



CareAtHome & CareAtHome Preferred

# The Care Giver News

September / October 2018

## September is National Preparedness Month (NPM)!

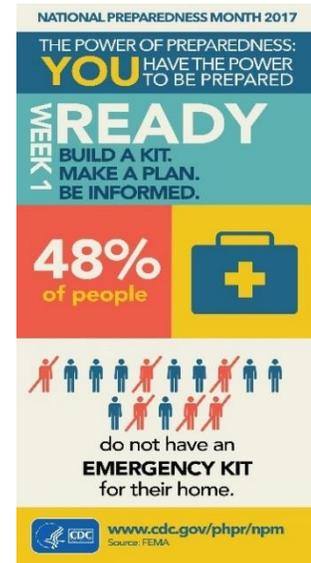
National Preparedness Month (NPM), provides an opportunity to remind us that we all must prepare ourselves and our families now and throughout the year.

Creating your Family Emergency Communication Plan starts with one simple question: “What if?” “What if something happens and I’m not with my family?” “Will I be able to reach them?” “How will I know they are safe?” “How can I let them know I’m OK?” During a disaster, you will need to send and receive information from your family.

Communication networks, such as mobile phones and computers, could be unreliable during disasters, and electricity could be disrupted. Planning in advance will help ensure that all the members of your household—including children and people with disabilities and others with access and functional needs, as well as outside caregivers—know how to reach each other and where to meet up in an emergency.

Planning starts with three easy steps: **1. COLLECT:** Create a paper copy of the contact information for your family and other important people/offices, such as medical facilities, doctors, schools, or service providers. **2. SHARE:** Make sure everyone carries a copy in his or her backpack, purse, or wallet. You should also post a copy in a central location in your home, such as your refrigerator or family bulletin board. **3. PRACTICE:** Periodically review and practice your plan and make adjustments as needed.

**Did you know:** If you are using a mobile phone, a text message may get through when a phone call will not. This is because a text message requires far less bandwidth than a phone call. Text messages may also save and then send automatically as soon as capacity becomes available.



### Being Prepared – YES, There’s an APP for that!



FEMA (Federal Emergency Management Agency) has a mobile app that’s available for a free download for either Android (Google Play) or an Apple (Apple Store) devices.

The app provides alerts from the National Weather Service for up to 5 locations, safety reminders, tips to survive disasters, and can help you customize your emergency checklist. It can also help you locate local shelters and where you can go to talk to

FEMA personnel either in person or on the phone.

### 6 Things to know before an Emergency Strikes

**Did you know** that in the past 10 years, there have been more than 1000 declared disasters in the US?

To help keep you and your family safe, here are a few things to know:

- 1) Where the gas shutoff valve is in your home and how to turn it off, if needed.
- 2) Electrical fires account for over 25,900 fires during disasters –know where the electrical shutoff is in your home.
- 3) What is your emergency communication plan for your family; where to go, what to do and how you plan to reconnect afterwards.
- 4) Check your insurance coverage for floods, earthquakes and other natural disasters.
- 5) If you have pets, you should have an emergency plan for pets (know where shelters are that accept pets, etc.).
- 6) Know your evacuation route.



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

-- D. Morgan

**In Memoriam:**

Irene Bailey	Bernie Hobi
Vernon Carnahan	Adorista Santucci
Vincent Downard	Lessie Straud
Rodney Gould	Pat Tamburino
Barbara Hellberg	Jack Watkins
Joan Hilton	



**Cabbage Roll Casserole**

**Ingredients:**

- 2 lbs ground beef
- 1 cup chopped onion
- 1 (29oz) can tomato sauce
- 3-1/2 lbs chopped cabbage
- 1 cup cooked white rice
- 1 teaspoon Salt
- 2 (14 oz) cans of beef broth



**Directions:**

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large skillet, brown beef in oil over medium high heat until redness is gone. Drain off fat.
3. In a large mixing bowl combine the onion, tomato sauce, cabbage, rice and salt. Add meat and mix all together. Pour mixture into a 9x13 inch baking dish. Pour broth over meat mixture and bake in the preheated oven, covered, for 1 hour. Stir, replace cover and bake for another 30 minutes.

