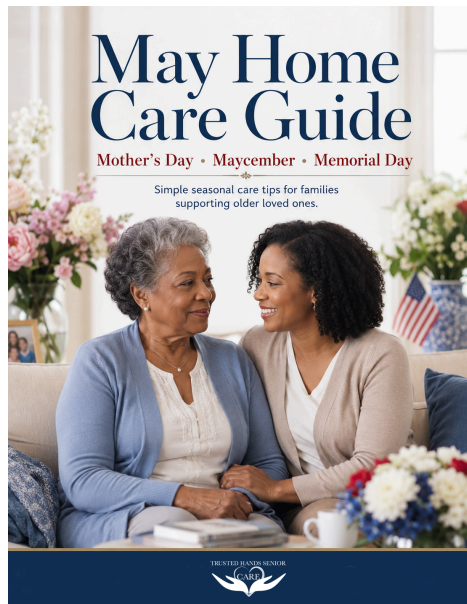




Mother's Day • Maycember • Memorial Day

May is a beautiful month, but it can also be one of the busiest times of the year. Between Mother's Day, graduations, end-of-school activities, family gatherings, Memorial Day travel, and changing routines, many families suddenly realize their aging loved one may need more support at home.

At **Trusted Hands Senior Care**, we want families to use May as a time to check in, slow down, and make sure mom, dad, grandparents, and older loved ones are safe, supported, and not feeling forgotten.

Mother's Day: Check on Mom Beyond the Celebration

Mother's Day is a great time to celebrate, but it is also a good time to gently notice changes.

Look for:

- Is Mom keeping up with medications?
- Is the house still clean and safe?
- Is she eating well?
- Is she more tired than usual?
- Is she lonely or withdrawn?
- Is she having trouble bathing, dressing, or moving around?
- Are there signs of falls, confusion, or missed appointments?

Sometimes the best gift is not flowers or dinner. Sometimes the best gift is **extra support, companionship, and peace of mind.**



Maycember: When Families Get Busy, Seniors Still Need Support

Many people call May “Maycember” because it feels just as busy as December. Families are juggling school events, work schedules, graduations, sports, travel, and holiday plans.

During this season, seniors may be left alone longer than usual.

A home care plan can help with:

- Meal preparation
- Medication reminders
- Light housekeeping
- Transportation to appointments
- Bathing and dressing assistance
- Companionship
- Fall prevention
- Overnight support
- Respite care for family caregivers

Even a few hours of care each week can make a big difference.

Memorial Day: Plan Ahead Before Holiday Travel

Memorial Day weekend often means cookouts, travel, and family gatherings. Before the holiday arrives, make sure your loved one has a care plan in place.

Ask yourself:

- Who will check on them if we travel?
- Do they have enough groceries and medications?
- Is the home safe for the long weekend?
- Do they need help getting to family events?
- Would a caregiver help reduce stress for everyone?

Trusted Hands Senior Care can help families prepare before the holiday so seniors are not left without support.



Simple May Home Safety Checklist

Use this month to do a quick home care check:

- ☐ Remove clutter from walkways
 - ☐ Check bathroom safety
 - ☐ Make sure medications are organized
 - ☐ Stock easy-to-prepare meals
 - ☐ Test smoke detectors
 - ☐ Make sure emergency contacts are visible
 - ☐ Check lighting in hallways and bedrooms
 - ☐ Watch for changes in mood, memory, or mobility
 - ☐ Talk with your loved one about what support they may need
-

May is full of moments to celebrate, but it is also a good time to protect the people who have always cared for us.

Whether your loved one needs help after a hospital stay, support at home, companionship, personal care, or a trusted caregiver while your family is busy, **Trusted Hands Senior Care is here to help.**

Visit TrustedHandsCare.com to learn more or connect with our team.