



# HOMELIFE CONNECTION

## Welcoming the fresh start of a new year

It is so hard to believe we are already a month into the New Year! How you all doing on those resolutions? Remember we are still so fresh into the year that you still have time to set goals and make a fresh start!

Change is a process, and processes take time. So don't get discouraged. Some suggest following these simple psychologists recommended steps:

- Focus on starting a new habit, rather than quitting an old one.
- Choose realistic goals that are sustainable for the long term.
- Be Flexible and open to changing them along the way.
- Partner up with an accountability buddy.
- Set up reminders to help you stay motivated.
- Track your progress.

It's not like a light switch, many behaviors linked to changes involve activities or habits you have had for years. Give yourself time to adapt and make changes. Another great tip to help achieve your goals are called "SMART" goals. This acronym means Specific, Measurable, Attainable, Relevant, Time-bound.

Real and lasting change happens when a person feels ready, not by picking an arbitrary date on a calendar. If you encounter struggles, don't give up. Instead focus on getting back on track and not beating yourself up over a misstep. Be kind and compassionate toward yourself, change takes time, and you need to keep going and be persistent. If you sway come back to your goal and give yourself grace and allow an opportunity to make changes in small achievable ways!

Here is to a new year and a new you! Good Luck!



## A Few Things To Look Forward To...

Get ready to party like a rock star because the Superbowl is here! It doesn't matter if your team is on the field or not, it's just a fantastic excuse to rally the troops and have some fun!

Spring is around the corner, & Mr. Punxsutawney Phil saw his shadow, so it could be here sooner than we think!

Leap into excitement because it's a Leap Year! An extra day to make some epic memories!

Mark your calendars for April 8th because a total solar eclipse is happening, and it's going to be out of this world!

Get ready to cheer on your country because the Summer Olympics are on the horizon!

And last but not least, a brand new day is here! A chance to start fresh! Yes, we know there will be rough times, but we're a strong bunch, and we'll face them head-on, together!

Let's go, 2024!

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**LEADERSHIP TEAM**

**Angela DiNicola**  
*Owner/President*

**Vinny DiNicola**  
*Chief Financial Officer*

**Amber Triebull**  
*Chief Administrative Officer*

**Wendy Carasco**  
*Client Care Director*

**Sophia Cronk**  
*Home Care Aide Director/  
Office Manager*

**Darlene MacDonald**  
*Client Care Coordinator*

**Leti Onstead**  
*Staffing Assistant/Training*

**Maria Olivarez**  
*Scheduling Assistant*

**Lisa Lozano**  
*Scheduling Assistant &  
On-Call Support*

**Felicia Buack**  
*On-Call Support*



# It's About Living To Your Own Beat

SOURCE: CDC & PULSECHECK

February is American Heart Month, a time when all people are encouraged to focus on their cardiovascular health. We have included a link from the CDC that includes a great toolkit to educate and help you manage your heart health.

[https://www.cdc.gov/heartdisease/american\\_heart\\_month\\_patients.htm](https://www.cdc.gov/heartdisease/american_heart_month_patients.htm)



**Manage Your Blood Pressure:**

Maintaining a healthy blood pressure range is crucial for your overall well-being. High blood pressure can affect your entire body from head to toe, so it's important to keep it under control. Your heart will thank you for it later.



**Managing Cholesterol:**

While cholesterol is essential for your body and produced by your liver, too much of it can be detrimental to your heart health.



**The Benefits of Physical Activity:**

Regular physical activity gets your heart pumping, which keeps it healthy and strong. Every time you move your body, you're providing protection to your heart. It's never too late to start and prioritize your heart's health.



**Managing Blood Sugar Levels:**

Elevated blood sugar levels can impair blood vessels and harm the nerves that regulate your heart. However, even minor changes can have a significant impact.



**Adopting a Healthy Diet**

Maintaining a healthy heart requires healthy eating habits, but it can be challenging to establish. Begin by making small changes and discovering your ideal healthy routine that suits you.



**Tips to Reduce Stress:**

While stress can be helpful in certain situations, experiencing chronic or long-term stress can cause your body to remain in "fight-or-flight" mode, leading to a higher risk of heart attack and stroke. It's important to find ways to manage your stress levels to mitigate these risks.