**SEPTEMBER:**

- 3: Labor Day (Offices Closed)
- 4: CPR/First Aid 1-4pm (Arnold)
- 9: Rosh Hashanah & Grandparent's Day
- 18: Yom Kippur
- 19: **Alzheimer Support Group (Arnold)\***
- 27: CPR/First Aid 9:30a-12:30p (Arnold)

**OCTOBER:**

- 8: Columbus Day
- 9: **CPR/First Aid 3:30-6:30pm (Fox Chapel)**
- 16: Bosses Day
- 17: **Alzheimer Support Group (Arnold)\***
- 25: CPR/First Aid 1-4pm (Arnold)
- 28: National Chocolate Day
- 31: Halloween



*\*Call the office to register*



It may be hot outside now, but Fall is

right around the corner ...

Care At Home's Annual Holiday Party will be held on **Friday, December 7<sup>th</sup>**. More information to come!



*Did you know that Massage Therapy can help improve a number of symptoms and diseases ranging from pain to mental health issues?*

The Parkinson's Wellness Recovery program has an outstanding record of producing coordination improvement, creating a greater quality of living, and safer situations for our loved ones suffering from Parkinson's.



If you or a loved one is suffering from Parkinson's or our experiencing physical/emotional issues and would like to learn how Massage Therapy can help, please give us a call.

Care At Home Preferred is proud to announce that we have two certified Parkinson's Wellness Recovery Physical Therapists and one licensed Massage Therapist on our staff who are ready to help you!

Contact us today to learn more at 412-967-1111.

**REMINDER!**

All shirts and/or fleece jackets ordered at the Annual Caregiver Meeting are in the Arnold Office. Please make plans to come to the Arnold Office and pick yours up!

**Stop by Tuesday through Thursday between 10:00am and 3:30pm**

*CareAtHome - Celebrating 25 Years of Excellence*



## October is Breast Cancer Awareness Month

**Breast cancer** ... it's a scary thought and all too many women assume that it won't happen to them. After all, we are busy working, taking care of our families and seldom do we take time to care for ourselves. Unfortunately, breast cancer doesn't care who we are, what we have going on in our lives, nor whether the timing is 'not quite right'. The fact is, every ten minutes a woman is diagnosed with breast cancer.



**If you've never had a mammogram**, make an appointment during breast cancer awareness month and take that first step to take care of yourself!

### Facts About Breast Cancer In The United States

- One in eight women in the United States will be diagnosed with breast cancer in her lifetime.
- Breast cancer is the most commonly diagnosed cancer in women and is the 2<sup>nd</sup> leading cause of cancer death among women.
- Each year it is estimated that over 252,710 women in the United States will be diagnosed with breast cancer and more than 40,500 will die.
- Although breast cancer in men is rare, an estimated 2,470 men will be diagnosed with breast cancer and approximately 460 will die each year.
- Over 3.3 million breast cancer survivors are alive in the United States today.
- **Age:** Two out of three women with invasive cancer are diagnosed after age 55.
- **Family History and Genetic Factors:** If your mother, sister, father or child has been diagnosed with breast or ovarian cancer, you have a higher risk of being diagnosed with breast cancer in the future. Your risk increases if your relative was diagnosed before the age of 50.
- **Menstrual and Reproductive History:** Early menstruation (before age 12), late menopause (after 55), having your first child at an older age, or never having given birth can also increase your risk for breast cancer.
- **Lack of Physical Activity:** A sedentary lifestyle with little physical activity can increase your risk for breast cancer.
- **Poor Diet:** A diet high in saturated fat and lacking fruits and vegetables can increase your risk for breast cancer.
- **Being Overweight or Obese:** Being overweight or obese can increase your risk for breast cancer. Your risk is increased if you have already gone through menopause.
- **Drinking Alcohol:** Frequent consumption of alcohol can increase your risk for breast cancer. The more alcohol you consume, the greater the risk.

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### CAREATHOME

1737 Freeport Road  
Arnold, PA 15068

