



NHC
JUST BECAUSE WE CARE

NayarNews

DECEMBER 2022

A Season for Giving

Each year before Thanksgiving, Nayar Health Care gives its valued employees and partners their choice of a Ham or Turkey to thank them for their exemplary work and efforts over the past year.



Coping with Grief During the Holidays

The holidays can be difficult for those dealing with an illness, grief, or losing a loved one. Often the season can be marked by sadness, pain, anger, or dread. It can be challenging to cope, especially when you see the sights and sounds of holiday happiness around you. Permit yourself to feel whatever you feel. Try not to put on an emotional mask doing things to make the holiday “normal.” If you feel sad, allow the tears to come; if you feel angry, allow yourself to vent some steam. During the holiday season, you do not have to pretend to be strong and independent when grieving.

Accept the help and support of others to get through, so don't feel isolated. If you need someone to help you prepare meals, shop, or decorate, this is the time to speak up and make your needs known. You might even be surprised by how delighted they are to help you.

You can also reach out to others going through a similar loss, finding connection and genuine sympathy. Look for a local Grief Share group in your area. Knowing you are not the only one dealing with grief can help you navigate this emotional time.



Home Health Care is not just a job to our team;

it is a calling to care for those we have been given the opportunity to help!



“NHC has been amazing in providing top-notch wound care for my mom. The stress of the wound has had a profound impact on our family, but NHC has been so great in answering all of our questions and providing 1st class care and compassion. Crystal is amazing- you can tell she truly cares about people, and I look forward to getting to know her as we continue on this journey of healing for my mom. I'm so glad we found NHC and would recommend them to anyone who needs their services.” —A. Wigfall

Decorate a Gingerbread House

Decorating gingerbread houses can be great for the motor skills of the elderly in your family. It also can be a great bonding activity for the entire family! The activity does not take up too much energy, making it a perfect holiday activity for seniors. It is also relaxing and serves as a medium for your loved ones to unleash their creative side.



HOLIDAY Roasted Vegetables



delish.com

INGREDIENTS:

- 3/4 lb. Brussels sprouts, trim & half
- 2 Large carrots, peeled & sliced to 1/2"
- 2 tbsp. Extra-virgin olive oil
- 1 tbsp. Balsamic vinegar
- 1 tsp. Chopped rosemary leaves
- 1 tsp. Chopped thyme leaves
- Kosher salt
- Freshly ground black pepper
- 1/2 c. Toasted pecans
- 1/2 c. Dried cranberries

DIRECTIONS:

Step 1: Preheat oven to 400°. Scatter vegetables on a large baking sheet. Toss with oil, balsamic vinegar, rosemary, & thyme—season with salt and pepper.
Step 2: Bake for 20 to 25 min. until the vegetables are tender, shaking the pan halfway through.
Step 3: Before serving, toss roasted vegetables with pecans & cranberries.

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