

# MY INDEPENDENCE AT HOME

## Monthly Newsletter



*"My great strength is knowing who I am and where I come from, my island." - Oscar De La Renta*

### OVARIAN CANCER AWARENESS MONTH

Ovarian cancer is one of the most deadliest forms of cancer. Each year, approximately 21,980 women will be diagnosed with ovarian cancer. In 2014, approximately 14,270 women died in the United States from this disease. The World Health Organization IARC department estimates that there are over 238,000 new cases diagnosed annually and nearly 152,000 deaths worldwide.

Unfortunately, many women don't seek help until the disease has begun to spread, but if detected at its earliest stage, the five year survival rate is more than 93%. The symptoms of ovarian cancer are often subtle and easily confused with other ailments.



For more information go to [ovariancancerawareness.org](http://ovariancancerawareness.org)



### MONTHLY EATS

#### Puerto Rican Picadillo Empanadas

##### Ingredients:

- 1/2 Lbs Ground Beef or Chicken
- 1 Tbsp Olive Oil
- 1 Packet Sazon
- 1/4 Cup Goya Tomato Sauce
- 1 Tsp Minced Garlic
- 1/2 Diced Onion
- 1/8 Tsp Black Pepper
- 1/2 Tsp Dried Oregano
- 1 Package Goya Discos; Frozen Turnover Dough
- 1 Cup Corn Oil/Peanut Oil; for Frying



##### Preparation:

1. In a skillet, heat oil on medium heat. Stir in ground meat and cook just until sizzling and half browned.
2. Stir in the remaining ingredients except for the discos and frying oil.
3. Lower heat and simmer for 10-15 minutes until mixture thickens.
4. With your thawed Goya discos, spoon about 1 tbsp. of mixture in to the middle, fold-over and seal with a fork.
5. Heat 2 1/2 inches of oil in a deep sauce pan on medium heat.
6. Cook empanadas in batches, turning until lightly browned on both sides.
7. Drain on paper towels and enjoy!

### NATIONAL HISPANIC HERITAGE MONTH

Each year during the month of September, Americans observe National Hispanic Heritage Month. This observation was originally recognized as National Hispanic Heritage week in 1968. On August 17, 1988, by the approval of public law National Hispanic Heritage Month was officially recognized. The anniversary of many Latin Counties falls on September 15th. This significant month celebrates the history, culture, and contributions of American citizens whose ancestors originated from Spain, Mexico, the Caribbean, and Central America.

The Hispanic population in the United States now stands at 57 million. This population makes Hispanic and Latino Americans the second largest ethnic group in the United States. California has the largest population of Hispanic and Latino's in the United States which is estimated at 15 million.

For more information go to [hispanicheritagemonth.org](http://hispanicheritagemonth.org)

### FUN FACT:

*Some of the instruments used in traditional Puerto Rican music originated with the Taino people. Most noteworthy is the güicharo, or güiro, a notched hollowed-out gourd, which was adapted from pre-Columbian days. The musical traditions of the Spanish and Africans can also be heard in Puerto Rico's music.*

## SEPTEMBER OBSERVANCES



Labor Day  
September 3, 2018



Labor Day, the first Monday in September, is the result of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

HAPPY  
*Labor Day*



National Grandparent's Day  
September 9, 2018



We love our grandparents for how they contribute to our lives in the present. But have you ever taken the time to learn about their past? Ask a grandparent to tell a few stories from years gone by. You'll learn something new and participate in one of the most valuable experiences our grandparents can give us—wisdom passed down through the ages. Plus, it will help you understand where they're coming from. Some of their entrenched views will be explained by learning about the environment in which they grew up.



Mexican Independence Day  
September 16, 2018



In 1810, Father Miguel Hidalgo of Dolores, Mexico was planning a revolt to free Mexico from Spanish rule. On September 15, 1810, at 11:00 p.m., Father Hidalgo rang his church bell to call his parishioners and rally them to fight off Spanish rule. He then made a speech to his congregation, and the fight for freedom began.

Today, Mexican people mark this very special holiday, by repeating the ringing of the bells at 11:00 p.m. on the 15th of September. It is followed by a day of celebrations on the 16th of September.

Viva Mexico!  
Have a happy Mexican Independence Day!

## CAREGIVER OF THE MONTH



Sergia Cubilete



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

## WORLD SUICIDE PREVENTION DAY SEPTEMBER 10, 2018

World Suicide Prevention Day, on September 10, is organized by the International Association for Suicide Prevention. The purpose of this day is to raise awareness around the globe that suicide can be prevented. In the past years, over 300 activities in around 70 countries were reported to the International Association for Suicide Prevention, including educational and commemorative events, press briefings and conferences, as well as Facebook and Twitter coverage.

For more information about suicide prevention, go to [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org) or call 1-800-273-8255



## PARTICIPANT OF THE MONTH



Valerie Ortiz



Q: What did you want to be when you grew up?  
A: I wanted to be a nurse. After a long career of being a nurse, I had to quit due to back issues. I had to give it all up.  
Q: What's your favorite book or movie and why?  
A: My favorite movie is The Fast and The Furious. I love all the action and mostly, the men.  
Q: What have you not done that you still hope to achieve?  
A: I want to go to Disney world but I have a fear of flying. My daughter and granddaughter always ask me to go with them, but I tell them that they would have to knock me out cold like they used to do to Mr. T on the television. If they can't do that, then no, I'm not going.



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