



CareAtHome & CareAtHome Preferred

# The Care Giver News

July / August 2018

## July is National Picnic Month!

**Did you know** - The word picnic first appeared in English in a letter from Lord Chesterfield in 1748, who associated it with card-playing, drinking and conversation.

Though it may have appeared in a 17th-century dictionary as "pique-nique," the actual usage began as "pique un niche" meaning to "pick a place," an isolated spot (a nest) where family or friends could enjoy a meal together away from the distractions, demands, and public nature of a communal life.



National Picnic Month encourages everyone to get out and celebrate the warm summer days and to reclaim your love and wonder of the outdoors ... all while enjoying some great food!

Throughout history there has always been something special about leaving the stuffy confines of your home and eating a meal outdoors. We know there's a beautiful world out there waiting for us to come visit it, and when summer comes around we're reminded just how much time we've been locked away inside!

Picnic month is easy to celebrate! Get your family and friends together and visit a favorite nearby community park, make a day of it at an amusement park, or even host a get-together in your backyard. Don't forget to bring your favorite foods, sunscreen and lots of ice to keep your foods safe from spoiling in the hot sun!



### JULY:

- 4: Independence Day
- 8: Rate Increase**
- 10: CPR/First Aid 1-4pm (Arnold)
- 15: National Ice Cream Day
- 18: National **Hot Dog** Day
- 26: CPR/First Aid 3:30-6:30p (FoxChapel)
- 30: National Day of Friendship & Cheesecake Day! (*Share a piece of cheesecake with a Friend or 2!*)

### AUGUST:

- 2: Chinese Valentine's Day
- 6: National Sister Day
- 12: Middle Child's Day
- 15: Alzheimer Support Group (Arnold)\***
- 19: World Humanitarian Day
- 23: CPR/First Aid 1-4pm (Arnold)
- 26: National **DOG** day

\*Call the office to register

*There are special people in our lives who never leave us, Even after they are gone." -- D. Morgan*

### **In Memoriam:**

Marilyn Schulte  
Winona Stover  
Elaine weihrauch  
Barbara Widdoes



## Rate Increase for Care At Home & Care At Home Preferred

All Clients and Direct Care Workers (AKA Caregivers) should have received information in the mail regarding our upcoming rate increase.



**Rate increases will take effect on Sunday, July 8<sup>th</sup>.**

Any questions regarding rate changes for Care At Home should be directed to Jessica Healey (724-339-1117). Questions for Care At Home Preferred should be directed to Adam Canfield (412-967-1111).

## Tomato-Basil Pasta Salad – *bring this to your next picnic!*

### **Ingredients:**

- 3 large ripe tomatoes
- c. chopped red onion
- 1/4 c. extra-virgin olive oil
- 2 tbsp. red wine vinegar
- 1 tsp. minced garlic
- 1/2 tsp. each salt and pepper
- 1/4 tsp. dried oregano
- 12 oz. fusilli pasta (or your favorite pasta)
- 1 c. fresh basil leaves



### **Directions:**

1. Put tomatoes, onion, olive oil, vinegar, garlic, salt, pepper and oregano in a large bowl; toss. Let stand at room temperature at least 30 minutes or until tomatoes release their juices, tossing occasionally.
2. Cook pasta as package directs. Drain and add to bowl with tomatoes; lightly toss. Let come to room temperature. Add basil; toss. Serve or refrigerate up to 1 day.

## Caregiver & Family Support Group



### **Did you know:**

- 1) 5.4 Billion Americans are currently living with Alzheimers;
- 2) 1 in 9 Americans over 65 have Alzheimers;
- 3) \$236 Billion was the estimated cost for caring for Alzheimer's patients in the United States (2016).

We are honored to announce we will be offering a monthly support group in collaboration with the Alzheimer's Association of Southwestern PA. Beginning in August, this group will meet on the 3<sup>rd</sup> Wednesday of each month.

Whether you are a caregiver caring for someone, or a family member of someone with Alzheimer's, you are encouraged to join us!

**First Session:** Wednesday, August 15

**Time:** 10:30am-noon

**Place:** 1737 Freeport Road, Arnold, PA

**RSVP Requested:** Jennifer Marasco Kuhn (724-339-1117) or via email: [jennifermk@careathome.us](mailto:jennifermk@careathome.us)

## Pittsburgh Trivia

**First newspaper west of the Alleghenies (1786)** - The paper began publication on July 29, 1786, as a four-page weekly, called The Gazette. As one of its first major articles, the Gazette published the newly adopted Constitution of the United States. In 1844, the paper became a morning daily paper. In 1927 was renamed as the Pittsburgh Post-Gazette.

