



CareAtHome & CareAtHome Preferred

The Care Giver News

November / December 2018

DON'T FORGET TO CHANGE YOUR CLOCKS!

Friendly reminder: daylight saving time ends at 2 a.m. (local time) on Sunday, Nov. 4, which means it's almost time to turn those clocks back. Some people actually look forward to the thought of gaining an extra hour of sleep; the reality is that we will also be losing an hour of sunlight each day until March 10, 2019 — when it's time to "spring" forward!

Daylight saving time was extra special this year, as it marked the 100th anniversary of the event. The tradition of changing clocks officially began in the U.S. on March 19, 1918. It was established during World War I as "a way of conserving fuel needed for war industries and of extending the working day". The law was repealed about a year later, on August 20, 1919, as soon as the war was over. However, the sections of the 1918 law, which had established standard time zones for the country, remained in effect.

The topic of daylight saving surfaced again during World War II. On Jan. 20, 1942 Congress re-established daylight saving time. More than two decades later, in 1966, President Lyndon B. Johnson signed into law the Uniform Time Act, declaring daylight saving time a policy of the U.S. and establishing uniform start and end times within standard time zones.

Does everyone change their clocks? No. Hawaii, most of Arizona, and a handful of U.S. territories — including American Samoa, Guam, Puerto Rico and the Virgin Islands — do not observe daylight saving time. There's also a bill called the "Sunshine Protection Act," which allows Florida to remain on daylight savings time year-round. It was passed in the state House and Senate in March, 2018 and Governor Rick Scott then signed the bill into law. However, Congress still needs to amend existing federal law to allow the change.

In 1986, Congress extended daylight saving from a six- to seven-month period and extended it again in 2005 to eight months — mid-March to mid-November.



Mid-Term Elections are coming - Don't forget to vote!



"Midterms" are held halfway between presidential elections. Voters elect one-third of all U.S. senators and all 435 members of the U.S. House of Representatives during the midterms. The next congressional elections, this

Election Day, **November 6**, are midterm elections.

Polls are usually the busiest in the **morning** and early evening when voters are going to and from work. Therefore, the best time to vote and avoid lines is **mid-morning** or **mid-afternoon**.

If you want your voice heard, you need to vote!

"Every election is determined by the people who show up." — Larry J. Sabato , Pendulum Swing

Another FaceBook SCAM surfaces

Facebook users are being warned that a scam is circulating in which users receive a personal message that appears to be from a friend warning them that they received "another friend request from you....". Another variation making the rounds begins, "Heads Up!!! ..."



Experts say the messages are part of a long-running hoax. No variation of the "Got another friend request from you" message should be passed on to other users, and the claims in the message shouldn't be believed.

Don't forward the message Stop forwarding that latest warning from your Facebook friends about being hacked. You weren't. If one of the messages is received, users should simply ignore and delete the message. As an additional precaution, users can also change their privacy settings.

There are special people in our lives who never leave us, even after they are gone."

-- D. Morgan

In Memoriam:

Marla Abraham
George Fenton
Joan Fiedler
Patricia Palko
Evelyn Pitts
Alvin Radeshak



Easy Pumpkin Pie

Ingredients

- 1 refrigerated rolled pie crust
- 1 15 oz can pumpkin
- 1 15 oz can sweetened condensed milk
- 2 eggs
- 2 teaspoons pumpkin pie spice
- 1/2 teaspoon salt optional



Directions:

1. Preheat oven to 425 degrees. Unroll pie crust per package instructions; place in 9" pie plate.
2. Combine pumpkin, condensed milk, eggs, pumpkin pie spice, and salt in mixing bowl and beat on medium speed until well blended, about 1 minute. Pour pumpkin mixture into pie crust.
3. Bake at 425 degrees for 15 minutes; reduce heat to 350 and bake 40-50 minutes longer, until pie is set and knife comes out clean. Cool 2 hours. Serve with whipped cream.

