



A Gentle Start to the New Year

A new year brings with it a gentle sense of renewal. For many seniors, this time of year is less about bold resolutions and more about embracing the comforts of daily life, meaningful connections, and the peace that comes from familiar routines. January offers a chance to pause, reflect, and step forward into the year ahead with intention and reassurance.

Rather than focusing on major changes, the new year can be an opportunity to set small, personal goals that bring joy and fulfillment. This might include spending more time with loved ones, enjoying favorite pastimes, or discovering simple ways to make each day feel special. Any changes involving health, activity, or routines should always be discussed with a doctor first to ensure they are

safe and appropriate.

Winter months often invite us to slow down, which can be a positive thing. Taking time to enjoy a good book, listen to music, work on puzzles, or revisit hobbies can help keep minds engaged and spirits lifted. Staying socially connected – whether through phone calls, letters, or visits – also plays an important role in emotional well-being. Even brief moments of connection can make a meaningful difference.

The new year is also a time to reflect on gratitude and life experiences. Looking back on cherished memories, sharing stories with family, or organizing photo albums

can be both comforting and rewarding. These moments help reinforce a sense of purpose and remind us of the meaningful journeys that have shaped our lives.

As routines resume after the holidays, many seniors find comfort in structure. Establishing a daily rhythm – morning rituals, afternoon rest, and evening relaxation – can create a sense of balance and ease.

At Assisting Hands Home Care, we understand that feeling supported makes all the difference. A compassionate caregiver can provide companionship, assist with daily activities, and offer peace of mind – helping seniors feel comfortable, confident, and cared for as they welcome the year ahead. With the right support, the new year can be filled with warmth, dignity, and moments worth celebrating. *Wishing you all the best in 2026.*



Glaucoma Awareness Month: Seeing the importance of early detection

January is Glaucoma Awareness Month, a time dedicated to raising awareness about a condition that can affect vision, particularly among older adults. Glaucoma is often called the “silent thief of sight” because it can develop slowly and without noticeable symptoms in its early stages. This makes awareness and education especially important for seniors and their families.

Understanding glaucoma helps encourage thoughtful conversations about eye health and regular check-ins with an eye doctor. Being informed allows individuals to ask questions, recognize changes, and feel more confident discussing concerns with a healthcare professional. Any decisions related to eye care or changes in routines should always be discussed with a doctor or eye care specialist first.

Vision plays an important role in maintaining independence and quality of life. Taking time to focus on eye health – such as attending scheduled appointments and following professional guidance – can help support daily comfort and safety. Family members can also play a key role by offering encouragement and helping loved ones stay organized with appointments and information.

At Assisting Hands Home Care, we understand how important vision is to everyday life. Compassionate caregivers provide supportive assistance and companionship, helping clients feel secure at home while promoting confidence and peace of mind during Glaucoma Awareness Month and throughout the year.

Fun Facts About January...

- January is named after Janus, the Roman god of beginnings and transitions.
- It's the coldest month of the year for many parts of the United States.
- January 1 marks the first day of the modern calendar year.
- National Soup Month is celebrated all January – perfect for cozy winter days.
- The birthstone for January is garnet, symbolizing friendship and trust.
- January always begins on the same day of the week as October in non-leap years.

and February!

- February is the shortest month of the year.
- It's named after Februa, an ancient Roman festival of purification.
- Groundhog Day is celebrated on February 2.
- February is often associated with Valentine's Day and expressions of love and friendship.
- In leap years, February has 29 days instead of 28.
- The February birthstone is amethyst, believed to represent calm and clarity.

Just For Fun: JANUARY WORD SEARCH

- BITTER**
- BLIZZARD**
- CALENDAR**
- CELEBRATION**
- FIREPLACE**
- FREEZING**
- FROST**
- FROSTY**
- HIBERNATION**
- HOLIDAY**
- HOT CHOCOLATE**
- ICICLE**
- INDOOR**
- JANUARY**
- MITTENS**
- MLK DAY**
- NEW YEAR**
- PARKA**
- POLAR**
- RESOLUTION**
- SCARF**
- SKIING**
- SLEDDING**
- SNOWFLAKE**
- SNOWMAN**
- SWEATER**
- WINTER**

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



Simply Delicious



Salmon Patties

Prep/Total Time: 25 Min.; Yield: 3 Servings

Ingredients

- 1/3 cup finely chopped onion
- 1 large egg, beaten
- 5 saltines, crushed
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 can (14-3/4 ounces) salmon, drained, bones and skin removed
- 2 teaspoons butter

Directions

- In a large bowl, combine the first 6 ingredients. Crumble salmon over mixture and mix well. Shape into 6 patties.
- In a large skillet over medium heat, fry patties in butter for 3-4 minutes on each side or until set and golden brown.

Cranberry Orange Scones

Prep: 20 Min.; Bake: 10 Min.; Yield: 10 Scones

Ingredients

- 2 cups all-purpose flour
- 10 teaspoons sugar, divided
- 1 tablespoon grated orange zest
- 2 teaspoons baking powder

- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1/3 cup cold butter
- 1 cup dried cranberries
- 1/4 cup orange juice
- 1/4 cup half-and-half cream
- 1 large egg, room temperature
- 1 tablespoon 2% milk

GLAZE (optional):

- 1/2 cup confectioners' sugar
- 1 tablespoon orange juice

ORANGE BUTTER:

- 1/2 cup butter, softened
- 2 to 3 tablespoons orange marmalade



Directions

- In a large bowl, combine the flour, 7 teaspoons sugar, orange zest, baking powder, salt and baking soda. Cut in butter until the mixture resembles coarse crumbs; set aside. In a small bowl, combine the cranberries, orange juice, cream and egg. Add to flour mixture and stir until a soft dough forms.
- On a floured surface, gently knead 6-8 times. Pat dough into an 8-in. circle. Cut into 10 wedges. Separate wedges and place on a greased baking sheet. Brush with milk; sprinkle with remaining sugar.
- Bake at 400° until lightly browned, 12-15 minutes. Remove to a wire rack.
- Combine glaze ingredients if desired; drizzle over scones. Combine orange butter ingredients; serve with warm scones.

– courtesy of tasteofhome.com