



CareAtHome & CareAtHome Preferred

# The Care Giver News

First Quarter - 2020

## HAPPY 2020!

If the idea of making New Year's resolutions has you feeling overwhelmed, keep in mind that even the smallest changes can have a big impact on your life — especially if you can turn them into habits. But the pressure to make a big, bold New Year's resolution might feel overwhelming. That's why it is better (and more obtainable) to stick to small, concrete goals that you can easily implement into your life.



Whether you want to improve relationships with others, develop some self love, or expand your world and try new things, here are a few resolution ideas that may suit your lifestyle. Think about the ways in which you really want to improve your life and focus on those things. If you commit to all of these "mini resolutions," or just one or two, you'll be on your way to a better year ahead.



- Develop a good skin care routine.
- Spend less time in front of the TV, and more time connecting with those you love.
- Travel, even if it's just to a new neighborhood.
- Spend more time with the people who bring you joy.
- Let go of people who aren't making your life better.
- Forgive yourself for infractions big and small.
- Take the stairs instead of the elevator whenever possible.
- Take one small step towards your "someday," every day.
- Listen intently and don't give advice unless it's asked for.
- Accept compliments by saying "thank you," and nothing more.
- Make sure your family knows how much you love them every day.
- Do something healthy every day, even if it's just drinking a cup of green tea.
- Try new foods.
- Relax.
- Speak kindly to yourself.
- Put your phone down.
- Empathize more & judge less.
- Drink more water.
- Look on the bright side.
- Breathe.
- Stop comparing yourself to others.
- Make a good night's rest a priority.
- Unfollow negative people on social media.
- Don't say "I'm sorry" unless you mean it.
- Schedule time for yourself every day.

If you're not good at making or keeping resolutions, consider making a "thankful/grateful list" instead!

## A FEW DATES TO REMEMBER – JANUARY, FEBRUARY, MARCH 2020

### JANUARY – Soup Month

- 1: New Year's Day
- 4: Trivia Day
- 13: Nat'l Rubber Ducky Day
- 14: Columbus Day
- 15: Dementia Support Group Meeting**
- 18: Winnie the Pooh's Birthday
- 20: Martin Luther King Day
- 21: CPR/First Aid (9:00a-12:00p/Arnold)
- 25: Chinese New Year
- 26: Spouse's Day

### FEBRUARY -American Heart Month

- 2: Ground Hog's Day / Superbowl Sunday
- 6: CPR/First Aid (1:00-4:00p/Arnold)
- 14: Valentine's Day
- 17: President's Day & Random Acts of Kindness Day
- 19: Dementia Support Group Meeting**
- 20: CPR/First Aid (1:00-4:00p/Fox Chapel)
- 21: National Caregiver's Day
- 23: Oscar Night
- 25: Fat Tuesday/Mardi Gras
- 26: Ash Wednesday

### MARCH – Red Cross Month

- 2: Read Across America (Dr. Seuss)
- 4: CPR/First Aid (9:30a-12:30p/Arnold)
- 8: International Women's Day & Daylight Savings Time Begins
- 14: Pi Day
- 17: St. Patrick's Day
- 18: CPR/First Aid (9:30a-12:30p/Arnold)
- 18: Dementia Support Group Meeting**
- 19: Spring Equinox
- 20: First Day of Spring

**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.

CareAtHome - Celebrating Over 25 Years of Excellence

**ATTENTION Caregivers:** CareAtHome recently launched a new home care software called Clear Care. Clear Care is a web-based solution that enables Caregivers the ability to download the Clear Care app on any mobile device. Before installing the app, contact the office for your username & password. Once installed, you will be asked to enter your username and password. Clear Care Go app will enable you to access shift information from anywhere, at any time, as well as other pertinent information you will need regarding your client(s).



For those of you who already have an email or mobile phone number on file, you may have been receiving notifications of your scheduled shifts. These notifications are informational only – if you have questions regarding them, **DO NOT** respond back to the notification – Contact the office for assistance.

If you prefer to not receive text and/or email notifications, you can OPT OUT or UNSUBSCRIBE to them. Within the text message - reply to the text with “STOP” in the message; for email notifications - click “Unsubscribe here” at the bottom of email notifications. **Please be aware**, if you OPT OUT or UNSUBSCRIBE, you will no longer receive shift reminders or be able to receive “fill-in” shift notifications. If you have any questions, please call the office.

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## Friendly Reminders

**Background Checks:** Effective January 1, 2020 – If you request to have CareAtHome handle your background check, you must provide either a Money Order or Cash payment at the time of your request in the amount of \$22. No other form of payment will be accepted.

**CPR/First Aid:** While we will continue to offer CPR/First Aid training in our offices, effective January 1, 2020 – there will be a charge of \$25 for your certification card. The only form of payment that will be accepted will be either cash or money order. Cards will not be distributed, until paid in-full.

**Timesheets:** Please be aware, when dropping off timesheets, be sure put them in the **BLACK BOX ON THE PORCH** ... not the mailbox on the sidewalk leading up to the office. You can also drop off, email or text a photo of your timesheet once you complete your shift. You do not have to “WAIT” until Monday – the only requirement is that they **MUST** be received no later than 10:00am on Monday mornings.

