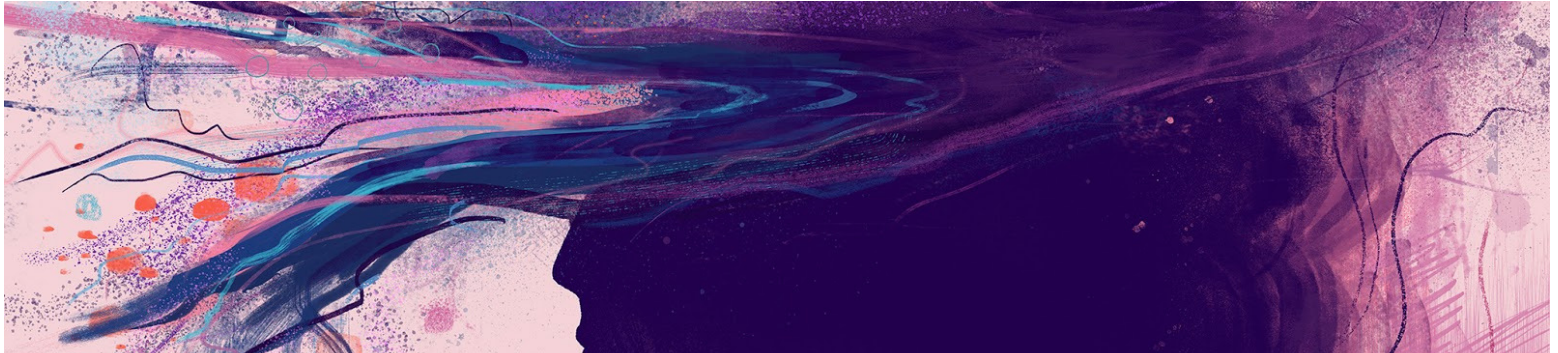


MY INDEPENDENCE AT HOME

Monthly Newsletter



"The mind replays what the heart can't delete." - Yasmin Mogahed

PTSD AWARENESS MONTH

Posttraumatic Stress Disorder also known as "PTSD" is a mental health disorder that some people develop after experiencing or witnessing a life-threatening event, such as: a natural disaster, car accident, or sexual assault. Having upsetting memories, feeling on edge, or having trouble sleeping after these types of events. At first, it may be hard to complete daily activities, such as going to work, going to school, or spending time with the people you care about, however, most people start to feel better after a few weeks or months.

WILL IT EVER GET BETTER?

"Getting better" has a different meaning for everyone. There are varying treatment options for PTSD, which can get rid of symptoms altogether. Others find they have fewer symptoms or feel that their symptoms are less intense. Symptoms don't have to interfere with everyday activities, work, and relationships.

For more information or treatments, please visit www.ptsd.va.gov or call 800-273-8255

MONTHLY EATS

Buttermilk Pie



Ingredients:

- 1 cup buttermilk
- 2 eggs
- 1/4 cup butter
- 2 tablespoons lemon juice
- 1 teaspoon almond extract
- 1 teaspoon vanilla extract
- 1-1/2 cups sugar
- 4 tablespoons all-purpose flour
- 1 deep-dish pie crust, 9-inch

Preparation:

1. Preheat oven to 375° F. Set butter out to soften.
2. In a large mixing bowl, mix together buttermilk, eggs, softened butter, lemon juice, almond extract, vanilla extract, sugar and flour.
3. Pour mixture into a deep-dish pie crust.
4. Bake for one hour.
5. Let cool and serve.

ADOPT A SHELTER CAT MONTH

Each spring during "kitten season," thousands of newborn kittens join millions of cats already in shelters across the country. This means local shelters have tons of cute, cuddly newborns, in addition to the mellow, older cats and everything in between. Shelter staff are ready to help you adopt your very first cat — or to bring home a friend for another beloved cat you already have!

Check out these helpful tips before adopting a cat:

- Find a cat whose personality meshes with yours
- Budget for the short- and long-term expenses of a cat
- Stock up on supplies before the cat arrives
- Be sure to include your new companion in your family's emergency plan
- Cat-proof your home

DID YOU KNOW?

Owning a cat reduces the risk of heart attack by 40% and stroke by 30% because it relieves stress.

For more information, please visit www.americanhumane.org



Jacqueline Kennedy Onassis, the first lady to President John F. Kennedy, witnessed the assassination of her husband. While never officially diagnosed, a recent biography details to her obsession of retelling the event to anyone who would listen, in addition to her troubles sleeping and crippling fear that she, too, would be a target.

COMMUNITY RESOURCES

LGBT Pride Parade and Festival June 8, 2018 - June 10, 2018

Held every year in June during National Gay Pride Month, the **LGBT Pride Parade and Festival** brings more than 25,000 people to Philadelphia for a march down Broad Street, leading up to the blockbuster main event festival at Penn's Landing is the parade. The parade leaves from Locust Street between 12th and 13th streets and from there, winds through Midtown Village and Old City— past a judge's stand at 6th and Market streets — to the concluding festival grounds at Penn's Landing.

This event celebrates every one's uniqueness and helps thousands discover the breadth of the LGBT community in the Delaware Valley.



For more information about the LGBT Pride Parade and Festival go to www.phillygaypride.org or call 215-875-9288.

Rittenhouse Square Fine Art Show June 1, 2018 - June 3, 2018

The Rittenhouse Square Fine Art Show event is America's longest-running Outdoor Art Show where artists exhibit all types of artwork. Unique, abstract, stylized, representational, traditional, three-dimensional as well as two-dimensional work – with many top quality artists!

For more information please visit www.rittenhousesquareart.com or call 610-299-1343

CAREGIVER OF THE MONTH



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

PARTICIPANT OF THE MONTH

George Beach



Q: Do you have any special sayings?

A: Yes, I do. Heart leads...life follows.

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

A: My most influential experience in life is getting to know God.

Q: Who are three people in history you admire most and why?

A: The first person I admire is Jesus because he was a great teacher. The second person would be Maya Angelou because she had creative talent in a very special way. My third person is Martin Luther King because he inspired a whole generation and was a civil rights activist.

Q: What's your favorite book and why?

A: My favorite book is the Holy Bible. It has a lot of chapters, a lot of stories and they are all informative. I can read it over and over again.

MYIAH NEWS

My Independence at HOME was named the 2018 Minority-Owned Small Business of Eastern Pennsylvania by the Small Business Administration on Tuesday, May 1st! Many thanks to Mayor Jim Kenney, Congressman Dwight Evans, elected officials, friends, family, staff, participants, and members of the community for attending the ceremony.



"Small businesses are the lifeline to our city. They're the center of our communities. Congrats to Lisa Robinson and Ronda Winfield on their business, My Independence at Home, being named Eastern Pennsylvania's Minority-Owned small business of the year!"

-Jim Kenney, Mayor of Philadelphia



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