

MY INDEPENDENCE AT HOME

Monthly Newsletter



"The ground on which we stand is sacred ground. It is the blood of our ancestors." -Chief Plenty Coups, Crow

PSORIASIS AWARENESS MONTH

Psoriasis is a chronic autoimmune condition that causes the rapid buildup of skin cells. This buildup of cells causes scaling on the skin's surface and inflammation and redness around the scales is fairly common. Typical psoriatic scales are whitish-silver and develop in thick, red patches and sometimes these patches will crack and bleed. Psoriasis is the result of a sped-up skin production process. Typically, skin cells grow deep in the skin and slowly rise to the surface and eventually, fall off. The typical life cycle of a skin cell is one month. In people with psoriasis, this production process may occur in just a few days.

IS PSORIASIS CONTAGIOUS?

Psoriasis isn't contagious. You cannot pass the skin condition from one person to another. Touching a psoriatic lesion on another person will not cause you to develop the condition.

For more information go to www.healthline.com or call 917 720-4400

MONTHLY EATS

Turkey Panini

Ingredients:

- 2 tablespoons fat-free mayonnaise
- 4 teaspoons basil pesto
- 8 (1-ounce) thin slices sourdough bread
- 8 ounces sliced cooked turkey breast
- 2 ounces thinly sliced provolone cheese
- 8 (1/8-inch-thick) slices tomato
- Cooking spray



Preparation:

1. Combine mayonnaise and pesto, stirring well. Spread one tablespoon mayonnaise mixture on each of four bread slices; top each slice with two ounces turkey, half ounce cheese, and two tomato slices. Top with remaining bread slices.
2. Preheat grill pan or large nonstick skillet coated with cooking spray over medium heat. Add sandwiches to pan; top with another heavy skillet. Cook three minutes on each side or until golden brown.

AMERICAN INDIAN HERITAGE MONTH

On August 3, 1990, president George H. W. Bush declared the month of August as the National American Indian Heritage Month, thereafter commonly referred to as Native American Heritage Month.

This commemorative month aims to provide a platform for native people in the United States of America to share their culture, traditions, music, crafts, dance, and ways and concepts of life. This gives native people the opportunity to express to their community, both city, county and state officials their concerns and solutions for building bridges of understanding and friendship in their local area.

DID YOU KNOW?

The term "Indian" originated with Christopher Columbus. He thought that he had reached the East Indies when he landed in America and therefore named the inhabitants Indians.



FUN FACT:

Ishi (c. 1860–1916) is widely known as the "last wild Indian" in America. He lived most of his life outside modern culture after his tribe, the Yahi (of the Yana group) became extinct in the late 1800s because of the California Gold Rush. He lived alone in the wilderness after his family died. In 1911, starving and with nowhere to go, he walked out of the wilderness into the town of Oroville, where he was studied by anthropologists.

DAILY OBSERVANCES FOR AUGUST



National Vinyl Record Day
August 12, 2018



Gary Freiberg of Los Osos, California founded **National Vinyl Record Day** (commemorating the day Thomas Edison invented the phonograph in 1877) as a reminder of fond memories and the good things in life, especially vinyl records.

National Vinyl Record Day is a good time to reminisce about the "Good Ole Days". Stop by a vinyl record store in your town. Use **#VinylRecordDay** to post on social media!



National Senior Citizen's Day
August 21, 2018



On August 19, 1988, President Ronald Reagan signed Proclamation 5847 declaring August 21 as **National Senior Citizens Day**.

To celebrate **National Senior Citizens Day**, spend time with the senior citizens you know. Let them know that they are appreciated and loved or volunteer at a retirement home and share your smile with those who may not otherwise get a visitor that day.

If you are a senior citizen, check for special discounts and promotions that may be offered at stores and restaurants in your area. Use **#SeniorCitizensDay** to post on social media!



National Dog Day
August 26, 2018



National Dog Day was founded in 2004 by pet lifestyle expert and author Colleen Paige.

This day encourages dog ownership of all breeds, mixed and pure, and embraces the opportunity for all dogs to live a happy, safe and abuse-free life. Dogs give us companionship; keep us safe, and aid those in need. The goal for many on **National Dog Day** is to find homes for all dogs in need of a loving family, while the goal of the **National Dog Day Foundation** is to rescue 10,000 dogs each year.

Use **#NationalDogDay** and post photos of your dog on social media. Take your dog for a walk. If you do not have a dog, ask to take your neighbor's dog for a stroll or volunteer at a shelter!

PARTICIPANT OF THE MONTH

Ronald Proctor



Q: What is your favorite book or movie?

A: To Kill a Mockingbird, because Alex was the defense lawyer for the African-American defendant.

Q: What has been the most influential experiences in your life?

A: Being married. My marriage was an inspiration.

Q: If you could have three wishes, what would they be?

A: Long life, happiness, and someone to love.

CAREGIVER OF THE MONTH



Syrea Snead-Bibbs



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

JOIN OUR TEAM



INTAKE COORDINATOR



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