



2023



Hello Readers,

Happy New Year! Have you written your New Year's resolutions yet? Perhaps you do not believe in writing resolutions. Either way, when the brand-new year comes around, most of us have the tendency to try to "do better" by setting goals internally, whether it is slimming down, getting healthy, forging new connections and strengthening current relationships.

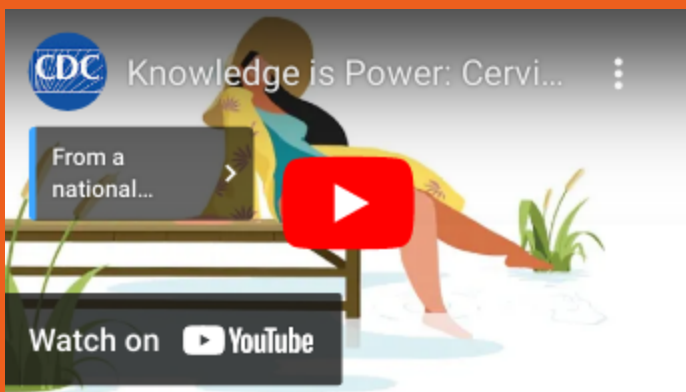
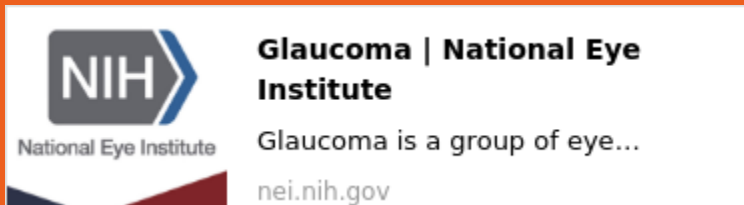
Martin Luther King Jr. Day is January 16th. A quote from him that seems applicable to every aspect of our lives, no matter what time of the year, is "The time is always right to do what is right."

We are excited to form new partnerships and connections with other agencies, as well as helping out the community. Here at the ADRC, we hope you have a wonderful start to an amazing new year.

-Libby Pham

Healthy New You!

January is Glaucoma and Cervical Cancer Awareness Month.



ARE YOU A CAREGIVER NEEDING RELIEF?



We launched our "Bring It" campaign in December, which has garnered over 56K views on Facebook.

Healthy Recipe



8 Best Foods for Eye Health, According to a Dietitian

Even though carrots might come to mind, there are several other foods for eye health that pack a nutritional punch. Check out the best foods for eye

Helping out the community!



Thanks to ADRC's assistance, our client was approved for rental assistance!

ADRC TEAM

Respite & Social Media Specialist
Libby Pham

Administration Manager
Dr. Jennifer Garza

Transportation & VA Specialist
Patrice Beckett-Cain

Housing & Local Contact Agency Specialist
Tanesha Roberts-Glover

Administrative Coordinator
Nicky Stamps

Information and Referral
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How to Reach Us:

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Monday - Friday
8:00AM-5:00PM

855-937-2372 or 877-393-1090

Website:
www.careconnection.org

Social Media
www.facebook.com/CareConnectionADRC

At Care Connection Aging and Disability Resource Center, we strive to help older adults and individuals with disabilities of all ages and caregivers.

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