



RITA'S CARE AT HOME LLC
STAY INDEPENDENT WITH A HELPING HAND FROM US



NEWSLETTER

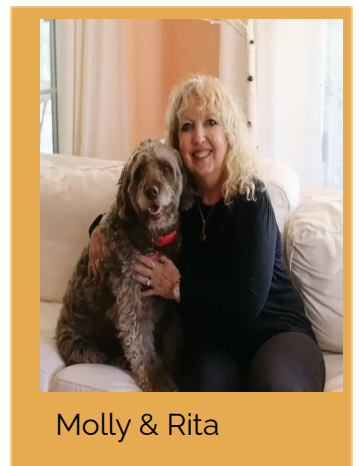
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FALL IS HERE!

In Rita's Words:

Imagine, as you're aging, relaxing at home, where you're cozy and comfortable. This is the place where you have all your things you've collected over the years — your furniture that you've lovingly bought and gradually added, your small things you've added, some from your travels or special trinkets you've discovered throughout your life, or maybe your musical instruments you've enjoyed playing throughout the years. There's your comfy bed that you've lovingly bought and enjoy with your routine needs at your fingertips on your bedside table, and the steps you've taken from your bed and throughout your house — the path you're so familiar with. You may not be as quick as you have been in years past, but you still enjoy some daily activities, getting together with friends and going out on excursions. It would be nice to have a friend or companion to assist a few hours with some of those things — to make sure you don't fall getting out of the shower, to take the trash outside or to the road, to help prepare a warm, nourishing meal, or run out to do some shopping, or to assist you to an activity or meetup with friends. Maybe you only need a few hours during the day, or maybe you feel more secure to have someone in the house during the night — just someone you feel comfortable with and who eventually becomes a friend. Someone so you don't have to call on your family so much, or maybe who can fix a great meal for you and your family when they come to visit. You make your own decisions on what you need and don't need — when you go to bed and get up, what you eat and when, when you go out or stay in. It's your life, and we're just available to help you with your life. And if that companion isn't what you need, we provide someone who is a good fit for you. We're here to help you stay in your home, if that's where you'd like to be. There's no place like home!



Molly & Rita

Friends of Rita's



Steve Weaver | HomeBase Solutions | 615-234-1231

If you are looking to make your home a safer place, this is the guy to call!



Breast Cancer Awareness Month

Breast Cancer Awareness Month, or BCAM, takes place every year from October 1 to October 31. BCAM is recognized as a time to increase awareness of breast cancer, emphasize the importance of early detection, and support those affected. BCAM isn't just symbolic. It's an annual, coordinated effort to educate, engage, and take action on behalf of those facing breast cancer—and those who may in the future.

BCAM reminds us that breast cancer doesn't wait. Right now, someone is getting the news that they have breast cancer and doesn't know what to do next. Someone is starting treatment and needs support to make it through. Because of BCAM—and people like you—we can deliver help, hope, and support when it's needed most.

DONATE TODAY

www.bcrf.org

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