



CareAtHome & CareAtHome Preferred

The Care Giver News

March / April 2018

Daylight Saving Time Begins – Sunday, March 11th!

Daylight Savings time had begun in an effort to help save energy and provide workers with more hours of serviceable daylight during the long summer days. Daylight Savings Time (DST) was first introduced in the U.S. in 1918. However, it was not until 1966, when the Uniform Act was passed, that all states had to either observe DST or pass a state law to abstain.

Did you know:

- When Daylight Savings Time begins in the Northern Hemisphere, it is ending in the Southern Hemisphere.
- Daylight Savings Time changes at 2:00 a.m. This time was selected in an effort to provide the least amount of inconvenience to businesses and citizens.
- DST always begins on the second Sunday in March and ends on the first Sunday in November.
- Hawaii and Arizona do not use DST. Up until 2006, Indiana only used DST in part of the state.



As Daylight Saving Time Begins, be sure to:

- Get outside and enjoy the extra hour of daylight.
- Replace the batteries in the smoke alarm and carbon dioxide monitors.
- Clean out your medicine cabinet. Dispose of all medicines properly.



MARCH:

- 4: Academy Awards
- 6: CPR/First Aid 1-4pm (Arnold)
- 11: Daylight Savings Time Begins
- 14: Pi Day
- 15: CPR/First Aid 9:30a-12:30p (Arnold)
- 17: St. Patrick's Day
- 20: SPRING BEGINS!
- 25: Palm Sunday
- 30: Good Friday
- 31: Passover Starts

APRIL:

- 1: Easter Sunday
- 1: April Fool's Day
- 3: CPR/First Aid 3:30-6:30p (FoxChapel)
- 7: Passover Ends
- 10: National Siblings Day
- 17: TAXES DUE
- 22: Earth Day
- 25: Administrative Professionals Day
- 26: CPR/First Aid 1-4pm (Arnold)
- 27: Arbor Day

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

In Memoriam:

Irene Bradley
William Martin
Shirley Young
Frank Zurawka



STATE MANDATED SKILLED CAREGIVER TRAINING & ANNUAL CAREGIVER MEETINGS

will be held on **March 7, 8 and 23rd** at Citizen's School of Nursing in New Kensington, PA.



We are working to schedule Meetings and Training sessions on the same day so that Caregivers will be able to participate in both events without having to take additional time from their schedules.

WATCH YOUR MAIL FOR FURTHER INFORMATION!

How to Make Perfect Hard-Boiled Eggs!



Ingredients: 6 eggs

Directions:

- 1) Place eggs into a saucepan and pour in cold water to cover; place over high heat. When the water just starts to simmer, turn off the heat, cover the pan with a lid and let stand for 17 minutes. **Don't peak!**
- 2) Pour out the hot water and pour cold water over the eggs. Drain and refill with cold water; let stand until eggs are cool, about 20 minutes. Peel eggs under running water.

National Do Not Call Registry

You can reduce the number of unwanted sales calls you get by signing up for the National Do Not Call Registry. It's free. All you need to do is visit donotcall.gov on the internet or call 1-888-382-1222 from the phone you want to register.

Most legitimate companies don't call if your number is on the Registry. If a company is ignoring the Registry, there's a good chance that it's **a scam**. If you get these calls, hang up and file a complaint with the FTC.



SCAM ALERT -- Another reason to file your tax return ASAP



Many taxpayers are eager to file their tax return because they have a big refund coming. But there's another reason to get your tax return in as quickly as possible. It gives fraudsters less time to file a fake return in your name and collecting a large bogus refund.

The Internal Revenue Service (IRS) says identity theft, with scammers assuming the identity of a real taxpayer, remains the biggest scam it has to deal with. All a scammer has to do is steal a taxpayer's Social Security number, make up a phony W-2 form from a company and fill out a return showing a large refund. He then has the refund direct-deposited into a money card or other untraceable account.

A scammer will normally file a bogus return as soon as possible, before the real taxpayer has a chance to file. Once the real taxpayer files, he or she is told the IRS has already processed the return.

Besides filing early, the IRS says other ways to promote security include **always** using security software with firewall and anti-virus protection. Consumers should also use strong passwords and encrypt sensitive tax records when they are stored on a personal computer.

To keep thieves from learning your Social Security number, learn to recognize and avoid phishing emails, which often look like they are from a legitimate source. They try to trick victims into revealing sensitive personal information.

If you suspect you may be a victim of a scam, contact the IRS as soon as possible to let them know and then tell your tax preparer.

Congratulations are in order! Sandra Dunkel was once again awarded 'Top 100 People' for 2017 and CareAtHome & CareAtHome Preferred was recognized as one of the 'Top 100 Organizations' in 2017 by the Pennsylvania Central Business Times.

