November
Newsletter
2026

CARING FOR YOU
HOME CARE

THE CARE CONNECTION

A Season of New Traditions

Inside this issue:

- What's happening around Philadelphia
- November dates to remember
- A seasonal recipe to try
- Creative activities for a cozy day indoors
- Holiday planning and scam awareness

COMMUNITY.
CULTURE .
COMFORT.

Your community. Your comfort. Your connection.



A Season of New Traditions

Discover November: Community, Culture & Comfort

November brings colorful fall scenery, meaningful observances, local events, and the first signs of the holiday season.

In this issue, explore things to do around Philadelphia, easy ways to enjoy the season at home, community resources, and helpful reminders for the month ahead.

· November 2026 ·

NOVEMBER AT A GLANCE

Dates Worth Remembering

November is filled with opportunities to learn, connect, and celebrate.

November 1

Daylight Saving Time Ends

Turn clocks back one hour. Check smoke and carbon monoxide alarm batteries, where applicable.

November 3

Election Day

Check your local election office for polling information, voting hours, and assistance.

November 11

Veterans Day

Recognize and thank the veterans who have served our country.

November 14

World Diabetes Day

Learn about diabetes prevention, management, and regular healthcare visits.

November

Native American Heritage Month

Learn about Indigenous history, cultures, and contributions.

November 26

Thanksgiving Day

Family traditions, shared meals, and reflection on the people who shape our lives.

Small calendar reminders can help make a busy month easier to navigate.

MAKE HOME YOUR HAPPY PLACE

Five Indoor Activities for Chilly Days

Not every outing needs to happen outside.
A comfortable day at home can be just as enjoyable.





1. Start a Memory Box

Collect favorite photographs, greeting cards, postcards, and small keepsakes. Add a note about the story behind each item.

2. Host a Mini Movie Afternoon

Choose a favorite classic film, prepare a snack, and invite a family member or friend to join.





3. Try a Seasonal Craft

Make a simple paper-leaf garland, decorate a picture frame, or create a fall centerpiece using safe, accessible materials.

4. Explore Music Through the Years

Build a playlist of favorite songs from different stages of life. Music can be a wonderful way to spark conversations and share memories.



5. Plan a Family Recipe Book

Ask relatives to share recipes and the stories behind them. Keep the collection in a notebook or digital document.





Make It Personal

Choose activities based on individual interests, energy levels, and abilities. Adapt materials and tasks to support safe, comfortable participation.

Sometimes the best plans are the ones that make us feel most at home.

NOVEMBERNEWSLETTER

COMMUNITY RESOURCE SPOTLIGHT

Getting Ready for the Holiday Season

The holiday season can bring extra expenses, busy schedules, and new responsibilities. Planning ahead can help make the coming weeks more manageable.

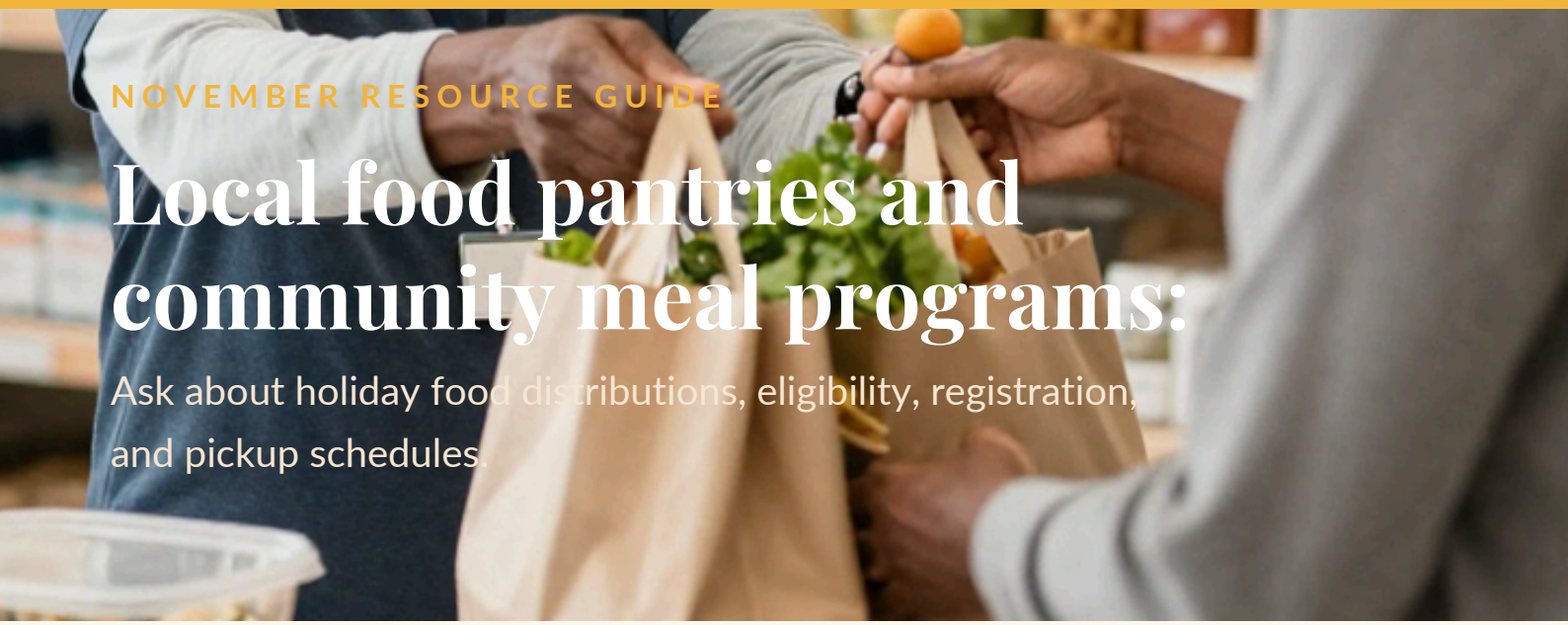
Need Help Finding Local Resources?