NOVEMBER:

- 1: All Saints Day
- 4: Daylight Saving Time Ends
- 6: Election Day
- 8: CPR/First Aid 1-4p (Arnold)*
- 11: Veteran's Day
- 15: Clean out your Refrigerator Day
- 19: Alzheimer Support Group (Arnold)* 10:30a-noon
- 22: THANKSGIVING DAY**
- 23: Black Friday

*Call the office to Register

DECEMBER:

- 2: Advent & Hanukkah starts
- 7: Pearl Harbor Day
- Care At Home - Annual Holiday Party*
- 11: CPR/First Aid 3:30-6:30pm (Fox Chapel)*
- 17: Alzheimer Support Group (Arnold)* 10:30a-noon
- 25: CHRISTMAS DAY**
- 26: Kwanzaa Starts
- 31: New Year's Eve (office open until noon)

**Offices Closed in observance of holiday(s)



Please join us as we celebrate the season!

Care At Home's Annual Holiday Party will be held on Friday, December 7th at the Greek Orthodox Hall, 12 Washington Avenue, in Oakmont. Invitations will be in the mail the first week of November. Please be sure to **return your RSVP card** to our office prior to **November 26th** to ensure we have enough food for everyone. **If for whatever reason**, your plans change, please be sure to contact the office!

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| 5:00pm | Doors Open / Registration / 50-50 Raffles & Basket Auctions |
| 6:30pm | Dinner |
| 7:30pm | Santa Visit / Photos |
| 8:00pm | Winners – 50/50 & Basket Raffles – Photos |
| 9:00pm | Music & Dancing |



For those of you planning to attend, we hope you will participate in our Basket Auction & 50/50 Raffle. (Items in baskets include gift cards for restaurants, hotel overnight stays, jewelry, sporting event tickets, casino packages, etc.) 100% of the proceeds raised benefit our CareFund.

Benefits of the High-Dose Flu Shot for Seniors

Vaccines are a crucial part of keeping individuals with compromised immune systems healthy. Very young children and the elderly are the most susceptible to infectious diseases like influenza. Seniors, their caregivers and other family members should take care to receive a flu shot annually.

There are a number of different vaccine options available to the public, so it can be difficult to decide which one is best for you or your loved one.

Flu Vaccine Options

The CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine each year soon after it becomes available, and by October if possible. Although there are many different vaccination options available, including a nasal spray form and inoculation via jet injection, individuals age 65 and older only have two choices: the regular dose vaccine and the high-dose vaccine.



Both of these options are tivalent vaccines, which means they protect against the same three strains of the influenza virus. These two options are also intramuscular injections, meaning they use a standard-sized needle to deliver the serum, typically into the deltoid muscle of the arm. Older adults are not approved to receive intradermal versions of these vaccinations, which use smaller needles and a reduced dosage of antigen.

High-Dose Flu Vaccine

According to the Center for Disease Control and Prevention, the high-dose version of this vaccine was created because human immune defenses become weaker with age, placing older people at greater risk of severe illness from influenza. Also, aging decreases the body's ability to create a robust immune response after receiving a vaccine.

The high-dose vaccine contains four times the amount of antigen compared to the standard vaccine. Antigens prompt the creation of antibodies, and increasing this dosage is intended to give older people a better immune response and therefore better protection against the flu virus. Vaccinating against influenza may also help protect older individuals from contracting pneumonia and experiencing other dangerous complications.

The CDC recommends that people talk with their doctor to determine which vaccine is best for them. Individuals who have had adverse reactions to the standard vaccine are discouraged from receiving the high-dose version.

According to clinical trials that compared the standard vaccine (Fluzone) to Fluzone High-Dose among persons aged 65 years or older, the high-dose variation resulted in a stronger immune response (i.e. higher antibody levels). Whether or not the improved immune response leads to greater protection against influenza after vaccination is still a subject of ongoing research.

Medicare Part B typically covers one flu shot each season. All Health Insurance Marketplace plans cover these vaccines, and most private plans cover them without requiring a copayment or coinsurance. Since viruses are constantly changing and evolving, revaccination each year with updated serums is highly recommended.

For more information, visit the [the flu.gov website](http://the.flu.gov).



Cast your ballots!!! The Tribune-Review has posted their 2019 Reader Choice Award nomination form in the Valley Dispatch / Tribune Review. **Please be sure to pick up a newspaper and vote for Care At Home! (You can also go online to vote 'readerschoice.triblive.com')**

Ballots must be sent to the Tribune and received no later than November 30, 2018. If you would like a chance to win a \$50 Giant Eagle Gift Card, be sure to submit your ballot before the due date --- and they must be at least 50% complete to qualify.



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