



CareAtHome & CareAtHome Preferred

The Care Giver News

April-May-June - 2019

April is National Volunteer Month

April became National Volunteer Month as part of President George H. W. Bush's 1000 Points of Light campaign in 1991. In the United States, volunteerism is instilled at a young age. In many parts of the country, it is the cornerstone of summer vacation or woven into after school programs. Most organizations in small towns, rural counties and the largest cities would not function without volunteers. In some families, the baton of volunteerism is handed down generation after generation.

Rural fire and ambulance departments remain staffed due to the efforts of volunteers. The underprivileged receive much needed medical care thanks to volunteers. A volunteer answers a call on a suicide hotline because they cared enough to give up a few hours to train and listen to someone desperate and alone. A team sets up tables at a soup kitchen every week. Another group delivers meals to men and women who can no longer cook for themselves. Boys and girls sell ice cream sandwiches during a fair to raise money for a homeless shelter.

Volunteers come in all shapes and sizes. They pick a cause and make a difference in someone's life. Sometimes the difference is a drop in the bucket. Other times it creates a tidal wave of change. From the anonymous volunteers who donate their resources to those whose efforts are part of larger national organizations like 4-H, Boy and Girl Scouts of America, the American Red Cross or a local grassroots group, their missions provide valuable support to communities in times of need.

HOW TO OBSERVE -- Thank a volunteer. Volunteer! Many volunteers will tell you it is a rewarding experience. You don't have to have a ton of time; a couple of hours a week or month can make a difference. Do you have a special talent or skill that may benefit a charity or organization? Consider offering your services or ask how you can be of help. Use #NationalVolunteerMonth to share on social media.



A FEW DATES TO REMEMBER – APRIL – MAY – JUNE 2019

APRIL – National Volunteer Month

- 1: April Fool's Day
- 2: CPR/First Aid (3:30-6:30p/
Fox Chapel)
- 10: National Sibling Day
- 17: Dementia Support Group Meeting**
- 19: Good Friday
- 21: Easter Sunday
- 22: Earth Day
- 24: Administrative Professionals Day
(Admin Prof. Week April 22-26)
- 25: CPR/First Aid (1-4p/Arnold) & Take
Your Kids to Work Day

MAY – Skin Cancer Awareness Month

- 2: Brothers & Sisters Day
- 4: Kentucky Derby
- 5: Cinco de Mayo
- 6: National Nurse's Day (Nurse's Week-
May 6-10)
- 7: CPR/First Aid (1-4p/Arnold)
- 12: Mother's Day
- 14: Caregiver Meeting-RIDC Park (10a-1p)
- 15: Dementia Support Group Meeting**
- 16: Caregiver Meetings-RIDC Park (10a-1p &
2p-5p)
Client/Families-Dementia Mtg (5:30p)
- 23: CPR/First Aid (4-7p/Arnold) & Lucky
Penny Day
- 27: Memorial Day

JUNE – Fresh Fruit/Vegetable Month

- 3-7: National Gardening Week
- 4: CPR/First Aid (3:30-6:30p/Fox Chapel)
- 6: D-Day Observance
- 7: National Doughnut Day
- 8: Best Friend & World Ocean Day
- 13: CPR/First Aid (9:30a-12:30p/Arnold)
- 14: Flag Day
- 16: Father's Day
- 19: Dementia Support Group Meeting &
Juneteenth Day**
- 20: National Bald Eagle Day
- 21: Summer Solstice
- 27: CPR/First Aid (1-4p/Arnold)

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.

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

-- Unknown

In Memoriam:

Mary Funk

Connie Girt

Valerie Leda

Rosalie Leonardi

Eleanor Lewczyk

Ralph Norris

Philip Reinhart

Andrew Schick

Bill Schrecengost



A few interesting facts

- The U.S. Census Bureau states that by 2030, 1 in every 5 residents will be older than 65;
- Approximately 10,000 baby boomers celebrate their 65th birthday each day;
- Seniors represent 15.6% of the U.S. population, about 1 in 6 Americans;
- 93% of older adults live within 5 miles of a pharmacy;
- Nearly 70% of Americans are on at least one prescription drug, and more than 50% take two.

