

MY INDEPENDENCE AT HOME

Monthly Newsletter



"Perhaps most important, we need to keep saying to anyone out there who has ever been assaulted: you are not alone. We have your back. I've got your back." -President Barack Obama

STRESS AWARENESS MONTH

Stress happens, sometimes it's unavoidable, at times it's unbearable. That's why taking time for yourself is invaluable. Relaxation and rejuvenation is healthy.

Stress does not merely afflict your mind. In fact, long-term stress can lead to a wide range of illnesses—from headaches to stomach disorders to depression—and can even increase the risk of serious conditions like stroke and heart disease. Understanding the connection between mind, stress and health can help you better manage your stress and improve your overall well being.

Although, you can't avoid stress, you can definitely minimize it by changing how you choose to respond to it. The ultimate reward for your efforts is a healthy, balanced life, with time for work, relationships, relaxation, and fun.



For more information, visit www.foh.psc.gov or call 1-800-457-9808

MONTHLY EATS

Angel Cookies



Ingredients:

- 1 box angel food cake mix
- 1 teaspoon vanilla extract
- 1/2 cup Black Cherry diet soda
- 14 ounces dried, sweetened coconut flakes

Preparation:

1. Preheat oven to 350° F.
2. In a bowl mix the cake mix, vanilla and soda. If too stiff or not completely mixed add more soda a spoonful at a time just until mixed.
3. Fold in the coconut.
4. Place parchment paper on a cookie sheet. Drop a spoonful of the cookie mixture on sheet placing 2" apart. Bake for 10 minutes until light brown on bottom.
5. Remove cookies from baking sheet and cool on a cooling rack.

ABUSE IN LATER LIFE

Elder abuse is a significant public health and human rights issue--locally, nationally, and globally. This type of abuse comes in many forms--physical, sexual, mental, neglect and financial exploitation. Sadly, 90% of the time elders are abused by their own family members. Elder abuse doesn't discriminate--its victims come from varying socio-economic groups, cultures and races.

DID YOU KNOW?

- Elder abuse is an under-recognized issue with devastating consequences.
- Elder abuse can occur anywhere.
- 76% of all reported elder abuse victims are 60 years of age or older.



If you suspect that someone you know is being abused, neglected or exploited, you can report it by calling Statewide Elder Abuse Hotline at 1-800-490-8505.

MEET OUR CASE MANAGER

Alisha S. Seamon

Alisha currently serves as our newest Case Manager at **My Independence at Home**. In this role, Alisha 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. Alisha attended Pierce College where she obtained her Associates Degree in Healthcare Information Technology. She is also a Certified Home Health Aide.



You can contact
Alisha Seamon
today at:
215-921-2277
Ext: 103

CAREGIVER OF THE MONTH



Genemarie Gray



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

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

LIFE PREPAREDNESS OFFERINGS

We will all face the inevitable; which is often a difficult yet necessary conversation to have. Ensuring that your wishes are known and properly documented is extremely important. My Independence at Home is here to help!

Will

Allows you to leave instructions about what should happen to your property after you die. This ensures that your wishes regarding the distribution of your property are fulfilled.

Living Will

Allows you to state your wishes for end of life medical care. Family and doctors use this to make decisions about medical treatments if you cannot communicate or make decisions for yourself.

Power of Attorney

Allows you to choose someone who will act on your behalf and have the ability to manage expenses, investments and/or direct medical care while you are alive.

Documents are prepared for the following prices:

- \$30.00 each
- 2 for \$50.00
- 3 for \$75.00

If you would like us to prepare a document for you or if you are in need of life insurance please call My Independence at Home at 215-921-2277 to schedule a FREE consultation!

AMERICAN RED CROSS SCHOLARSHIP

The American Red Cross is offering limited scholarships for their Certified Nursing Assistant program. Tuition includes fees for the first attempt of the state exams, fingerprinting, a background check, CPR/First Aid Training, and all course materials.

For more information or to apply for the CNA program, go to www.redcross.org or call at 1-800-733-2767



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NO MORE, THE MOVEMENT

NOMORE is dedicated to ending domestic violence and sexual assault by increasing awareness. This movement is committed to engaging, reaching and working with people from diverse communities; working to amplify and grow the movement to stop and prevent domestic violence and sexual assault around the world.



For more information about the NO MORE Movement, visit www.pasaysnomore.org. If you see, hear, or suspect someone you know is in immediate danger, please call 911.

PARTICIPANT OF THE MONTH

Earl Farmer



Q: Who was your childhood hero?

A: Chuck Berry.

Q: Did you have a nickname that your siblings or friends called you? How did you get the nickname?

A: They used to call me Grease because I was a grease monkey; a mechanic!

Q: What life advice would you pass along to our generation?

A: Get your act together and try to get your own business started.

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

A: Hitting the lottery!

*"Don't get frustrated, get involved.
Don't complain, organize."*

-Maryum Ali



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