



# Home Instead®

## *December Newsletter*

12 DAYS OF CHRISTMAS 2023!

This year 12 Days of Christmas will kick off on December 7th. Each day we will send out a message to announce which Christmas gift everyone will be getting from Home Instead!



### CAREGiver of the Month— Tracy T



We are proud to announce Tracy T as our November CAREGiver of the Month! Tracy has been with Home Instead since June of 2023. Tracy has been in the caregiving field since 2015 when she stepped up to help care for a family member. When Tracy decided to become a professional caregiver, she knew Home Instead was the place for her. Her favorite thing about being a caregiver is her

clients. She loves working with them to help meet their goals and get to know about them and their past. When Tracy isn't busy with her clients, you will find her at home with her 25 grandchildren! Tracy is our CAREGiver of the month due to her high quality of care, communication with the office, and connections she makes with her clients! Thank you Tracy!



## Winter Weather Preparation Tips

Winter Weather can make travel difficult, but our clients still need care!

### Prepare Your Vehicle

Make sure to clean off your car before you get going! Give yourself extra time before your shift to start your car, clean it off, and leave a bit early in case of traffic. Make sure to keep the following in your car:

- Snow Shovel
- Ice Scraper
- Blanket
- Flashlight
- Gloves



### Stay Healthy

Consider taking a daily supplement or multi-vitamin to stay healthy during the winter months. Don't forget to stay hydrated! Warm drinks are delicious during the cold months, but don't forget water!

### Fight Off Germs

With the Holidays comes the seasonal sicknesses! Here are some tips to stay well this winter:

- Carry hand sanitizer
- Avoid touching face
- Washing hand frequently
- Wear a mask

### Prevent Injury

Things get slippery this time of year! Make sure to be aware of your surroundings and give yourself extra time so you can travel safely.

- Wear shoes with good traction
- Watch out for large icicles
- Salt outdoor walkways
- Clean off the top of your vehicle

### Fight off the Winter Blues

Winter is hard. It's cold out and gets dark so early. Keep your spirits up by socializing and treating yourself to activities you love! Also, utilize Home Instead's mental health hotline if needed.

1.800.531.0200



## RECIPE OF THE MONTH Cheesy Chicken Broccoli Rice

### Ingredients

- 1 bag Knorr chicken flavored rice
- 1/2 can Cream of chicken soup
- 1/2 can chick broth
- 1/2 bag Frozen broccoli florets
- 1/2 cup shredded cheese
- 1/2 lbs chicken

### Directions

Spray casserole dish with non-stick spray. Mix in rice, cream of chicken, chicken broth, and stir. Add frozen broccoli. Season both sides of chicken and lay on top of broccoli. Top with shredded cheese. Cover with aluminum foil and bake for 1 hour at 350 degrees.



## HAPPY BIRTHDAY!

Jessica Y—Dec 6

Sarah B—Dec 11

Chrystal R—Dec 8

Lisa S—Dec 20

Amy B— Dec 10

## Home Instead Anniversaries

Sarah B—2 Years

Congrats and thank you for  
choosing Home Instead!