



Humble Home Care Services

Happy and Healthy at Home... *"The Humble Approach"*



HEALTH TIPS

Tips to keep you healthy and active this year.



WINTER TRAVEL

Winter must haves when travelling.



EMPLOYEE OF THE MONTH

Find out who won the hearts of our clients in January.



OUR COMMITMENT

A PLACE OF COMPASSION & CARE

Here at Humble Home Care Services, we are committed to providing exceptional care. We will continue to train our staff and caregivers on a monthly basis. Our training covers the basics, like cleanliness and professionalism at the workplace to more complicated topics such as Alzheimer's care, hospice care, and end of life care.

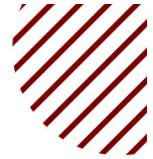
Our phone lines are open 24/7 all year long. We pride ourselves in providing compassionate care while helping our clients maintain their independence right from the comfort of their own homes or places of residence.

Health Tips

- Get active/remain active
- Take supplements as necessary
- Eat a healthy diet.
- Wash your hands frequently.
- Get plenty of rest.
- Quit smoking.
- Exercise to manage stress.

Winter Travel must haves:

- Flashlight.
- Extra winter jacket.
- Winter Gloves.
- Beanie.
- Winter boots.
- Shovel.
- Emergency flares and reflectors.
- Blankets.
- First aid kit.
- Extra windshield washer fluid.
- Jumper cables.



**Dorothy
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**Employee
OF THE MONTH - JANUARY**

At Humble, we aim to provide exceptional care and comfort to our clients, while nurturing and encouraging their sense of independence and well-being.

www.humblehcs.com

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