



CareAtHome & CareAtHome Preferred

The Care Giver News

January-February-March - 2019

HAPPY NEW YEAR!



Another year has come to an end, and another has just begun. So, now that the New Year is here, what resolutions are you going to make? Making New Year's resolutions is a time-honored tradition all around the world. We all hope for a better future--especially if the year we're leaving behind has been a tough one.

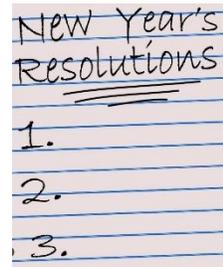
According to research on the topic, about 60% of us admit to making New Year's resolutions, but only about 8% are successful in achieving them! Regardless of whether or not we achieved our previous resolutions, most of us go right ahead and make a new set of resolutions -- hoping for the best.

Here are a few more interesting facts about New Year's resolutions:

- Saving money is one of the top 5 New Year's resolutions and also in the top 5 for most commonly failed.
- Over half of respondents said they fail their resolution before January 31st.
- Women make health-focused resolutions while men pledge to find a new job and lay off the alcohol.

So, what are we all wishing for in 2019? Here are the top-10 New Year's resolutions according to a survey of 2,000 people:

1. Diet or eat healthier (71%)
2. Exercise more (65%)
3. Lose weight (54%)
4. Save more and spend less (32%)
5. Learn a new skill or hobby (26%)
6. Quit smoking (21%)
7. Read more (17%)
8. Find another job (16%)
9. Drink less alcohol (15%)
10. Spend more time with family and friends (13%)



Are any of these resolutions on your own personal list? Who knows -- this just might be the year that you achieve every goal you set for yourself. Here's to a New Year filled with much success and happiness.

JANUARY – Soup Month

- 1: New Year's Day
- 7: Orthodox Christmas
- 16: Alzheimer Support Group Meeting**
- 21: Martin Luther King Day
- 23: CPR/First Aid (1-4p/Arnold)



FEBRUARY – Heart Month

- 2: Groundhog Day
- 3: Superbowl
- 5: CPR/First Aid (4-7p/Arnold) & Chinese New Year
- 12: Lincoln's Birthday
- 14: Valentine's Day**
- 18: President's Day
- 19: Lantern Festival
- 20: Alzheimer Support Group Meeting & Love your Pet Day**
- 21: CPR/First Aid (3:30-6:30p/ Fox Chapel)
- 24: Oscar Night!

MARCH – Nutrition Month

- 1: Read Across America
- 3: Caregiver Appreciation Day**
- 5: CPR/First Aid (1-4p/Arnold) & Fat Tuesday (Mardi Gras)
- 6: Ash Wednesday
- 8: International Women's Day
- 10: Daylight Savings Time Begins**
- 14: CPR/First Aid (9:30a-12:30p/Arnold) & Pi Day
- 17: St. Patrick's Day
- 20: Alzheimer Support Group Meeting & Spring Equinox**
- 26: Spouse Appreciation Day**

PLEASE NOTE: Alzheimer Support Group Meetings are held in our Arnold Office from 10:30am-noon. If you or someone you know would like to join us, please contact the office to register.

CareAtHome - Celebrating 25 Years of Excellence

"In the hearts of those who loved you, you will always be there."

-- Unknown

In Memoriam:

<i>Albera, Beulah</i>	<i>Miller, Fred</i>
<i>DeSabetino, Albert</i>	<i>Ogurchock, Richard</i>
<i>Fisher, Richard</i>	<i>Olszewski, Carolyn</i>
<i>Follansbee, Nancy</i>	<i>Price, Mollie</i>
<i>Garmong, Ruth</i>	<i>Regentin, Jack</i>
<i>Gibson, Mary</i>	<i>Schwab, Edward</i>
<i>Kabazie, Elizabeth</i>	<i>Stampahar, Norine</i>
<i>Marmo, Ethel</i>	<i>Tatrn, Joseph</i>
<i>McGonigle, John</i>	<i>Varoga, Richard</i>
<i>Miller, Anna</i>	<i>Weinberger, Miriam</i>



Peanut Butter Banana Smoothie

Ingredients

- 2 bananas broken into chunks
- 2 cups of milk
- ½ cup of peanut butter
- 2 Tablespoons of honey
- 2 Cups of Ice Cubes



Directions:

1. Place all ingredients into a blender.
2. Blend together until smooth (approx. 30 seconds to 1 minute).
3. Pour into your favorite glass and enjoy!

