

MY INDEPENDENCE AT HOME

Monthly Newsletter



"Love begins by taking care of the closest ones - the ones at home." - Mother Teresa

NATIONAL HOME CARE MONTH

Home care includes a range of medical, social and assistive services provided in an individual's home when they require follow-up care after a hospital visit or require long term care.

These comprehensive services are provided by nurses, therapists, home health aides and other direct-care staff typically under the direction of a physician's order. The focus of these patient-centered services include prevention, recuperation, and/or an alternative to higher-cost institutional care that would otherwise be provided in a hospital or nursing facility.

Individuals receiving home care include, the elderly and those with physical and/or intellectual developmental disabilities who require assistance with activities of daily living, such as feeding, bathing, dressing, meal preparation, wound care, transferring and other forms of self-care.

Generally, home care services are appropriate whenever an individual prefers to stay at home, or is homebound, but requires ongoing care.

For more information visit
www.nationalhomecaremonth.com

NATIONAL HOSPICE MONTH

During November, the home care and hospice community honor the millions of nurses, home care aides, therapists, and social workers who make a remarkable difference for the individuals and families they serve. These heroic caregivers play a central role in our health care system and in homes across the nation.

FUN FACTS:

- In 2016, home care providers traveled 7.6 billion miles to deliver services.
- 90% of Americans want to age in place, and home care is the preferred method of health care delivery among the disabled, elderly, and chronically ill.
- Home care provides high-quality, compassionate care to more than 5 million Americans annually

For more information visit
www.nahc.org or call (202) 547-7424

NATIONAL FAMILY CAREGIVERS MONTH

National Family Caregivers Month (NFC) began in 1994 as a week-long event inaugurated by the Caregiver Action Network (National Family Caregiver Association). Today it is a month-long celebration that takes place each November – as a time to recognize and honor family caregivers across the country.

Celebrating family caregivers during NFC month enables all of us to:

- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
- Educate family caregivers about self-identification
- Increase support for family caregivers

Caregivers give more than care. They are unsung heroes whose time, energy, and love give comfort in the most challenging times.

This month, show your gratitude for a caregiver in your life by sharing their story.

#mycaregiverstory

For more information visit
www.powerfulpatients.org

*"America's nurses are the beating heart of our medical system."
 -President Barack Obama*

MONTHLY EATS

Bread and Celery Stuffing

Ingredients:

- 1 pound of sliced white bread
- 3/4 cup butter or margarine
- 1 onion, chopped
- 4 stalks celery, chopped
- 2 teaspoons poultry seasoning
- Salt and pepper to taste
- 1 cup chicken broth

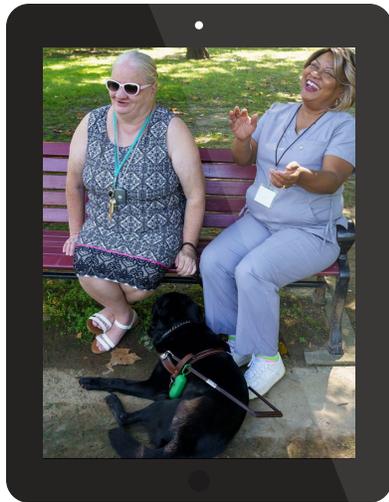


Preparation:

1. Let bread slices air dry for 1 to 2 hours, then cut into cubes.
2. In a Dutch oven, melt butter or margarine over medium heat. Cook onion and celery until soft. Season with poultry seasoning, salt, and pepper. Stir in bread cubes until evenly coated. Moisten with chicken broth; mix well.
3. Chill, and use as a stuffing for turkey, or bake in a buttered casserole dish at 350 (add the degrees symbol and remove the word) degrees F (175 degrees C) for 30 to 40 minutes.

**MYIAH consumer,
Ms. Agnes Dutil and
caregiver, Ms.
LaSandra Brown
were featured
on www.philly.com!**

The Inquirer
DAILY NEWS philly.com



**JOIN US THURSDAY, 11/8 FROM 6PM-8PM AS WE CELEBRATE
OUR FEATURE IN BOTH OPRAH & ENTREPRENEUR MAGAZINE!**



Entrepreneur
MAGAZINE

CONTACT US AT 215-921-2277 TO RSVP!



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OBSERVANCES FOR NOVEMBER



Veteran's Day
November 11, 2018



Veterans's Day honors all members of the Armed Forces who have served this country valiantly. They served and fought to protect us, to keep our country safe, and to preserve our way of life. In many cases, Veterans made the ultimate sacrifice for the country. On this day, work stops each year for a moment of silence as we honor our Veterans.



Thanksgiving Day
November 22, 2018



Thanksgiving Day is a national holiday in the United States, and Thanksgiving 2018 occurs on Thursday, November 22. In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November.

**ENTREPRENEURS
FORUM**
of Greater Philadelphia

**PHILADELPHIA
100**

Winner

My Independence at Home was named #90 of the Top 100 Fastest Growing Privately Owned Companies in Philadelphia. As I always say, our success is a team effort. Kudos to the MYIAH family for this awesome recognition! And many thanks to family, friends and colleagues who have supported us from the very beginning. We appreciate you.

-Lisa, Founder and CEO

Congratulations!!

CAREGIVER OF THE MONTH



Dionia Goode



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

