

# MY INDEPENDENCE AT HOME

## Monthly Newsletter



*"HIV does not make people dangerous to know, so you can shake their hands & give them a hug. Heaven know's they need it." -Princess Diana*

### WORLD HIV/AIDS AWARENESS MONTH

AIDS Awareness Month is a key opportunity to raise awareness, commemorate those who have passed on, and celebrate victories such as increased access to treatment and prevention services.

In the early 1980s when the AIDS epidemic began, people living with HIV were not likely to live more than a few years. However, since 1996, the use of antiretroviral therapy (ART) has dramatically improved the quality of life for people with HIV.

The idea of getting tested may seem scary, but try not to freak out. STD testing is part of being responsible and taking care of your health. HIV tests are quick and usually painless. If you do have HIV, it's better to know as soon as possible so you can start treatment.

For more information go [HIV.org](http://HIV.org) or call 1-800-230-7526

### MONTHLY EATS

#### Peppermint Bark Recipe

##### Ingredients:

- 1 cup crushed red and white candy canes
- 2 pounds white chocolate
- Peppermint extract



##### Preparation:

1. Put the candy canes in a plastic bag & crush into 1/4 inch chunks or smaller.
2. Melt the chocolate slowly in a double boiler until completely melted, thick & creamy.
3. Add most of the candy case chunks & peppermint extract to the chocolate.
4. Pour mixture on to a cookie sheet layered with parchment/waxed paper, top with remaining candy cane chunks & place in the refrigerator for 45 minutes or until firm.
5. Remove chocolate from cookie sheet & break into pieces (like peanut brittle. Enjoy!

### OPERATION SANTA PAWS

Operation Santa Paws was organized by Justin Rudd in 2001 and was originally put together in Long Beach, California to help support their local shelters and rescues. Anyone can choose to participate by donating new toys, treats, food or money to help keep these dedicated servants of the animal public going. Justin has spread his campaign far and wide, getting stores nationwide to participate in this humanitarian effort.

This organization is still primarily operating in California, but with the efforts of friends and companies, this charity can spread. Visit your local stores and enlist their help in collecting supplies and ask if you can put out a collection poster and post a wish list at their locations. Also, be sure to contact the shelters in your area that will benefit from your efforts. Let them know that they have an ally in their mission to help animals.

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

### PREVENTION POINT PHILADELPHIA

Prevention Point Philadelphia is a no-cost prevention program meant to inform participants about their Human Immunodeficiency Virus "HIV"/Hepatitis C Virus "HCV" status and connect those who are positive with the appropriate care and/or resources. Antibody HIV and HCV testing is offered to any participant that has not been tested in the last three months. Programs are also offered, free of cost, if tested negative or positive.

PREVENTION POINT PHILADELPHIA

For more information go to [pponline.org](http://pponline.org) or call 215-634-5272 to schedule a free testing.



## TOP 10 FINANCIAL SCAMS TARGETING SENIORS

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Over 90% of all reported cases of elder abuse are committed by an elder's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others.

Review our list below, so you can identify a potential scam.

- Medicare/health insurance scams
- Counterfeit prescription drugs
- Funeral & cemetery scams
- Fraudulent anti-aging products
- Telemarketing/phone scams
- Internet fraud
- Investment schemes
- Homeowner/reverse mortgage scams
- Sweepstakes & lottery scam

If you suspect that you or a loved one has been victim of a scam, call the Adult Protective Services in your area or call the Eldercare Locator, a government-sponsored national resource line at 1-800-677-1116 or visit their website at [eldercare.acl.gov](http://eldercare.acl.gov).

## HOLIDAY YOUTH CLOTHING DRIVE

All donations will support The Baring House, a facility that offers community support through Crisis Nurseries and Youth Emergency Services. Your kind donation of an article of youth clothing or toiletries, preferably for a child age 10+ would be greatly appreciated.



Donations accepted until 12/30 at:

My Independence at HOME  
The Monroe Building  
1 Winding Drive, Suite 101  
Philadelphia, PA 19131



## DAILY OBSERVANCES FOR DECEMBER



Human Rights Day  
December 10, 2018



The Universal Declaration of Human Rights empowers us all. The principles enshrined in the Declaration are as relevant today as they were in 1948. We need to stand up for our own rights and those of others. We can take action in our own daily lives, to uphold the rights that protect us all and thereby promote the kinship of all human beings.

#StandUp4HumanRights



Winter Solstice Day  
December 21, 2018



The reason we have a solstice — and seasons — is because the Earth is tilted on its axis of rotation by about 23.5 degrees. This tilt causes each hemisphere to receive different amounts of sunlight throughout the year as our planet orbits the sun. In the Northern Hemisphere, we see the sun take its lowest and shortest path across the southern sky, and at local noon, your shadow will be the longest of the year.

#WinterSolsticeDay



National Candy Cane Day  
December 26, 2018



National Candy Cane Day occurs on December 26, and while that doesn't mean it'll keep us from munching on the sugary sticks as early as Thanksgiving, it does give us a chance to indulge as much as we can before the new year. With beginnings in 17th-century Germany, these sweet treats were curved to represent the shepherds' crooks. They later made their way to the states in the mid-19th century. Now we see them everywhere, even on trees.

#NationalCandyCaneDay

## CAREGIVER OF THE MONTH



Claudina Watterson  
Home Health Aide



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



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

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