



Hand *in* Hand

eNewsletter



Celebrating Independence at Every Age

This year, America celebrates 250 years of independence, a milestone that reminds us of the freedoms we enjoy and the values we hold dear.

As we gather with family and friends this Independence Day, it is also a wonderful time to reflect on another kind of independence – the ability to continue living life on our own terms.

For many older adults, independence is found in life's simplest pleasures. It might be enjoying a morning cup of coffee, tending a favorite garden, spending time with grandchildren, attending church, or relaxing in the comfort of home surrounded by cherished memories.

These moments may seem ordinary, but they are often the moments that matter most.

At Assisting Hands, we understand how important it is for seniors to maintain their routines, their dignity, and their connection to the people and places they love. We also know that accepting a little help does not mean giving up independence. In many cases, the right support can help preserve it.

Whether assistance comes from family members, friends, or professional caregivers, support can make it possible for older adults to continue enjoying the comfort and freedom of living at home.

This Independence Day, we celebrate not only our nation's history, but also the independence of the seniors who enrich our families, strengthen our communities, and inspire future generations.

250
YEARS OF INDEPENDENCE.

Helping Seniors Keep Theirs.

From all of us at Assisting Hands® Home Care, we wish you a happy, healthy, and meaningful Independence Day.



National Senior Citizens Day

*Honoring the Wisdom, Strength,
and Contributions of Older Adults*

Each year on August 21, we celebrate National Senior Citizens Day – a special occasion dedicated to recognizing the invaluable contributions, achievements, and wisdom of older adults in our communities. Established in 1988, this day serves as a reminder to honor the generations who have helped shape our families, neighborhoods, and nation. Seniors have lived through remarkable changes and experiences, carrying with them stories, knowledge, and life lessons that enrich the lives of those around them. Whether they are grandparents, parents, mentors, volunteers, veterans, or friends, older adults continue to make meaningful contributions every day. Their resilience, compassion, and perspective inspire younger generations and strengthen the communities they call home.

National Senior Citizens Day is also an opportunity to reflect on the importance of supporting healthy, active, and fulfilling lifestyles as we age. Staying socially connected, engaging in hobbies, participating in community activities, and maintaining physical wellness can all contribute to a higher quality of life. Even small moments of connection –

a phone call, a visit, or sharing a meal – can make a significant difference in a senior's well-being.

At Assisting Hands Home Care, we are honored to serve older adults and help them maintain their independence, dignity, and quality of life in the comfort of home. We witness firsthand the strength and determination of our clients, and we are continually inspired by their stories, accomplishments, and enduring spirit.

This National Senior Citizens Day, we encourage everyone to take a moment to celebrate the seniors in their lives. Visit a loved one, listen to their stories, look through old photographs together, or simply let them know how much they are appreciated. These meaningful gestures can create lasting memories and remind older adults that they are valued and loved.

As we celebrate National Senior Citizens Day, let us recognize the lasting impact seniors have made – and continue to make – on our families and communities. Their wisdom lights the way forward, and their legacy continues to shape future generations.

Happy National Senior Citizens Day!

[CLICK HERE
TO FIND A LOCATION NEAR YOU](#)

Did You Know?

Summer Fun & Wellness

- Staying hydrated can improve energy levels, concentration, and overall well-being.
- Walking is one of the safest and most effective forms of exercise for older adults.
- Eating watermelon is a delicious way to stay hydrated during hot summer days.
- Wearing light-colored clothing can help keep you cooler in the summer heat.

Interesting Senior Facts

- More than 10,000 Americans celebrate their 65th birthday every day.
- People who volunteer often report greater happiness and a stronger sense of purpose.
- Grandparents provide billions of hours of childcare each year in the United States.
- Staying mentally active through puzzles, games, or reading may help support cognitive health.

Inspiration

- It's never too late to start a new hobby, make a new friend, or learn a new skill.
- Every day offers a new opportunity to create a meaningful memory.

JUST FOR FUN:

Happy July 4th!

Adams
America
Barbecue
Colonies
Congress
Declaration
Equality
Fireworks
Fourth
Freedom
Hotdogs
Independence
Jefferson
July
Liberty
Nation
Parade
Revolution
Rights
States
Thirteen
United





Red, White and Blueberry Summer Salad

Prep: 25 min. Yield: 12 servings

Ingredients

- 2/3 cup extra virgin olive oil
- 1/2 cup julienned fresh basil
- 1/3 cup white balsamic vinegar
- 1/4 cup julienned fresh mint leaves
- 2 garlic cloves, minced
- 2 teaspoons Dijon mustard
- 1 teaspoon sea salt
- 1 teaspoon sugar
- 1 teaspoon pepper
- 2 cups cherry tomatoes
- 8 cups fresh arugula
- 1 carton (8 ounces) fresh mozzarella cheese pearls, drained
- 2 medium peaches, sliced
- 2 cups fresh blueberries
- 6 ounces thinly sliced prosciutto, julienned
- Additional mint leaves

Directions

- In a bowl, whisk first 9 ingredients. Add tomatoes; let mixture stand while preparing salad.
- In another large bowl, combine arugula, mozzarella, peaches, blueberries and prosciutto. Pour tomato mixture over top; toss to coat. Garnish with additional mint leaves. Serve immediately.

Farmer's Casserole

Prep: 10 min +chilling; Bake: 55 min. + chilling; Yield: 6 serv.

Ingredients

- 3 cups frozen shredded hash brown potatoes
- 3/4 cup shredded Monterey Jack cheese
- 1 cup cubed fully cooked ham
- 1/4 cup chopped green onions
- 4 large eggs
- 1 can (12 ounces) evaporated milk
- 1/4 teaspoon pepper
- 1/8 teaspoon salt



Directions

- Place potatoes in an 8-in. baking dish. Sprinkle with cheese, ham and onions. Whisk eggs, milk, pepper and salt; pour over top. Cover and refrigerate for several hours or overnight.
- Remove from refrigerator 30 minutes before baking. Preheat oven to 350°. Bake, uncovered, until a knife inserted in the center comes out clean, 55-60 minutes.

Fizzy Peach Shake

Prep/Total Time: 10 min.; Yield: 6 servings

Ingredients

- 3 medium peaches, pitted
- 1/3 cup ginger ale, chilled, plus additional for topping if desired
- 2 tablespoons honey
- 1 quart vanilla ice cream
- Optional: Whipped cream and peach slices

Directions

- Place peaches, ginger ale and honey in a blender; cover and process until smooth. Add ice cream; cover and process until combined. Pour into serving glasses. If desired, top with whipped cream or additional ginger ale and garnish with peach slices. Serve immediately.



– courtesy of tasteofhome.com