

# MY INDEPENDENCE AT HOME

## Monthly Newsletter



*"All great achievements require time." - Maya Angelou*

### ORAL HYGIENE AWARENESS MONTH

Regardless of your age, prevention is the key to maintaining good oral health. Knowing what particular dental problems you are at risk for developing, and how you can reduce those risks, will help you determine the most appropriate means to prevent dental problems.

The Wisconsin Dental Association recommends the following precautions:

- Brush and floss at least four times a day.
- Brush and rinse dentures after each meal.
- Chew sugarless gum.
- Avoid tobacco, alcohol, sodas and foods high in sugar content.
- Use moisturizer on the lips to alleviate discomfort.



For more information, please visit [www.wda.org](http://www.wda.org) or call 414-276-4520

### MONTHLY EATS

#### Snickerdoodles

- 2-3/4 cups all-purpose white flour
- 1-3/4 cups sugar (divided use)
- 1 cup butter, softened
- 2 eggs
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 1-1/2 teaspoon ground cinnamon

#### Preparation:



1. Heat oven to 400° F.
2. Combine all cookie ingredients in large bowl and mix well.
3. Stir together remaining 1/4 cup sugar (or Splenda®) and cinnamon in a small bowl.
4. Form 1" balls and roll in the sugar mixture.
5. Place dough balls 2" apart on an ungreased cookie sheet.
6. Bake for 8 to 10 minutes until browned.

### TOP FIVE REASONS YOU NEED LIFE INSURANCE

Everyone is going to face the inevitable; which is often a difficult, but necessary conversation to have.

We have compiled five reasons why life insurance is a must have:

- Tomorrow isn't promised.
- Funerals can be very costly.
- Protect those you love.
- Your passing shouldn't equal debt.
- Protect you business.

**My Independence at Home** realizes that there is no amount of money that can replace you; but we are here to help you put a plan in place that will ensure that your loved ones are taken care of...even when you're no longer here.

Contact us for a **FREE** consultation at  
215-921-2277

### DID YOU KNOW?

*Two thirds of Americans believe life insurance brings peace of mind.*

### MEET OUR CASE MANAGER

*Lamont Garmon*

Since 2017, Lamont has served as Case Manager for **My Independence at Home**. As Case Manager, he assists current and prospective home care participants and their families with issues such as; identifying their home care needs, creating a plan of care, matching their needs to the right resource, assessing the effectiveness of home care treatments and services, and more. Lamont attended Hampton University on a full football scholarship and previously supervised the Allentown Rescue Mission working with the homeless population.

### BLACK HISTORY MONTH FACT:

Hiram Rhodes Revels was the first African-American ever elected to the United States Senate. He represented the state of Mississippi from February 1870 to March 1871.



## COMMUNITY RESOURCES

- **LIHEAP:** A heating assistance program that helps low-income families pay their heating bills. LIHEAP is a grant that offers assistance in the form of a cash grant or a crisis grant for households in immediate danger of being without heat.

For more information call the LIHEAP hotline at 866-857-7095

- **SEPTA:** Senior Citizens, age 65 and older, can ride on all Transit Routes and Regional Rail lines for FREE with a valid ID. To ride for FREE, seniors must present one of the following valid forms of ID:
  - PA Driver License and Non-Driver Identification Card
  - PA Senior Citizen Transit ID Card
  - SEPTA Key Senior Photo ID Card



NOTE: Effective 1/15/18, Railroad Retirement Cards and Medicare Cards are no longer valid.

## CAREGIVER OF THE MONTH



# Nashika Little

My Independence at Home prides itself on providing quality, compassionate, professional homecare; a commitment we could not fulfill without stellar employees!

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

## EDUCATIONAL RESOURCES

My Independence at Home understands the necessity of furthering your education. Find these educational resources below to further your education in the medical field:

**Joe-Nessa Enterprises**  
Home Health Aide Certification  
Phone: 215-802-7500  
Website: [www.joe-nessaenterprise.com](http://www.joe-nessaenterprise.com)



**American Red Cross**  
Certified Nursing Assistant Certification  
Phone: 215-299-4047  
Website: [www.redcross.org](http://www.redcross.org)



## PARTICIPANT OF THE MONTH

# Frederick Thompson



**Q: What is your greatest accomplishment?**

**A:** My greatest accomplishment was graduating from Lancaster Bible College.

**Q: What is your greatest piece of advice?**

**A:** Greatest piece of advice would be to always have a spiritual connection with God.

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

**A:** To get married; to find someone who will love me with my condition.

*"It doesn't matter who you are, where you come from. The ability to triumph begins with you. Always."*

*-Oprah Winfrey*

*First African-American female billionaire*



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