

HOMELIFE CONNECTION



Take a Moment: Finding Joy in the Little Things This Season

As the year winds down and the familiar rhythm of the season begins to hum around us, it's easy to get swept up in the pace of it all—the plans, the preparations, the expectations. But this time of year offers a quiet invitation: to pause, to breathe, and to savor the small joys that often go unnoticed. A warm cup in your hands on a cold morning, a soft blanket across your lap, the glow of lights in a window—these simple comforts can remind us of what truly matters.

When we gather with loved ones, these gentle moments become even more precious. A shared meal, a story retold for the hundredth time, a spontaneous burst of laughter—these are the memories that root us, the ones we carry long after the season fades. Slowing down allows us to be truly present, to appreciate not just the big events but the everyday magic that surrounds them.

And for those who aren't able to be with loved ones this season, the spirit of connection can still shine brightly. A heartfelt phone call, a handwritten card, a message sent simply to say I'm thinking of you—these small gestures can bridge distance in powerful ways. Kindness has a way of finding its path, even across miles.

So as the days grow shorter and the world feels both busy and bright, let's give ourselves permission to take things gently. Notice the little things. Reach out to one another. Hold space for gratitude, for connection, and for the quiet joys that make this season meaningful. After all, it's often in the simplest moments that we find the deepest warmth.

A big thank you to each of you — our wonderful clients and families for welcoming us into your homes!

Recipe for Gratitude

Ingredients

2 Cup of noticing small joys
2 Spoonfuls of kindness
A Sprinkle of patience
A Handful of warm memories

Instructions

1. Pause and take a deep breath
2. Mix in the little things that made you smile
3. Add kindness - both given and received
4. Stir in patience and a favorite memory
5. Enjoy slowly and share generously



EMPLOYEE OF THE QUARTER

Meet Luciana



In just one year with us, Luciana has made an incredible impact on our team and the clients she serves. Her wonderful energy, sweet demeanor, and genuine compassion shine through in everything she does.

She often tells us how much she appreciates her job and the people she works with — but truly, we're the ones who are so appreciative of her.

Her kindness, reliability, and positive spirit make a difference every single day, and it's no surprise that our clients adore her just as much as we do.

We're so grateful to have Luciana as part of our caregiving family!

Congratulations!

LEADERSHIP TEAM

Your dedicated team at HomeLife, who strive every day to provide a compassionate and professional experience for everyone we serve.



AMBER TRIEBULL
OWNER/CEO



SOPHIA CRONK
PCA DIRECTOR
OFFICE DIRECTOR



WENDY CARASCO
CLIENT CARE
DIRECTOR



DARLENE MACDONALD
CLIENT CARE
COORDINATOR



LETI ONSTEAD
STAFFING
COORDINATOR



LISA LOZANO
SCHEUDLING/



MARIA OLIVAREZ
SCHEDULING



KIANA PRYBYLINSKI
ON-CALL SUPPORT



FELICISA BUACK
ON-CALL SUPPORT

STAYING ACTIVE INDOORS

Simple Ways for Seniors to Keep Moving and Staying Healthy

When it's chilly outside, gentle stretching, light household tasks, or chair exercises can help maintain strength and circulation. At any age, but especially as we get older, staying active becomes more important. Regular movement keeps your body strong, your mind sharp, and your mood positive. But sometimes, bad weather, health concerns, or safety issues can make it hard to get outside. The good news? There are plenty of ways to stay active right at home – no gym or fancy equipment required!

1. Start with Gentle Stretching

Stretching is one of the easiest and safest ways to keep your body limber. It helps reduce stiffness, improve balance, and prevent injury. Try spending 5–10 minutes each morning stretching your arms, legs, neck, and shoulders. You can even do many stretches from a chair if standing is difficult.

2. Try Indoor Walking

You don't need a treadmill to get your steps in. Walking in place while watching TV or doing laps around your home can get your heart rate up. If you live in a building with hallways or have a clear path around your kitchen or living room, make it a habit to walk a few laps every hour. Goal: Aim for 5–10 minutes of walking every couple of hours.

3. Dance to Your Favorite Music

Dancing is a fun and joyful way to exercise. Put on your favorite tunes from your younger years and move however you like. Even a few songs can lift your spirits and get your heart pumping. If balance is a concern, hold onto a sturdy chair or countertop while you move.