Depending on eligibility and availability, these organizations may be helpful starting points for older adults and families in Pennsylvania.

PA MEDI:
Free, unbiased Medicare counseling for eligible Pennsylvania residents.

PA 211:
Information about referrals for food assistance, housing support, utility assistance, and other local services.

Area Agencies on Aging:
Information about local programs, meals, caregiver support, and services for older adults.



NOVEMBER RESOURCE GUIDE

Local food pantries and community meal programs:

Ask about holiday food distributions, eligibility, registration, and pickup schedules.

A Helpful Planning Checklist

1. Review upcoming appointments and transportation arrangements.
2. Check pantry staples and essential household supplies.
3. Ask about holiday meal assistance before registration deadlines.
4. Make a list of important contacts and community resources.
5. Discuss changes in care needs with the appropriate care team.



Resource availability and eligibility vary by location.
Contact each organization directly for current information.



FROM OUR THANKSGIVING TABLE

A Holiday Favorite: Classic Thanksgiving Stuffing

No Thanksgiving table feels quite complete without a savory side dish. This classic bread stuffing combines herbs, vegetables, and toasted bread for a comforting addition to the holiday meal.

15 min	40–45 min	6
Prep Time	Cook Time	Servings

FROM OUR THANKSGIVING TABLE

Ingredients & Directions



Ingredients

- 6 cups day-old bread, cut into small cubes
- ½ cup unsalted butter
- 1 small onion, finely chopped
- 2 celery stalks, finely chopped
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- 1½–2 cups low-sodium chicken or vegetable broth
- Salt and pepper to taste
- 2 tablespoons chopped fresh parsley, optional

Directions

1. Preheat the oven to 350°F. Lightly grease a baking dish.
2. Melt the butter in a skillet. Add the onion and celery and cook until softened.
3. Stir in the sage, thyme, and parsley.
4. Place the bread cubes in a large bowl. Add the cooked vegetables and herbs.
5. Gradually pour in the broth, tossing until the bread is moist but not soggy.
6. Transfer to the baking dish, cover with foil, and bake for 25 minutes. Remove the foil and bake for another 15–20 minutes, until the top is lightly golden and the center reaches 165°F.

Make It Your Own

Add chopped apples or dried cranberries for a seasonal twist. For a vegetarian version, use vegetable broth.

Holiday Kitchen Safety

If preparing stuffing inside a turkey, the center must reach 165°F. For easier temperature control, baking the stuffing separately is recommended. Refrigerate leftovers within two hours and use them within 3–4 days.

Gather around the table, share a favorite tradition, and enjoy the simple comfort of a homemade Thanksgiving meal.