## Self-Care Reminder

**In the midst of caring for family members who rely on us, it's common to neglect our own well-being.**

**If you are a caregiver, remember to place importance on self-love and self-care. To provide your best care, you must first ensure you are at your best. Make self-care a priority in your weekly schedule.**





# Advice on Aging Well in 2024 Source: Forbes

No matter your phase of life, aging is something we all experience daily—but that doesn't mean we're powerless in the process. If you're looking for ways to start the year with your best foot forward, here are some tips from top health professionals.

## Commit to Brain-Healthy Habits

The new year is a great time to commit to some brain-healthy habits. Eat colorful fruits & vegetables, lean proteins and fewer processed foods. Get a good night's sleep, try to set aside at least 15 minutes a day for exercise and another 15 for meditation or mindfulness exercises.

## Take Care of Your Hearing Health

Your sense of hearing plays a vital role in your cognitive and overall health. Over the years, numerous academic studies have linked hearing loss to dementia, anxiety, poor balance, increased social isolation and low self-esteem. Hearing well is crucial to maintaining an active, social and financially productive lifestyle.

## A New View of Fitness

Aging isn't the end of being fit—it's part of an evolution. Your health and fitness levels are not constant. They are moving targets that require constant reassessment in order to match you and bring you to the next level. This doesn't end with aging—it only changes.

## Embrace the Power of Telehealth

Modern medicine has made remarkable strides in extending lifespan, but we've fallen short in keeping people healthy in those 'bonus' years'. Fortunately, digital health technologies can enhance the three biggest predictors of longevity: having a sense of purpose, maintaining social connections and engaging in physical activity.

## Maintain Mental Stimulation

You can't help getting older. But you don't have to get old. Maintaining the same activities, interests and relationships the younger you enjoyed, keeping your sense of humor & staying cognitively stimulated. A rich, varied mix of learning, processing and problem solving will keep your brain healthy and working better across all domains.

## Don't Fear Assistive Technologies

Hearing health matters and can keep you involved in conversations with friends and family. Get your hearing checked and, if you need it, seek the care of a hearing health provider for assistive technologies.

## Exercise Your Brain

Just as your body needs exercise and movement to stay healthy, so does your brain. Sometime living alone can modify your behavior, resulting in social withdrawal, isolation and depression. Play games, socialize, use different strategies to enhance thinking.

## Invest In Your Body

The process of aging can be a comfortable or uncomfortable experience. The ability to age comfortably depends on how you invest in your body. Staying physically active, maintaining a well-balanced diet and being mentally alert will foster a comfortable healthy aging experience.

## Keep Doing Things That Work For You

How do I ensure the next 65 years are as healthy, rewarding and happy as my first 65 years? By continuing to do the things that got me here—take care of my body, develop and maintain relationships that matter, continue to learn and be intellectually challenged, contribute to the world around me and wake up every morning looking forward to the day ahead.

# CELEBRATIONS



We are thrilled to announce that we have been honored as a Caring Super Star of 2024.

Our agency received this recognition by satisfying a stringent set of criteria derived from consumer ratings and reviews featured on Caring.com. Caring Super Stars are distinguished by earning Caring Stars service excellence awards for three or more years.

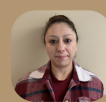


## TO OUR TEAM

Join us in welcoming!

Elizabeth, Kathy, Addisalem, and Cela!

This group of ladies have impressive backgrounds in caregiving and we are excited to have them join our team of dynamic Home Care Aides!



Elizabeth



Kathy



Cela



Addisalem



# Happy Birthday

Hope your birthday is sprinkled with sweet moments and unforgettable memories to treasure forever!

- |                    |                    |
|--------------------|--------------------|
| 2/08 - Indra P.    | 2/10- Dorine I.    |
| 2/13 - John Q.     | 2/16 - Sally J.    |
| 2/18 - Charlene A. | 2/26 - Virginia P. |
| 3/02 - Alva F.     | 3/04 Juanita J.    |
| 3/06 Nanci W.      | 3/11 - Carol H.    |
| 3/13 - Pauline W.  | 3/16 - Addie R.    |
| 3/17 - Richard S.  | 3/25- Josephine B. |
| 3/27 - Iben B.     | 3/29 - Nelson F.   |