If you have access to a computer with internet service and would like to find more easy recipes, visit

www.allrecipes.com

Ten Tips for Aging Successfully (from *Live Long, Die Short* – by Roger Landry, MD)

- 1) **USE IT OR LOST IT:** Your grandmother was right! We must challenge and grow our physical, mental and social abilities. As we age we can't just coast – we must continue moving, learning and staying engaged with life ... or we rust!
- 2) **KEEP MOVING:** Physical activity is the closest thing to a fountain of youth. Staying active – even just 30 minutes a day – can prevent heart disease, diabetes, cancer, osteoporosis and dementia. The best results come from a commitment to strength training, endurance, flexibility and balance.
- 3) **CHALLENGE YOUR MIND:** Most mental ability lost with age is due to lack of use, but by continuing to learn throughout life, we can grow new connections with our brains. The trick? Learn **NEW** things!
- 4) **STAY CONNECTED:** Cherish family, rebuild old friendships, join clubs and be open to meeting new people. We need human interaction to thrive and to build resilience.
- 5) **LOWER YOUR RISKS:** By knowing your health risks and working with your doctor to lower them, you can function at very high levels for decades. Don't skip on regular physicals and be proactive about your health.
- 6) **NEVER ACT YOUR AGE:** Age is an attitude – not a number. Following your heart and acting how you feel will keep you dynamic, creative and living life to the fullest.
- 7) **WHERE YOU ARE, BE THERE:** Don't let your chattering mind take you from this moment, which is the pure joy of life. Find pursuits like music, art, writing, meditation, or just enjoying nature. Keep your mind from the negative thoughts that lead to stress and higher risk for disease.
- 8) **FIND YOUR PURPOSE:** We never stop needing meaning, passion, or just a reason to get out of bed in the morning. Life without purpose is merely existing.
- 9) **HAVE CHILDREN IN YOUR LIFE:** They bring a sense of meaning wonder and renewal.
- 10) **LAUGH:** In studies on centenarians, the most commonly displayed traits by these individuals are humor and optimism. Laughter stimulates the immune system, protects us from disease and definitely makes the journey more fun.

Caregivers - Please Remember

- *Tis the season* ... Winter months bring unpredictable weather. Be sure to check the weather reports and prepare for the possibility of having to stay longer than scheduled while waiting for relief.
- All changes to schedules must be communicated to the office to ensure correct billing. If you switch days/hours with another caregiver, or days/hours are changed by client(s), you will need to contact the office to ensure the schedules are up-to-date.
- **Billing slips must be received in the office no later than 10:00 am on Monday mornings.** Billing slips can be sent via fax, text, or email any time prior to the Monday morning 10am cutoff.
- **Caregivers must maintain up-to-date records to remain on the registry.** Please be sure to check your CPR/First Aid, TB, driver registrations/insurance information to ensure your files are up-to-date. If you are unsure, call the office!
- While office hours are 8:30am-4:30pm Monday through Friday; Care At Home has 24x7 phone coverage 365 days a year. All non-emergency calls, should be placed during regular business hours.



Chinese New Year – 2018 Year of the Pig



Chinese New Year is celebrated by more than 20% of the world. It's the most important holiday in China and to Chinese people all over. Here are a few interesting facts that you may not know about Chinese New Year.

Chinese New Year is also known as the Spring Festival – This holiday marks the end of the coldest days. People welcome spring and what it brings: planting and harvests, new beginnings and fresh starts.

The most fireworks are set off in the world that night - people stay up on Chinese New Year's Eve and set off firecrackers at midnight. In the morning, firecrackers are used again to welcome the New Year and good luck. That same night, families also burn fake paper money and printed gold bars in honor of their deceased loved ones. They believe the offerings will bring fortune and good luck to their ancestors

in the afterlife.

It is the longest Chinese holiday. The Spring Festival is technically 15 days; however, celebrations start on New Year's Eve (making it 16 days). During the holiday, Chinese people spend twice as much on shopping and eating out than Americans spend on Thanksgiving.

The Spring Festival causes the largest human migration in the world - The most important part of Chinese New Year is the family reunion. Everyone is expected to go home for New Year's Eve dinner.

Singles hire fake boy/girlfriends to take home. Having children and passing down the family name is one of the most important parts in Chinese culture. Some desperate singles resort to hiring a fake boyfriend or girlfriend to take home. Those who can't (or don't want to) go home, can rent themselves out.

