October 2022 – home page copy

**Post 10/1 - International Day of Older Persons**



Join SelectCare in observing October 1st as **International Day of Older Persons**.

Organized by the United Nations, International Day of Older Persons is an opportunity to consider the cultural and social contributions of older adults in our society.

To celebrate, consider doing one of the following:

Chat with an older person: By taking the time to get to know an older adult, you can not only improve their day, but see them in a new light and learn something new about yourself.

Volunteer your time: There are countless ways to help older adults in your free time. Visit NYC’s Department for the Aging [website](https://www1.nyc.gov/site/dfta/volunteering/volunteer-resources.page#:~:text=If%20you%20wish%20to%20make,through%20our%20Volunteer%20Site%20Form.) to learn about volunteer opportunities.

Become an advocate: Learn about the challenges faced by older adults in your community and advocate for change.

**Post 10/5 - World Teachers’ Day**



Join SelectCare in celebrating Wednesday, October 5th as **World Teachers Day!**

Educators can shape our futures at any age and provide us with lessons we will never forget. This is the week to reach out and let an important teacher or educator in your life and say thanks!

Many SelectCare clients use their newfound free time to pursue [continuing education opportunities around New York City](https://www.selectcarenyc.com/continuing-education-seniors-nyc/), and you can too!

**Post 10/10 - National Coming Out Day**



Join SelectCare in celebrating **National Coming Out Day** on October 11th!

SelectCare has a long history of serving New York’s older and homebound LGBTQ community and applauds local organizations like [SAGE NYC](https://sagenyc.org/) in their tireless work to create a welcoming, inclusive environment for this historically underserved and unacknowledged community.

**Post 10/15  - Global Handwashing Day**



Join SelectCare in celebrating **Global Handwashing Day** on October 15th!

Good handwashing is a foundation of personal and public health, and serves as one of the easiest ways you can ensure the health and wellbeing of those around you.

Visit the [CDC hand hygiene page](https://www.cdc.gov/handwashing/when-how-handwashing.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fhandwashing%2Findex.html) for a brush up on when and how to effectively wash your hands.

**Post 10/20 - Check Your Meds Day**



Sponsored by the National Community Pharmacists Association, **National Check Your Meds Day** on October 21st raises awareness of expired and unnecessary medication that might be sitting in your medicine cabinet.

Make some time today to go through your medicine cabinet and check labels to ensure everything is up to date and still applicable to your current health status. If you need assistance, consider reaching out to your local pharmacy, or enlisting the help of SelectCare, where clients enjoy the support of a dedicated nursing team.

For a quick guide on expired medication, visit our [blog](https://www.selectcarenyc.com/guide-expired-medications/) on the subject.

**10/25 - National Financial Planning Month**



Join SelectCare in observing October as National Financial Planning month!

Building a clear financial plan that identifies likely future expenses and accounts for the changing needs of an older adult can not only give your family peace of mind, but also highlight actions you can take now to preserve your financial independence and health care in the future.

Seeking advice from a geriatric care manager or other financial planner can play a huge role in setting the stage for healthier, happier sunset years, while Long Term Care insurance plans can grant you access to valuable in-home care services.

To get started, visit our [blog](https://www.selectcarenyc.com/developing-a-long-term-care-mindset/) on developing a long-term mindset.

**10/31 – Halloween**



Happy Halloween on behalf of the SelectCare staff!

Halloween offers plenty of reasons to feel thrills and chills, but living alone shouldn’t be one of them! SelectCare’s team of compassionate in-home caregivers are here to offer you or a loved one the helping hand they need, when they need it most.

SelectCare has helped New Yorkers live happier, healthier lives in the comfort of their long-time homes for more than 37 years.