

National Family Caregivers and Long - Term Care Awareness Month

Understanding A New Norm



To the ones still fighting the storm, Thank you for all that you do ,

To see us through the light and the dark

You still choose to see us with your heart

For your care and understanding,
Please note that your love is truly Outstanding.

November is National Alzheimer's Awareness Month



Tips for caring for your loved ones:

- Make sure their home is clean and organized - add handles to stairs and bathroom if needed
- Organize and track their medication
- Arrange grocery delivery and cook meals together
- Call and visit to reduce loneliness
- Take them out of the house to reduce isolation



For information call 912-764-9500 or email us at hbsmc3@gmail.com
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