4. Strengthen Your Muscles

Building muscle doesn't mean lifting heavy weights. Everyday household items like soup cans or water bottles make great hand weights. Try gentle arm curls, leg lifts, or wall push-ups. Try this: Do 10–15 repetitions of each exercise two or three times a week.

5. Balance and Stability Exercises

Good balance helps prevent falls – one of the biggest risks for older adults. Practice standing on one foot while holding onto a chair, or slowly move from sitting to standing several times in a row. Tai chi and yoga are also excellent for improving balance and coordination.

6. Make It Social

Staying active is more enjoyable when you do it with others. Join an online exercise class, invite a friend to do a video workout together, or follow along with a live-streamed fitness session. The connection keeps you motivated and fights loneliness.

7. Listen to Your Body

Always exercise safely. If something hurts or feels uncomfortable, stop and rest. Drink plenty of water, wear supportive shoes, and take breaks when you need them. Consistency matters more than intensity – even light movement each day adds up to big health benefits. You don't need to leave your home to stay strong, flexible, and healthy. With just a little creativity & motivation, your living room can become your personal fitness space.



The key is to keep moving – every stretch, step, and smile counts!



Simple, Heartwarming Ways to Support You During the Holidays

Our personal care attendants love helping clients enjoy the season – from assistance decorating safely to baking holiday treats or assisting with shopping. These small tasks can help ease holiday stress but also fill your home with warmth and laughter.

The holiday season is filled with joy, tradition, and togetherness—but we know for many, especially those living alone or facing health challenges, it can be overwhelming. Your personal care attendant can play an essential role in helping you. Here are just a few ideas to consider.

Holiday cards are a cherished tradition for many seniors, but arthritis, vision changes, or fatigue can make writing and mailing them difficult. We can help by: Setting up a card-writing session. It can be turned into a cozy activity with music and warm drinks like apple cider or cocoa. We can help address envelopes or help write messages. Tell us how you would like to word each note so it still feels personal. Other ways we can assist are...

- Organizing your address list. Update old addresses, look up new ones, or help reconnect with old friends.
- Taking care of mailing. Buy stamps, seal envelopes, and drop them in the mail so you don't have to worry.

Need to holiday shop? We can take you shopping! Shopping can be fun, but it can also be tiring or stressful. We can help make it easier and enjoyable by: Planning short, relaxed outings. Avoiding peak busy times and choose accessible stores with seating. Help you create a gift list. This prevents you from feeling overwhelmed and keeps you focused.

Offering transportation and carrying packages. This can allow you to enjoy the experience without physical strain. We also can offer alternatives. If going out is too taxing, browse online together and help safely place orders.

Sharing Holiday Moments Together... Beyond the practical help, one of the greatest gifts your personal care attendant can give you is companionship. To stay in the spirit you can listening to your favorite holiday stories, watch a classic movie together, baking simple treats, play seasonal music, do a craft or sort ornaments.

These experiences can bring connection and joy—and often become the moments you will cherish the most. It is important to us that you feel supported during the holidays. A little time, patience, and creativity can make the season brighter and more meaningful for you. We want you to feel seen, valued, and included in the festive spirit.

Happy Holidays and know that we remain dedicated to your comfort, happiness and overall wellbeing with the care we deliver to you in every season.



We are thrilled to announce the arrival of our new personal care attendants. This wonderful group brings fresh energy, kindness & expertise to our care team!

Let's extend a warm welcome to:
Hannah, Diwa, Carla, Dorothy,
Erin, Sheil, Aneilka, Jessica,
Abram, Theadoris, Krizia



This year, our office staff reached some truly remarkable milestones & we couldn't be more proud. Several members of our team celebrated major work anniversaries, marking years of dedication, expertise, & exceptional service.

Their commitment has played a vital role in shaping the dependable, client-focused experience our company strives to deliver every day

Cheers to the people who make our office feel like family & our work feel meaningful!

Darlene - 9 Yrs
(Combined PCA & Office)
Felicia - 11 Yrs
(Combined PCA & Office)
Kiana - 10 Yrs
(Combined PCA & Office)
Lisa - 7 Yrs
(Combined PCA & Office)
Leti - 3 Yrs
(Combined PCA & Office)
Maria - 2 years
Sophia - 9 years
Wendy - 13 years
(Combined PCA & Office)