



CARING FOR YOU HOME CARE

2026

JULY NEWSLETTER

COMPASSIONATE CARE YOU CAN TRUST



INSIDE THIS ISSUE

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HELPING YOU LIVE
SAFELY, COMFORTABLY,
AND
INDEPENDENTLY AT HOME.

A MESSAGE FROM OUR TEAM



WELCOME TO JULY!

INSIDE THIS ISSUE

- Independence Day Celebration
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Dear Clients, Families, Caregivers, and Friends,

Happy July!

Summer is a wonderful time to enjoy longer days, family gatherings, and opportunities to make lasting memories. At Caring For You Home Care, we remain committed to helping our clients live safely, comfortably, and independently in their own homes.

This month, we're celebrating Independence Day, recognizing our incredible caregivers, sharing summer wellness tips, and providing helpful resources to keep everyone healthy throughout the season.

Thank you for trusting us to care for your loved ones. Your confidence inspires us to continue providing compassionate, high-quality home care every day.

We wish you and your family a safe, happy, and healthy July!

CELEBRATING INDEPENDENCE DAY

Your Comfort Is Our Priority.

Independence Day is a celebration of freedom, courage, and the values that bring our communities together.

At Caring For You Home Care, we also celebrate another kind of independence –the ability for seniors and adults with disabilities to remain safely in the comfort of their own homes.



Our caregivers support clients with:

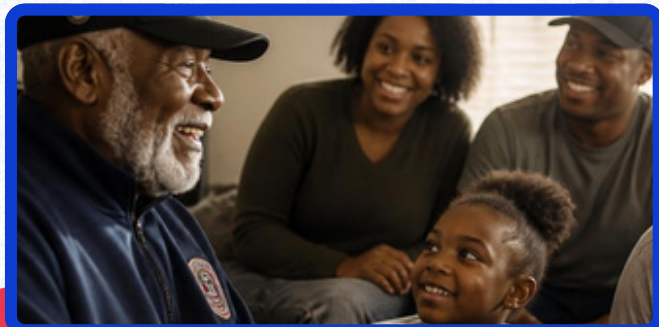
- Personal Care
- Meal Preparation
- Medication Reminders
- Transportation
- Companionship
- Light Housekeeping
- Grocery Shopping
- Respite Care

Fourth of July Safety Checklist

- ☐ Stay hydrated
- ☐ Apply sunscreen
- ☐ Wear light-colored clothing
- ☐ Avoid excessive heat
- ☐ Watch fireworks from a safe distance
- ☐ Keep emergency numbers nearby
- ☐ Never leave grills unattended

Quote of the Month

"The best way to find yourself is to lose yourself in the service of others." – Mahatma Gandhi





Beat the summer heat



WHY SUMMER SAFETY MATTERS

Older adults are more likely to experience dehydration and heat-related illnesses. Knowing how to stay cool can prevent emergencies.

STAY HYDRATED

Drink 6–8 glasses of water each day, even if you don't feel thirsty.

Avoid excessive caffeine and sugary drinks

DRESS SMART

Wear:

- ✓ Loose clothing
- ✓ Light colors
- ✓ Comfortable shoes
- ✓ Wide-brim hats outdoors

KEEP YOUR HOME COOL

- Use fans or air conditioning
- Close curtains during the hottest part of the day
- Avoid using the oven during extreme heat

WARNING SIGNS OF HEAT EXHAUSTION

- Dizziness
- Fatigue
- Headache
- Muscle cramps
- Nausea
- Confusion

If symptoms worsen, seek medical attention immediately.





Healthy Living Summer Recipe

Berry Watermelon Salad

Directions

1. Combine all fruit.
2. Add lime juice.
3. Refrigerate 30 minutes.
4. Serve chilled.



Ingredients:

- Watermelon
- Strawberries
- Blueberries
- Grapes
- Fresh Lime Juice
- Mint

Nutrition Spotlight

- ✓ High in Vitamin C
- ✓ Great source of hydration
- ✓ Heart healthy
- ✓ Rich in antioxidants

Healthy Tip

Try replacing sugary desserts with fresh fruit several times each week.



BRAIN GAMES & WELLNESS

Daily Brain Boosters

- ✓ Read a chapter of a book.
- ✓ Complete a crossword puzzle.
- ✓ Listen to your favorite music.
- ✓ Learn something new.
- ✓ Call a family member.
- ✓ Write in a journal.
- ✓ Play cards.
- ✓ Spend time outdoors.



Keeping your brain active supports memory and emotional health. ”

Word Search Challenge

S	U	M	M	E	R	X	Q	L	J
A	F	A	M	I	L	Y	C	Z	E
C	A	R	E	G	I	V	E	R	R
W	H	E	A	L	T	H	Y	T	D
A	Z	W	A	T	E	R	U	Y	O
F	R	E	E	D	O	M	L	J	M
H	O	M	E	B	N	V	G	U	K
J	U	L	Y	P	Q	X	L	Z	T
K	B	N	D	F	G	H	I	J	P
Q	R	S	T	U	V	W	X	Y	Z

SUMMER
FAMILY
CAREGIVER
HEALTH
WATER
FREEDOM
HOME
JULY

Take care.
Be kind.
Enjoy life. ♥



COMMUNITY NEWS

July Health Observances

UV Safety Awareness Month

National Picnic Month

National Ice Cream Month

Minority Mental Health Awareness Month

Always check with your healthcare provider before participating in strenuous activities.

Local Summer Activities

Encourage clients and families to:

- Visit local parks
- Attend community concerts
- Visit farmers markets
- Enjoy neighborhood walks
- Spend time with family





EMPLOYEE CORNER

JULY 2026



IMPORTANT REMINDERS

- ✓ Complete documentation before the end of each shift.
- ✓ Notify the office immediately of schedule changes.
- ✓ Maintain client confidentiality.
- ✓ Follow infection prevention protocols.
- ✓ Stay hydrated while traveling between visits.
- ✓ Report concerns promptly.

SAFETY FIRST

Your health helps protect the health of our clients.

Thank you for your professionalism and dedication.



PROFESSIONAL TIP OF THE MONTH

COMMUNICATION IS ONE OF THE MOST VALUABLE TOOLS IN CAREGIVING.

Take a few extra moments during each visit to listen, ask questions, and provide reassurance.

Building trust through open communication helps clients feel safe, respected, and valued.

CARING FOR YOU HOME CARE

THANK YOU!



EVERY SMILE SHARED...

EVERY HELPING HAND...

EVERY VISIT...

EVERY ACT OF COMPASSION...

MAKES A LASTING DIFFERENCE.

THANK YOU TO OUR INCREDIBLE CAREGIVERS, DEDICATED OFFICE STAFF,
VALUED CLIENTS, AND SUPPORTIVE FAMILIES FOR BEING PART OF THE CARING
FOR YOU HOME CARE FAMILY.

TOGETHER, WE CONTINUE OUR MISSION OF DELIVERING COMPASSIONATE,
DEPENDABLE, AND PERSONALIZED HOME CARE THROUGHOUT PENNSYLVANIA.

WE WISH EVERYONE A SAFE AND WONDERFUL JULY!

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Caring For Home Care