



### Preparing for Spring:

This year it seems as if Winter and its frigate temperatures will not leave! Just around the corner the long-awaited Spring that we have been longing for. This month on Facebook as well as in our blog we will be focusing on getting ourselves and loved ones Spring ready!

### Starting to think Spring!

Here are a few general reminders as well as ideas to help prepare yourself for an easy transition into Spring.

- Daylight Savings Time begins on Sunday March 10th, adjust your clocks accordingly
- Change smoke detector batteries. A good way to help remember to do this is to replace the batteries when you change your clocks for daylight saving.
- Inspect the medicine cabinet, this is a good time to go through your loved one's medicine cabinet and purge any expired, unused medication.
- A general deep cleaning and clutter clean up can help brighten up your home. Open the windows and let some fresh air in.
- Do a home safety check, removing potential hazards in key areas of the home, it might be time to make some simple, inexpensive changes including: Adding secure railings to both sides of stairs, inside and outside the home. Making sure the home has adequate lighting. Adding grab bars inside and outside the tub or shower, as well as next to the toilet.

### Positive Impact Nature has on Seniors

Nature can be used as a fantastic resource to help stimulate an older adults' senses. There is a vast variety of activities and ways to integrate nature into a senior's daily life. For a deeper look into the benefits nature has on seniors look out for a blog post at <https://snugandcomfortageingboldly.weebly.com> this month we are focusing on preparing for spring and spring activities for seniors



### Our newest members of our Caregiving Team

- Keshia
- Marilyn
- Corneshisa
- Ana
- Eric



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