

MY INDEPENDENCE AT HOME MONTHLY NEWSLETTER

Issue 1 | January 2018

"Teamwork makes the dream work." -John C. Maxwell

NATIONAL GLAUCOMA AWARENESS MONTH

Did you know?

In the United States approximately 120,000 people have lost their eyesight due to glaucoma, accounting for 9% -12% of all cases of blindness. Below are three ways you can help raise awareness:

1. Talk to friends and family about glaucoma. If you have glaucoma, don't keep it a secret. Let your family members know.
2. Request to have a free educational booklet sent to you or a friend.
3. Get involved in your community through fund raisers, information sessions, group discussions, inviting expert speakers, and more.

For more information, please visit:
www.glaucoma.org

MONTHLY EATS

Easy Pumpkin Pie Recipe

1 1/2 cups pumpkin puree
1/2 cup honey or maple syrup
1/8 teaspoon powdered cloves
1 1/2 tsp cinnamon
3/4 tsp ginger
1/2 tsp salt
2 eggs, slightly beaten
1/2 can evaporated milk (or 1 cup scalded milk)

Mix contents in the order given. Pour into a pie crust. Bake 10 minutes at 450°F; then 40 minutes at 350°F. Serve this tasty dessert with ice cream or whipped cream.



PERSONAL EMERGENCY RESPONSE SYSTEMS

If you or a loved one is prone to falls or has a fear of falling and not being able to reach the phone for help, we are here for you!



With a simple click of a button our Personal Emergency Response System gives everyone the peace of mind that help will be there when it's needed the most. Worn on the neck or wrist, the pendants are light weight and offer the sense of security you both need and deserve, both home and away!

Costs range from \$28-\$35 per month and installation is always **FREE!!!**

Contact us today for more information:
215-921-2277

MEET THE FOUNDERS



Lisa M. Robinson **Founder & Chief Executive Officer**

A Veteran and Philadelphia native with more than 12 years' experience in the finance industry, Lisa has been able to apply her professionalism and skills to the home care industry. Lisa's role affords her the opportunity to work closely with

the elderly and adults with disabilities, particularly those in low income areas; a demographic grossly undeserved and to which she is totally committed. A stroke survivor, Lisa understands the positive impact professional and compassionate home care can have on a persons' life. Lisa holds a B.A. in Criminal Justice and a M.S. in Organizational Communication from Murray State University.



Ronda M. Winfield **Co-Founder & Chief Operating Officer**

An advocate for the disabled and elderly Ronda is versed in the home care industry, as well as housing programs and services and has more than 20 years' experience in finance, community development and training industries. A member and volunteer of the Wynnefield Heights Civic Association, and her local home and school association, Ronda actively participates in trainings and workshops specifically related to the home care industry and senior-related issues. Ronda was most recently awarded the Arrow of Light Award from Isabella Fitzgerald, Member of the House of Representatives.



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PARTICIPANT OF THE MONTH

MRS. V. ANDERSON

Mrs. V. Anderson was interviewed by Brittney Price, Receptionist at My Independence at HOME. See the interview below:

BP: What are your favorite things to do?

VA: Play the Candy Crush Saga game.

BP: What are you most proud of?

VA: I am proud that I still have my mind and quit smoking!

BP: What makes you happy?

VA: Pleasing others and seeing them happy.

BP: What is different about growing up today than when you were a child?

VA: I had no internet. I only had a black and white screen tv. The respect that children and young adults have for their parents has changed and I miss using my beeper.

BP: What have you not done that you still hope to achieve?

VA: I would love to go to the Bahamas!

CAREGIVER OF THE MONTH



Dylan Frierson

Since joining our family, Dylan has gone above and beyond with respect to providing care to his consumer. He has proven himself to be reliable, punctual and caring. We are very grateful that he chose to work with My Independence at Home and appreciate his hard work, compassion and commitment.

Be on the lookout for the February Caregiver of The Month!

2017 HIGHLIGHTS

- ▶ Toys for Tots Drive sponsored by My Independence at Home and Akea's Hearts, Inc.
- ▶ Senior Safety Presentation at the 19th District Police Department
- ▶ My Independence at Home's Thanksgiving Dinner Raffle
- ▶ City Wide Job Fair sponsored by State Representative Vanessa Lowery Brown
- ▶ State Representative Stephen Kinsey's Sr. Health Fair
- ▶ "How to Start a Business Bootcamp" with Keynote Speaker, Lisa M. Robinson

ACTIVITIES AROUND THE COMMUNITY

Bingo

Monday, January 15, 2018
12:45 p.m. to 2:30 p.m.
1251 E. Sedgley Ave.,
Philadelphia, PA 19124

Silver and Fit Exercise Activity

Monday, January 15, 2018
7:00 a.m. to 4:30 p.m.
1438 N. Broad St.,
Philadelphia, PA 19121

Chat and Beverage

Wednesday, January 24, 2018
8:00 a.m. to 11:30 a.m.
1433 S. 15th Street,
Philadelphia, PA 19145

Art Class

Wednesday, January 24, 2018
12:45 p.m. to 3:30 p.m.
8101 Bustleton Avenue,
Philadelphia, PA 19152

My Independence at HOME



A Message from Our Founder

"I am a firm believer in striving for excellence rather than perfection. Doing so means that you have a strong work ethic, stand out from your competition and are bound for success. If you focus on the quality of service you provide, your blessings will come!"

~Lisa M. Robinson