



CareAtHome & CareAtHome Preferred

The Care Giver News

July-August-September - 2019

July is National Hot Dog Month!

The U.S. Chamber of Commerce named the first observance of National Hot Dog Month in July, 1956. Since then, the National Hot Dog and Sausage Council has begun promoting the month.

Now that the weather has warmed up and gotten nice outside, grilling season is upon us yet again. Time to fire up those grills and buy some hot dogs, of course!



Here are some interesting bits on an American classic!

- Hot Dogs & Hamburgers are a summertime staple in the U.S.
- 9 billion hot dogs are sold annually in the U.S.
- Americans eat 155 million hot dogs on the 4th of July each year
- From Memorial Day to Labor Day, 7 billion hot dogs are consumed in the U.S.
- 26 million hot dogs a year are eaten at U.S. baseball stadiums
- In 2014, 7-Eleven sold over 60 million hot dogs
- in 2017, 7-Eleven sold over 100 million hot dogs
- Mustard is the most popular condiment for hot dogs
- Ketchup and chili come in as the 2nd and 3rd most popular condiments
- National Hot Dog Day is Wednesday, July 17th – not sure why it's not July 4th!

A FEW DATES TO REMEMBER – JULY – AUGUST – SEPTEMBER 2019

JULY – National Hot Dog Month

- 4: Independence Day
- 7: Chocolate Day
- 9: CPR/First Aid (1-4pm/Arnold)
- 17: Dementia Support Group Meeting & National Hot Dog Day!**
- 21: National Ice Cream Day
- 25: CPR/First Aid (3:30-6:30p/Fox Chapel)

AUGUST – Family Fun Month

- 4: National Chocolate Chip Cookie Day & Sister's Day (give your sister a cookie!)
- 9: Book Lover's Day
- 10: National S'mores Day
- 21: Dementia Support Group Meeting & Senior Citizen's Day**
- 22: CPR/First Aid (9:30a-12:30p/Arnold)
- 26: National Dog Day

SEPTEMBER – National Americana Month

- 2: Labor Day & VJ Day (WWII)
- 8: Grandparents Day
- 10: CPR/First Aid (1-4p/Arnold)
- 11: 911 Remembrance Day
- 18: Dementia Support Group Meeting**
- 21: Oktoberfest begins in Germany
- 23: Autumn Equinox
- 29: Rosh Hashanah

PLEASE NOTE: Dementia 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.

We, at CareAtHome, are honored to be recognized for our efforts



All of these awards are most humbling to us and we recognize that none of them would be possible without our clients, caregivers and the families who have trusted us to help. For that, we are most thankful.

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

-- Unknown

In Memoriam:

**Brimmeier, Margaret
Chabel, George
Glerner, George
Kelly, Richard**

**Miller, Georgette
Pizoli, William
Rivera, Rosemarie
Vokish, Fred**



Did you know

- 1 in 6 is the approximate number of Americans stricken with food poisoning each year;
- 128,000 estimated hospitalizations from food borne illnesses each year;
- U.S. Beef sales are highest during the week of July 4th when Americans are expected to buy about \$400M worth of it – 25% more than an average week!
- You should wash your hands with soap & water for at least 20 seconds before, during, and after preparing food and before eating.

**SUMMERTIME – Picnics & Outdoor Grilling
TIPS FOR A FOOD SAFE SUMMER!**

Due to a variety of factors, including warmer temperatures, food borne illness increases in the summer. Stay healthy and safe during warmer months by following these food safety recommendations:

When bringing food to a picnic or cookout:

- Use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source.
- Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables; and perishable dairy products.
- A full cooler will maintain its cold temperature longer than a partially filled one. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter.
- Avoid opening the cooler repeatedly so that your food stays colder longer.



When cooking on the grill:

- Use separate cutting boards and utensils for raw meat and ready-to-eat items like vegetables or bread.
- Keep perishable food cold until it is ready to cook.
- Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures
 - Beef, Pork, Lamb, & Veal (steaks, roasts, and chops): 145 °F with a 3 minute rest time before carving/serving
 - Ground meats: 160 °F
 - Whole poultry, poultry breasts, & ground poultry: 165 °F
 - 145°F for fin fish or cook until flesh is opaque
- Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve the food once it is cooked.

When serving food outdoors:

- Perishable food should not sit out for more than two hours. In hot weather (above 90 °F), food should **NEVER** sit out for more than one hour.
- Serve cold food in small portions and keep the rest in the cooler. After cooking meat and poultry on the grill, keep it hot until served – at 140 °F or warmer.
- Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where they could overcook.



In recognition of National S'mores Day:

S'mores Cheeseball - a fun twist on an old favorite!

