



A Season for Joy and Wellness

Staying Healthy, Happy, and Connected During the Holidays

As the year comes to a close, the holiday season brings a time of reflection, gratitude, and togetherness. From Thanksgiving to New Year's, it's a season filled with family traditions, good food, and joyful moments. But for others it can also be a time of extra stress, changes in routine, and even feelings of loneliness for some older adults. With a little planning and self-care, you can make this season both joyful and healthy – body, mind, and spirit.

Stay Active and Engaged

Cold weather and shorter days can make it tempting to stay indoors, but regular movement keeps your body strong and your spirits high. Try gentle stretching, indoor walking, chair yoga, or light dancing to your favorite holiday music. Many community centers and senior programs offer

seasonal exercise classes or group walks – great ways to stay active and social at the same time.

Enjoy Holiday Foods in Balance

The holidays wouldn't be complete without a few indulgences! Enjoy those special meals and desserts, but try to balance them with healthy choices. Add color to your plate with vegetables and fruits, and remember to stay hydrated – especially if you're indoors with the heat on. If you have diabetes or dietary restrictions, plan ahead so you can enjoy meals without worry.

Keep Connections Strong

Staying connected is one of the most important ways to

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maintain emotional well-being during the holidays. If family or friends live far away, schedule a phone call, video chat, or send a handwritten card. Consider attending local community events, faith services, or senior center gatherings. Sharing laughter and conversation helps lift the spirit and reminds us that no one has to celebrate alone.

Manage Stress and Rest Well

While the holidays can be joyful, they can also feel overwhelming at times. Remember to pace yourself – say yes to what brings you happiness and no to what drains your energy. Take time to relax with a good book, enjoy quiet moments with music, or take a short nap. Rest and reflection are important parts of staying well.

Practice Gratitude

Amid the busy season, take a moment each day to reflect on what you're thankful for – big or small. Gratitude can help shift focus away from stress and toward the joy and meaning this season brings.

At Assisting Hands® Home Care, we're honored to help seniors enjoy the holidays safely and comfortably in the place they love most – home. From companionship and personal care to help with meals and errands, our compassionate caregivers are here to bring peace of mind and an extra helping hand throughout the season and beyond.

As we celebrate this time of year, we want to express our heartfelt gratitude to the families we serve, our dedicated caregivers, and our community partners. Your trust and connection mean so much to us. From all of us at Assisting Hands® Home Care, we wish you a season filled with peace, warmth, and happy memories – and a healthy, hopeful start to the new year.

Honoring Our Heroes This Veterans Day

At Assisting Hands® Home Care, we are deeply grateful for the brave men and women who have served our country. This Veterans Day, we honor their courage, sacrifice, and dedication to protecting our freedoms. Many of our clients, caregivers, and community members are proud veterans, and we thank them for their service and the example they set each day. From all of us at Assisting Hands, thank you for your service – today and always.



Diabetes Awareness Month: What Seniors Should Know

November is Diabetes Awareness Month – a time to highlight the importance of prevention, early detection, and effective management of diabetes, especially among older adults.

Diabetes affects millions of seniors across the country, and age can increase both the risk and the challenges of managing the condition. As people get older, changes in metabolism, activity level, and diet can make it harder to keep blood sugar levels stable. Uncontrolled diabetes can also lead to serious health issues such as heart disease, vision loss, nerve damage, and kidney problems.

The good news is that diabetes can be managed – and even prevented in some cases – with healthy lifestyle choices. Regular physical activity, balanced nutrition, routine checkups, and medication adherence are key to maintaining good health and independence.

Family members and caregivers also play an essential role. By helping seniors monitor blood sugar, prepare healthy meals, and stay active, they can support better quality of life and overall well-being.

This November, let's raise awareness and encourage open conversations about diabetes care among older adults – because knowledge, support, and early action can make all the difference.

Just For Fun: HOLIDAY WORD SEARCH

CANDLE
CANDY CANE
CAROLS
CHRISTMAS
DECORATIONS
EGGNOG
ELF ON A SHELF
FIREPLACE
FROSTY
GINGERBREAD
HANUKKAH
HOLIDAY
HOT CHOCOLATE
ICICLE
JINGLE BELLS
MISTLETOE
NUTCRACKER
ORNAMENTS
POINSETTIA
PRESENTS
REINDEER
SANTA CLAUS
SLEIGH
SNOWFLAKE
STOCKING
TINSEL
UGLY SWEATER
WINTER
WREATH

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Name Origins: "December" comes from decem, Latin for "ten." It used to be the 10th month!

Shortest Day: The winter solstice (around Dec. 21) is the shortest day of the year.

Times Square Tradition: The first New Year's Eve ball drop happened in 1907.

Holiday Month: Christmas, Hanukkah, Kwanzaa, and New Year's Eve all fall in December!

Time to Hibernate: Many animals, like bears and bats, begin hibernating in December.

Simply Delicious



Fig-Glazed Pork Tenderloin

Prep/Total Time: 30 Min.; Yield: 4 Servings

Ingredients

- 1 pork tenderloin (1 pound), cut into 8 slices
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon olive oil
- 1/3 cup fig preserves
- 3 tablespoons apple juice
- 2 tablespoons cider vinegar
- 1-1/2 teaspoons Worcestershire sauce
- 1 garlic clove, minced
- 3/4 teaspoon curry powder

Directions

- Sprinkle pork with salt and pepper. In a large skillet, heat oil over medium-high heat. Brown pork on both sides; remove from pan.
- Add preserves, juice, vinegar, Worcestershire sauce, garlic and curry powder to same pan; bring to a boil. Return pork to pan. Reduce heat; simmer, covered, until a thermometer inserted in pork reads 145°, 5-7 minutes. Let stand 5 minutes before serving.

Big Soft Ginger Cookies

Prep: 20 Min.; Bake: 10 Min./Batch; Yield: 2-1/2 Dozen

Ingredients

- 3/4 cup butter, softened
- 1 cup sugar, plus additional for rolling
- 1 large egg, room temperature
- 1/4 cup molasses
- 2-1/4 cups all-purpose flour
- 2 teaspoons ground ginger



- 1 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/4 teaspoon salt

Directions

- In a large bowl, cream butter and 1 cup sugar until light and fluffy, 5-7 minutes. Beat in egg and molasses. Combine the flour, ginger, baking soda, cinnamon, cloves and salt; gradually add to the creamed mixture and mix well.
- Roll into 1-1/2-in. balls, then roll in additional sugar. Place 2 in. apart on ungreased baking sheets. Bake at 350° until puffy and lightly browned, 10-12 minutes. Remove to wire racks to cool.



Cider Wassail

Prep time: 30 min.; Yield: 12 servings (2-1/2 quarts)

Ingredients

- 2 quarts apple cider
- 1-1/2 cups orange juice
- 3/4 cup pineapple juice
- 1 tablespoon brown sugar
- 1/2 teaspoon lemon juice
- 2 cinnamon sticks (3 inches)
- Dash ground cinnamon
- Dash ground cloves

Directions

- In a large saucepan, combine all of the ingredients. Bring to a boil. Reduce heat; cover and simmer for 20-30 minutes. Discard cinnamon sticks. Serve hot in mugs.