

MY INDEPENDENCE AT HOME

Monthly Newsletter



*"Trade your expectations to appreciation & the world changes instantly."
-Anthony Robbins*

RESTLESS LEG SYNDROME

Restless legs syndrome ("RLS") is a disorder of the part of the nervous system that causes an urge to move the legs. Because it usually interferes with sleep RLS is also considered a sleep disorder.

Here are 6 steps you can take to lessen the symptoms of RLS that will help you sleep better:

- Avoid or limit alcohol, caffeine, and nicotine for at least several hours prior to bedtime.
- Stretch your legs at the beginning and end of each day.
- Avoid daytime naps.
- Have your blood tested for iron levels and kidney function.
- Soak your legs in warm water.
- Avoid eating a heavy meal close to bedtime.

For more information, please visit www.rls.org or call your primary care physician.

MONTHLY EATS

Blueberry Green Salad

Ingredients:



- 2 Qt. Salad Greens
- 1 Cup Fresh Blueberries
- 1 Tbsp Chopped Fresh Basil
- 1/2 Tsp Each of Salt & Pepper
- 2 Tbsp of Red Wine Vinegar
- 1 Tbsp Olive Oil
- 1 1/2 Tsp Sugar
- 1 Tsp Grated Lemon Peel
- 2oz Chunks Blue Cheese
- 2 Tbsp Lemon Juice

Preparation:

1. Toss together greens and blueberries.
2. Combine remaining ingredients except blue cheese and mix well.
3. Pour desired amount of dressing over greens and toss.
4. Sprinkle blue cheese over top.
5. Serve and enjoy!

WHAT IS INDEPENDENCE DAY?

The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, Independence Day has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

DID YOU KNOW?

America celebrates Independence Day two days late. Congress actually voted for the Declaration of Independence on July 2nd.

FUN FACT:

John Hancock was the first person to sign the Declaration of Independence. For that reason, he had more space than anyone else, which is why he decided to write his name so big!



PARTICIPANT OF THE MONTH

Jean Martineau



Q: What is your favorite book?

A: The bible is my favorite book. I also read many Amish books, autobiographies, and mysteries.

Q: Did you have any heroes or role models when you were a child?

A: My grandmother was my favorite hero and role model. She used to give me the best advice.

Q: Do you have any hobbies or special interests?

A: Besides reading, I love to crochet and the nature. I like to collect flowers and leaves.

Q: What is your best piece of advice?

A: Be respectful to others and be nice to all the different nationalities. Also, thank God.

CAREGIVER OF THE MONTH

Tamyra Burnette



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

A MESSAGE FROM OUR CO-FOUNDER



"As we continue the celebration of National Nursing Assistant Week I want to extend my heartfelt thanks and gratitude to all of our field staff for your hard work and the compassionate care you provide to our participants! Your unwavering dedication not only embodies My Independence at HOME's mission but also plays a key role in improving the quality of life of the individuals we serve. My Independence at HOME would not be where we are today without you, and we will continue our commitment to creating a positive work experience."

-Ronda Winfield

Happy National CNA Week!

COMMUNITY RESOURCES



Independence Day Celebration
July 1 - 4, 2018



Celebrate America's founding at the Museum of the American Revolution with four days of special programming for all ages. Activities include a meet-and-greet with a Thomas Jefferson reenactor, free cake for the nation's birthday, a free patriotic performance by the Fifes & Drums of the Old Barracks and an ice cream social with treats for both kids and adults (like boozy ice cream floats).

Tickets for the Museum of the American Revolution are \$19 for adults, \$17 for students, active or retired military, and AAA and AARP members with ID, and \$12 for children ages 6 and older. Children ages 5 and younger are free.

To purchase tickets go to
www.amrevmuseum.org/visit/hours-and-admission



National Blueberry Picking
Mid-late June - Late August



Native to North America, these fruits have been eaten by people for hundreds of years. Rich in health-promoting phytonutrients, blueberries boast benefits ranging from reducing blood pressure and cholesterol to preserving brain function to keeping cancer at bay.

Looking for a place to pick blueberries in your area?

- Indian Orchards: 610-564-0794
- Linvilla Orchards: 610-876-7116
- Shady Brook Farm: 215-968-1670
- Solebury Orchards: 215-297-8079
- Tabora Farm & Orchard: 215-249-3016
- Weaver's Orchard: 610-856-7300



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