If you can't find marshmallow bits, quarter mini marshmallows for a similar effect.

INGREDIENTS

- 16 oz. cream cheese, softened
- 1/2 C powdered sugar
- 1/3 C marshmallow crème
- 1 tsp. pure vanilla extract
- Pinch kosher salt
- 2/3 C mini chocolate chips

FOR COATING

- 1/4 C mini chocolate chips
- 1/4 C marshmallow bits
- 1/4 C crushed graham crackers
- Whole graham crackers for serving

DIRECTIONS

In a medium bowl using a hand mixer, beat together cream cheese, powdered sugar, marshmallow crème, vanilla, and salt. Fold in mini chocolate chips,



then place in refrigerator to firm up, 30 minutes.

Meanwhile, make coating: Combine mini chocolate chips, marshmallow bits, and crushed graham crackers on a shallow plate. When marshmallow mixture is firm, shape into a large round ball and roll in coating. Serve with graham crackers.

19 Cool Places to Visit in 2019 – According to National Geographic

If you haven't yet made your travel plans for the summer, you may be interested in this list. According to National Geographic, you may not have to go far!



As much as I love Pittsburgh, I would have never guessed that it would end up on this list – especially when you see the other places! Our competition:

- | | |
|---------------------------------|----------------------------------|
| 19. Sibiu, Romania | 10. Guyana |
| 18. Indonesia | 9. Zimbabwe |
| 17. Matera, Italy | 8. Hong Kong |
| 16. Uganda | 7. West Yorkshire, England |
| 15. Dundee, Scotland | 6. San Miguel de Allende, Mexico |
| 14. Bhutan | 5. Cambodia |
| 13. Kwazulu-Natal, South Africa | 4. Corsica |
| 12. Eritrea | ** 3. Pittsburgh, PA ** |
| 11. Oslo, Norway | 2. Antarctica |
| 10. Guyana | 1. Setouchi, Japan |

BEWARE: One more Phone Scam to look out for!

The FCC says consumers should be wary of numbers that are similar to theirs

The FCC says that “neighbor spoofing” -- which displays a phone number on your Caller ID that’s similar to your own -- increases the likelihood that you’ll answer the call. To help combat neighbor spoofing, the FCC is pushing the telephone industry to adopt a robust caller ID authentication system.



As for steps consumers can take, the FCC has prepared a list of to-dos that might give some relief:

- Don't answer calls from unknown numbers. If you answer such a call, hang up immediately.
- If you answer the phone and the caller - or a recording - asks you to hit a button to stop getting the calls, you should just hang up. Scammers often use this trick to identify potential targets.
- Do not respond to any questions, especially those that can be answered with "Yes" or "No."
- Never give out personal information such as account numbers, Social Security numbers, mother's maiden names, passwords, or other identifying information in response to unexpected calls or if you are at all suspicious.

HAPPY RETIREMENT GLENN!

Glenn Gorse retired from Care At Home on May 1st after 20+ years of dedicated service. Glenn was often-times the person many of our caregivers spoke to whenever contacting the office to report changes to their schedules and/or report any changes for their clients. We all wish Glenn the best in his retirement. We will miss you Glenn!



INDEPENDENCE DAY INTERESTING FACTS:

- John Adams believed that July 2 would be the day when Americans would celebrate their independence. On July 3, 1776, he wrote to his wife, Abigail: *The second day of July, 1776, will be the most memorable epocha in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival.*
- **July 4, 1776:** In Philadelphia, Pennsylvania, the Continental Congress approved the Declaration of Independence and formed the United States of America.
- **July 4, 1776:** Thomas Jefferson noted in his "Weather Memorandum Book" that the weather was cloudy, the temperature 76°F.
- **July 4, 1826:** Both Thomas Jefferson and John Adams died on this day.
- **July 4, 1884:** The Statue of Liberty was formally presented to the U.S. by France.



SEPTEMBER is National Americana Month



Through every decade since the word Americana was coined in 1841, folk music has influenced a broad range of musical styles in the United States. Often the voice of oppression and rebellion, lyrics not only become a battle cry or anthem, but an oral history frequently repeated. Its ability to inspire and influence other genres of music continues today.

National Americana Month brings the nation together to reflect on elements of life in the U.S. that have knitted us together and made us Americans. All across the country, images of Americana appear in shop windows up and down small town streets. Whether it's parades on Independence Day or concerts and county fairs all summer long, we each have developed traditions and a sense of nostalgia that forms a part of who we are as an American.

Our idea of Americana may be found in the very food we eat or perhaps engaging in a friendly debate about baseball, hoops or an election while stopping at a roadside stand to savor dishes that have become uniquely American.

Americana comes in all shapes and sizes; what does it mean to you?

CARE AT HOME

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