The Chinese decorate everything in red for Chinese New Year. Every family will deck out their homes in this color. Red is China's favorite color and it's pretty obvious during Chinese New Year.

Chinese New Year ends with the Lantern Festival. In ancient times, girls weren't allowed to venture outside by themselves. But on this night, they were able to walk around, moon-gaze and look at the beautiful lanterns. Because of this, it's also known as Valentine's Day in China.

Survey Finds Seniors Spending More Than Necessary on Medications

The rising cost of prescription medicine has become a political hot potato, in addition to being a financial burden for consumers taking drugs to prevent or treat a health condition. It goes without saying, the more prescriptions you take, the higher the monthly cost is likely to be. Since older people tend to take the most prescriptions, they tend to feel the heaviest burden.

A recent University of Michigan National Poll on Healthy Aging quizzed adults between the ages of 50 and 80 to try to understand the impact of medication costs. It found 27% of those in the survey reported their prescription drug costs posed a financial burden. One in six pointed to an additional problem -- **managing a highly complex mix of six or more medications**, often prescribed by more than one doctor. Not surprisingly, they were most likely to say their drug costs were a burden.

The poll also uncovered a potential solution -- or at least, a partial solution. It found that seniors, for the most part, do not talk to their doctors about their prescription drug problems. If they did, their doctors may be able to offer some help. While half of the seniors in the survey hadn't talked to their doctors about the high cost of drugs, the half that did often found some relief. Sixty-seven percent said they got a prescription for a less expensive drug. Thirty-seven percent said they got similar help from their pharmacist. There is a need for health professionals to find ways to more routinely engage with patients about cost -- especially through formal medication reviews such as the one that Medicare will cover.

Doctors may also be able to help if they can guide their patients to patient assistance programs offered by pharmaceutical companies. These programs are usually income-tested, targeting them to the very group that needs the most help.

For example, **Merck** (<http://www.merckhelps.com/>) provides its medicines and adult vaccines for free to people who do not have prescription drug or health insurance coverage and who, without assistance, could not afford the Merck medicine their doctor prescribed. **Pfizer's assistance program** (<http://www.pfizerxpathways.com/>) called RxPathways, connects eligible patients to a range of assistance programs. The support ranges from insurance support to free or discounted medicine.

Most pharmaceutical companies offer some type of income-based assistance, so it is important to know which companies make your prescription drugs and talk with your doctor(s)!



A few closing thoughts

Thank you to all our Caregivers and Clients who were able to share the holidays with us at our Holiday Party this year. Photos from our Holiday Party are available for viewing in our Arnold Office.



Groundhog day is on Saturday, February 2. This traditionally marks the midpoint between the winter solstice in December and the spring equinox in March. According to legend, if a groundhog sees its shadow on this day, there will be six more weeks of winter; if it doesn't, then spring is right around the corner. While Phil may be the most famous groundhog in the U.S., he isn't the most accurate. **Phil only has a 39 percent accuracy rate, so no matter what he says – think Spring and don't let his predictions get you down ...**



Valentine's Day is on Thursday, February 14th. This was always one of my most favorite holidays as a kid ... and still is, but for different reasons. I loved decorating my shoebox for school and trying to find ways to make it stand out amongst all the others. The special treats and cards classmates would drop into the box were always met with such excitement. As a parent, I looked forward to watching my kids decorate their boxes, picking out cards for classmates and seeing the joy on their faces when they opened their boxes to reveal its magical contents. Up until a couple of years ago, I was still purchasing those Valentine Boxes of cards and

sending them anonymously to friends and co-workers. It was fun to listen to them talk about the 'secret' friend they had and hearing the joy in their voices. So as I sit here reflecting on these memories, I just may have to revive my old tradition! I hope my story encourages you to share a note or silly card with some of your friends, neighbors and co-workers this year!



Daylight Savings Time is back! DST begins on Sunday, March 10, 2019, at 2:00 A.M. In an effort to remember which way to set their clocks, folks will often use the expression, "Spring forward, fall back." Remember to "spring forward" in the spring and set your clocks forward one hour (i.e., losing one hour).

Since the time changes at 2:00 A.M., you may want to change your clocks before going to sleep the night before!

CARE AT HOME
1737 Freeport Road
Arnold, PA 15068

