite activity.
- A shared meal.
- A helping hand.

Sometimes, simply knowing that someone is there can make an important difference.



HAPPY
GRANDPARENTS
DAY!



GRANDPARENTS DAY

September 13, 2026

Grandparents Day is an opportunity to celebrate the older adults who have shared their stories, traditions, wisdom, and love across generations.

For many families, some of their most treasured memories come from time spent with grandparents.

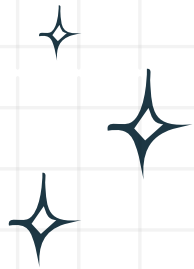
MAKE A MEMORY THIS MONTH

- *Look through old family photographs.*
- *Listen to a favorite song together.*
- *Make a family recipe.*
- *Ask about childhood memories.*
- *Write a handwritten note.*
- *Call a loved one who lives far away.*

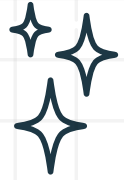


“What is one memory you wish our family would never forget?”

HOME SAFETY KEEP SEPTEMBER SAFE & SIMPLE



10-MINUTE HOME SAFETY CHECK



A safer home does not always require major changes. Sometimes, it starts with noticing the little things.

Take **10 minutes** this month to walk through the home with a caregiver or family member.



LOOSE RUGS

Could someone trip over an edge?



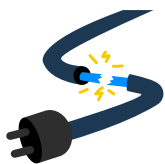
DARK AREAS

Are hallways, stairs, and bathrooms well lit?



CLUTTER

Are walking paths clear?



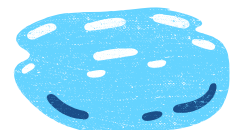
LOOSE CORDS

Could a cord become a tripping hazard?



HARD-TO-REACH ITEMS

Does anyone need to climb or stretch?



BATHROOM HAZARDS

Are wet or slippery areas being addressed?

A top-down view of a light blue speckled bowl filled with oatmeal. The oatmeal is topped with a generous amount of golden-brown granola, several thick slices of red apple, and a single star anise. A small glass bowl of yellow liquid, likely honey or oil, sits in the background. Scattered granola and apple pieces are visible on the dark blue textured surface around the bowl.

RECIPES MADE SIMPLE

APPLE CINNAMON OATMEAL

A warm apple and cinnamon oatmeal is a simple way to welcome the beginning of fall.

INGREDIENTS

- 1 cup old-fashioned oats
- 2 cups milk or water
- 1 apple, diced
- ½ teaspoon cinnamon
- 1 teaspoon honey or maple syrup
- ¼ teaspoon vanilla extract
- Chopped nuts, optional

DIRECTIONS

01 Combine oats, milk/water, apple, and cinnamon.

02 Bring to a gentle simmer.

03 Cook according to package directions.

04 Add vanilla.

05 Top and serve warm.

CAREGIVER TIP

If a client has dietary restrictions or swallowing difficulties, follow their individualized dietary recommendations.



CAREGIVER CORNER

You Matter, Too.





FIVE SIMPLE WAYS TO RESET

Caregiving is meaningful work, but it can also be demanding. Taking care of yourself does not mean you are taking care away from someone else.

It helps you continue providing care with patience, energy, and compassion.

01 TAKE A BREATH

Give yourself a few quiet moments when you can.

04 KEEP MOVING

Stretch, walk, or move when appropriate.

02 STAY CONNECTED

Talk with someone you trust.

05 GIVE YOURSELF CREDIT

Your work matters.

03 DON'T SKIP MEALS

Taking care of yourself includes making time to eat.

Today
I showed up.
That matters.
♡



SIMPLE ACTIVITIES FOR SEPTEMBER

September is a wonderful time to slow down, enjoy familiar routines, and find simple ways to stay engaged. As the weather begins to change, there are many activities that clients, caregivers, and families can enjoy together without needing to travel far or spend a lot of money.

BRING FALL INTO THE HOME

Adding a few seasonal touches can make the home feel warm and inviting. Consider decorating a table with fall-colored flowers, arranging a small centerpiece, or creating a simple craft using leaves, paper, or other materials. These activities can be adjusted to match each person's interests and abilities.

MAKE MEMORIES THROUGH MUSIC

Music can be a wonderful way to encourage conversation and bring back special memories. Spend some time creating a playlist of favorite songs or listening to music from a client's younger years. Ask about the memories connected to each song perhaps a favorite dance, family celebration, or special moment.

LOOK THROUGH FAMILY PHOTOGRAPHS

Take an afternoon to look through old family photographs together. Ask questions about the people, places, and occasions in the pictures.



ENJOY A QUIET ACTIVITY

Puzzles, coloring, card games, reading, and simple crafts can provide an enjoyable way to spend time together. Choose activities that match the client's interests and abilities, and remember that the goal is not to finish a project perfectly. The time spent together is what matters most.

EVENTS

PHILADELPHIA FRINGE FESTIVAL

SEPTEMBER 8–27, 2026

Performing arts throughout Philadelphia.

Official site: <https://phillyfringe.org/>



RITTENHOUSE SQUARE FINE ART SHOW

SEPTEMBER 18–20, 2026

Outdoor art and creative works in Rittenhouse Square.

Official site:

<https://rittenhousesquareart.com/>



XPONENTIAL MUSIC FESTIVAL

SEPTEMBER 18–20, 2026

Live music at Wiggins Waterfront Park in Camden, NJ.

Official site:

<https://xponentialmusicfestival.org/>



PHILADELPHIA PHILLIES

September home games provide an opportunity for baseball fans to enjoy the final stretch of the regular season.

Schedule:

<https://www.mlb.com/phillies/schedule>



PARKS ON TAP

Seasonal outdoor gatherings at different Philadelphia parks.

Official site:

<https://www.parksontap.com/>





CLOSING A SEPTEMBER TO REMEMBER

At **Caring For You Home Care**, we know that home is more than a place.

It is where memories are created.

It is where families connect.

It is where routines become traditions.

And it is where many people want to remain as they grow older.

Our goal is to provide compassionate care that supports:

COMFORT.

DIGNITY.

INDEPENDENCE.

CONNECTION.

CARING FOR YOU HOME CARE

Because care should always feel like home.

Philadelphia, Pennsylvania

267-639-7006

Info@caringforyouhomecare.org

www.caring4youhomecare.com