**Picking up checks:** Checks are available for pick up – either in the office or from the BLACK BOX on the porch - after 3:00pm every Wednesday. **If you are arriving before 3:00pm**, please keep in mind that the staff is working and we would appreciate it if you could please refrain from loud conversations while waiting.

**Caregivers must maintain up-to-date records to remain on the registry.** Please be sure to check your CPR/First Aid, TB, vehicle registrations/insurance information to ensure your files are up-to-date. If you are unsure, call the office.

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

-- Unknown

**In Memoriam:**

Battist, Donald  
 Bonazza, Ralph  
 Fisher, Bernard  
 Grieco, Janice  
 Jack, Betty  
 Lamendola, Samuel

Nickel, Paulette  
 Rummel, Howard  
 Shoop, Frank  
 Smethurst, Mae  
 Sulava, Pauline  
 Wildi, John



**And they said .. let there be light!**

**Sunday, March 8<sup>th</sup>** – Clocks change at 2 a.m. Sunday for mc of the country except Hawaii and Arizona, which means one less hour of sleep Saturday night, but a much brighter Sunday evening. So, don't forget to “spring forward” and set your clocks ahead one hour!



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

### Slow Cooker Chicken & Dumplings

This is an easy slow cooker recipe that cooks throughout the day. It is wonderful on a cold, snowy day.

#### INGREDIENTS

- 4 skinless, boneless chicken breast halves
- 2 tablespoons butter
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 1 onion, finely diced
- 2 (10 ounce) packages refrigerated biscuit dough, torn into pieces



#### DIRECTIONS

Place the chicken, butter, soup, and onion in a slow cooker, and fill with enough water to cover. Cover, and cook for 5 to 6 hours on High. About 30 minutes before serving, place the torn biscuit dough in the slow cooker. Cook until the dough is no longer raw in the center.

#### Makes 8 Servings:

385 calories; 18 g total fat; 45 mg cholesterol; 1245 mg sodium. 37 g carbohydrates; 18.1 g protein per serving

### February is American Heart Month –Did you know ...



In 2020, the spring equinox falls on Thursday, March 19 followed by the first day of Spring on Friday, March 20. This event marks the astronomical first day of spring in the Northern Hemisphere. The word *equinox* comes from the Latin words for “equal night - On the equinox, the length of day and night is nearly equal in all parts of the world; *Earth's two hemispheres are receiving the Sun's rays about equally.* With the equinox, we also enjoy increasing sunlight hours, with earlier dawns and later sunsets.

#### Did you know...

- That the increasing sunlight is what triggers birds to sing?
- Each year, **March** and June end on the same day of the week?
- The March Full Moon is called “The Full Worm Moon” because it’s the time of year worms emerge from the earth!
- Watch the arc of the Sun across the sky as it shifts toward the north. Birds are migrating northward, along with the path of the Sun.
- Are the daffodils poking up their heads? Trees, shrubs, and flowers are sensitive to temperature and day-length, too! Since ancient days, people have used them as indicators of when the weather is right for planting. For example: Blooming crocus are your cue to plant radishes, parsnips, and spinach.
- March is the time to start gardens and sow seeds in many regions.
- March is the time of year when animals start to wake up from hibernation.
- *The saying goes ...* When the dandelions bloom early in spring, there will be a short season. When they bloom late, expect a dry summer.

St. Patrick's Day is in honor of the Patron Saint of Ireland, who brought Christianity to the Emerald Isles, as Ireland is known. It is truly a day of celebrating Irish history, ancestry, traditions and customs. St. Patrick's Day has many symbols and traditions, from shamrocks and leprechauns, to green beer and Corned Beef and Cabbage. Are you Irish? Well, the saying goes everyone is a little Irish on St. Patrick's Day.

**Did You Know?** Over 34 million Americans are of Irish descent. That's almost nine times the population of Ireland!



**February 29<sup>th</sup> – Leap Day** is every four years....almost. It's every four years except years ending with "00" that are not divisible by 400. The year in which Leap Day occurs, is called a Leap Year.

**Why the fancy calculation?** The earth rotates around the sun once every 365-1/4 days. So, by adding an extra day every four years, we get close to keeping the calendar consistent with the earth's annual trip around the sun. To be very precise, the earth orbits the sun every 365.242190 days. So, on years ending in "00", (except those not divisible by 400) we skip Leap Year and Leap Day.



**Did you know?** Based on the earth's rotation, there are occasional "Leap Seconds" that are added into the calendar? On December 31, 2015, the folks who maintain the official time for the planet, began adding an extra second at the end of December, and until otherwise decided, will continue to do so at least once a year (in either June or December).

If your birthday is on Leap Day, congratulations, you finally get to celebrate your birthday on your birth date this year. Just how many of us are celebrating birthdays on Leap Day? Only about one in 1461 people. If you were born on this day, consider yourself very, very special.



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**Thank you to all of our Caregivers and Clients** who were able to share the holidays with us at our Holiday Party this year. Photos from the event are available for viewing in our Arnold Office. Stop in a have a few laughs at the Ugly Sweater Contestants and see if you agree with who was deemed the winner!

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**CARE AT HOME**  
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