



# Humble Home Care Services

Happy & Health at Home... "The Humble Approach"



## SENIORS' HOLIDAY ACTIVITIES

We discuss some inclusive activities that will make senior citizens feel right at home.

## HEALTH & WELLNESS

Health tips and inspired balanced diets to keep senior citizens active and engaged.

## EMPLOYEE OF THE MONTH

We have been blessed to have amazing employees who go above and beyond what is asked. This month we recognize an employee that stood out the most.



## HEALTH & WELLNESS

Health and wellness generally refer to promoting good health and reducing risk of disease.

## Diet recommendation

- Eat fruits & vegetables.
- Diversify your protein choices with more fish, peas and beans.
- Three servings of low-fat or fat free dairy.
- Minimum of three ounces of whole grain cereals.
- Switch from solid fats to oils when preparing food.



## HEALTH TIPS

- Get enough sleep.
- Socialize more often.
- Stay up to date with health screenings.
- Get regular dental, vision and hearing checkups.
- Prevent falls.
- Keep active.
- Quit smoking.

## SENIOR HOLIDAY ACTIVITIES

Aren't the holidays great? The holidays are a time for family and friends to spend time together and celebrate the good times. On the flip side the holidays can get lonelier for some seniors due to several factors. It is important to consider this and work towards incorporating inclusive activities for the seniors. Below we discuss a few activities that can help the elderly feel included and right at home during this period.

- Set up a Christmas tree.
- Send greeting cards.
- Play their favorite Christmas carols.
- Gift wrapping.
- Decorate the house.

## EMPLOYEE OF THE MONTH AWARD

- The most outstanding employee in the month of November goes to:



### Congratulations Madina!!!

Madina has been outstanding this month. She's time conscious, has a great work ethic, determined and above all she maintains regular communication with management.