

MY INDEPENDENCE AT HOME

Monthly Newsletter



"Once I overcame breast cancer, I wasn't afraid of anything anymore." - Melissa Etheridge

BREAST CANCER AWARENESS MONTH

WHAT IS BREAST CANCER?

Breast cancer is a disease in which malignant or cancerous cells form in the tissues of the breast. Breast cancer starts when cells in the breast begin to grow rapidly. These cells usually form a tumor that can be seen on an x-ray or felt as a lump or cyst. Often these cells can spread or metastasize into surrounding tissues throughout the body. Breast cancer occurs almost entirely in women, but men also be plagued.

WHAT ARE THE FACTS?

- One in eight women in the United States will be diagnosed with breast cancer in her lifetime.
- Although breast cancer in men is rare, an estimated 2,470 men will be diagnosed with breast cancer and approximately 460 will die each year.
- Over 3.3 million breast cancer survivors are alive in the United States today.

For more information go www.cancer.org or call 800-227-2345

MONTHLY EATS

Chicken and White Bean Soup

Ingredients:

- 3 cups of rotisserie chicken or chopped cooked chicken breast
- 6 cups of low sodium chicken broth
- 2 cups water
- 15oz can white beans, rinsed
- 1 Tbsp of oil
- 2 stalks of celery, chopped
- 3 carrots, peeled and chopped
- 1 onion, diced
- Salt and pepper to taste



Preparation:

1. Shred the chicken, omitting the skin and bones.
2. Saute the onion, celery and carrots with the oil over a low to medium heat until the onions turn translucent (about 10 minutes).
3. Add the broth and chicken and simmer for another 10 minutes.
4. Add the beans to the broth and chicken and cook for five minutes, season to taste and serve.

DOWN SYNDROME AWARENESS MONTH

Down syndrome (DS), also called Trisomy 21, is a condition in which a person is born with an extra chromosome. Chromosomes contain hundreds, or even thousands, of genes. Genes carry the information that determines your traits (features or characteristics passed on to you from your parents). With Down syndrome, the extra chromosome causes delays in the way a child develops, mentally and physically.

DID YOU KNOW?

Down syndrome is the most commonly occurring chromosomal condition. Approximately one in every 700 babies in the United States is born with Down syndrome – about 6,000 each year



For more information go to www.ndss.org or call 800-221-4602

NATIONAL DEPRESSION SCREENING DAY OCTOBER 4, 2018

National Depression Screening Day ("NDSD"), is recognized on Thursday of the first full week in October. Educational workshops and screenings for mental health are conducted by hospitals, clinics, colleges, and community groups nationwide. NDSD has been observed since October 1991.

#Keepgoing

Take an anonymous screening at
<http://helpyourselfhelpothers.org/>

PARTICIPANT OF THE MONTH



Julia Jamison



Q: What is your greatest accomplishment?

A: My greatest accomplishment is being 93 years old, the Lord did that!

Q: What is your greatest piece of advice?

A: My greatest piece of advice would be to be thankful for what the Lord gave you either big or small.

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

A: I have done everything I have ever wanted. Whatever I have not done, is because the Lord did not want me to.

CAREGIVER OF THE MONTH



Violet Smith



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

CONGRATULATIONS MYIAH!

ENTREPRENEURS
FORUM
of Greater Philadelphia

PHILADELPHIA
100

Winner



OBSERVANCES FOR OCTOBER



World Mental Health Day
October 10, 2018



World Mental Health Day is observed on October 10th every year, with the goal of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health.

The day provides an opportunity for those involved in the industry to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

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National Black Cat Day
October 27, 2018



Celebrated on October 27th, just four days before Halloween. National Black Cat Day is a holiday that celebrates an animal that typically has a negative perception to many people. Black cats are not only considered bad luck in the United States but they are also one of the cats that are the least likely to be adopted because of their color.

So do your favorite black feline a favor and shower them with lots of love on this holiday.

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Halloween
October 31, 2018



Each year on October 31st as the ghosts and goblins of Halloween parade the streets and doorsteps of our neighborhoods, we re-enact remnants of ancient folk customs that pay homage to departed ancestors as well as to the souls of our loved ones who have died. These annual revivals of ancient rituals form the basis of our contemporary American holiday.

Halloween has traditionally been associated in America with dressing up in costume and consuming sweets; however, the roots of the holiday lie in late autumn harvest rituals that correspond to natural, seasonal changes and that are expressed in commemorations of the dying year. During this period of transition, cultures across the world remember those who have passed on by drawing an analogy between human death and the dark, cold winter months that loom ahead.



My Independence at HOME
Quality Home Care with Compassion...

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