Assisting Hands® Home Care

Hand in Hand

eNewsletter

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NOVEMBER/DECEMBER 2024



Joyful Holidays:

Home care can help seniors stay safe and engaged

For most, the holiday season is a time for family, celebrations, and cherished memories. However, for many seniors, the season can also bring about some unique challenges, including feelings of isolation, physical limitations, and health concerns. With the help of a home care service, such as Assisting Hands, seniors can enjoy a less stressful holiday season, while remaining actively engaged with their loved ones.

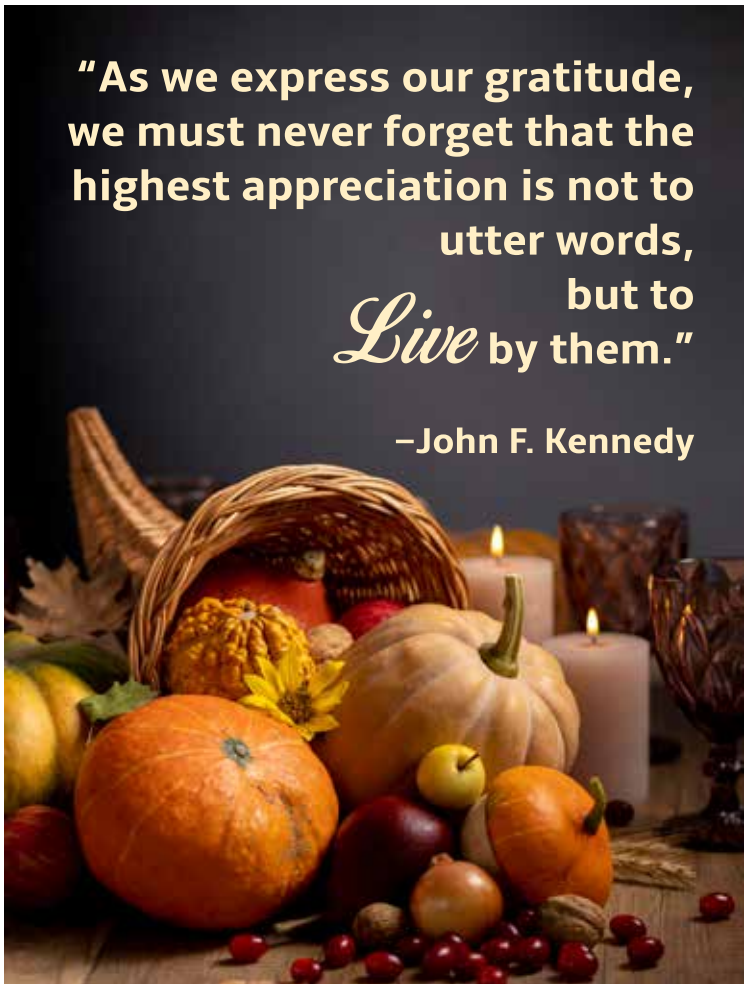
Home care can offer companionship, ensuring seniors remain in touch socially, which is vitally important for mental health. Whether through attending family gatherings, participating in virtual celebrations, or enjoying holiday traditions, a caregiver can help plan visits, arrange transportation, or organize small holiday activities like decorating, baking, or crafting. These activities can help seniors feel more connected and involved.

The hustle and bustle of the holidays can be overwhelming for seniors, especially when it comes to preparing meals, decorating, or shopping for gifts. Home care services can assist with these tasks, allowing seniors to par-

continued on page 2

ticipate in the festivities without feeling overwhelmed. Caregivers can help with cooking holiday favorites, setting up decorations, or even shopping online or in store.

The holiday season often brings changes in routine, which can make it easy for seniors to miss medications, skip meals, or neglect exercise. Home care ensures that seniors stick to their daily health routines, including medication management, balanced meals, and regular



physical activity. A caregiver can also ensure that the home remains safe, clearing walkways of holiday decorations that may cause falls and making sure their home environment is accessible.

The holiday season may bring mixed emotions, from nostalgia to grief over the loss of loved ones. A caring home caregiver provides emotional support by offering companionship and lending a listening ear. They can help seniors navigate feelings of sadness or loneliness and bring joy to the holiday season through meaningful interaction and positive engagement.

Home care services offer a much-needed helping hand, giving seniors the freedom to enjoy festivities without the pressure of taking on too much. Caregivers can manage household chores, meal preparation, and personal care, ensuring that seniors can relax and fully enjoy this special time of year.

Home care can play a crucial role in helping seniors enjoy the holiday season. It can allow them to stay engaged with loved ones and participate in holiday traditions while ensuring their safety and comfort. By addressing both their physical and emotional needs, home care enables seniors to experience the joy of the season with dignity and peace of mind. If you or a loved one is in need of caring in-home services during the holidays, or any time, contact Assisting Hands Home Care today.