Special thanks to our families for allowing us to come into your homes to care for your loved ones and to our caregivers for providing compassionate, quality care.



Tips for Spotting and Avoiding Sweetheart Scams

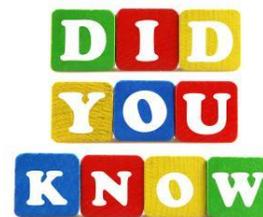


Anyone can be scammed by a supposed sweetheart. But, according to law enforcement authorities, including local police departments, the Federal Bureau of Investigation (FBI) and the Secret Service, there are steps one can take to avoid falling victim to a sweetheart scam.

1. **Be on your guard.** Try to look beyond the superficial. Whether you are interacting with people online or in person at a senior center, restaurant, grocery store or the post office, make a point of keeping your wits about you. Unfortunately, deception comes in all shapes and sizes and takes place in a variety of settings.
2. **Be honest with yourself.** Look in the mirror and ask yourself the million-dollar question: “Why would a much younger individual want anything to do with me?” What is this person getting out of a relationship with you? If you discover anything pertaining to money in your answer, you know you are headed for trouble.
3. **Never transfer or wire money to anyone.** This is especially important if you’re communicating with a stranger living overseas whom you’ve never met in person.
4. **Keep in touch with family.** Share your new social interests and friendships with them. Your loved ones usually have your best interest in mind and can be trusted to provide honest advice and guidance.
5. **Limit your use of social media.** Scammers steal personal information online and utilize people’s social media profiles to learn more about them, their routines, vulnerabilities, likes and dislikes. They then use this information to tailor their manipulative approach to appeal to a person’s specific interests and weaknesses. Some scammers even monitor potential victims’ news feeds for information on friends and relatives they can pose as.
6. **Don’t feel ashamed.** Although getting defrauded is embarrassing, understand that seasoned scammers have learned how to be very convincing so they can make a good living from deceiving people. If you or someone you know falls victim to a scam, report it as soon as possible to local law enforcement or the [FBI’s Internet Crime Complaint Center \(IC3\) website](#).

Did you know that there is such a thing as National Trivia Day? Unfortunately, it was ‘celebrated’ on January 4th; however, in the spirit of sharing trivia, here’s a few factoids you may find interesting!

- There are 8,000 baby boomers in the United States turning 65 every day.
- In America, seniors use more internet services than any others and are the fastest growing group of consumers buying new computers and logging time online, which includes ~33 hours/month on Facebook.
- In the Victorian era, special teacups were produced to protect the mustache from being inadvertently dipped in tea.
- On Venus, it snows metal.
- There are 72 men for every 100 women in the age group ‘above 65 years’ and there are 45 men per 100 women in the age group ‘above 85 years’.
- 19 of the 25 of the highest peaks in the world are in the Himalayas.
- 99% of Glaciers are in the Arctic and Antarctic.
- There are 17 active volcanoes in Japan.
- Several buildings in New York have their own zip code.
- In 2006, over 2 billion people lived on less than \$2 a day.
- The country Brazil was named after the Brazil nut, and not the other way around.
- Rome was the first city to reach a million people.
- The entire population of the Earth would fit in Texas.
- Fredric Baur invented the Pringles can, and when he died in 2008, his ashes were buried in one.
- Only female mosquitoes bite.
- Failed PEZ flavors include coffee, eucalyptus, menthol, and flower.



Sunday, April 1st is not just Easter Sunday! Beware of April Fools' Day pranksters!

The positive view is that April Fools' can be good for one's health because it encourages "jokes, hoaxes...pranks, [and] belly laughs", and brings all the benefits of laughter including stress relief and reducing strain on the heart. There are many "best of" April Fools' Day lists that are compiled in order to showcase the best examples of how the day is celebrated. Various April Fools' campaigns have been praised for their innovation, creativity, writing, and general effort



As well as people playing pranks on one another on April Fools' Day, elaborate practical jokes have appeared on radio and TV stations, newspapers, websites, and have been performed by large corporations. In one famous prank from 1957, the BBC broadcast a film in their *Panorama* current affairs series purporting to show Swiss farmers picking freshly-grown spaghetti, in what they called the Swiss Spaghetti Harvest. The BBC were later flooded with requests to purchase a spaghetti plant, forcing them to declare the film a hoax on the news the next day.^[18] On April Fools' Day 2016, online football news channel Goal.com falsely reported that FC Barcelona winger Lionel Messi agreed to a €500 million deal to sign with Real Madrid for five years. The reporter's name used in the article was "Lirpa Loof", which is "April Fool" with each word spelled backward.

With the advent of the Internet and readily available global news services, April Fools' Day pranks can catch and embarrass a wider audience than ever before.

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