



NDHC NEWSLETTER

"GOOD PEOPLE, GOOD CARE"

DECEMBER ISSUE/2025

Vol. 66

Mission Statement

New Day Home Care provides non-medical support services that are tailored to the client's special needs. Through quality caregivers, our consumers maintain their dignity and independence in the safety and comfort of their own homes at an affordable cost.



FROM THE CEO'S DESK

To Our Valued Employees, Another year is ending, and new beginnings are in store for us for the year to come. Continue keeping up the hard work, dedication, and loyalty to NDHC, it is well appreciated.

Remember, communication is key to success and we must aim for this daily. Keep up the good work and one day you too will be an employee of the month.

Congratulations Tyler A., you have earned it. You have lived up to our Motto:

"Good People, Good Care"

Thank you for being a part of the NDHC family.

*Best Regards,
Clement Pownall*

Employee Of the Month Awardee



Tyler excels in his role as a Direct Support Professional, showing exemplary performance and consist of reliability. His strong work ethic, excellent communication skills, and attentive care for consumers are praised from sources even outside of our agency. Tyler's considerable dedication to his profession demonstrates our company's motto of "Good People, Good Care."

We express our sincere appreciation to Tyler in grateful recognition of his outstanding performance. Thank you for your services, Tyler. We appreciate all of your contributions to New Day Home Care.

IN THIS ISSUE: *** GENERAL NOTICES & RESOURCE GUIDE ***

Published by: New Day Home Care, Inc.	Quality Assurance editor: Grace Pownall	Editor: Cindy Bullah	DESKTOP PUBLISHER: Kareem Pownall
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FIBROIDS

Overview

Uterine fibroids are common growths of the uterus. They often appear during the years you're usually able to get pregnant and give birth. Uterine fibroids are not cancer, and they almost never turn into cancer. They aren't linked with a higher risk of other types of cancer in the uterus either. They're also called leiomyomas (lie-o-my-O-muhs) or myomas.

Fibroids vary in number and size. You can have a single fibroid or more than one. Some of these growths are too small to see with the eyes. Others can grow to the size of a grapefruit or larger. A fibroid that gets very big can distort the inside and the outside of the uterus. In extreme cases, some fibroids grow large enough to fill the pelvis or stomach area. They can make a person look pregnant.

Many people have uterine fibroids sometime during their lives. But you might not know you have them, because they often cause no symptoms. Your health care professional may just happen to find fibroids during a pelvic exam or pregnancy ultrasound.

Trivia Corner

Question: *He finds a raft with which to cross the river, but the raft can fit only himself and either the wolf, the sheep, or the cabbage. If he leaves the wolf with the sheep, the wolf will eat the sheep. If he leaves the sheep with the cabbage, the sheep will eat the cabbage. How can the man cross the river with the wolf, the sheep, and the cabbage?*

Answer: *Take the sheep over first, then go back for the cabbage, bring the sheep back then bring the wolf over then go back for the sheep*

NEW TRIVIA: *The person who makes it doesn't need it, the person who buys it doesn't use it, the person who uses it doesn't know it.*

Answer will be in next month's issue.

Logbooks

"If it was not written it was not done."

*It is of utmost importance for Agency compliance with the DSS requirement that ALL caregivers use **Logbook** to document the services rendered to clients each day.*

Write legibly for Logbooks audits.

Please list all activities/duties and interaction that occurs during your shift.

This is a part of your job duty as a caregiver and an agency requirement.

Please make it a priority daily.

Motto: "Good People Good Care."

December Health Awarenesses

- **World AIDS Day** (December 1)
- **Crohn's and Colitis Awareness Week** (December 1 to 7)
- **National Handwashing Awareness Week** (December 1 to 7)
- **International Day of Persons with Disabilities** (December 3)

Visit

Lake Compounce Theme Park

Enjoy Connecticut's Tallest Christmas Tree, Santa's Workshop, Special Events, Festive Delights and Holiday Rides. There's something for everybody at Holiday Lights '25. @ **Lake Compounce Theme Park**
186 Enterprise Dr. Bristol CT, 06010.

Nov. 28-Dec. 28 Fri. 4 p.m.-9 p.m. Sat. 3 p.m.-9 p.m. Sun. 3 p.m.-8 p
Admissions: \$19.99 per person.

Holiday Light Festival & Market

Celebrate the holiday season under the twinkle of a million lights at Glow Hartford! Glow Hartford returns to the Connecticut Convention Center, **November 21st through December 23rd.**

Enjoy interactive light gardens, illuminated structures, seasonal food and drinks, family-friendly activities, a festive holiday market and live entertainment. Don't miss a FREE photo with Santa and ride on our trackless "Glow-comotive" train.

Connecticut Convention Center 100 Columbus Blvd. Hartford, Connecticut. 06103.

Pick Your Own: Christmas Trees & More for the Holidays

Nothing makes the holidays feel more like the holidays than cutting down your own Christmas tree! Throughout November and December, many Connecticut farms offer additional activities to make the experience even more memorable.

At Allen Hill Farm in Brooklyn, you can take a hayride and enjoy hot mulled cider as you hunt for the perfect Christmas tree.

542 Allen Hill Rd. Brooklyn, CT 06234 * (860) 774-7064*

Hickory Ridge Tree Farm in Coventry is a scenic spot with 50 acres of trees. It's also a great place to get kissing balls, birch logs, boughs, wreaths and other holiday décor.

108 South River Rd. Coventry, CT 06238 * (860) 918-3416*