Home Helpers of Westminster

Holiday Health Newsletter

Thanksgiving and Christmas 2026



Happy Thanksgiving and Merry Christmas

The best gift this season is feeling well enough to enjoy it. Thanksgiving and Christmas are full of good food, full houses and busy calendars, and they can also pull us away from the routines that keep us healthy.

This month, we are sharing simple things clients, families and caregivers can each do to stay safe, well and connected from the Thanksgiving table through Christmas morning. Thank you for being part of our Home Helpers family.

Health Tips for Clients and Families

Get your flu shot before the family gathers

The CDC recommends a yearly flu vaccine for everyone 6 months and older. Adults 65 and up should ask for a high-dose, adjuvanted or recombinant vaccine, and take a standard shot if none of those are available. Your doctor or pharmacist can also tell you whether COVID-19 or RSV vaccines are right for you.

Clear the way

More than one in four older adults has a fall each year, and many falls can be prevented. Keep Christmas light cords, gift boxes and small rugs out of walking paths. Add extra lighting as the days get shorter, and leave the step stool and the top of the tree to someone else.

Keep your routine

Busy days make it easy to miss a medication, a meal or a nap. Try to keep regular times for all three, and pack your medications in your bag if you are heading out for the day. It is also perfectly fine to leave Thanksgiving dinner or a Christmas party early.

Enjoy your turkey leftovers safely

Refrigerate food within two hours of cooking and finish it within three to four days. Reheat leftovers to 165 degrees Fahrenheit.

Stay warm, indoors and out

The National Institute on Aging suggests keeping the thermostat at 68 to 70 degrees or warmer, since even a cool home can cause hypothermia in older adults. Dress in loose layers, and wear a hat and gloves outside. Watch for confusion, sleepiness, slurred speech or stiff arms and legs. If you suspect hypothermia and a thermometer reads 96 degrees or lower, call 911.

Stay connected

Thanksgiving and Christmas can stir up memories of loved ones, and health problems can keep people from traditions they love. Phone calls, visits and small rituals all help. If sadness lingers, please talk with your doctor.

Families, take a look around

Thanksgiving and Christmas visits are a good time to notice changes. Check whether the fridge is stocked, the mail is opened and the walkways are safe. Let us know what you see, and we will work with you on next steps.

Health Tips for Our Caregivers

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Protect yourself and your clients

Vaccines are among your best protection, so please talk with your doctor or pharmacist about which ones are right for you. Wash your hands for a full 20 seconds, especially when you arrive, before preparing food and before you leave.

Stay home when you are sick

If you have a respiratory illness, stay away from others until you are feeling better overall and have been fever-free for 24 hours without fever-reducing medicine. Call the office as soon as you know you cannot work so we can arrange coverage for your client.

Be our eyes and ears

You often notice changes before anyone else. Note any changes in appetite, mood, balance or memory in your care notes, and call the office if something concerns you.

Help clients enjoy the season safely

Move cords and clutter out of walking paths, keep up with medication reminders and encourage water and regular meals. A few minutes of conversation or a favorite Christmas memory can brighten a client's whole week.

Plan ahead for the winter roads

Allow extra travel time, keep a scraper and warm layers in your car and wear shoes with good grip. If a client's steps or walkway look icy, let the office know.

Take care of you, too

You cannot pour from an empty cup. Protect your sleep, eat real meals between shifts and take time for the people and things that recharge you. If you are feeling worn down, please tell us. We would much rather help early.

Request time off early

Send your Thanksgiving and Christmas time off and unavailability to the office as soon as you know your plans. It helps us keep every client covered and keeps the schedule fair for everyone.

Caregiver Spotlight: Our Mother and Daughter Duo

This month we are honoring **Theresa Mitchell** and **Stephanie Smith**. Even while grieving a loss in their own family, they have shown their clients the same consistent care and dedication.

Thank you both for your strength and your hearts. We are so grateful to have you on our team.

We Are Here for You This Season

Thanksgiving and Christmas can be a lot to manage, and you do not have to do it alone. Our caregivers can help with meal preparation, light housekeeping, errands, rides to appointments and friendly companionship. Family caregivers can also take a well-earned break with respite care, knowing their loved one is in capable hands. For added peace of mind between visits, ask us about our Direct Link emergency response devices.

If you or someone you love could use a little extra help, call us to schedule a free in-home consultation.

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