May is National Melanoma (Skin Cancer) Awareness Month



Protect yourself in five ways from skin cancer

With longer days in the sun, it is a good time to remind everyone to wear sun protection and to get cancer screenings. Skin cancer is one of the most common types of cancer, with over one million people diagnosed each year.

Here are some of the major statistics which describe skin cancer in the United States:

- Skin cancer and melanoma account for about 50 percent of all cancers diagnosed.
- Skin cancer is one of the more preventable types of cancer.
- More than 90 percent of skin cancer is caused by excessive exposure to the sun.
- Each hour, one person dies from skin cancer. It is not something to be dismissed as a health risk.

Skin cancer is divided into two categories: melanoma and non-melanoma skin cancers:

- **Melanoma** is a dangerous form of skin cancer and is often referred to as the "bad skin cancer." Melanoma accounts for only around one percent of skin cancers but is the leading cause of deaths related to the disease. It's estimated that 87,110 people will be diagnosed with melanoma in 2017, and 9,730 will die.
- **Non-melanoma skin cancer** - skin cancers other than melanoma cancer can be serious but are often much less life-threatening and easier to treat. There are two common types of non-melanoma skin cancer: basal cell carcinoma and squamous cell carcinoma.



Unprotected exposure to the sun's UV rays is the culprit of most cases of skin cancer, though there are other causes as well. Genetics can play a role in skin cancer development, and it's currently thought that over half of people diagnosed with melanoma have some genetic predisposition.

Other risk factors for skin cancer include:

- Having fair skin, especially those who freckle or burn easily
- Having many or abnormal moles
- Having a personal or family history of skin cancer
- The use of tanning salons
- Having had radiation therapy for cancer

Despite the increased use of sunscreen over the last 3 decades, the incidence of melanoma is increasing. UVA rays can be just as damaging as UVB rays, and only some sunscreens include coverage for UVA rays. It's important to be pro-active. When in the sun, try to avoid the sun's rays between 10am and 2pm, wear sunscreen or other skin protection including hats and long sleeves. Spend time in the shade and take an umbrella with you. The sun's rays can cause damage even on cloudy days. Don't forget to re-apply sunscreen! Learn what to look for when performing a skin exam.

If you suspect a mole or other growth, see a dermatologist. Don't wait!!

CareAtHome - Celebrating 25 Years of Excellence

Peach Dump Cake (in recognition of Fruit Month!)



INGREDIENTS

- 1 (29 ounce) can sliced peaches in heavy syrup, undrained
- 1 (18.25 ounce) box yellow cake mix
- 3/4 cup butter, sliced into pats, or more if needed

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish with margarine.
2. Pour peaches and heavy syrup into the prepared baking dish. Spread cake mix evenly over peaches. Arrange butter pats in even rows on the cake mix.
3. Bake in the preheated oven until top of cake is golden brown, 35 to 40 minutes.

Dementia Workshop for Clients & Family Caregivers



This year we will be hosting a Dementia Workshop for our clients & family caregivers. The workshop will be presented by Rachael Wonderlin, MS (Dementia by Day, LLC) and will be held at the Comfort Inn in RIDC Park. Rachael has a Master's in Gerontology and runs Dementia by Day, LLC. She recently published a book entitled "When Someone You Know is Living in a Dementia Care Community".

The date of the workshop is **Thursday, May 16** from 5:30pm-7:30pm at the RIDC Park Comfort Inn (refreshments will be available).

If you are interested in participating in this session, please contact the office at 724.339.1117 to register as soon as possible.

Senior Discounts

Everyone knows the dollar doesn't go as far as it once did, and those hit the hardest are retirees/seniors who are generally on a strict budget. Listed below are a few areas that offer discounted rates for seniors. While you may not want to think of yourself as a 'senior', you may want to take advantage of the savings!