**First Cable Suspension Bridge (1846)** - The Great Fire of 1845 destroyed much of the city, including the wooden Monongahela Bridge. Pittsburgher John Roebling, who developed wire cable in 1840, used it for the first cable suspension bridge, the Monongahela Bridge, in 1846. Roebling also designed the Brooklyn Bridge in New York.

**First Commercial Plate Glass Manufacturer (1883)** - In 1883, the Pittsburgh Plate Glass Company (PPG Industries) became the first commercially successful U.S. producer of high-quality, thick flat glass using the plate process. In the 1990s, PPG introduced Transition lenses to the world of vision.

**First Ferris Wheel (1893)** - Designed and constructed by George Washington Gale Ferris, Jr., the first Ferris Wheel was erected for the 1893 World's Columbian Exposition in Chicago. This original wheel was manufactured in Pittsburgh by the Bethlehem Iron Company and had 36 cars, each able to accommodate 60 people, a total capacity of 2,160 people.

**World's First Commercial Radio Station (1920)** - The first commercial radio signal was transmitted on Nov. 2, 1920 from a shack atop a Westinghouse building in East Pittsburgh, signifying the birth of the first commercial radio station, KDKA.

**First Ice Capades (1940)** - The first Ice Capades performance was in Pittsburgh in 1940. In the early days, Ice Capades shows were highly theatrical, with vaudeville elements, including scantily-clad showgirls.

**First U.S. Public Television Station (1954)** - Established on April 1, 1954, it was the first community-sponsored television station in the United States as well as the fifth public television station. WQED has been the flagship station for Mister Rogers' Neighborhood.

**First-ever Nighttime World Series Game (1971)** - Game 4 of the 1971 World Series, played in Pittsburgh's Three Rivers Stadium, matched the defending champion Baltimore Orioles against the Pittsburgh Pirates. The Pirates ended up winning the series in seven games & Roberto Clemente was the Series MVP, the first Latino player to earn this honor.





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**Summer Time Reminders!**

\* **Use a “broad-spectrum” sunscreen** (screens out both UVB & UVA rays) even if it’s not a blazing hot sunny day. Try to limit your sun exposure between 10 a.m. and 4 p.m. when UV rays are the strongest. Be sure to reapply throughout the day, especially if you are outside, in the pool or at the ocean!

\* **Make yourself unattractive to insects** (scented soaps, perfumes & hair sprays can attract mosquitoes and other biting bugs).

\* **If you are allergic to bees & wasps**, be sure to carry your EPI Pen. If you aren’t sure whether you are allergic, if you get stung, you will notice hives quickly developing. Within a minute you will start feeling something, and within minutes, you will **definitely know** that you are having a reaction. Get the stinger out as soon as possible! Use a credit card, blunt-edge object or your fingernail to try and scrape it out. Once removed, put ice on the area to reduce the swelling & keep the area clean. Seek medical attention when possible.

\* **Stay Hydrated** when outside on hot and humid days. (*Signs of dehydration may include leg cramps, feeling lightheaded, and excessive sweating.*) Replenish fluids as soon as possible by drinking water. Avoid coffee, tea, soda & alcohol; they are diuretics and will pull fluids from your body.

\* **Be sure to wear a helmet** when out for a bike ride.

\* **It’s tick season:** Ticks can typically be found in grassy, brushy, or wooded areas, or on animals. Check yourself, your kids and your pets for ticks regularly. If you find a tick, use fine-tipped tweezers to grasp it by the head as close to the skin as possible and gently pull the tick upward, making sure not to twist or squeeze it. Seek medical attention as soon as possible if you are unable to get it all out.

\* If you are heading to the beach, **keep an eye out for jellyfish**. Even a dead one can sting you if you step on it. If stung, use plain hot water or Saltwater to rinse the area and a pain reliever like lidocaine to numb the area. Despite popular belief, urine, vinegar or alcohol can make skin hurt even more.

\* Extreme hot temperatures may result in an Air Quality Action Day. This happens when ground-level ozone and/or fine particulates are expected to exceed national health-based standards and may cause breathing problems for the elderly, children, pregnant women and people with heart or respiratory disease. To learn more, visit <https://www.allegHENYcounty.us/health-department/air-qualit-action-day-alert.aspx>



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**CAREATHOME**

1737 Freeport Road  
Arnold, PA 15068

