

Caregiver Connection

ANGEL COMPANIONS

January 2026



January often invites reflection and quieter moments. After busy, demanding months, this is a time to steady ourselves, refocus on connection, and ease into the year ahead with intention. As always, we are grateful for the care, compassion, and consistency you bring to your clients every day.

2026 also marks the start of Angel Companions of Georgia's 20th year of providing metro Atlanta with quality, compassionate care, and this milestone is only possible because of the dedication and heart you bring to your work every day.



Caregiver Spotlight

Hilda M.

Hilda M. is the kind of caregiver every team hopes for. She shows up on time, every time, and always brings a warm smile with her. Recently, when we received a last-minute call-out after she had already worked a full day, Hilda did not hesitate. She got in her car and drove straight to support a client who needed care.

Her reliability, positivity, and willingness to step in when it matters most make a real difference for our clients and our team. We are incredibly grateful for Hilda and the heart she brings to her work.



Office Gossip

Something exciting is coming!

We are currently working on a new Caregiver Portal designed just for you. This space will make it easier to stay connected and informed. You will soon be able to:

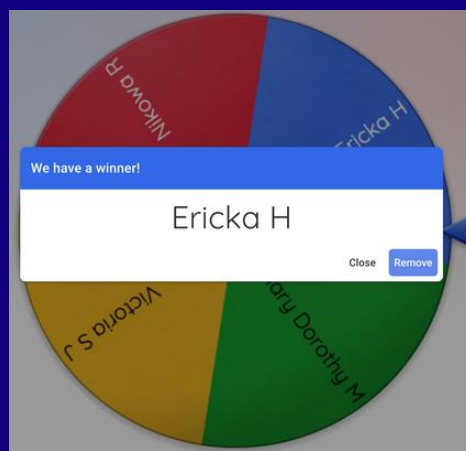
- View current and past newsletters
- Access useful caregiving resources
- Find important updates and information in one place

More details coming soon. Stay tuned. 🗨️

Caregiver Voices

Congrats to **Ericka** for winning last month's raffle and telling us how she thinks the WeConnect program will allow her to protect her mental health in the new year! Let's keep it going!

Last month we asked you about how you think the WeConnect program can help you protect your mental health in the new year. Here's what you had to say!



Ericka H.:

Guard your space. Set healthy boundaries and set aside time for you to digress mentally by doing something fun at least once or twice a week.

Nikowa R.:

By teaching coping skills & creating safe spaces

Victoria S.J.:

By taking care of yourself do not overwhelm yourself relax get plenty of rest some inspiration music and stay positive

Share Your Story

Enter to Win a \$10 via Zelle!

This month, tell us...

What was your biggest accomplishment of 2025?

Deadline: January 31

[Click here to answer!](https://forms.gle/ViLJGsWh4wJn7WqL7)

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Caregiver Tip: Help Clients Feel Needed

Purpose does not disappear with age. Feeling useful can bring confidence, connection, and joy. Feeling needed supports dignity and emotional wellbeing.

Ways to help clients feel valued:

- Ask for their opinion or advice, even on small decisions
- Invite them to help with simple tasks appropriate to their ability
- Acknowledge their experience and life knowledge
- Thank them for their help or participation

LET'S CELEBRATE!



Angelversaries

Marsha C. | 8 Years
Dorcas G. | 7 Years
Esther O. | 6 Years
LaBrenda T. | 1 Year
Sarai E. | 1 Year
Tia M. | 1 Year
Victoria M. | 2 Years
Yordi T. | 2 Years



Birthdays

1/1 - Lucy M.
1/8 - Lillie C.
1/12 - Paula S.
1/14 - Larry A.
1/15 - Veronica D.
1/15 - Mary B.
1/19 - Chi Chi I.
1/22 - April T.
1/25 - Carline A.
1/26 - Susan H.
1/30 - Julanda A.

Alzheimer's Disease Research Development News

Researchers are continuing to make progress in how dementia is understood, diagnosed, and treated. New developments around biomarker-based therapies are helping reduce stigma and improve earlier, more accurate diagnosis. Advancements like these help move the conversation forward and create hope for individuals, families, and caregivers alike.

You can read more by clicking the link [**HERE!**](#)

💡 Caregiver Tip: Winter Comfort and Combating SAD

Winter can affect mood, energy, and overall wellbeing, especially for seniors. This is called Seasonal Affective Disorder (SAD) and we are here to help combat it! Here are some simple ways to add comfort:

- **Increase** exposure to natural light during the day
- **Encourage** gentle movement indoors
- **Offer** warm beverages throughout the day
- **Maintain** consistent routines to support emotional regulation
- **Create** cozy, well-lit spaces that feel inviting

🧠 Start the New Year Strong - Mentally Strong!



Access Code:

ANGEL

The start of a new year often brings hope along with new pressure to reset or improve every part of life. Our WeConnect program can help you focus on small steps that support steadier mental health as you move into January. You can access it right from your phone, giving you care and support whenever you need it.

Get started:

- Scan the QR code in this newsletter
- Download the free WeConnect app

Get started:

- Scan the QR code or if you are already on your phone, just tap the code!

👍 **Follow Angel Companions for Tips, Stories & Updates!**



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💛 Quote of the Month

"Life's most persistent and urgent question is,
"What are you doing for others?"
- Dr. Martin Luther King Jr.

Thank you for reading!