<p>Lodging: Best Western: up to 15% off for 55+ Choice Hotels: 10% off for 60+ (or AARP members) Hampton: 10% off for AARP members Holiday Inn: discounts to 62+ Marriott: 15% off to 62+ Red Roof: 10% off for 59+ Motel 6: 10% off to 60+ Super 8: discounts for 60+ Auto Service: Pep Boys: 10% off for 55+ Jiffy Lube: 10% off for 55+</p>	<p>Travel: Greyhound: 5% off for 62+ Amtrak: 10% off for 65+ Carnival: savings on cruises for 55+ Royal Caribbean: reduced prices for 55+ Hertz Car Rental: various discounts to those 50+ Avis: up to 30% off to AARP members Payless Car Rental: various discounts to AARP members Southwest Airlines: various discounts for 65+ United Airlines: various discounts for 65+</p>	<p>Restaurants: Applebees: 10% discount Burger King: 10% discount and discounts on drink items Chick-fil-A: 20% off during breakfast hours; 10% off during lunch/dinner hours Denny's: senior menu with discounted prices IHOP: senior menu as well as 10% off Sonic: 10% discount Golden Corral: discounted menu prices 60+ Subway: 10% discount Wendy's: free drink (or 10% check locations) Outback: 10% off for AARP members</p>
<p>Cell Phones: Verizon Wireless: Offers a 55+ nationwide unlimited talk/text service plan. Check your location to confirm.</p>	<p>AT&T: Senior National Plan for account holders 65+ for \$29.99/mo. It has 200 Anytime Minutes, Mobile to Mobile Minutes, and Nights and Weekends, without roaming and long distance charges.</p>	<p>Consumer Cellular: Offers AARP members 50+ exclusive savings on monthly service charges and discounts on accessories.</p>
<p>Shopping: Goodwill: 10% off for 60+ on Tuesdays Michaels: 10% off for 55+ Jo-Ann: a senior discount day that included 20% off for 55+ Kohl's: 15% discount for 60+ on Wednesdays Rite Aid: various discounts for 65+ including 20% on the first Wednesday of each month Walgreens: discounts for 55+ or AARP members</p>	<p>Movies/Theatres: Regal Entertainment Group: up to 30% discount off the regular adult ticket price for ages 60+ (Check your local theatre) AMC Theatres: Discounted ticket prices to customers who are 60+ with valid photo identification. Showcase Cinemas: Senior Wednesdays for 60+ - Discounted admission \$7.50 / popcorn & soda \$4.50</p>	

Caregivers – Meeting Dates!

This year we will be hosting Dementia Workshops for our caregivers. All sessions will be presented by Rachael Wonderlin, MS (Dementia by Day, LLC) and will be held at the Comfort Inn in RIDC Park. Rachael has a Master’s in Gerontology and runs Dementia by Day, LLC and recently published a book entitled “When Someone You Know is Living in a Dementia Care Community”.



Workshops are scheduled as follows: **Tuesday, May 14** from 10:00am-1:00pm and on **Thursday, May 16**, there will be two (2) sessions: 10:00am-1:00pm and 2:00pm-5:00pm. *(Refreshments will be available at all sessions.)*

Upon completion of her lecture, caregivers will be required to complete a short test (which will count as your yearly competency exam & provide you with a learning credit).

Keep in mind, your attendance at one of these sessions is necessary to meet state requirements. Failure to participate in these meetings may result in your being placed on ‘in active’ status on our registry. It is also important that you arrive at least 10 (ten) minutes before the scheduled start time.

We are excited to be able to offer these workshops to our caregivers and family members and encourage you to call the office as soon as possible to register for one of the scheduled workshops.



Thank you to all of our Clients and Caregivers for voting Care At Home the 2019 Reader’s Choice Gold Award for the Best Home Care in the AK Valley!

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