Just for Fun: 12 DAYS OF CHRISTMAS

- CALLING BIRDS
- CHRISTMAS
- DAYS
- DRUMMERS
- DRUMMING
- FRENCH HENS
- GEESE
- GOLDEN RINGS
- LAYING
- LEAPING
- LORDS
- MAIDS
- MILKING
- PARTRIDGE
- PEAR TREE
- PIPERS
- PIPING
- SWANS
- SWIMMING
- TURTLE DOVES
- TWELVE

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

Fun Facts:

– The Twelve Days: Traditionally, the 12 days begin on Christmas Day (December 25) and end on January 5, which is the eve of Epiphany (January 6). Epiphany celebrates the arrival of the Magi, or the Three Wise Men, who visited baby Jesus.

– Song Origin: The carol likely has French origins, possibly dating back to the 1700s. The version we know today was first published in England in 1780 in a children's book called "Mirth without Mischief."

– Partridge in a Pear Tree: The partridge is believed to symbolize Christ, while the pear tree is a metaphor for the cross. Some versions also suggest that the bird's habit of feigning injury to protect its young is an allegory for Christ's sacrifice.



Simply Delicious



Swedish Meatballs

Ingredients

- 3/4 cup seasoned bread crumbs
- 1 medium onion, chopped
- 2 large eggs, lightly beaten
- 1/3 cup minced fresh parsley
- 1 teaspoon coarsely ground pepper
- 3/4 teaspoon salt
- 2 pounds ground beef

GRAVY:

- 1/2 cup all-purpose flour
- 2-3/4 cups 2% milk
- 2 cans (10-1/2 ounces each) condensed beef consomme, undiluted
- 1 tablespoon Worcestershire sauce
- 1 teaspoon coarsely ground pepper
- 3/4 teaspoon salt
- Optional: 1/4 teaspoon each ground allspice and ground nutmeg

NOODLES:

- 1 package (16 ounces) egg noodles
- 1/4 cup butter, cubed
- 1/4 cup minced fresh parsley

Directions

- In a large bowl, combine the first 6 ingredients. Add beef; mix lightly but thoroughly. Shape into 1-1/2-in. meatballs (about 36). In a large skillet over medium heat, brown meatballs in batches. Using a slotted spoon, remove to paper towels to drain, reserving drippings in pan.
- For gravy, stir flour into drippings; cook over medium-high heat until light brown (do not burn). Gradually whisk in milk until smooth. Stir in consomme, Worcestershire sauce, pepper, salt and allspice and nutmeg if desired. Bring to a boil over medium-high heat; cook and stir until thickened, about 2 minutes.
- Reduce heat to medium-low; return meatballs to pan. Cook, uncovered, until meatballs are cooked through, 15-20 minutes longer, stirring occasionally.
- Meanwhile, cook noodles according to package directions. Drain; toss with butter. Serve with meatball mixture; sprinkle with parsley.



Grandma's Red Velvet Cake

Ingredients

- 1/2 cup butter, softened
- 1-1/2 cups sugar
- 2 large eggs, room temperature
- 2 bottles (1 ounce each) red food coloring
- 1 tablespoon white vinegar
- 1 teaspoon vanilla extract
- 2-1/4 cups cake flour
- 2 tablespoons baking cocoa
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup buttermilk

FROSTING:

- 1/2 cup cold water
- 1 tablespoon cornstarch
- 2 cups butter, softened
- 2 teaspoons vanilla extract
- 3-1/2 cups confectioners' sugar

Directions

- Preheat oven to 350°. Cream butter and sugar until light and fluffy, 5-7 minutes. Add eggs, 1 at a time, beating well after each addition. Beat in food coloring, vinegar and vanilla. In another bowl, whisk together flour, cocoa, baking soda and salt; add to creamed mixture alternately with buttermilk, beating well after each addition.
- Pour into 2 greased and floured 9-in. round baking pans. Bake until a toothpick inserted in the center comes out clean, 20-25 minutes. Cool layers 10 minutes before removing from pans to wire racks to cool completely. Trim 1/4 in. off top of each cake layer; crumble trimmings onto a baking sheet. Let crumbs stand at room temperature while making frosting.
- For frosting, combine water and cornstarch in a small saucepan over medium heat. Stir until thickened and opaque, 2-3 minutes. Cool to room temperature. Beat butter and vanilla until light and fluffy. Beat in cornstarch mixture. Gradually add confectioners' sugar; beat until light and fluffy. Spread between layers and over top and side of cake. Press reserved cake crumbs into side of cake.

– courtesy of tasteofhome.com

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