



CareAtHome & CareAtHome Preferred

The Care Giver News

October-November-December - 2019

BLACK CATS & GHOSTS BEWARE!

Halloween has always been a holiday filled with mystery, magic and superstition. It began as a Celtic end-of-summer festival during which people felt especially close to deceased relatives and friends. For these friendly spirits, they set places at the dinner table, left treats on doorsteps and along the side of the road and lit candles to help loved ones find their way back to the spirit world.



Today's Halloween ghosts are often depicted as more fearsome and malevolent, and our customs and superstitions are scarier too. We avoid crossing paths with black cats, afraid that they might bring us bad luck. This idea has its roots in the Middle Ages, when many people believed that witches avoided detection by turning themselves into black cats. We try not to walk under ladders for the same reason. This superstition may have come from the ancient Egyptians, who believed that triangles were sacred (it also may have something to do with the fact that walking under a leaning ladder tends to be fairly unsafe). And around Halloween, especially, we try to avoid breaking mirrors, stepping on cracks in the road or spilling salt.

Don't forget to check your local newspapers for the day & time for trick-or-treaters and be sure to stock up on sweet treats for the Ghosts and Goblins who may be knocking on your door this Halloween!

Did you know...

- Americans buy 600 million pounds of candy each year and one-quarter of all the candy sold annually in the U.S. is purchased for Halloween.
- Candy Corn is the most popular Halloween candy. If Brach's laid out the candy corn kernels it sells each year end to end, they would wrap around the Earth 4.25 times.
- During World War II, Tootsie Rolls were added to soldiers' rations because of their durability in all weather conditions.
- Nello Ferrara got the idea for Atomic Fireballs after serving in post-World War II Japan.
- Purdue University designed a licking machine and determined it took 364 licks to get to the center of a Tootsie Pop!
- Americans spend an estimated \$6 billion annually on Halloween, making it the country's second largest commercial holiday after Christmas.

A FEW DATES TO REMEMBER – OCTOBER, NOVEMBER, DECEMBER 2019

OCTOBER – Tackling Hungar Month

- 4: Blessing of the Animals Day
- 8: CPR/First Aid (3:30-6:30p/Fox Chapel) & Yom Kippur
- 14: Columbus Day
- 16: Dementia Support Group Meeting**
- 19: Sweetest Day
- 24: CPR/First Aid (1:00-4:00p/Arnold Chapel)
- 31: Halloween

NOVEMBER -National Gratitude Month

- 1: All Saint's Day
- 2: All Soul's Day
- 3: Daylight Savings Time Ends
- 5: Election Day
- 7: CPR/First Aid (1:00-4:00p/Arnold)
- 11: Veteran's Day
- 20: Dementia Support Group Meeting**
- 28: Thanksgiving Day
- 29: Black Friday

DECEMBER – Operation Santa Paws Month

- 6: CareAtHome Holiday Party
- 7: Pearl Harbor Remembrance
- 17: CPR/First Aid (3:30-6:30p/Fox Chapel)
- 18: Dementia Support Group Meeting**
- 21: Winter Solstice
- 23: Hanukkah
- 25: Christmas Day
- 26: Kwanzaa
- 31: New Year's Eve

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.

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

– Unknown

In Memoriam:

<i>Anderson, Ruth</i>	<i>Bencivenga, Carmella</i>	<i>Canzano, Eleanor</i>
<i>Doutt, Oscar</i>	<i>Grabigel, Barbara</i>	<i>Heine, Catherine</i>
<i>Kochanski, Dorothy</i>	<i>Kuhn, Anne</i>	<i>Magyar, Eleanor</i>
<i>Maxwell, Joan</i>	<i>Mell, Betty</i>	<i>Pappafava, Lorraine</i>
<i>Vujaklia, Vera</i>	<i>Young, William</i>	



Don't forget to change your clocks

Sunday, November 4 – set all of your clocks back an hour as Daylight Saving Time ends at 2:00 a.m. Sunday morning. While it will be nice to get an ‘extra’ hour of rest ... I don't look forward to it getting darker earlier.



Also, the state fire marshal urges residents to change the batteries in smoke alarms and carbon monoxide detectors.

National Gratitude Month is an annual designation observed in November. Gratitude is more than simply saying “thank you.” Gratitude’s amazing powers have the ability to shift us from focusing on the negative to appreciating what is positive in our lives.



One way we show our gratitude was to establish the **CareAtHome CareFund**. The **CareFund**, is a 501(c)(3) non-profit created to assist seniors in the communities we serve who have a need for home care services; however, may not have the financial ability to pay for them. The heart of our mission is a future in which all seniors and adults with limited financial means, will have the opportunity to live a full life and age with dignity in the comfort of their own homes.

The families and friends of those we have cared for often ask how the memory of their loved one can be honored and bless others. One way to do this is to consider making a donation in their memory or in the honor of a loved one. Any amount is deeply appreciated and 100% of all donations received go directly to the **CareFund** and are redistributed to those in the most need. In addition to providing financial resources, the **CareFund** also provides holiday meals to those seniors who often times have no one available to share special moments with them. We also direct these funds to provide end of life home care services.

If you are interested in making a donation to the **CareFund** or would like to learn more about it, please call the office (724.339.1117) and ask for Pat Schaffner.

Here's a few suggestions for Halloween fun!

Kennywood Phantom Fright Nights at Kennywood Fridays & Saturdays through 10/28, 6p to Midnights – also Sundays, 10/13 & 10/27 (open until 11p) and **Happy Hauntings – Kennywood Park** - Designed for children under 10, there will be trick or treating, costumes, hayrides and more. Saturdays and Sundays in October: Oct. 5-6, 12-13, 19-20, 26-27. 12:00pm to 4:00pm. For more information, visit www.kennywood.com.