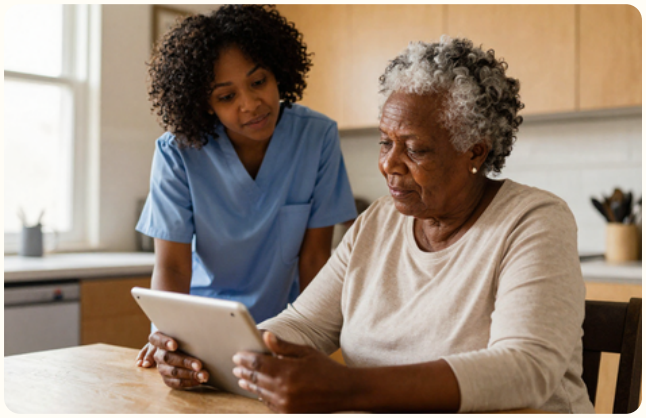
SMART SEASONAL LIVING

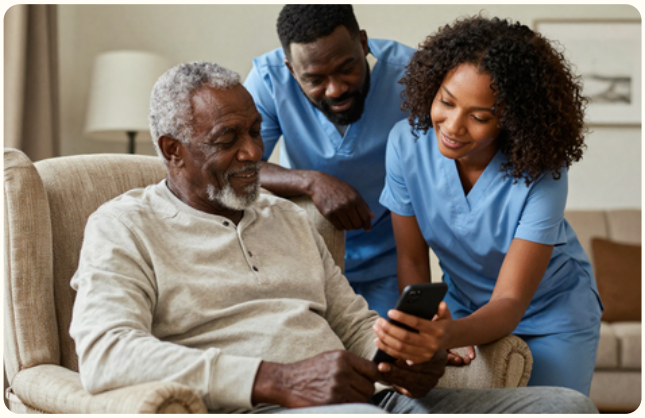
Stay One Step Ahead

1. Avoid clicking suspicious links in emails and text messages.
2. Contact organizations through independently verified phone numbers or websites.
3. Never share passwords, verification codes, or sensitive financial details with unexpected callers.
4. Ask a trusted person for help if a request feels unusual.
5. Report suspected fraud to the appropriate authorities.

Caregiver and Family Reminder

Encourage open conversations about suspicious messages without judgment. Anyone can be targeted, and asking for help is a smart step.





Pause. Verify. Protect your information.

SMART SEASONAL LIVING

Protect Yourself From Holiday Donation Scams

As holiday shopping and giving increase, scammers may use fake delivery packages, wire cards, or too-good-to-be-true offers to take advantage of unsuspecting people.



Know the warning signs

Unexpected package messages: Be cautious of texts asking you to click a link to pay immediately using gift cards, wire cards, or cryptocurrency.

Impersonation calls

A caller claiming to be from a bank, government organization, or family member may not be legitimate.

Pause. Verify. Protect your information.



AROUND TOWN

November Events in Greater Philadelphia

Looking for a reason to get out and explore? Here are some seasonal events to consider with family and friends.



November 1–15

Longwood Gardens Chrysanthemum Festival

Enjoy colorful chrysanthemum displays and creative floral arrangements at Longwood Gardens in Kennett Square. Timed tickets are required.



November 5–15

Philadelphia Asian American Film Festival

Explore films and stories celebrating Asian American and Pacific Islander communities at venues throughout Philadelphia.



November 8

Philadelphia Veterans Day Parade and Festival

Celebrate local veterans and their service at this annual Philadelphia event, with a parade along the Benjamin Franklin Parkway and a festival at Eakins Oval.



November 13 onward

Winter at Dilworth Park

Seasonal activities begin near Philadelphia City Hall, including the Made in Philadelphia Holiday Market and outdoor ice skating. Check individual attraction



November 20–22

Peddler's Village Holiday Kickoff Weekend

Visit Lahaska, Pennsylvania, for seasonal decorations, specialty shops, and the Grand Illumination. The village's holiday displays and gingerbread competition



November 20–22

Philadelphia Marathon Weekend

Watch runners take part in one of the city's biggest annual sporting events. Race activities include the half marathon, 8K, full marathon, and children's run.



November 26

6abc Dunkin' Thanksgiving Day Parade

Enjoy a Philadelphia holiday tradition with colorful floats, performances, and marching bands. Check the official event website for the latest route and viewing information.

Before you go

Confirm event dates, admission prices, accessible entrances, transportation, and weather conditions. Some events involve crowds, walking, or standing for extended periods.

Here's to a Meaningful November



As we move through the month, we hope you find opportunities to explore your community, enjoy familiar traditions, discover something new, and spend time with the people who matter most.

Whether you're attending a local event, enjoying a favorite recipe, listening to music at home, or preparing for Thanksgiving, we hope November brings moments of comfort and connection.

From Everyone at Caring For You Home Care

Thank you for being part of our community. We look forward to continuing to support the comfort, dignity, and independence of the people and families we serve.

Have an event, activity, or community resource to share?

We welcome ideas that help our community stay informed and connected.

CARING FOR YOU HOME CARE

Care That Meets You at Home.

Philadelphia, Pennsylvania

267-639-7006 · Info@caringforyouhomecare.org · www.caring4youhomecare.com

Because care should always feel like home.