

# MY INDEPENDENCE AT HOME

## Monthly Newsletter



*"I don't want my pain and struggle to make me a victim. I want my battle to make me someone else's hero." -Egyptian Proverb*

### LUPUS AWARENESS MONTH

Lupus is a chronic and complex autoimmune disease that can affect the joints, skin, brain, lungs, kidneys, and blood vessels causing widespread inflammation and tissue damage in the affected organ.

Unfortunately, there is no single test to definitively diagnose lupus therefore, it can take months to diagnose. Typically, a doctor will conduct a complete medical history and physical exam, including blood tests, in addition to skin and kidney biopsies to make an accurate diagnosis.

### IS THERE HOPE FOR A CURE?

For patients with established lupus, research is focused on designing new clinical trials that test drug candidates which, if successful, could be combined with existing therapies. The Lupus Research Alliance is funding the most innovative research in the world with hope of finding better diagnostics, improved treatment and, eventually, a cure.

### MONTHLY EATS

#### Mason Jar Salad



#### Ingredients:

- Bagged lettuce
- Cooked pasta
- Cucumbers, chopped
- Mini sweet bell peppers, chopped
- Broccoli, chopped
- Carrots, chopped
- Fruit, such as mandarin oranges (lightly rinsed), cubed apple, or berries
- Grape tomatoes (uncut)
- Cheese, cubed or shredded
- Croutons/crushed
- tortilla chips
- Salad dressing of choice

#### Preparation:

1. Layer ingredients in the following order in a 16-ounce wide-mouth jar: dressing (if using); sturdy veggies like carrots, bell peppers, cabbage; whole grape tomatoes; cooked pasta or other grain; lettuce; toppings such as cheese, chicken, or hard-cooked egg.
2. Chill and enjoy!

### TRADITIONAL HEALTH PRACTICES

Native Hawaiians often seek the services of traditional healing practitioners. For Native Hawaiians, some of the commonly used traditional healing practices such as:

- Lomilomi (massage),
- La'au lapa'au (herbal or plant based healing),
- La'au Kahea (prayer)
- Ho'oponopono (conflict resolution).

Practitioners will invoke some or all of these components in their practices. All traditional healing practices involve: prayer, the acknowledgment that healing comes from a higher power or God, a willing patient and the attempt to bring the patient back into balance or harmony.

### DID YOU KNOW?

Traditionally, healing of the physical body cannot occur without remedying any problems within the mental or spiritual realm. This requires spending time with the patient in order to get to know them and ascertaining the true origins of their illness.



### LUPUS AWARENESS FACT:



Lupus is one of America's least recognized major diseases. While Lupus is widespread, the public lacks knowledge of the disease.


## MYIAH NEWS

The U.S. Small Business Administration officially announces Eastern Pennsylvania's Minority-Owned Small Business of the Year, **My Independence at Home** on Tuesday, May 1, 2018!

Jim Kenney, Mayor of Philadelphia, Antonio Leta, U.S. SBA Eastern Pennsylvania Director and other local, state and federal officials will be in attendance.



*Congratulations*



*"Pretty much when you have lupus you feel like you have the flu every day. But some days you get through it. But for me, if I'm not feeling well, I tend to tell my kids, 'Oh mommy's just going to relax in bed today. I kind of take it easy.'"*  
~Toni Braxton

## CAREGIVER OF THE MONTH



**Lovely Antoine**



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

"Many thanks to our caregivers who tirelessly provide compassionate care." ~Lisa Robinson, Founder & CEO

## COMMUNITY RESOURCES

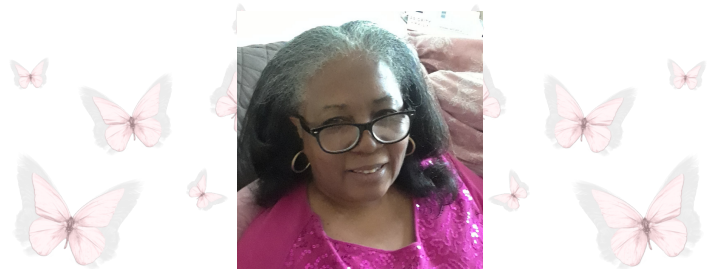
The **Lupus Foundation of Pennsylvania** was founded in 1975 by Barbara Vandergrift, a lupus patient, as a grassroots initiative. The organization has changed its strategic direction over time to best suit the needs of the community and to proactively adjust to the funding climate. In 2013, the Lupus Foundation of Pennsylvania transitioned from a multi-branch foundation that included offices in Pittsburgh, Harrisburg, Poconos and Erie to a model with one office as the headquarters of the foundation in Pittsburgh. Our number one priority that has remained constant for over 40 years is to provide caring, knowledgeable support and resources to those impacted by lupus.



For more information, events, and donations please visit <http://www.lupuspa.org/> or call 1-800-800-5776

## PARTICIPANT OF THE MONTH

**Brenda Hart**



**Q: Who is your childhood hero?**

A: My mother Louise Hart. She taught me the importance of family, education, and working to achieve my goals.

**Q: Do you have a nickname that your siblings or friends call you? How did you get the nickname?**

A: Bren-Den. My grandfather gave me that nickname.

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

A: Focus on the positive and develop a good relationship with God.

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

A: Take a vacation to Maui, Hawaii.



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