HallowBOO – Idlewild Park

Saturdays and Sundays in October: Oct. 5-6, 12-13, 19-20, 26-27. Gates and Storybrook Forest open at 11:30am; the rest of the attractions and rides open at 12:00pm. Closing time 6:00pm, except for the end-of-the-day Monster Mash. <https://www.idlewild.com/hallowboo>

ZooBoo – Halloween at the Pittsburgh Zoo

A tradition for younger children, the Zoo Boo is back this year, again for two weekends during daylight hours (10:00 am – 3:00 pm). Dress up your kids in their costumes, go trick-or-treating at the roughly 15 to 20 treat stops and enjoy the various attractions the Zoo has to offer. Bring your own treat bag. Oct. 19-20, 26-27. 10:00am–3:00pm <http://www.pittsburghzoo.org/Event-ZooBoo-29>



Crispy Chicken Nuggets

This is easy and makes for a quick meal.

INGREDIENTS

- 1 egg
- Salt and ground black pepper to taste
- 2-1/2 cups crispy rice cereal (such as Rice Krispies), crushed
- 1-1/4 lb skinless, boneless chicken breasts, cut into 20 pieces
- ¼ cup extra-virgin olive oil
- 2 tablespoons butter
- ½ cup apricot preserves
- 2 tablespoons water



DIRECTIONS

Beat egg, salt, and pepper together in a bowl. Pour crushed cereal into a separate bowl. Coat chicken pieces in egg mixture. Press chicken pieces into cereal until coated.

Heat oil and butter together in skillet over medium heat; cook and stir chicken until coating is golden brown and meat is no longer pink in the center, about 7 minutes.

Whisk preserves and water together in a saucepan over medium-low until heated through and smooth, 2 to 3 minutes. Serve apricot sauce with chicken nuggets.

Hayrides Around Pittsburgh That Will Make Your Autumn Awesome

No matter how old you are, some things just never seem to lose their magic. Like those autumn hayrides at a local farm and the rustic colors of fall all around us. These hayrides around Pittsburgh are just one awesome way to celebrate the season.



1. **Simmons Farm** – 170 Simmons Road, McMurray, 724-941-1490 – Open 7 days a week;
2. **Trax Farms** – 528 Trax Road, Finleyville - 412-835-3246 – Weekends 9a-5p
3. **Triple B Farms** – 823 Berry Lane, Monongahela –724-258-3557 - Weekends in October
4. **Hozak Farms** – 470 Anderson Hozak Road, Clinton – 855-539-8321 – Weekends in October 10a-6p
5. **Soergel Orchards** – 2573 Brandt School Road, Wexford – 724-935-1743 – Weekends in October 11a-5p
6. **Coolspring Corn Maze** – 537 Franklin Road, Mercer - 724-699-3221 - Weekends through Nov. 5 Fridays 4p-11p; Saturdays 11a-11p; Sundays 11a-8p
7. **Schramm Farms & Orchards** – 1002 Blank Road, Jeannette, 724-744-7320 – Mon-Fri 9a-7p; Sat 9a-6p; Sun 10a-5p

Mark your calendars ... CareAtHome’s Annual Holiday Party

This year’s holiday party will be held on Friday, December 6th at the Greek Orthodox Hall in Oakmont. This year’s party theme will be “Ugly Sweaters”. Of course, your sweater doesn’t have to be ugly ... and if you prefer not to wear a sweater, it’s your choice. We will; however, be giving away prizes for those deemed to be ‘best in class’!



Invitations will be mailed soon, so watch your mailbox! Please be sure to RSVP to our office (724-339-1117) prior to November 20th to ensure we have enough food for everyone.

If for any reason, your plans change, please be sure to contact the office!

- 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, etc.) 100% of the proceeds raised benefit our CareFund.

If you need ideas for ugly sweaters, visit <https://morningchores.com/ugly-christmas-sweater-ideas/> or on pinterest: <https://www.pinterest.com/goodwillwm/ugly-christmas-sweaters/>

OPERATION SANTA PAWS

Operation Santa Paws is an annual designation observed from December 1st to December 24th. During this holiday season, let’s show a little extra love to our furry friends whom we love with all our hearts. The campaign goal of Operation Santa Paws is to stock the shelters with much-needed supplies. Our four-legged friends need to feel loved during the holidays just like we do!



Animals serve an important part in our lives, being those friends and companions that give us love unconditionally. They protect our homes, and are there whenever we need them, asking for nothing but love and tenderness in exchange for all they give. Operation Santa Paws Day is a reminder that we need to return that love and remember them at this most special time of year.

About 7.6 million companion animals (dogs, cats, and other domestic pets) enter shelters around the country on a yearly basis. Although many get adopted, the majority spend much of their lives in cages. All too often they’re given as birthday or Christmas gifts, and simply abandoned as the shine wears off the newest puppy or the kitten gets grown up. Whatever the case, millions of animals world-wide end up in shelters, and there simply isn’t enough resources to support them all. This is where Operation Santa Paws Day comes in. Make December an opportunity to make a donation to a local shelter with items such as blankets, toys or even some treats. This is just one small way to ensure shelter animals find joy in the holiday season too!



HISTORY

This holiday was organized by Justin Rudd in 2001 and was originally put together in Long Beach, California to help support their local shelters and rescues. Anyone can choose to participate by donating new toys, treats, food or money to help keep these dedicated servants of the animal public going. Justin has spread his campaign far and wide, getting stores nationwide to participate in this humanitarian effort.

CARE AT HOME
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